

Olive Oil and Lemon Liver & Gallbladder Flush Protocol

The olive oil and lemon liver and gallbladder flush is a traditional naturopathic protocol used to stimulate bile flow, support the liver, and encourage the gallbladder to release stagnant bile. Many practitioners use it for individuals experiencing sluggish digestion, constipation, or suspected biliary congestion.

Important: This protocol is for educational purposes only. Always consult with your physician or qualified healthcare provider before beginning any cleanse or detox protocol.

Situations Where This Protocol May Not Be Appropriate

- Known gallstones or history of gallbladder attacks
- Bile duct obstruction
- Acute illness or infection
- Recent abdominal surgery
- Pregnancy or breastfeeding
- Pancreatitis or severe digestive disorders
- Anyone taking medications that may be affected by electrolyte shifts

Preparation (2–5 Days Before)

Preparing the body beforehand can help soften bile and reduce discomfort during the flush.

- Drink birch sap daily for approximately 2 weeks before beginning the flush to support gentle liver and kidney drainage.
- Eat a clean, simple diet consisting of steamed vegetables, fruit, rice, quinoa, and light soups.
- Avoid fried foods, dairy, processed foods, alcohol, and red meat.
- Drink plenty of filtered water to stay well hydrated.
- Optional support may include malic acid from apples or apple juice, magnesium, herbal bitters, or dandelion root tea.
- Some people drink approximately 1/2 liter of organic apple juice daily for 3–5 days. The malic acid may help soften bile sludge.

Flush Day Protocol

Morning and Afternoon

Eat only light, fat free meals such as fruit, oatmeal, steamed vegetables, or rice. Stop eating by 2 PM. After this time, only drink water.

- **6:00 PM:** Take 1 tablespoon magnesium sulfate (Epsom salts) in 1 cup warm water. This may help dilate bile ducts, relax smooth muscle, and reduce cramping.
- **8:00 PM:** Take another 1 tablespoon Epsom salts in 1 cup warm water.

Olive Oil Mixture (10:00 PM)

- Mix 1/2 cup extra virgin olive oil with 1/2 cup fresh lemon juice or grapefruit juice.
- Shake vigorously until emulsified.
- Drink the mixture quickly while standing.
- Immediately lie down on your right side with knees slightly bent.
- Remain still for 20–30 minutes. Some people may feel gallbladder contractions or mild nausea.
- Go to sleep afterward.

Next Morning

- 6:00 AM: Drink 1 tablespoon Epsom salts in water.
- 8:00 AM: Drink the final tablespoon of Epsom salts in water.
- Bowel movements typically begin within a few hours.
- Some people report seeing green or tan floating material in the stool. These may be bile, cholesterol, or fatty complexes released during the flush.

After the Flush

- Begin with light foods such as fruit, steamed vegetables, or broth.
- Avoid heavy fats the first day after the cleanse.

Frequency

Some practitioners repeat the flush once monthly for several rounds, often 3–6 times depending on the individual situation.

Potential Benefits Reported

- Improved bile flow
- Reduced constipation
- Better fat digestion
- Relief of right sided abdominal fullness
- Improved skin and hormone clearance since bile helps remove toxins and excess hormones

Possible Reactions

- Nausea
- Vomiting
- Diarrhea
- Abdominal cramping

Always speak with your healthcare provider before beginning this protocol, especially if you have a history of gallbladder disease, digestive disorders, or are currently taking medications.