

# **Download Dr. Christopher's Three-day Cleansing Program And Mucusless Diet ( = 2) (b)**

LIVER GALLBLADDER FORMULA (Barberry LG) Liver-Gall Bladder Formula contains the herbs barberry, wild yam, cramp bark, fennel seed, ginger, catnip and peppermint. Bibliography 1. Christopher, John R. School of Natural Healing (SNH). Provo, Utah. Christopher Publications. 2. Christopher, John R. Dr. Christopher's Three Day ...The Herbal Legacy of America's herbology pioneer, Dr. John R. Christopher. Herbal aids for tumors. Definition. The Cleveland Clinic three-day diet is a very low-calorie diet (VLCD) or quick weight loss program intended to be followed, as the name indicates, for three days.