

## The Gall Bladder Cleanse and Detox

Have you ever wondered what the importance of the gall bladder and what part this vital organ plays in your optimal health? The leading health experts of the world agree that the gall bladder performs a vital part in the general cleansing of the human body. It produces bile fluids that are essential for metabolizing and digesting oils and fats, which in turn produces vitality and muscular strength. This activity is essential for the body to break down the nutrients it needs to support optimal health.

It necessary for your body to break down ingested foods in form the body can absorb. The bile found in the gall bladder is important not only for the digestion process but helps to eliminate the toxins in your entire system.

As well as impede digestion, a shortage of bile flow in the body can contribute to a spate of back and joint pains. All of the joints in the body is kept lubricated with a fluid called the Synovial Fluid., the fluid that is present in all of our joints decreases if the flow of bile in our body becomes low causing incidences of acute pain in the joints. Detoxification and cleansing, of the gall bladder combined with a healthy diet can restore you as never before to a more vibrant state health. The gall bladder cleanse will eliminate toxins and promote optimal health.

Before embarking on restoring your health, it is always advisable to have a general check up with a doctor before setting out to start the gall bladder cleansing process.

Caution should be taken when taking any cleansing system, especially if you have certain conditions that a cleanse would not benefit. Then indulge yourself in some grocery shopping. The recipe for this cleans is quite easy. Just buy a lot of large green apples or five glasses of unfiltered organic apple juice. The regime prescribes eating at least five apples everyday while avoiding refined flours, processed foods, starchy carbohydrates and sugars in your food. You should also remember to drink a lot of water This will flush out your body and cleanse your system.

The process is not finished yet. After eating the green apples, the next step would be to mix two tablespoons of fresh lemon or grape juice and two tablespoons of olive oil into eight ounces of filtered water,. Every night, drink this mixture one hour prior to sleeping for the next six days. If possible, sleep leaning on your right side every night.

After six days of eating the green apples and drinking the liquid mixture, on the final day you will need to eat the final quota of five green apples for the last time, and just one hour before going to bed drink eight ounces of filtered water mixed with one-third cup of lemon or grape juice and two-third cup of olive oil.. This seven day ritual will not only flush all stagnant bile, toxins and chemicals from your body but cleanse the gallstones into your colon promoting optimal health.

## About the Author

See the only [Master Cleanse Diet](#) diet used by Hollywood Celebrities such as Beyonce!

Source: [www.isnare.com](http://www.isnare.com)

Source: <http://articles.exospy.com>