

Dr. Bowler's 21 Day Cleanse

Additional Tips for Success

- *Of course, sticking to highly beneficial foods in and of itself is a cleanse. However, developing hunger is imperative for a good flush.*
- *If you live with pets, add a cup of [Young Living Spicy Turmeric Tea](#) or [Golden Turmeric powder](#). This will help kill off parasites as will cayenne pepper and turmeric.*
- *Constipation should not happen eating this way, but if it does occur, use [ComforTone](#) by [Young Living](#) to move the bowels.*

Type O and B Blood Type:

No grains of any kind.

No dairy including butter or yogurt.

Eat lots of cooked leafy greens, with olive oil for the first two weeks and no fat at all on the third week.

Lots of freshly juiced vegetables going heavy on the greens: Celery, romaine, spinach, kale. Use carrots, apple, and ginger for sweetening.

Fruits you can have- grapes, grapefruit (imperative) and some pineapple.

Fruits are for the morning along with [herbal teas](#) that detox the liver.

Cardio exercise every day.

Follow the highly beneficial vegetable, nut, and live food list according to the Eat Right for your Blood Type diet plan.

On your third week: lower your total intake of food so that you experience hunger. During this time add unfiltered apple juice throughout the day (no more than a quart a day).

The day you choose to flush your gallbladder- no food at all. Drink lemon and lime in water or parsley water.

Follow the [Hanna Kroeger gallbladder flush](#).

The following week, add foods you haven't been eating slowly and sparingly or you may experience detox side effects.

Stay on the [detox tea](#) for two more weeks as well as including grapefruit.

Type A and AB Blood Type:

No dairy of any kind.

Use grains sparingly. Quinoa or jasmine rice with more veggies than rice.

Add lots of olive oil on your cooked greens.

Lots of freshly juiced veggies as above.

Grapefruit everyday with small amounts of pineapple.

Organic peanut butter on celery is a good breakfast type A because they need to start their day with protein.

Green Tea is a good beverage as well as the [Detox Tea](#).

Type A's run their adrenal glands too hard so it is imperative to include stillness through meditation, reading inspirational and quieting literature and going for long walks.

Follow the highly beneficial vegetable, nut, and live food list according to the [Eat Right for your Blood Type](#) diet plan.

The third week: Lower your total intake of food so that you experience hunger.

Add lots of unfiltered apple juice to your day (no more than a quart a day).

The day you choose to flush your gallbladder-no food at all. Drink lemon & lime in water or parsley water.

Follow the [Hanna Kroeger gallbladder flush](#).

The following week, add foods you haven't been eating slowly and sparingly or you may experience detox side effects.

Stay on the [detox tea](#) for two more weeks as well as including grapefruit.