

Liver Reboot Programme

21 days

Week 1

Colonic

Daily probiotics

Liver support supplement 2 tablets twice a day (4 tablets a day)

Castor oil packs x 2

Epsom Salts bath x 1 = 500 grams

Week 2

Colonic with coffee enema

Daily probiotics

Liver support supplement 2 tablets twice a day (4 tablets a day)

Castor oil packs x 2

Epsom Salts bath x 1 = 500 grams

Week 3

Colonic with coffee enema

Daily probiotics

Liver support supplement 1 tablets twice a day (2 tablets a day)

Castor oil packs x 2

Epsom Salts bath x 1 = 500 grams

Instructions

Lemon Drink

Prepare one sliced lemon, add 500mls of water and place in a liquidizer (use the complete lemon, including skin, pips, etc.) Strain and discard the pulp. Add 2.5 litres of water, a total of 3 litres. Drink throughout the day finishing by 4pm

EPSOM SALT BATH

Fill the bath with comfortable warm water; it should be hot enough to last a while but not too hot to be uncomfortable.

Empty 500 g of Epsom salts into the water, distributing it evenly.

Climb in and stretch out and soak for up to 30 minutes. This will open the skin's pores and eliminate toxins and poisons. Please do not use soap.

A quick warm shower will rinse away any salt residue.

CASTOR OIL PACK

Take a bottle of castor oil, a roll of cling film and the absorbent pad and a hot water bottle or microwaveable heat pack.

Put approx. 25mls of oil into a bowl. Spread the castor oil over the liver first (in the top right hand corner of the abdominal cavity under the ribcage), continuing over the abdomen and colon. Soak the pad in the remaining oil and place over the liver area

Wrap the cling film completely over the pad and oil, then place the heating pad or hot water bottle over the abdomen for about one hour and relax.

The combined action of the castor oil and the heat penetrates into the intestines and softens encrusted faecal matter loosening it from within the pockets of the colon. This helps the removal of the encrusted matter during the detox regime.

Food and Drink

Start each day with a mug of warm water and a slice of lemon

Throughout the day drink the lemon drink as per above.

2 pieces of fruit daily

No limit to the amount of fresh vegetables except potatoes, which are limited to twice a week (no mash)

Eggs 2 per week

Stick to Fish, chicken or lean lamb no more than twice a week

Milk should be eliminated or replaced with plant based milk

Stick to Brown Rice, Quinoa, wholemeal noodles and pasta

Chickpeas, lentils should be added in, can be canned, preferably organic

Oils – organic, olive, flax and coconut

Nuts, raw unsalted - cashews, almonds, walnuts

Seeds, raw unsalted - sesame, pumpkin, sunflower, chia and flax

Live Bio yoghurt organic if possible

Hummus

Veggie juices – ideally 1 per day, with at least apple and carrot, preferably more veg like beetroot, celery, spinach, courgette

Herbal teas - green, peppermint, fennel, rooibos

No more than 2 caffeinated drinks per day

No fizzy drinks, sweeteners, or sugar.

Instead use Honey, date, agave or maple syrup in moderation

No white pasta, rice, bread, biscuits or pastry