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salt liver detox. It's a bit more drastic, but sometimes we need it. I've done this several times in the past few years, and while it's not easy peasy, it's not terrible either. You'll need to plan this liver cleanse on a weekend or on a day you can be off work. Having a bathroom close by is a must! Here's what you'll need: 3 cups of water 4 tablespoons of Epsom salt 1 large grapefruit (I like to use pink grapefruit, as it's better tasting, not as bitter) 1/2 cup of cold pressed olive oil How to do the Epsom salt liver cleanse you stop eating before 2PM the day you want to start the cleanse sometime before 6PM prepare your Epsom salt mixture: add 4 tablespoons of Epsom salts to 3 cups of water, and mix well until dissolved. Then divide your 3 cups of mixture into 4 cups (you'll be drinking 3/4 of a cup 4 different times. at 6PM, drink your first Epsom salt container (3/4 of a cup) repeat at 8PM prepare for bed around 9: shower if you do so at night, get into your evening routine, and be ready to go to bed at 10PM. If you have a hard time falling asleep, take a natural sleeping pill between 9 and 9.30, depending on how fast your pill takes effect. I like this natural sleep aid, because it's made with herbs and is non-habit forming. Falling asleep and sleeping well is a very important part of this cleanse. at 9.55PM, squeeze the grapefruit, and mix 1/2 cup of grapefruit juice with the olive oil. Save the rest of the grapefruit juice in a separate cup (I'll tell you a trick ;) ) mix the grapefruit juice and olive oil really well, and drink this mixture at 10PM. You need to drink the entire mixture in 5 minutes or less. I drink it all in one breath: otherwise it's hard to drink it. But you might be different. Once you finish that mixture, drink the rest of the grapefruit juice you saved: it'll be a real treat ☺ now get in bed and lay on the right side for 20 minutes. If you can, it's best if you fall asleep in this position. If not, you can move in your favorite sleeping position after the 20 minutes. next morning, drink your third Epsom salt mixture as soon as you wake up drink your last Epsom salt dose 2 hours later you can eat a salad or some fruit 2 hours after your last Epsom salt drink Are you ready to detox your liver? Changing the way you eat and the things you drink can be difficult. However, making a few lifestyle changes that include one or more of the steps above to help cleanse your liver, may improve your overall health. When you eat healthy foods and cut back on your alcohol and caffeine intake, you're not filling your body with so many toxins that you overwhelm your liver. In addition, using essential oils to aid the digestive system will enhance liver functions and make it easier for this organ to do its job. A healthy liver promotes overall good health. Is it time for you take steps to cleanse your liver? Must Have Essential Oil Accessories