Gorilla Diet for the Liver

Important note: This diet is *not* a substitute for medical advice or treatment. Always continue taking your prescribed medication, and consult your doctor before making any changes. If you take supplements that are not essential for three meals, you may skip them during the cleanse to give your liver a break — but only after checking with your healthcare provider.

How to do it

- For **three consecutive meals** (e.g., breakfast, lunch, and dinner), eat only **steamed or raw vegetables and fruits**.
- Avoid: avocado, potato, and banana.
- Season with salt, pepper, herbs, and spices — but **no oil or added sugar** (natural fruit sugar is fine).
- Drink plenty of water or herbal tea. Avoid tea with caffeine, chocolate and coffee.
- If the cleanse feels too difficult, you may add a small serving of rice to your last meal.
- After the cleanse, return to your normal balanced diet.

Possible reactions

You may experience: Headaches, Fatigue, Strong hunger

These are temporary signs that your body is cleansing.

Potential benefits reported

- Reduced joint pain
- Increased energy
- Improved overall well-being

When to do it

- **Ideally:** During the full moon, when the body's natural rhythms may support cleansing.
- **Anytime:** Choose a period when you can rest, meditate, and avoid social events that involve eating.

How often

- Once a month is ideal.
- If you have significant joint pain, low energy, or simply feel the need, you can do it weekly at first, then reduce the frequency as you improve.

Why the liver matters
The liver is a vital organ that:

- **Supports digestion** by producing bile to break down fats and helping metabolize nutrients.
- **Aids circulation** by filtering toxins and processing blood from the digestive tract before it enters the rest of the body.
- **Supports the nervous system** by regulating energy supply, balancing hormones, and removing substances that could impair brain and nerve function.