

Liver Detoxification Capacity Testing Scale

Rate each of the following symptoms based upon your health profile for the past thirty days.

Point Scale

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

Digestive Tract

Nausea or vomiting

Diarrhea

Constipation

Bloating feeling

Belching or passing gas

Heartburn

Total: _____

Ears

Itchy ears

Earaches, ear infections

Drainage from ear

Ringing in ears, hearing loss

Total: _____

Emotions

Mood swings

Anxiety, fear or nervousness

Anger, irritability or aggressiveness

Depression

Total: _____

Energy/Activity

Fatigue, sluggishness

Apathy, lethargy

Hyperactivity

Restlessness

Total: _____

Eyes

Watery or itchy eyes

Swollen, reddened, or sticky eyelids

Bags or dark circles under eyes

Blurred or tunnel vision

Total: _____

(does not include near or farsightedness)

Head

Headaches

Faintness

Dizziness

Insomnia

Total: _____

| | | |
|-------|----------------------------------|--------------------|
| | ___ Water retention | |
| | ___ Underweight | Total: ___ |
| Other | ___ Frequent illness | |
| | ___ Frequent or urgent urination | |
| | ___ Genital itch or discharge | Total: ___ |
| | | Grand Total: _____ |

Scores in the range 51-75 may indicate early signs of metabolic toxicity.
 Scores in the range 76-100 may indicate a moderate level of metabolic toxicity.
 Scores greater than 100 may indicate severe signs of metabolic toxicity.

One Week Liver and Gallbladder Cleanse

You will need:

6 quarts apple cider
 6 teaspoons Epson salts
 1/2 cup cold-pressed olive oil
 1/2 cup lemon juice

The liver and gallbladder cleanse is an important detoxifying agent. It helps restore normal functional capacity of the liver and gallbladder.

Note:

It is not recommended for people under age 25, pregnant women or people with known large gallstones.

Plan to stay home the evening of the 6th day.

Listed below are the steps to follow.

1. Day 1 thru 6, drink 1 quart of apple cider daily, fresh extracted vegetable juices may be substituted for apple cider.

It is preferable that you purchase additive free apple cider. Keep your diet vegetarian style (fat free) for a more thorough cleansing. Eat as much as you like of fat free food. Continue with your regular supplements.** (See Below)

2. At noon on day 6, eat a normal vegetarian lunch.

3. 3 hours later, take 2 teaspoons Epson salts dissolved in about one ounce hot water. That taste may be questionable to some people. If so, you may follow Epson salts with a little citrus juice (fresh squeezed if possible).

4. Two hours later, repeat step 3.

5. For your evening meal on day 6 you may have only citrus juices or citrus fruits (e.g. grapefruits, oranges, etc).

6. At bedtime, in a blender, whip 1/2 cup of warm olive oil (cold-pressed) with 1/2 cup lemon juice. (It is better to use fresh lemon juice, but bottled juice is permissible)

Drink the entire mixture quickly - do NOT sip slowly.

Some people occasionally reported slight to moderate nausea when taking the olive oil and lemon juice. This nausea will slowly disappear when you go to bed. If the olive oil induces vomiting, you need not repeat the procedure. This occurs in only rare instances.

7. Follow step 6, go immediately to bed. Lie on your right side with your knee pulled up close to your chest for at least 30 minutes.

8. The next morning one hour before breakfast, take 2 teaspoons of Epsom salts dissolved in two ounces of hot water.

9. Resume your normal diet on day 7 and continue your nutritional supplements.**

Note: People who have chronically suffered from gallstones, biliousness, blackheads, nausea, etc occasionally find small gallstone type objects in the stool on day 7. These objects are light green in color. They are very irregular in shape, gelatinous in texture, and vary in size from grape seeds to cherry pits. If there are several of these in the stool, you should repeat the liver cleanse in 2 weeks.