Morning Drink #2 (Liver and Gallbladder Flush)

8 ounces of a citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine to make 8 ounces)
8 ounces distilled water
1-3 dropperfulls of Dr. Christopher's Liver and Gallbladder tincture formula
2-6 cloves of garlic
1-3 tablespoons of organic cold-pressed virgin olive oil
1 small piece of fresh ginger root.

Mix all ingredients in a blender.

Recipe by Richard Schulze, MN – Seven Day Cleansing and Detoxification Program found in Level 1600