



**HOUSE OF SUNSHINE**

ESTABLISHED 1977

# Gallbladder Cleanse

Gallstones are the fifth cause of hospital admission and the third most common surgical procedure. But surgery is not the only answer. Imagine being able to remove these gallstones painlessly without a knife and without a doctor. Common symptoms include chronic gas, belching, pain, bloating, jaundice, headache, bad temper, sluggishness, nerves, or severe pain in right abdomen under rib cage. You may have gallstones even though you have none of these symptoms.

No Food for 3 days

Drink at least one gallon of no sugar added, whole apple juice per day.

Every 4 hours take:

- 1 **Cascara Sagrada**
- 2 **Gall Bladder Formula**
- 2 **Hydrangea**

On the third night: Drink ½ cup olive oil and ½ cup lemon juice. Go to bed and lie on your right side with a pillow under your hip. You should see stones in your bowel movement the next morning. If you don't have a bowel movement, take a coffee enema.