



## **Gentle Liver / Gallbladder Cleanse**

This is a great and powerful cleansing that can be done without fasting and it causes none of the symptoms associated with other and deeper cleansing plans. It's easy to do this one when you are working or busy. It will be easier if you pick a time when you are not traveling or celebrating holidays. It's subtle, easy, inexpensive, and you will feel refreshed and surprisingly energized after doing it.

***NOTE: No one should fast or do any cleansing/detox programs while pregnant or nursing. Consider testing for adrenal fatigue before cleansing.***

**Mix the following in a blender:**

- **1 peeled organic grapefruit**
- **Juice of 1 organic lemon**
- **1 thumb knob size raw organic ginger root**
- **2 tsp. virgin olive oil**
- **1-3 cloves organic garlic (start w/one clove Day 1 and 2)**

**Mix and drink before breakfast; drink daily for 10 days**

**Avoid fried foods, over-eating, junk food, dessert, alcohol, sugar and excess coffee during cleanse. Drink plenty of water.**

***NOTE: Rest if your body is telling you to rest ~ it inhibits the healing process if you stimulate adrenals through fatigue by using caffeine, exercise or other forms of stimulants.***

Please contact Sano Consulting if you have any questions.