

THE OVERNIGHT LIVER CLEANSE.

These information came from the Rocky Mountain Mystery School and are being used before your studies begin.

Your energy the first day will be normal and this process is not at all uncomfortable during the daytime of that day. It is during that evening that things can start to move. Make sure your second day is one that you can just take it easy. Compared to other liver / gallbladder cleanses, this one is easy and relatively comfortable to do.

Day One

Breakfast and lunch: Eat all the brown rice you want. It is fine to supplement with vegetable juice and broth. Stop eating and drinking at 2pm. A moderate amount of water after this time is permissible.

Prepare the drink sometime during the morning: Mix 4 tablespoons of Epsom salts in 3 cups of water. Put in refrigerator to chill.

6 pm.: Drink $\frac{1}{4}$ of the mixture.
8 pm.: Drink $\frac{1}{4}$ of the mixture.:
10pm.: Squeeze the juice of one fresh grapefruit into one cup of olive oil. Shake to mix, then drink. Immediately go to bed and lie down on your right side. After 10 minutes or so, you will feel things start to move. Go to the bathroom as needed. Sleep!

Day two

Upon waking: Drink the 3rd $\frac{1}{4}$ of the mixture. Go to the bathroom as needed.

2 hrs. after waking: Drink the rest of the mixture.

Lunch: Eat a moderate lunch. Stay away from heavy, greasy or fried foods at this meal.

You may experience some lingering effects into the afternoon. The whole process is usually done by lunch time. Bile stones sometimes float and sometimes sink. When they sink, they often look like greenish yellow sand in the bottom of the bowl.

You may substitute millet in place of rice.

This is the earnest, fastest Liver Flush -

eat lots of brown rice - -

I have to see what
our schedule this

Love
Christine