

*Dedicated to the amazing and vital organ, the Liver,  
for providing a lifetime of support!*

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# Love Your Liver Introduction

Liver, which means “to live” or “to enliven”, is the primary organ responsible for the metabolism of all the protein, fat & carbohydrates we consume. Our Liver produces our Bile, up to 30 grams per day for the breakdown of fat & the metabolism of all food in the Small Intestine for the conversion to usable energy. The Bile acts also like a lubricant for the entire Intestinal Tract. Our Liver regulates & stores sugar in the form of Glycogen, a slow burning fuel for muscular strength & endurance. The liver produces 80% of our cholesterol used to manufacture important hormones. It’s other primary function is to filter the blood & eliminate toxic waste end products from the breakdown of the foods & toxins ingested. It also breaks down environmental & chemical toxins that we absorb through the skin or through the lungs from the air we breathe. The Liver utilizes the important alkaline mineral Magnesium in over 200 of its detoxification pathways. The Liver, about 3 lbs in weight, sits at the lower right ribcage, above the diaphragm & is protected by the lower ribs. The Liver receives 27% of our body’s blood flow, which is almost 2x as much as the Brain receives.

The Liver is considered the General, the Chief-in-Charge, running the show. It is essential to make lifestyle choices that support healthy liver function.

**Here are some of the many important reasons to Love Your Liver:**

- Performs over 600 known functions.
- Regulates our energy.
- Primary Organ for metabolism for all protein, fat & carbohydrates we consume.
- Produces Bile (up to 32 oz/day).
- Produces half of all Lymph fluid.
- Stores suppressed emotions (especially resentments & anger).
- Filters 1 quart of blood every minute
- Removes the bacteria, pathogens, and toxins, and recycles worn out RBCs & WBCs to keep your blood healthy.
- Stores & converts sugar in the form of glycogen & back to sugar for muscular endurance.
- Manufactures Vitamin A & stores Vitamins A, D, E, K, B12 & Copper & Iron.
- Formulates immunoglobulins working with our Immune system.
- Can cleanse & rejuvenate us
- Maintains a healthy blood sugar level in between meals.

# Essential Steps For A Cleanse

This process requires enough self love that we take the opportunity to put ourselves first. When we do this, great things happen. We can start to feel better immediately. Set the intention to keep a positive attitude & with a high level of willingness & discipline, be your best with self care.

This is how to Cleanse & Love Your Liver to encourage, allow & restore optimum health & longevity. These simple steps, in just 5 days, will create a platform for transformation on all levels.

## **Steps to Love Your Liver:**

- 1. Reduce Food Intake.**
- 2. Clear & move the bowels.**
- 3. Dissolve debris in Liver/Gallbladder.**
- 4. Reduce inflammation to Liver.**
- 5. Squeeze & flush the Liver/Gallbladder.**

## Steps 1 – 5 in Detail:

### 1. **Reduce food intake** & change approach to eating. Less is more! Blended is best!

- Foods to avoid: Fried foods, processed foods, meat, dairy products.
- Greatly Reduce or abstain: Fats, nuts, grains.
- Great foods to add: Celery, cucumber, beets with tops, green leafy vegetables, parsley, cilantro, dandelion, chard, spinach, burdock root, garlic, ginger, cayenne, pears, citrus, lemons, Celtic sea salt, miso, dulse, enzymes, Spirulina, & more.

#### Note:

- Pumpkin seeds, flax seeds & sesame seeds ground to a meal to place in soups & smoothies (Helps to stabilize blood sugar during cleanses & to remove bile & sludge from intestinal tract).
- Green granny smith apples (the skin is high in Malic acid & great for breaking down stones)
- Lightly steamed veggies & soups are excellent (unless uncooked is preferred)
- Liver supportive herbs such as Milk Thistle, Dandelion, Burdock Root, Chanca Piedra, or our **Liver Restore Herbs** formula.

**2. Clear & move the bowels** with an intestinal cleanser. Oxygenated magnesium is the most readily available & easily usable method of complete oxygenation of the gastrointestinal tract. The process of oxidation is the most effective & safest way to breakdown, detoxify & eliminate the solidified waste material that has accumulated in the small & large intestines. An intestinal “flush”, so the bowels are moving. Lots of water & gas means the oxy-mag is breaking down debris!

\*\* Take Oxy-Mag ½ - 1 tsp 3-4 times daily (with 8 oz water & squeeze ½ Lemon & stir) or Master Cleanse Drink.

**3. Dissolve debris in Liver /Gallbladder** & soften, “stones” & build up of toxic matter with Apple Cider Vinegar & Ortho-Phos.

\*\*\* Take Ortho-Phos 20-30 drops & 1TBSP Apple Cider Vinegar in 8 oz water with optional sweetener or with Master Cleanse Drink

\*\*If you do not have Ortho-Phos, just use Apple Cider Vinegar.

**4. Reduce inflammation to the Liver/Gallbladder** with Castor Oil Packs. Castor Oil Packs 2 times daily.

**How to do a Castor Oil Pack:**

- Cut a piece of cotton/flannel 4x6 inches, 2-3 layers thick.
  - Place Castor oil on cotton/flannel. Place over the Liver & wrap with plastic wrap.
  - Use hot water bottle over castor pack for 60 to 75 min. Lay down on right side.
- \*\*\*Save cotton flannel to re-use each time\*\*\*

**Benefits of Castor Oil:**

- Unsaturated Fatty Acid Content is 90% Ricinoleic Acid, which is a unique potent immune booster
- Reduces inflammation & softens hardened tissues
- Opens the bowel, liver/gallbladder, ducts & increases elimination
- Increases vascular & lymphatic circulation
- Detoxifies the body at deeper levels
- Inhibits viral, bacterial, fungal, yeast, molds & tumorous growths.

**5. Squeeze & Flush the Live/Gallbladder:** This is Liver Flush Day (see pages 11-13). Here we are squeezing & flushing out the hardened stones, gravel & sticky toxic waste build-up that are inhibiting Liver function & healthy digestion, assimilation & elimination processes.

# Schedule

Minimum 3 Days of Preparation.

This is a guideline, please adjust it to fit your needs.

Time	Activity
7:15 a.m.	Oxy-Mag* / Castor Oil Pack
7:30 a.m.	Meditation / Intention / Visualization
8:45 a.m.	Ortho-Phos* / Apple Cider Vinegar
9:00 a.m.	Smoothie, Juice or Tea, Liver Restore Herbs
10:00 a.m.	Yoga
12:00 p.m.	Oxy-Mag / Castor Oil Pack
1:30 p.m.	Ortho-Phos*
2:00 p.m.	Smoothie, Juice or Tea, Liver Restore Herbs
5:00 p.m.	Oxy-Mag* (optional)
5:15 p.m.	Ortho-Phos* (Optional)
6:00 p.m.	Soup (or blended juice drink of choice)
8:00 p.m.	Castor Oil Pack
10:00 p.m.	Oxy-Mag* & Ortho-Phos*

*\* Suggested usage for Oxy-Mag & Ortho-Phos is 3 – 4 times per day. If you only take it 3 times a day, omit the 5:00 p.m. Oxy-Mag & the 5:15 p.m. Ortho-Phos.*

- 1. Take Oxy-Mag with 8 oz. Water & ½ lemon squeezed-in, stir; &*
- 2. Take Ultra-Phos (20-30 drops) with 8 oz. Water & Apple Cider Vinegar; **OR** Mix your Oxy-Mag (with lemon as above) & your Ortho-Phos (with Apple Cider Vinegar as above) with the **Master Cleanse Drink** (see Recipes page).*

# Supplies For A Successful Liver Cleanse

- Castor Oil (Cold-pressed & Hexane Free)
- Cotton / flannel (3 layers & 4x6 inches)
- Plastic Wrap
- Hot water bottle / Enema Bucket
- Apple Cider Vinegar
- Ortho-Phosphoric Acid Drops
- Oxy-Mag (Oxygenated Magnesium)
- Lemons
- Olive Oil (Organic, 1<sup>st</sup> cold-pressed)
- Liver Support Herbs
- Lipase Enzymes
- Niacin (100 mg to 500 mg tablets)
- Organic Coffee – High Roasted

## **Plus These Supportive Ingredients:**

- Miso or Bragg's
- Chlorella or Spirulina
- Cayenne Pepper
- Himalayan or Celtic Sea Salt
- Probiotics (friendly bacteria)
- Camu Camu Powder (natural Vitamin C)
- Essential Oil of Peppermint
- Epsom Salts (\*for Internal Use\*)
- Power Plus Enzymes (Digestive Enzymes)

## **Suggested Shopping List for your food prep:**

- Grapefruit
- Apples (Granny Smith preferably)
- Ginger
- Garlic
- Celery
- Cucumber
- Sea Vegetables (Nori, Dulse, Sea Lettuce, Bladderwack, Irish Moss, Wakame)
- Greens of all kinds: Kale, Cilantro, parsley, spinach, Chard, Collards, Romaine....
- Cabbage
- Burdock Root
- Beets with tops
- Flax, Pumpkin, Hemp & Sesame Seeds (any or all)
- Coconut Oil
- Sweetener: Stevia, Honey or Maple Syrup
- Tea (Peppermint, Ginger, Liver herbs like: Dandelion, Milk Thistle, Burdock Root).

# How To Do An Enema

With the enema bucket or hot water bottle/enema bag combo, make sure you can open & close the valve on the hose easily. Practice with warm/filtered water first. Take your time and relax with this enema process. Make sure the valve is closed when you put liquid in to your bucket or bag. An enema bucket can be placed on the bathroom counter. An enema bag can hang from the shower rod or towel rack. This will allow the liquid to flow with gravity. Lubricate the tip. Set up on the bathroom floor with towels & as close to the toilet as you can. Lay on your right side or on your back. Gently insert the lubricated tip into your rectum a few inches. Release the valve to begin your fill. Fill only a few seconds & close valve. Make sure you & your colon are comfortable with the fill. Continue to open the valve for a few seconds or more & close the valve again, ensuring you & your colon are comfortable. Once you feel full, or the bucket or bag is empty, remove tip (while squeezing anus firmly to avoid leaking). Hold the liquid (coffee for a maximum of 15 minutes - timing begins with the first fill). Release the bowels on the toilet.

# Love Your Liver Flush Day

- Early in the morning do your Castor Oil Pack for 60 – 90 minutes.
- Have one serving of Oxy-Mag & one serving of Apple Cider Vinegar/Ortho-Phos Drink.
- Hydrate with Water
- Have an Enema. It is an excellent way to make sure the pathway is open fully & clear.
- Small amount of Fruit or Juice is O.K. but not necessary.
- Finish hydrating by 12:00 p.m. / Noon.
- Plan on drinking Olive Oil & Lemon/Grapefruit Juice early afternoon between 1-2 p.m.
- You can plan on 8 oz. of each Olive Oil & Citrus (if that sounds like way too much, go for 6 oz. of each).
- To prepare for the afternoon, squeeze your fresh Lemon/Grapefruit Juice (Ratio: 6 oz. of Lemon to 2 oz. Grapefruit/Citrus Juice. Make 3 -4 cups of Coffee for coffee enema.
- Slice some fresh Ginger thin (you can chew on a small piece in between sips of Olive Oil).
- At 12:30 – 1:00 p.m., Do another Castor Pack (leave this on while you drink the Olive Oil & Citrus).
- At 1 – 1:30 p.m., Sit down, say a Prayer for an amazing clean & healthy Liver.

- Allow at least 15 minutes to sip alternatively your Olive Oil & Citrus. This is when you will use Lipase Enzymes. Take 5 or 6 of the Enzyme tablets & swallow them at one time with your Olive Oil / Citrus (helps digest the Olive Oil).
- 2:00 p.m., Take Niacin (Vitamin B3). 100 - 500 mg. tablet. You may experience the typical reaction where your skin may feel itchy & warm, & appear red, for up to 30 minutes with a faster pulse rate (increases deep circulation). If you feel light headed, lie down on your side.
- Lie down on your right side for the next 15 – 45 minutes (focus & breathe into the Liver with thoughts & feelings of Gratitude & Thanks).
- 2:30 p.m. or so, Take Coffee Enema (make sure Coffee is a comfortable body temperature, 98.6 Fahrenheit, not too hot or too cold). You can do a Coffee Enema each day for the next few days. The Coffee is very supportive for the Liver & the Bowel Cleanse, as it opens the liver & draws everything down to & out the large colon.

- This is a good time for gently percussing & massaging the Liver. Place your left hand over the Liver (right side at the lower ribs) & make a fist with the right hand. Gently percuss using your right hand on your left hand. Massage with light deep pressure, working the tissue downwards.
- Relax & allow processing time for the rest of the day & have some peppermint tea later, & another serving of Oxy-Mag. Have Oxy-Mag the next morning as well.
- If you want to work with Epsom Salts, you can take 1 tsp of Epsom salts with your serving of Oxy-Mag. at the end of flush day again the next morning. This helps purge the bowel of the sticky, toxic substances being released.
- It usually takes at least 7 – 15 hours for things to begin moving out & then usually the next 4 – 6 bowel movements are releasing the toxic waste from the Liver / Gallbladder.
- Get lots of rest, lay on your right side with your knees drawn up towards your chest.

Great job!!!

Thank yourself & Send Blessings to Your Liver.

# ♥Recipes♥

From the Love Your Liver Team

## **Master Cleanse Drink**

- ♥ 3 Lemons
- ♥ Maple Syrup
- ♥ ½ tsp Cayenne
- ♥ Add Water to make 48 oz. & blend.

This drink is helpful to have available all day. Good base for Oxy-Mag & Ortho Phos.

## **Hot Shotz**

- ♥ 2 Lemons, remove yellow skin, white pith intact
- ♥ 1 ½ inch of fresh Ginger Root
- ♥ 1 Hot Pepper or ½ tsp Cayenne Powder
- ♥ 2 cups Charged Water

## **Berry Lemonade**

- ♥ 4 cups Charged Water
- ♥ ½ cup fresh Lemon Juice
- ♥ ½ cup fresh berries. (blueberry, strawberry, raseberry.)
- ♥ Raw honey to taste (sugar sensitive substitute with Stevia or Yacon)

## **Electrolyte Lemonade\***

- ♥ 3 Lemons, remove yellow skin, white pith intact
- ♥ 3 tbsp. Oil (Flax Oil or Coconut Butter)
- ♥ 1 Organic Pear, cored
- ♥ 1 tsp. Celtic Sea Salt
- ♥ 6 cups Charged Water
- ♥ Raw honey or sweetener to taste

\*This is a great way to start the day & get the blood moving. Drink 2 oz. first thing in the morning & save the remainder for throughout the day.

## **Green Drink**

- ♥ 1 bunch fresh herbs: Parsley, Cilantro, Dandelion, Watercress 3 tbsp. Oil (Flax Oil or Coconut Butter)
- ♥ 1 bunch fresh greens: Kale, Spinach, Mustard, Radish Tops, Comfrey 1 tsp. Celtic Sea Salt
- ♥ 1 Lemon or Lime
- ♥ Equal Parts Celery Cucumber & Apple
- ♥ Add One or Two of the following: Ginger, Hot Pepper, Garlic, Fennel Turmeric, Mint, Lemon Grass.

## **Red Juice**

- ♥ ½ bunch of Celery
- ♥ ½ a cucumber
- ♥ 1 bunch of Kale
- ♥ 3 Collard Leaves
- ♥ 2 Yams
- ♥ 2 Beets
- ♥ 3 Granny Smith Apples
- ♥ 1 Lemon
- ♥ 1 cup Water

## **Super Green Juice**

- ♥ 1 bunch of Celery
- ♥ ½ cup of Cabbage
- ♥ ½ bunch of Kale
- ♥ ½ bunch of Cilantro
- ♥ ½ bunch of Arugula
- ♥ 2 Granny Smith Apples
- ♥ 1 Lemon
- ♥ 2 tsp Green Super Food
- ♥ 1 cup Water

### **Green Smoothie #1**

- ♥ 2 Dates
- ♥ 1 Pear
- ♥ 1 Banana
- ♥ ½ bunch of Kale
- ♥ ½ bunch of Cilantro
- ♥ 2 tsp Green Super Food
- ♥ 1 cup Water

### **Green Smoothie #2**

- ♥ 4 Dates
- ♥ ½ bunch of Arugula
- ♥ ½ bunch of Kale
- ♥ 1 Mango
- ♥ ½ bunch of Cilantro
- ♥ 2 tsp Green Super Food
- ♥ 1 cup Water

### **Green Smoothie #3**

- ♥ 2 Pears
- ♥ ½ bunch of Kale
- ♥ ½ bunch of Cilantro
- ♥ 1 Cucumber
- ♥ 1 cup Water

### **Green Soup #1**

- ♥ 2 small Zucchini's chopped
- ♥ ½ bunch of Parsley
- ♥ ½ bunch of Cilantro
- ♥ 1-2 inch piece of ginger
- ♥ 2 Cloves of Garlic
- ♥ 1 cup Water

### **Green Soup #2**

- ♥ ½ bunch of Cilantro
- ♥ ½ bunch of Arugula
- ♥ ½ bunch of Kale
- ♥ ½ cup of Sunflower Seeds (soaked for 1 hour)
- ♥ 1 cup Water

### **Green Soup #3**

- ♥ ½ bunch of Kale
- ♥ Small piece of Broccoli
- ♥ ½ cup of Sunflower Seeds (soaked for 1 hour)
- ♥ 1 Avocado
- ♥ 2 Cloves of Garlic
- ♥ 2 caps of Apple Cider Vinegar
- ♥ dash of Salt
- ♥ 1/8 – ¼ cup of Olive Oil
- ♥ 1 cup Water











