

“Liver” Salad

This salad is great for Gallbladder problems, stones, sludge and/or colic. It helps stimulate proper healthy bile flow.

Ingredients:

1 part carrot, grated

1 part beet, raw, grated

1/2 tart apple, diced

1 tbsp. olive oil

1 tbsp. apple cider vinegar

1/2 lemon – Squeeze just on top and stir.

Directions:

Eat only 1-3 tbsp. of the salad each day. Lasts 3-4 days in the fridge.