



Claudia's 9 Step Complete Liver Healing Protocol

STEP ONE:

Drink "Liver Magic Mix" twice daily – first thing in morning and again sometime in the evening.

- **Juice from ½ lemon**
- **1 tsp olive oil**
- **1-2 tsp.'s raw apple cider vinegar (with the mother)**
OR ½ cup apple juice
- **1-15 drops of magnesium oil (start slow – work your way up)**
- **2 dropperfuls of liver detox/healing tincture**
- **Plus enough water to drink it down. Don't dilute it too much.**

STEP TWO:

Eat 2 servings of apples or apple juice daily. You can eat an apple whole, core an apple and mix it in the blender with a date or some raw honey and a pinch of cinnamon to create a raw, whole apple apple sauce. Or juice an apple fresh 1-2 x day. Or drink organic pasteurized apple juice, 1 cup, 2 x day.

NOTE: Add 2 squirts of liver healing tincture to your apple serving.

STEP THREE:

Ramp up the magnesium levels in your body! This will help open up all valves, ducts and vessels throughout the body. You can increase magnesium levels in the body by both - taking it orally and applying it topically.

Choose an oral magnesium of your choice. Use magnesium oil to spray onto the limbs and torso (2 sprays each area) morning and night. Rinse off 30 minutes after applying, if needed. Dilute it with water if your skin is sensitive to it. Also do at least 1-3 epsom salt full body baths or foot baths per week. Use 2 cups of Epsom salts in bath for full body bath and 1 cup for foot bath. Soak for 30 minutes.

STEP FOUR:

Drink one cup of liver detox and repair tea 1-3 x per day. This can be made in a larger batch ahead of time, kept in the fridge for up to 7 days. It's best not to drink it cold. Let it come to room temperature or drink it warm – the liver will respond better to it this way. Recipe for the liver tea is as follows:

Equal parts of the following ORGANIC herbs:

- **Milk thistle seeds (ground up to smaller pieces) – repairs liver**
- **Burdock root (cut and sifted) – cleanses liver**
- **Red Clover (cut and sifted) – cleanses blood**
- **Plantain Leaf (cut and sifted) – draws out impurities**
- **Hydrangea root (cut and sifted) – breaks up stones**
(Excellent info about Hydrangea: <https://healthyfocus.org/benefits-hydrangea-root/>)
- **Optional: Dandelion Root (cut and sifted) – detoxes liver**

Steep in water that has been boiled, covered, for 20-30 minutes.

STEP FIVE:

Eat lightly. Overindulging on food puts a lot of stress on the liver. We want to love, nourish, and heal the liver – not cause it extra stress. Eat meat sparingly, eat red meat very sparingly, eat plenty of fruits and veggies– Brussel sprouts, celery, cucumbers, asparagus, artichoke, cauliflower, broccoli, etc., soaked nuts and seeds, if you have the time, make fresh juices made with carrots, celery, leafy greens, apples, cucumber, beets, papaya, etc. of your choice.

Also make sure to eat ONLY good fats. I believe this is incredibly important. My top three go-to's are extra virgin olive oil, flaxseed oil, and coconut oil. No vegetable oils, canola oil, or other hydrogenated oils or oils high in Omega 6's which cause inflammation in the body and are difficult for the liver to handle.

STEP SIX:

Take herbal bitters before each meal. You can even add a squeeze of lemon to the bitters to help get the bile flowing. Herbal bitters can be created by mixing your choice of the following herbs in raw apple cider vinegar – making an herbal apple cider vinegar tincture. Make sure to use at least one of the “most bitter” herbs:

- **Artichoke leaf – most bitter**
- **Dandelion root – most bitter**
- **Horehound – most bitter**
- **Angelica**
- **Fennel**
- **Ginger**
- **Dried bitter orange**
- **Anise**

Mix together your own blend of 3 or more of these herbs in quart jar. Cover 2 inches over the top of the herbs with raw apple cider vinegar. Close lid. Label. Place in dark room. Shake jar every day for 4 weeks. Strain. Keep in fridge for 1 year or more. Use 1 tsp at a time, in a bit of water 5-10 minutes before a

meal. You can also add a squeeze of lemon to the mix. Drink with a straw if using a lemon to prevent it eating away at the tooth enamel. It's important to use this before larger meals like for dinner time or a larger breakfast or lunch. But avoiding larger meals altogether is best so we don't stress or bog down the liver.

STEP SEVEN:

Clear out pathogens. Pathogens like viruses and bacteria can hide away in the liver and interfere with its ability to function as it should. We need to clear this out in order to heal the liver completely. We can do this by using a mix of anti-viral and anti-bacterial herbs that are known to be effective at kicking out unwanted pathogens in a safe and gentle way. You can either purchase your own herbal anti-bacterial / anti-viral formula and use that or make your own.

When making your own herbal formula, consider using herbs like lemon balm, olive leaf, Oregon grape root, licorice root, or thyme.

STEP EIGHT:

Do a castor oil pack 1-2 x per week. Use this time to relax, read a book, watch a movie, do a crossword puzzle, etc. Research how to do a castor oil pack. Seeing it visually is best to know what you're doing. It's easy, relaxing and is worth the time to stop and slow down to take care of that precious liver!

Castor oil packs helps detoxify and tone our organs – including the liver. A castor oil pack improves circulation and promotes healing of the tissues and organs underneath the skin. It helps improve liver function, relieve pain, reduce inflammation, and improve digestion.

STEP NINE:

Lighten the toxic load in our home! Our liver is the main filtering organ in our body. Let's help reduce the work (or overwork) it needs to do so it can continually working for us as well as possible. An over-stressed, bogged down, sluggish liver won't do – not in today's world. So let's make an effort in getting rid of the plethora of chemicals and toxins we're exposing our organs to. Here are some ideas:

- Use a natural lawn fertilizer and weed killer.
- Use a natural insect repellent.
- Use a toxic-free sunscreen lotion during the summer.
- Use a chemical free laundry detergent.
- Use a mineral / natural makeup, lotion, hand soaps, etc.
- Don't use air fragrances – unless it's something like essential oils.
- Open the windows regularly to air out the home.
- Eat organic produce and food.
- Drink filtered water. (The Berkey is our favorite!)

EXTRA STEPS:

Be out in the sun! The sun helps us heal on so many levels – especially if our body is saturated with good nutrients and healthy omega 3 fats. If this is the case, all of our organs and our cells love the sun!

Because we don't get enough healthy light and get too much artificial light, using a red light/infrared light therapy is also a great addition for detoxing. It isn't necessary but it's an added helpmeet that I like to use.