



LIVER FLUSH



Simply the best way to cleanse the liver and create a positive alkaline balance in the body.

If you are keen to lose some body weight this happens due to effective liver function. This flush will, really work well for you and you should eat simple foods and plenty water.

Consume twice per day and prepare fresh each time morning and evening.

Thoroughly blend all the above ingredients and drink – tastes great!!

Consume for at least 3 days and try to aim for 7days consecutively.

Ingredients:

- > 2 oranges
- > 2 lemons
- > Knob of ginger, skin on
- > 2-3 cloves fresh garlic
- > Pinch of cayenne pepper or fresh chilli
- > 1 tablespoon extra virgin police oil

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