



LIVER CLEANSE TIME!

Here it is Spring Again! Most of you know what that means....Yes, it is time to cleanse that Liver again!
Too many heavy food from winter are congesting our liver process.

The liver serves as the Master Detoxifier, it is responsible in part for the condition of the blood and for the health of the entire human system. By building and strengthening the Liver, one improves the quality of the bloodstream which is the source of physical nourishment for our internal environment and thereby creates a radiant and vital ecological system

The traditional time for drinking Liver tonics or Blood Purifiers, is in the **Spring** and the **fall** of the year. In the Spring, the Liver cleanse eliminates all those heavy foods that we eat in the winter time. In the autumn, Liver tonics are drunk to build and fortify the immune system for winter.

The major function of the liver is to metabolize carbohydrates, fats and proteins; storage of glycogen, of fat-soluble vitamins A, D, E, and K, vitamin B and other water-soluble vitamins.

One of the first signs of liver disharmony is anger; impatience, frustration, resentment, violence, belligerence, rudeness, edginess, arrogance, stubbornness, aggression and an impulsive and/or explosive personality.

Cleansing the liver is usually an invigorating experience as well as a healthy thing to do. I have a simple and easy protocol to follow which uses Orange juice, Lemon juice, Garlic, Olive oil and a combination of herbs that I have already prepared for you to use. Call (760-671-6801) or email (drbontravis@gmail.com) me for the **Liver Cleanse Protocol**.

If you live out of town, you can order the teas from my website at [Liver teas](#)

Here are some other easy and simple recipes for detoxing your system:

Cleansing and Energizing Grapefruit Juice

An 8 oz. glass Grapefruit Juice helps in the detoxification process and is also good for the kidneys and urinary tract.

Grapefruit, Apple, and Carrot Juice

Very cleansing as well as an energy booster. Combine 1/3 grapefruit juice, 1/3 apple juice, and 1/3 carrot juice.

Spring Master Cleanser – By Elson Haask MD

2 Tbls fresh lemon or lime juice
1 Tbl. Pure maple syrup
1/10 tsp cayenne pepper
8 oz spring or filtered water.

Use fresh juices whenever possible.

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If you have any questions that you would like me to address in this newsletter, please email them to me at drbontravis@gmail.com.