

Shipshewana Clinic  
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Millersburg Clinic  
501 E Washington St.  
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## LEMON JUICE FLUSH

- Drink 2 ounces of lemon juice each morning when you first get up.
- DO NOT DRINK or EAT anything prior to drinking the lemon juice. Wait 20 minutes, then you can have your normal breakfast.
- You may notice some mild nausea a few minutes after drinking the juice. This is due to the flush of the gallbladder/liver into your intestine.
- Do this routine for 3-4 weeks.
- Keep Dr. Waggoner, Dr. Garber, or Dr. Megan informed of your response to the flush.

- ❖ IF YOU CAN, USE ORGANIC LEMONS
- ❖ USE REAL LEMON AND CUT IT IN HALF AND SQUEEZE IT IN THE GLASS
- ❖ YOU COULD USE MINUTE MAID'S FROZEN LEMON JUICE