

## Liver Detoxifying Drink

1 C. fresh grapefruit or other citrus juice

1 clove fresh garlic

1 T. extra virgin olive oil

Place all of the ingredients in a blender, mix until smooth and drink. You can increase your detoxing by increasing the garlic and olive oil amount by one each day for five days until the quantities are 1 C. juice, 5 cloves garlic and 5 T olive oil. You can do this weekly until you've reached the desired results.

Recipe by The School of Natural Healing