

## **DIY Gallstone Flush Routine**

This gallbladder cleanse works best when you can allocate two days for this process. It's essential to abstain from any medication or non-essential vitamins during this cleanse, so check with your medical provider to make sure this cleanse will be safe for your specific situation. We've broken the steps for this cleanse into two days, so try to follow the process as close to the provided times as you can. The schedule gives your body time to process the Epsom salts and increases your chances of passing gallstones.

### **Day 1: Preparation**

**Morning:** Begin with a no-fat breakfast and follow it up with a no-fat lunch. Do not consume any food after 2:00 PM.

**2:00 PM:** Prepare a solution by mixing 4 tablespoons of Epsom salt with 3 cups of water. You can improve the taste by adding a dash of vitamin C. Chill this mixture in the refrigerator to make it

easier to ingest.



**6:00 PM:** Consume one serving ( $\frac{3}{4}$  cup) of the cold Epsom salt solution.

**8:00 PM:** Ingest another serving ( $\frac{3}{4}$  cup) of the cold Epsom salt solution.

**9:45 PM:** Get ready for the final phase. Pour  $\frac{1}{2}$  cup of olive oil into a pint jar. Combine it with freshly squeezed  $\frac{3}{4}$  cup of grapefruit juice. Seal the jar securely and shake vigorously until the mixture turns watery. Ensure you've visited the restroom and completed any necessary tasks before this step. Timing is crucial for the

upcoming phases.



**10:00 PM:** Consume the olive oil and grapefruit juice mixture. Drinking it with a straw can make it easier to go down. Aim to finish it within 5 minutes, and do not take longer than 15 minutes. Immediately lie down after consumption to optimize the liver cleansing process. Try to stay as still as possible, aiming to fall asleep.



**Day 2: The Morning After**

After **6:00 AM**: When you wake up, take the third dose of Epsom salt. If you wake up feeling unwell, delay taking the third dose of Epsom salt until you feel better.

**Two hours after waking:** Take the fourth dose of Epsom salts  
Then, wait an additional two hours before consuming any food.



**Food Intake:** Start eating light, easily digestible foods like fruit or juice. For example, if you wake up at 6:00 AM, avoid regular solid meals until noon. It's common to experience diarrhea the morning after the cleanse; this is a typical side effect. You may even observe gallstones in your stool, identifiable by their green or tan color. Consider counting these stones and keeping a rough estimate of their number.

Before starting any gallstone flush routine, consult with a healthcare professional to ensure it is safe for your health circumstances. Be aware that while some individuals have reported success with these routines, scientific evidence of their

efficacy is limited. Nonetheless, these approaches can be a complementary way to support gallbladder health and alleviate symptoms associated with gallstones.