**General Gallbladder Cleanse Guidance**

Avoid foods rich in saturated fats (meat, dairy, eggs), and nuts and seeds too.

Eat primarily unrefined grains, veggies, fruits and legumes.

It’s especially helpful to eat raw radishes and use a squeeze of lemon or lime on raw salads.

Include 1-2 tbsp. flax oil per day if possible.

Take apple cider vinegar mixed with warm water and honey as a great remedy to move stagnant liver/gallbladder chi. Once or twice a day…upon rising and before sleep. Or any time you feel frustrated or angry.

Also chamomile tea or dandelion tea.

**One-Day Gallbladder flush**:

* Eat green apples (can substitute other apples). The green are most effective because they have a sour flavor. You can eat as many as 8-12 apples.
* Also drink plenty of fluids throughout the day (water preferably).
* At bedtime take 2/3 cup of extra virgin olive oil and 1/3 cup of lemon juice and sip slowly.
* Go to bed and lie on your right side with your right leg drawn up. Before you do this cleanse please make sure there is a LOT of toilet paper stocked in the bathroom… you’re going to need it.

For more information on Gradual Gallbladder Cleanse and Gallbladder flush, check out Paul Pitchford’s [Healing with Whole Foods](http://www.amazon.com/dp/1556434308?tag=andreabecom-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=1556434308&adid=1ZFE3BDD48AM888Q42DV&" \t "_blank).

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