

Egyptian Liver Cleanse



The Egyptian Cleanse

1/3 cup fresh squeezed
lemon juice

1/3 cup 100% natural or
organic pineapple juice

1/3 cup good olive oil (not extra virgin-
bitter) Blend and drink first thing in the
morning .

Start after full moon and do for 5 days in a
row.

Do this for 3 months on and then 3 months
off.

Preferable with the seasons, cleanse in the
spring and fall (just like your house).