

ELF - Emergency Liver Flush (liver bomb)

Clock Time		
1 Day before flush	Prepare Detox Tea	Take 2 Tbsp of the Detox Tea in 20 oz of water and let it soak overnight. In the morning bring it to a boil (cover). Let it sit for 15 minutes then strain it.
Day 1 of flush	Prepare Castor Oil Pack	1 Cup of Castor Oil on cotton flannel (saturate it). Set aside for later.
	LG/AP & Digestive Tonic	Prepare 1 Tsp of LG/AP and 1 Tsp of Digestive Tonic in 2 oz of water. Set aside
	Grapefruit Juice & Olive Oil	Pour 8 oz of freshly squeezed juice and 8 oz of warm extra virgin olive oil into a pint jar. Close the jar tightly and shake hard about 20 times. Set it aside.
6:00pm	LG/AP & Digestive Tonic	Drink it now
	Grapefruit Juice & Olive Oil	Stand next to the bed (don't sit down) & drink the grapefruit juice & oil (shake 1st). Lie down on your RIGHT side right away. Lie still for at least 45 minutes.
	M & L Salve - Mullein Lobelia	After the 45 minutes, rub the M&L Salve over your liver area
	Castor Oil Pack	Put the castor oil pack over liver and press the Press & Seal wrap to avoid leaking. Put heating pad directly over castor oil pack for 1 to 8 hours or overnight.
	Detox Tea	As you have the castor oil pack on, drink 2 cups of detox tea.
	LG/AP & Digestive Tonic	If you are burping, gassy or nauseous you may take 1 Tsp of each in 2 oz of water and keep taking as needed throughout the night.
Day 2 of flush	Lemon Tea	1/2 Lemon in hot water
10:00am	Drink fresh juice	
10:30am	1 to pieces of fresh fruit	
11:30am	light meal	