


# A Clean Liver: Your Key to a Disease-Free Life!

Your liver is a powerhouse, tirelessly performing hundreds of essential functions every minute of every day. From digestion and metabolism to producing proteins, hormones, and enzymes, it's the cornerstone of your body's vitality. It's also your primary detox hub and a vital supporter of immune health. When your liver thrives, every organ system benefits, bolstering your resilience against illness. But when it's overwhelmed, the effects ripple outward leaving you vulnerable to a cascade of health challenges.

Restoring your liver to peak condition is one of the most powerful steps you can take to reclaim your health. Nothing empowers you more than a liver cleanse!

## The Hidden Culprit: Liver Stones

A major barrier to optimal liver function is the buildup of liver stones in the bile ducts. Shockingly, most people—especially those with chronic illnesses—harbour hundreds, if not thousands, of these stones. Unlike gallstones, which may show up on X-rays, liver stones are rarely detected by standard imaging like ultrasounds or CT scans. Even MRIs may miss them unless they're large and dense, and doctors seldom look for them without obvious signs of liver distress. As a result, countless individuals live with undiagnosed liver stones, suffering years of declining health.

These stones clog bile ducts, impairing digestion, nutrient absorption, and detoxification. Over time, this disruption affects every system in your body, triggering a wide range of symptoms and conditions.

## Could You have liver stones?

Here are some signs that liver stones might be silently undermining your health:

- Digestive issues (constipation, gluten intolerance, ulcers)
- Mental health concerns (depression, brain fog, insomnia)
- Skin conditions (eczema, psoriasis)
- Chronic illnesses (arthritis, heart disease, autoimmune disorders, cancer, liver cirrhosis, kidney disease, gout, fibromyalgia, osteoporosis, multiple sclerosis)
- Hormonal imbalances (PMS, menopause disorders, thyroid dysfunction)
- Neurological conditions (Alzheimer's, Parkinson's)
- Respiratory issues (asthma, allergies)
- Metabolic conditions (obesity, high cholesterol, diabetes)
- Musculoskeletal disorders (chronic fatigue, migraines, headaches)

If you're experiencing any of these, liver stones could be the root cause.

## What to Expect from a Liver Cleanse

Your liver begins to rebound soon after the first cleanse—sometimes within hours. You may notice reduced pain, a surge of energy, and sharper mental clarity. As stones are cleared from your liver and gallbladder over time, nagging symptoms and even chronic conditions can fade away. Why? Because you're tackling the fundamental source of bodily dysfunction.

## Is This Cleanse Right for You?

This program benefits a wide range of people, from those with nagging symptoms to those seeking vibrant health. However, it's not suitable for everyone. Please review the following before proceeding:

- Bowel obstruction or disease
- Acute infection
- Severe constipation
- Hemorrhoids
- Underweight
- Prescription drug dependency
- Pregnancy or nursing
- Biliary duct stent
- Diabetes
- Recent chemotherapy (within 6-8 months)

If none of these conditions apply, you're likely a great candidate for this transformative journey!

# The Juice Revolution 10-Day Guided Liver & Gallbladder Cleanse

## Ideal Timing

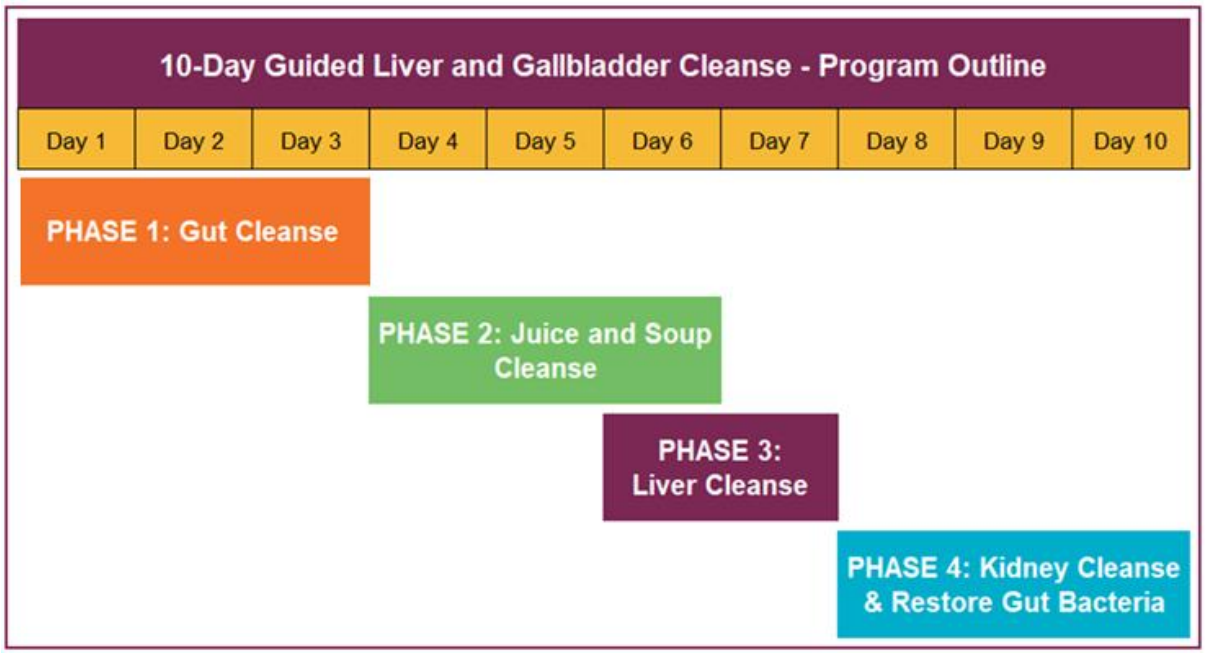
You can purchase the cleanse and begin whenever it suits you. In his book, *The Amazing Liver and Gallbladder Flush*, Andreas Moritz recommends timing the flush so that Days 6 and 7 fall between the full moon and new moon, or between the new moon and full moon. He describes the days around the new moon as particularly conducive to cleansing and healing. He also recommends choosing a time when you can rest and are not under pressure.

## Program Outline

This transformative 10-day journey unfolds in four phases:

1. **Healthy Eating & Gentle Gut Prep** – Reset your system with nourishing foods.
2. **Liver-Specific Juice & Soup Cleanse** – Give your digestion a break with targeted nutrition.
3. **Liver & Gallbladder Flush** – The core cleanse; a quiet, restful phase with no obligations.
4. **Nourishing Re-entry** – Ease back into normal eating while supporting kidney health and gut flora.

You can maintain normal activities during phases 1, 2, and 4, but phase 3 requires a calm, commitment-free space.



| Phase 1: Day 1-3<br>**Gut Cleanse & Clean Eating** | Phase 2: Day 4-5<br>**Digestive System Rest** |
|---|---|
| • Magnesium Peroxide gentle gut cleanse<br>• Cold-pressed apple juice to soften stones<br>• Plant-based diet: Eliminate processed foods, animal protein, eggs, dairy, sugar, and caffeine. | • Continue Magnesium Peroxide cleanse<br>• Continue cold-pressed apple juice to soften stones<br>• Juice and soup cleanse<br>• Colonic to clear the colon, aiding the body's ability to flush out liver stones |
| **Phase 3: Day 6-7**<br>**Liver & Gallbladder Flush** | **Phase 4: Day 8-10**<br>**Kidney Detox & Gut Support** |
| • Juice and soup cleanse until 13:00 (Day 6), then fasting<br>• Andreas Moritz liver flush (Epsom salts, olive oil, grapefruit juice)<br>• Gradual reintroduction of food (Day 7 - rest day) | • Kidney tea to detoxify and nourish the kidneys<br>• Microbiome restoration with probiotics & sauerkraut<br>• Colonic flush for remaining stones<br>• Reintroduce animal protein & whole foods. |

**Program cost: R4,400**

Your investment in this life-changing experience includes:

- Daily Planner
- Guidebook, meal plan & recipes
- Personalised coaching
- Educational videos
- 5 Cold-pressed juices (500ml)
- 4 Cold-pressed juices (340ml)
- 12 Cold-pressed apple juices
- 3 Nut milks (340ml)
- 1 Smoothie (500ml)
- 6 Vegetable soups (500ml)
- Magnesium Peroxide
- Rhizo Health
- Kidney tea
- MannaBrew
- Ketogenic meal
- Raw sauerkraut
- Epsom salts
- Detox 4-in-1 Bath Soak
- Magnesium DMSO Oil
- Cool Stool Fibre Support

**Colonics**: Two colonics are done during the program at an additional cost of approximately R700 to R800 per colonic.

**Optional Meal Add-On**: Include breakfast, lunch, and dinner for days 1-3 and 8-10 for R2,200.

*To get the most out of this journey, plan to dedicate time each day to engage with the program content—watching the coaching and educational videos, reading the relevant*

*guidance, and following the Daily Planner. You'll also have WhatsApp support available throughout your cleanse.*

## What Makes This Program Unique?

This is more than a cleanse—it's a deeply supported health journey you can enjoy from home. Fiona Stander, our founder, guides you through the program with coaching and educational videos covering each phase of the cleanse. Personalised WhatsApp support offers daily guidance, tips and support from Fiona, so you're not left to navigate the journey alone.

You'll receive everything needed for the program, including your Daily Planner, guidebook, and recipes for the whole-food meals on Days 1–3 and 8–10. If you prefer, you can add these prepared meals to your cleanse order.

## How to Begin

Ready to begin your cleanse journey? Purchase your Guided Liver & Gallbladder Cleanse through our online shop under Healing Plans at juicerevolution.co.za. You can begin whenever the time is right for you.

If you have questions before purchasing, email Fiona at fiona@juicerevolution.co.za or WhatsApp her on 082 562 4525.

## About Juice Revolution:

Juice Revolution is South Africa's leading provider of 100% natural, cold-pressed juices, soups, and wellness programs. Committed to promoting natural health solutions, Juice Revolution partners with experts in the health industry to offer life-enhancing programs that empower individuals to take control of their health.

*"The failure to recognise the incidence of gallstone formation in the liver as an extremely common phenomenon may very well be the most unfortunate oversight that has ever been made in the field of medicine,"* Andreas Moritz, world-renowned naturopath.