Liver cleanse Recipe

The Liver Cleanse recipe is very inexpensive and simple to do.

Purchase some cold pressed olive oil (the bottle will say First Cold Press or Cold Pressed)

You will need 100% lemon juice that you squeeze from a lemon

(not from those plastic lemon containers of lemon juice)

You will need a tablespoon and small glass (like a shot glass size)

Take one tablespoon of the cold pressed olive oil and one tablespoon of the

100% lemon juice and mix it together. Drink the mixture first thing

in the morning before you eat or drink anything. After you take the mixture you can

eat or drink as you like. Do this for **10 days straight every morning** (only once a day) and eat or drink

like you usually would afterwards. After the 10th day, stop taking the mixture completely.

It is recommended that you do this at the beginning of every season, four times a year. Repeat the above directions when you do the cleanse. You may have more frequent trips to the bathroom so make sure that you can be home the first day or two as the cleanse begins to work. Drink lots of water and relax as much as you can.