

LÉCURE WELLNESS

Liver Detox Protocol

Doctor Consultation Checklist

Educational wellness resource • Not a medical document

To my doctor: I am interested in completing a seven-day liver detox protocol from Lécure Wellness, an educational wellness platform. This checklist lists every ingredient used in the protocol, what each ingredient does, and any known clinical considerations. I would appreciate your guidance on whether any of these ingredients interact with my current medications, supplements, or health conditions.

Patient Information

Patient name: _____	Date of consultation: _____
Date of birth: _____	Current medications: _____
Known health conditions: _____ _____	

Protocol Overview

Days 1–5	Preparation phase. Malic acid twice daily (morning fasted + 1 hr before or after dinner). Castor oil packs over the liver on Days 1, 3 and 5. Dandelion root capsules + milk thistle capsules taken 3× daily with meals. Whole food diet: no sugar, caffeine, alcohol, animal products, gluten or processed foods.
Day 6	Flush initiation. 22–24 hr fast begins from lunch. Evening: 2 glasses of magnesium sulfate preparation (1 L total, split across Day 6 evening and Day 7 morning). At 9 PM: olive oil + grapefruit juice (or lemon juice — see note below) taken as a single dose.
Day 7	Flush completion. Remaining 2 glasses of magnesium sulfate preparation taken in the morning. Gradual reintroduction of food through the day.

Ingredient Reference for Your Doctor

Please review each ingredient below against my current medications and health status.

Ingredient	What it is / How it works	Key clinical considerations
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Malic acid	Naturally occurring organic acid found in apples. Taken to soften bile and support bile duct patency during the preparation phase.	Well tolerated in most adults. May interact with certain chemotherapy agents. Caution if history of kidney stones (oxalate-forming individuals). Mild laxative effect at higher doses.
Castor oil (topical pack)	Cold-pressed oil applied externally over the liver area. Used to support lymphatic circulation and liver tissue via transdermal absorption. Not ingested.	Topical use only — not systemic. Generally well tolerated. Avoid on broken or irritated skin. Not recommended during pregnancy.
Dandelion root (capsule)	Herbal supplement. Traditionally used to support bile production, liver function and mild diuresis. Taken 3× daily with meals.	May increase diuresis — caution with diuretic medications. Can affect lithium clearance. May lower blood sugar — monitor if on hypoglycaemic agents. Avoid if allergy to ragweed or related plants.
Milk thistle (silymarin, capsule)	Herbal supplement. Active compound silymarin is widely studied for hepatoprotective properties. Taken 3× daily with meals.	Generally well tolerated. May mildly lower blood sugar — monitor if diabetic. Potential mild CYP3A4 inhibition at high doses. May reduce efficacy of some immunosuppressants (e.g. tacrolimus). Avoid if allergy to plants in the Asteraceae family.
Magnesium sulfate (Epsom salt, oral solution)	1 litre preparation split across Day 6 evening (2 glasses) and Day 7 morning (2 glasses). Used to relax the bile ducts and stimulate bowel clearance during the flush.	Osmotic laxative effect — ensure adequate hydration. Caution with kidney disease (magnesium clearance). May interact with certain antibiotics (tetracyclines, fluoroquinolones) if taken concurrently. Avoid in bowel obstruction. May affect electrolyte balance — caution with cardiac medications or diuretics.
Extra virgin olive oil	125 mL taken as a single dose at 9 PM on Day 6 with citrus juice. Stimulates gallbladder contraction and bile flow as part of the flush.	High-fat bolus may cause nausea. Caution if history of gallstones (consult physician before proceeding — gallbladder contraction with stones present carries risk). Generally well tolerated as a food substance.
Grapefruit juice (standard option) — 200 mL	Taken with olive oil at 9 PM on Day 6. Emulsifies the oil for ingestion. The lemon option below is available as an alternative.	 IMPORTANT: Grapefruit inhibits CYP3A4, an enzyme responsible for metabolising a wide range of medications including statins, calcium channel blockers, certain antidepressants (SSRIs), immunosuppressants, some anticoagulants, and others. Please confirm whether any current medications are affected before proceeding. If grapefruit is contraindicated, use the lemon option.
Lemon juice (alternative option) — 200 mL	Lemon juice alternative for individuals who cannot tolerate grapefruit or whose medications are affected by grapefruit enzyme interaction. Same function:	Does not carry CYP3A4 inhibition risk associated with grapefruit. Well tolerated in most individuals. May affect tooth enamel with prolonged exposure — rinse mouth after. Caution with gastric ulcer or severe acid reflux.

	emulsifies olive oil for the flush dose.	
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Dietary Protocol During the Detox (Days 1-7)

During the 7-day protocol, the following dietary guidelines are followed:

- Whole foods only – vegetables, fruits, legumes, plant-based proteins, seeds, nuts
- No animal products (meat, dairy, eggs, fish)
- No gluten
- No sugar or refined sweeteners
- No caffeine or alcohol
- No processed foods or additives
- 22-24 hour fast from Day 6 lunch through Day 7 morning

Please advise whether the fasting component (Days 6-7) is appropriate given my current health status and any medications I take that require food intake.

For Your Doctor: Checklist

Please review and check each item below before signing off:

☐	None of my current medications interact with grapefruit (CYP3A4 inhibition) If grapefruit is contraindicated, patient should use the lemon juice alternative
☐	None of my current medications interact with dandelion root (diuretic / lithium / blood sugar effects)
☐	None of my current medications interact with milk thistle (silymarin) Particularly relevant if on immunosuppressants or CYP3A4-sensitive medications
☐	None of my current medications interact with magnesium sulfate (oral) Relevant for cardiac medications, diuretics, antibiotics (tetracyclines/fluoroquinolones)
☐	The 22-24 hour fasting component is appropriate for my health status
☐	I do not have a history of gallstones or active gallbladder disease that would contraindicate a high-fat flush dose
☐	My kidney function is adequate for oral magnesium sulfate use
☐	I have no known allergy to Asteraceae-family plants (relevant to dandelion and milk thistle)
☐	I am not pregnant or breastfeeding
☐	I am not currently taking chemotherapy agents (relevant to malic acid)

Doctor's Notes and Recommendations

Doctor signature:

Date:

Doctor name (print):

Practice / Hospital:

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