



## OILY MIXTURE

- 120-140 mL olive oil
- 50-70 mL Lime juice concentrated
- 90-120 mL grapefruit juice concentrated
- 1-1.5 tsp of Epsom salt
- 1/10 tsp of sea salt

## LAXATIVE MIXTURE

- Epsom salt
- Sea salt
- Prune juice
- Drinking water

## PLANTS

PHOTOSYNTHESIS  
CHLOROPHYLLS  
GREEN COLOR  
Mg

## ANIMALS

BLOOD SYNTHESIS  
HEMOGLOBINS  
RED COLOR  
Fe

## SOME FUNCTIONS of LIVER & GALLBLADDER

1. DIGESTIVE SYSTEM
2. ELIMINATION SYSTEM
3. CIRCULATION SYSTEM
4. RESPIRATORY SYSTEM
5. NERVOUS SYSTEM
6. IMMUNE SYSTEM
7. MUSCULAR & TENDON SYSTEM
8. SKELETON SYSTEM
9. REPRODUCTIVE & URETERAL SYSTEMS
10. ENDOCRINE SYSTEM

PEPTIC **U**LCER=VITAMIN **U**=CABBAGE