

The Liver flush

A liver cleanse is specifically aimed at cleansing the liver and is something that can be done at any time of the year. It simply involves swapping your normal breakfast for a liver drink for one morning (or three consecutive mornings). This cleanse can give one a really spring-like lift, whatever the time of year. Everything associated with spring can be reproduced with this cleanse (after the possible healing crisis) i.e. renewed energy levels. If you are feeling sluggish or out of sorts, this method of cleansing is paramount. People with liver and gallbladder dysfunction will benefit greatly and if you are mixed biliary constitution (iridology) you will find relief with its gentle flushing process. It can also help people with a history of either prescribed or recreational drug-taking. Cleansing your liver should lead to an improved sense of well-being. It is especially effective in breaking down cholesterol in the blood stream by preventing fatty deposits from forming along the walls of the arteries. Herbal cleansing one or twice a year will significantly help those people with an above normal cholesterol level.

Start by cutting out all coffee, tea and alcohol for three days. This will prepare you for cleansing and already the body will begin releasing toxins, so do drink plenty of water to help flush them through.

1 lemon

½ pint non concentrated cloudy apple juice

1 tablespoon virgin organic cold pressed olive oil

1 clove garlic

Small piece of fresh ginger

Herbal detox tea

Do not eat anything before drinking the liver flush

Juice the lemon in a juicer

Crush then finely chop the garlic

Grate the ginger

Place all the ingredients in a blender and liquidise

Pour out and drink slowly

Start preparing the herbal detox tea, drink 15 minutes after taking liver flush

Teas that are good are those that contain digestive herbs such as peppermint, fennel, chicory, cardamom, liquorice, aniseed, ginger, nettle, dandelion, burdock, cinnamon.

One containing several of these herbs is “After dinner” herbal tea blend by PUKKA, Most supermarkets stock it, it contains chicory, aniseed, fennel, liquorice, cardamom, orange peel, and ginger root. Use two tea bags