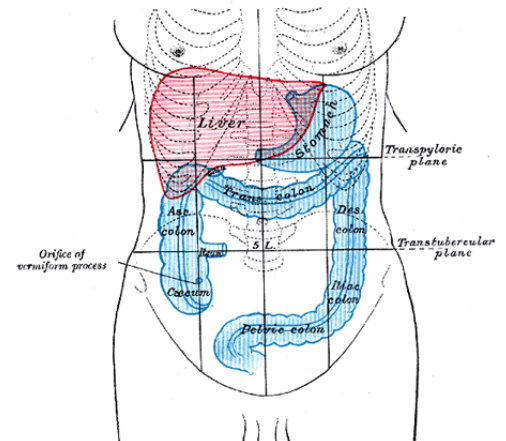




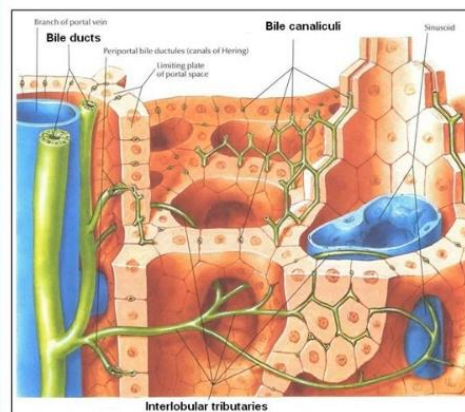
THE LIVER FLUSHING DETOX PROTOCOL

The liver is the largest organ in the abdominal cavity. Protected by the ribcage, it sits under the diaphragm on the right and spans all the way to the left where it covers part of the stomach.

The architecture of the liver is particular in the sense that it is similar to a sponge, and it is made of a long network of ducts (canaliculi) some filled with blood and some filled with bile.



- The **liver cells** secrete **bile**
- The **bile canaliculi** carry this bile to the **interlobular ducts**.
- The **interlobular ducts** join one another to form progressively **larger ducts** and, eventually, at the **porta hepatis** form the **right and left hepatic ducts**.



The liver flush & detox protocol aims to encourage bile expression out of the canaliculi the way one would squeeze a sponge to drain and cleanse it. This process is done mechanically by encouraging contraction of the ducts (peristalsis) and chemically by using plants that have a bitter taste and are known to stimulate bile production and its release into the digestive tract via the sphincter of Oddi.

Bile is a fundamental route of detoxification for many compounds including hormones and some drugs like steroids.

Bile also controls digestion and the environmental Ph of the digestive tract making it a major foundation for health and wellbeing.

Regularly follow this protocol to avoid gall stone formation and to support digestion, elimination, and hormonal health.



ANNE-LISE MILLER
HEALTH-STYLE FOR LIFE

PROTOCOL FOR THE LIVER FLUSH

STEP 1 Liver wake-up call:

Every morning on an empty stomach drink 2 TBS of apple cider vinegar (preferably organic and live i.e., with the mother) in a glass of warm water. Follow with breakfast as per normal.

STEP 2 Bile stimulating herbs:

20 to 30 minutes before each meal, take 30 drops of a "digestive bitter formula" mixed in half a glass of water. I recommend the Dig Drops from SHS on this link but there are others <https://shs100.com/herbal-supplements/dig/>

STEP 3 Bile flushing:

For 7 consecutive days each month you are on the liver detox protocol, follow the flush protocol instead of the apple cider vinegar and your usual breakfast.

On those days, fast for as long as you can. Ideally a minimum of 16 hours from the night before (for example if you finished your last meal at 8.00pm start eating the following day no sooner than noon).

The recipe for the liver flush

Blend

- 3-6 Tbs of olive or flax oil
- 1 clove of garlic
- 1 or 2 inches worth of fresh ginger root (this can be mixed with fresh turmeric 50/50)
- The juice of one or two lemon,
- 1 TBS of lecithin liquid or granules both readily available
- Apple juice to taste

Drink immediately and delay eating for at least 2 hours more if you can.

For best results, follow this protocol for three months.

Aim to have at least one colonic during one of the 7 days of flushing on each of the three months.

This protocol can also be enhanced with [coffee enema](#).