

## **BEET RECIPE**

### **Treatment for Gallbladder Pain & for maintenance of Liver & Gallbladder Health**

**1 large organic [beet](#)** or beetroot (raw) washed (not peeled unless not organic) and finely grated

**juice of 1/2 lemon**

**2 Tbsps flax oil**

(Flax oil is by far the superior choice here as it is an [omega 3](#) essential fatty acid, but if you only have extra-virgin cold-pressed olive oil in the house, you can substitute it temporarily.)

### **Treatment for Gallbladder**

Take one teaspoon of mixture every hour throughout the day.

On day two and three make a fresh batch using ¼ of a large beet.

Take one teaspoon of mixture 3 to 4 times a day or more.

### **For General Maintenance of Liver & Gallbladder Health**

Make this mixture to add to your salads frequently or eat alone as above 2 or 3 times a week. This will keep the bile thin and moving. Note: If you cannot get organic beets, be sure to peel them. Otherwise, use the peel as well.

Beets in any form are an excellent food for both the liver and the gallbladder.

Eat your regular meals throughout this period, striving to eat lots of fresh vegetables, good fats and to avoid refined sugars and processed foods.

*The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.*