

Lovely Lemon Liver Cleanse



This beverage is designed to help your body digest fats and oils. When you can easily digest fats and oils then you get healthy bowel movements and all the good fat-soluble vitamins from your food.

How to find your personal recipe

Start with #1 and proceed through the steps until you feel that large clean bowel movement. At that point you know you have found your personal recipe. The amount of oil required will vary for each person depending on your gallbladder function. If you get diarrhea or foamy floaty stools from the drink instead then [let me know](#). This just means you don't have enough bile flow in your gallbladder to digest the extra oil and we need to work on bile flow with herbs instead of oil.

*Warning – if you have pain on your right side or gallbladder problems then ask your doctor before consuming extra oil.

#1 Beginning Lemon Oil Cleanse

- 1 juice of one organic lemon
- 1 cup warm water
- 1 tablespoon honey (optional)
- 1 tablespoon olive oil

Blend together the lemon juice, warm water, olive oil and honey if you prefer it sweet.

If you have trouble digesting fats, or suspect gallbladder problems then sip 1/4 cup of the beverage on an empty stomach. Slowly increase the amount of the drink each day until you're consuming the whole drink at one time.

If you have no trouble with your gallbladder and don't have trouble digesting fats then you can drink the whole beverage on an empty stomach right away.

An empty stomach means 2 hours after dinner or first thing in the morning when you haven't eaten all night. The acid in the lemon triggers peristalsis which is the massaging action to create a strong bowel movement. The oil triggers a flow of bile through the gallbladder to clean out the gallbladder, encourage bile flow and create a strong bowel movement.

When you get a large clean bowel movement then you know the drink is working. If you drink the whole beverage and you're still not getting a good strong bowel movement then proceed to recipe #2.

#2 – Increasing Bile Flow Lemon Oil Cleanse

- 1 whole [organic lemon](#), juiced
- 1 cup warm water
- 1 tablespoon honey (optional)
- 2-4 tablespoons olive oil

Some people simply need more oil in the drink to trigger a good flow of bile. This good flow of bile cleans out the gallbladder and the intestines while helping to remove cholesterol and toxins from the liver.

Slowly increase the amount of oil – if 1 tablespoon didn't help your bowels move then increase to 2 tablespoons tomorrow, 3 the next day and up to 4 tablespoons of oil in the drink.

#3 – Advanced Lemon Oil Cleanse

- 1 whole lemon – do not juice –
 - slice and keep the lemon skin intact, removing seeds
- 1 cup warm water
- 1 tablespoon honey (optional)
- 1-4 tablespoons olive oil

Combine all ingredients and blend well – the lemon skin will make it thick. Drink the whole beverage at one time for more liver gallbladder and intestinal cleansing. For a lemon with very thick skin you can remove part of the skin and keep part of the skin.

Lemon skin has extra nutritional benefits for skin and connective tissue.

[Schedule a time to talk about the Lemon
Liver Cleanse](#)

