# **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 s		
	3 = Frequently have it, effect is not severe		
	4 = Frequently have it, effect is se		
	1		
Digestive Tract			
	Nausea or vomiting		
	Diarrhea		
	Constipation		
	Bloated feeling		
	Belching or passing gas		
		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 aggressiven	ess	
	Depression	Total:	
Energy/Activity	Fatigue, sluggishness		
	Apathy, lethargy		
	Hyperactivity		
	Restlessness	Total:	
<b></b>	W-4		
Eyes	Watery or itchy eyes	P.1.	
	Swollen, reddened, or sticky eyel	iias	
	Bags or dark circles under eyes	TD 4 1	
		Total:	
	(does not include near or farsightedne	ess)	
Head	Headaches		
	Faintness		
	Dizziness		
	<del></del>	Total:	
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Heart	<ul><li> Irregular or skipped heartbeat</li><li> Rapid or pounding heartbeat</li><li> Chest Pain</li></ul>	Total:
Joint/Muscles F	Pain or aches in joints Arthritis Stiffness or limitation of movement Pain or aches in muscles Total	al:
Lungs	<ul> <li>Feeling of weakness or tiredness</li> <li>Chest congestion</li> <li>Asthma, bronchitis</li> <li>Shortness of breath</li> <li>Difficulty breathing</li> </ul>	Total:
Mind	<ul> <li>Poor memory</li> <li>Confusion, poor comprehension</li> <li>Poor concentration</li> <li>Poor physical coordination</li> <li>Difficulty in making decisions</li> <li>Stuttering or stammering</li> <li>Slurred Speech</li> <li>Learning disabilities</li> </ul>	Total:
Mouth/throat	<ul> <li>Chronic coughing</li> <li>Gagging, frequent need to clear throat</li> <li>Sore throat, hoarseness, loss of voice</li> <li>Swollen or discolored tongue, gums, lips</li> <li>Canker sores</li> </ul>	Total:
Nose	Stuffy Nose Sinus problems hay fever Sneezing attacks Excessive mucus formation	Total:
Skin	<ul> <li>Acne</li> <li>Hives, rashes or dry skin</li> <li>Hair Loss</li> <li>Flushing or hot flashes</li> <li>Excessive sweating</li> </ul>	Total:
Weight F	Binge eating/drinking  Craving certain foods  Excessive weight  Compulsive eating	

	Water retention Underweight	Total:
Other	<ul><li>Frequent illness</li><li>Frequent or urgent urination</li><li>Genital itch or discharge</li></ul>	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 Epson 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.