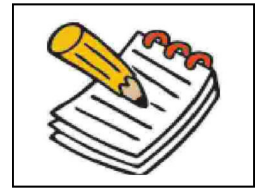




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From The Desk of  
Dr. Harlow  
Doctor of Naturopathy

## **Lemon Juice, Olive Oil, and Raw Apple Cider Vinegar**

This is one of my favorites and easily one of the most effective remedies for kidney or gall stones and the pain they cause.

At the first symptom of stone pain, mix 2 oz of organic olive oil with 2 oz of organic lemon juice.

Drink it straight and follow with a 12 ounce glass of purified water. Wait 30 minutes. Then, squeeze the juice of 1/2 lemon into 12 ounces of purified water, add 1 tablespoon of organic raw apple cider vinegar and drink. Repeat the lemon juice, water and apple cider vinegar recipe every hour until symptoms improve.

The following statements and/ or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.