

## The Liver flush

1 lemon

½ pint non concentrated cloudy apple juice

1 tablespoon virgin organic cold pressed olive oil

1 clove garlic

Small piece of fresh ginger

Herbal detox tea

Do not eat anything before drinking the liver flush

Juice the lemon in a juicer

Crush then finely chop the garlic

Grate the ginger

Place all the ingredients in a blender and liquidise

Pour out and drink slowly

Start preparing the herbal detox tea, drink 15 minutes after taking liver flush

Teas that are good are those that contain digestive herbs such as peppermint, fennel, chicory, cardamom, liquorice, aniseed, ginger, nettle, dandelion, burdock, cinnamon.

One containing several of these herbs is “After dinner” herbal tea blend by PUKKA, it contains chicory, aniseed, fennel, liquorice, cardamom, orange peel, and ginger root. Use two tea bags