



ASPEN **INTEGRATIVE**
MEDICINE

Liver and Gallbladder Flush Protocol

1. Eat a light lunch and breakfast of fruits and veggies---no fats
2. At 4pm, take 400mg magnesium citrate
3. At 5pm, take 400mg magnesium citrate
4. At 6pm, take 400mg magnesium citrate plus 4 capsules of malic acid or 1 oz apple cider vinegar
5. At 7pm, drink 4oz of organic olive oil mixed with 3 or 4oz of lemon juice (do smaller amount if first time)
6. At 8pm, take 400mg magnesium citrate
7. Go to bed.
8. If not pooping by am, repeat 400mg magnesium citrate 2x – it is normal to feel worn out as your body is detoxing. The goal is to poop it all out and not keep it in!