



Dr. Group's Modified Liver/Gallbladder Cleanse

After you have completed the Oxygen Colon Cleanse, perform 3 consecutive Liver and Gallbladder Cleanses (see instructions to follow). In Dr. Group's words: "I used to believe one liver/gallbladder cleanse was sufficient, but after reviewing thousands of cases, I realized a minimum of 3 and sometimes up to 20 L/G cleanses are required to effectively detoxify the liver and gallbladder and activate the body's self-healing power. I wait 5 to 10 days before repeating the Liver and Gallbladder Cleanse, but this depends on the individual and how many toxins they possess. Once you feel up to it, you can begin the 2nd and 3rd cleanse. I also recommend working with a healthcare practitioner who can monitor your results and assist you in the healing process."

Ingredients for this modified version of Dr. Group's Liver and Gallbladder Cleanse are all organic:

- 1 gallon of apple juice (freshly pressed organic). The malic acid in the apple juice helps soften stones and dissolve stagnant bile that may be present. You can use distilled water instead of apple juice if you are allergic to apples or need to watch your sugar intake due to diabetes. If you feel the need to avoid the fruit sugar in apple juice, you can add malic acid to pure water with some stevia instead. To buy malic acid call 814-725-1314 or go to:
<https://www.piwine.com/>
- 2 ounces (1 full bottle) [Livatrex](#)
- 3 Tablespoons of Epsom Salts or if you prefer a better tasting and more readily absorbed form of magnesium then use 3 scoops of [Acti-Mag Plus](#).
- Organic food ingredients for making the Liver/Gallbladder Soup
- Organic Fruits for breakfast each morning

- 8 oz. Organic Walnuts **or** 3 Organic Avocados with 1 Organic Lime or Lemon for the mid-afternoon snack on day 5. (Choose one or the other)
- 6 oz. of Organic Olive oil – Use Extra virgin high quality, cold-pressed for best results
- Enough fresh Grapefruit and oranges to make a 6 oz drink comprised of 50% grapefruit juice and 50% orange juice
- Baking Soda: mix ½ tsp. into 8oz of water and drink on empty stomach in the morning. Supports the alkalization process and the health of your liver, kidneys, and pancreas
- 1 bottle of Enterogenic Intensive
- 1 bottle (8 ounces) of Organic Apple Cider Vinegar (available at most health food stores or online)

Instructions: You should be able to perform this liver and gallbladder cleanse while still working or carrying on your normal daily activities. The Oxy-Powder however can cause watery stools, so make sure a bathroom is nearby. If your stools are liquid, remember this is not diarrhea but the byproduct of oxygen from Oxy-Powder turning fecal matter in the intestinal tract into a liquid.

During the first 4 days of cleansing, I recommend the following dietary instructions:

1. Eat liver and gallbladder supporting organic fruits for breakfast each morning. These include watermelon, papaya, pineapple, kiwi, plums, pears, apples, cherries, and figs. For lunch eat fresh vegetables, homemade soups, or salads containing liver and gallbladder detoxifying vegetables such as asparagus, carrots, beets, broccoli, cabbage, kale, brussel sprouts, garlic, romaine lettuce, onions, and cauliflower. Snacks should consist of organic raw seeds or nuts such as sunflower, walnuts, brazil nut or almonds.

2. Avoid drinking coffee, milk, alcohol, bottled juices, or soft drinks during this cleanse. These liquids will decrease the effectiveness of the liver and gallbladder

cleanses and add more toxins to the body. For optimal results drink only distilled water in addition to your cleansing mixture during the day.

It is best to begin the Liver and Gallbladder Cleanse on a Tuesday or Wednesday so on Day 5 (Saturday or Sunday) you will be at home in a relaxing setting and near a bathroom.

If your digestive tract operates at such a speed that eating 5 times per day is more than you need, then do not bother with the mid-morning and mid-afternoon snacks.

Examples of meals to eat on days 1 through 4

Meal #1 of the Day: Breakfast

Have breakfast between 4 a.m. and 9 a.m. Eat organic fresh fruit or drink freshly squeezed fruit juice. Eat or drink only fruit. Try to mix up the fruits during the week. For example, do not eat bananas every morning. Try melons or melon juice now and then, as they are one of the easiest foods to digest. Melons actually proceed directly to the intestines after being consumed. If they are held up in the stomach by other foods, they will ferment. A melon is a great way to start the day. You can eat a variety of fruits throughout the whole morning. Eat what you crave and digests well. Remember, with fresh fruit we are supporting the body's elimination cycle.

ACID FRUITS (These fruits have the greatest detoxification power): Lemons, oranges, pineapples, strawberries, kumquats, tomatoes, tangerines, lime, sour grapes, and sour apples.

SUBACID FRUITS: Apricots, apples, pears, nectarines, sweet plums, cherries, mangoes*, raspberries, kiwi, blackberries, blueberries, and cranberries.*

SWEET FRUITS: Bananas, papaya, dates, prunes, sweet grapes, cantaloupe, coconuts, mangos, peaches, pears*, watermelon, figs, pomegranates, honeydew melon, and persimmons*

**Mangos & pears are both sweet and subacid.*

Meal #2 of the day: MID-MORNING SNACK

(Should be eaten halfway between breakfast and lunch)

For a nice brunch, you can snack on one of the following items: Choose A, B, C or D. (For example, you might eat A on Mondays, B on Tuesdays, C on Wednesdays, and so on.) Remember to chew your food well before swallowing.

A - Raw nuts or seeds: It's said that a handful of seeds will provide the body with 12 to 14 hours of energy. Many people have reported that after eating seeds for their mid-morning snack for three months, they noticed a 300 to 400 percent increase in their energy levels. Make sure your seeds or nuts are raw – roasted seeds have lost their life force. For more flavor, you can mix in some flaxseed oil, olive oil, garlic juice, balsamic vinegar, or organic apple cider vinegar.

Choose From Among The Following Seeds of Nuts: Almonds, Brazil nuts, cashews, pumpkin seeds, pecans, pine nuts, pistachios, sunflower seeds, hazelnuts, macadamia nuts, and walnuts. Nuts are best soaked in a saltwater solution for 8 hours, with 1 tsp. of vinegar per quart of water with nuts in the water. Then, dehydrate these nuts for 12 to 16 hours at 150 degrees Fahrenheit. This marination and drying process makes the nuts much more digestible. I also recommend you read the book, *Anastasia* by Vladimir Megre, which will open your eyes and touch your soul. The book can be purchased here:

https://www.ringingcedarsofrussia.org/store.php?id=listof_1rcr&warehouseLocation=dfldt&userlang=English.

B - Organic Super Green Food Supplement: supplement with high-quality green powder mix such as [Greens First](#) in a 12 to 20-ounce glass of distilled or purified water and add 1 teaspoon of organic apple cider vinegar. This is fast and easy and provides your body with the nutritional value of five full salads.

C - Organic Avocado: Cut your avocado and sprinkle with black or white pepper and pour some fresh lime juice over it before eating. The pepper will help speed up your metabolism and the avocado contains the enzyme lipase. Foods containing lipase are the ones with naturally occurring “good fat”. Research from UCLA indicates

organic avocados are the highest fruit source of lutein (a carotenoid that helps prevent eye disease) among the 20 most frequently eaten fruits. One avocado has 4.15mg of vitamin E alpha-tocopherol, making it the highest vitamin E source of any fruit. Avocados also contain four times more beta-sitosterol than any other fruit. Beta-sitosterol may support prostate and cholesterol health.

Meal #3 of the day: Lunch – Vegetables + Starch

Have lunch between 11:30a.m. and 1:30 p.m. Choose 2 to 3 alkaline vegetables and combine with a salad of either fresh mixed baby lettuce greens, romaine, or iceberg lettuce. Use avocado, flax oil or olive oil with balsamic vinegar and some Celtic Salt, Braggs Liquid Aminos or Coconut Aminos for a dressing.

CHOOSE TWO OR THREE STARCHY FOODS FROM BELOW TO ACCOMPANY YOUR SALAD: Potatoes (baked or steamed), cooked whole grains of any kind that you prefer and tolerate, squashes, sprouted grain breads, soaked sprouted and cooked legumes/beans.

MEAL #4 OF THE DAY: MID – AFTERNOON SNACK – Should be eaten halfway between lunch and dinner.

These options will be the same as your mid-morning snack. Choose A, B or C.

MEAL #5 OF THE DAY: DINNER – Vegetable + protein + fat

It's best to have dinner between 6 and 8 p.m. Animal derived proteins are the best proteins to supply the body with all the amino acids in sufficient amounts to support whole body health.

How you prepare your animal proteins is going to determine how health giving they are for you. In their fresh raw state meats contain regulatory peptides, immune factors, thymic hormones, hormones, antioxidants, vitamins, minerals, fatty acids, amino acids and more. Cooking destroys all the peptides, immune factors, hormones and up to 50% of the amino acids. Consuming fresh raw meats has helped improve the health of or brought about major healing for tens of thousands of

people. All animal proteins should come from pasture raised animals that are hormone and antibiotic free and raised on organic or non-GMO crops.

If you are not willing to eat meats in their raw state, then the next best method of preparing your animal proteins, is with boiling or steaming. Boiling or steaming reaches the temperature of 212 degrees, which is far less than the 350 to 450 temperatures of the oven, stove, or barbeque. This means there is far less damage to the amino acids that make up the meat and far less oxidation of the fat. The less you cook your meats the better.

If you see the wisdom of eating animal meats in their raw state, then it is best to eat only small amounts of vegetables with your meat meal. Such as those vegetables that confer heat and flavor like onions, jalapeno, ginger, garlic, etc. If you are going to cook your animal meats, then either eat a fresh vegetable salad or steamed vegetables with your meat meal. Mix 1-2 tablespoons of flaxseed oil or cold-pressed olive oil into your salad or poured over your cooled down steamed vegetables.

SOME GREAT SOURCES OF HEALTHY PROTEIN

- Cold-water fish (wild salmon or Whole Foods Farmed Salmon, cod, halibut, sole, haddock), preferably consumed sushi style, with ginger, wasabi, and soy sauce. In the alternative, steam your fish.
- Raw cheese from grass pastured cows. Go to realmilk.com to find a supplier in your state.
- Pastured Eggs – soft boiled or blended up raw with papaya or apple juice
- Legumes 50% and grains 50% soaked & spouted for 3-4 days and pressure or crock pot cooked
- Grass pastured beef, bison, pork, lamb, goat, mutton, and emu
- Pasture raised chicken, turkey, and rabbit
- Green Meadow Whey protein powder – found at bestwheyprotein.net

I like the following seasonings, Celtic Salt, Spike, Black or White Pepper, Jalapeno Sauce, Garlic or Onion powder, Tamari, Nama Shoyu, Braggs Liquid Aminos,

Coconut Aminos and any herb or spice I like. *Frontier Cooperative* has many herbal seasonings.

When it comes to eating healthy raw meats, top sirloin steak is tender and delicious with minimal seasoning. However, adding salt, pepper, cut up tomatoes or cut up purple onions can enhance how delicious a raw steak meal can be.

When it comes to the less palatable meats in their raw state, like chicken, turkey, pork, or lamb, I marinate these in balsamic vinegar for 8 or more hour. Then I season them as I would my top sirloin steak and eat. Also, much like using wasabi to eat sushi, using spices that confer heat to your raw meat meals makes all the difference. Such as fresh jalapeno or organic Jalapeno sauce, ginger sauce, cayenne pepper, garlic, and onions, should be used in each raw meat meal.

For more understanding of the power of raw meats to support healing and regeneration, please get the books [We Want To Live](#) & [The Recipe For Living Without Disease](#), both by the late Aajonus Vonderplanitz.

Instructions for Performing the Liver & Gallbladder Cleanse

DAY 1 – MAKE YOUR CLEANSE FORMULA: Upon arising and on an empty stomach consume 1 capsule of Enterogenic Intensive with water. Next add two ounces (the whole bottle) of Livatrex and 2 tablespoons of Organic Apple Cider Vinegar to 1 gallon of organic apple juice or distilled water. Shake and refrigerate – You will be drinking this formula for the next 4 days.

During the day drink four-8-ounce glasses of your cleanse formula between meals. **Example:** Drink one 8-ounce glass at 9am, 12pm, 3pm and 6pm. Make sure you drink the mixture 1 hour before or after your meals.

BEFORE BED: Take 4 capsules of Oxy Powder.

DAY 2 - Upon arising and on an empty stomach consume 1 capsule of Enterogenic Intensive with water.

During the day drink four-8-ounce glasses of your cleanse formula between meals. **Example:** Drink one 8-ounce glass at 9am, 12pm, 3pm and 6pm. Make sure you drink the mixture 1 hour before or after your meals.

BEFORE BED: Take 6 capsules of Oxy Powder.

DAY 3 - Upon arising and on an empty stomach consume 1 capsule of Enterogenic Intensive with water.

During the day drink four-8-ounce glasses of your cleanse formula between meals. **Example:** Drink one 8-ounce glass at 9am, 12pm, 3pm and 6pm. Make sure you drink the mixture 1 hour before or after your meals.

BEFORE BED: Take 6 capsules of Oxy Powder.

DAY 4 - Upon arising and on an empty stomach consume 1 capsule of Enterogenic Intensive with water.

During the day drink four-8-ounce glasses of your cleanse formula between meals. **Example:** Drink one 8-ounce glass at 9am, 12pm, 3pm and 6pm. Make sure you drink the mixture 1 hour before or after your meals.

BEFORE BED: Take 6 capsules of Oxy Powder.

DAY 5 – FLUSH DAY – 8AM TO 10AM: BREAKFAST – Eat a healthy breakfast of organic fresh fruit. Liver supporting fruits include watermelon, papaya, pineapple, kiwi, plums, cherries, and figs. Choose only one of the fruits above and eat as much as you like between 8 and 10am. Do not mix the fruits however! If you cannot find fresh fruits, substitute with organic frozen fruit. I recommend using melon if it is available due to its high glutathione peroxidase content. Start preparing your Liver/Gallbladder Soup for lunch (see the recipe below).

12 PM: LUNCH – *Choose from one of the following 2 options for your lunch meal.*

LUNCH OPTION 1: (Recommended): To maximize the liver's ability to detoxify and cleanse, Dr. Group chose a combination of foods which are high in sulphur. Sulphur helps the liver detoxify toxins. The ingredients in the liver gallbladder soup include onions, carrots, garlic, beet, turmeric, and oregano. The combination of these foods will help your liver purge toxins during the cleansing process.

Dr. Group's Liver/Gallbladder Soup
all ingredients ideally are organic

- 1 beet- chopped
- 2 carrots – chopped
- 10 cloves of garlic minced
- ½ or onion chopped
- 1 tsp. Celtic salt
- ½ tsp. turmeric
- ½ tsp. oregano

Pour 32 ounces of purified or distilled water into a soup pot. Add all the ingredients to the water. Bring to a boil, reduce heat and simmer on low heat for one hour. Eat this soup for your lunch. After your meal, refrigerate and save the leftovers for tomorrows lunch.

Lunch Option 2: (Water Meal) – If you are not hungry or you feel that you can fast through lunch, drink as much distilled water as is comfortable. For every 32 ounces of water, you drink during the day add 2 tsp. of Organic Apple Cider Vinegar.

5 PM: **Epsom Salt** - Mix one and a half level tablespoons of Epsom Salts in 8 ounces of warm water. Drink it as fast as you can. It is advisable to be near a bathroom when drinking Epsom Salts as some people experience liquid stools within 20 to 30 minutes after ingestion.

7 PM: **Epsom Salt** - Mix one and a half level tablespoons of Epsom Salts in 8 ounces of warm water. Drink it as fast as you can. It is advisable to be near a bathroom when drinking Epsom Salts as some people experience liquid stools within 20 to 30 minutes after ingestion.

9 PM to 10 PM: **Olive Oil/Juice** - Drink ¾ cup (6 ounces) of organic cold pressed extra virgin olive oil mixed with 6 ounces of fresh squeezed 50% orange, 50% grapefruit juice. Immediately after drinking the oil, go to bed and lie on your right side with your knees drawn up to your stomach.

After 30 minutes, you can stretch out and go to sleep. If you experience cramping, walk around for ten minutes, or so and then go back to bed. You may also feel nauseated during the night. This is due to the release of stored toxins from the liver and gallbladder. This is normal and a sign the Cleanse is working.

If you feel the need to vomit, do so as this will help release toxins. If you vomit, this is a sign your body is extremely toxic, and you should consider repeating the L/G Cleanse after a five-day break. Do not take any other supplements this night.

Congratulations! You have just completed your first Liver and Gallbladder Cleanse. Green pea size balls may appear in your stool over the next one to two days. You can fish these out of the toilet with a strainer and put a few on a plate. Cut through them with a knife. If they are green, and soft as butter, then this is congealed olive oil. If they are brown or are hard and have concentric rings inside, then these are gallstones. Either way this procedure helps cleanse the liver, even if you do not have stones.

Revisions to the Dr. Group Liver Gallbladder Cleanse were done by Stephen Heuer, BS Nutripath. For further assistance contact Synergistic Nutrition - 864-895-6250 - synergisticuniverse.com