L/P FORMULA

Liver-Gallbladder/Anti-Parasite Formula

L/P Formula is a ten-herb blend built to stimulate, cleanse, and protect the liver and gall bladder while ridding the body of parasites. Milk Thistle Seed, Oregon Grape Root, Gentian Root, and Dandelion Root & Leaf are classic bitter liver tonic herbs, stimulating digestion and encouraging the liver to release more bile — which in turn cleans both the liver and gall bladder. Black Walnut Hulls, Wormwood, and Garlic are strong traditional anti-parasitic herbs, while Ginger, Fennel Seed, and Mojave Chaparral round out the blend.

This formula is a core part of HEAL's Liver Detoxing Program, and pairs closely with Digestive Tonic for fast relief of upper-digestion upset.

Ingredients



Milk Thistle Seed

Long valued for compounds traditionally believed to coat and protect the liver while supporting its own healing.



Black Walnut Hulls

A strong traditional anti-parasitic herb, one of the classic vermifuge herbs alongside Wormwood.



Dandelion Root & Leaf

A classic bitter liver tonic, traditionally used to stimulate digestion and encourage the liver to release bile.



Garlic Bulb

Added for its own traditional anti-parasitic and cleansing properties.



Gentian Root

One of the classic bitter liver tonic roots, traditionally used to stimulate digestion and bile flow.



Ginger Root

Adds warmth and traditional digestive support to the blend.



Oregon Grape Root

A bitter, berberine-containing root traditionally used to support the liver's cleansing work.



Fennel Seed

A traditionally soothing, mildly sweet seed that supports digestion.



Wormwood

A traditional bitter herb long used for its strong anti-parasitic action.



Mojave Chaparral

A desert shrub long used in Southwestern folk medicine as a strong internal cleanser.

Suggested Use

With the Liver Flush Program — 1/2 tsp every 3 hours.

Combined with Digestive Tonic — for acid reflux, upset stomach, or gas & bloating, L/P Formula pairs with Digestive Tonic at 2 tsp each for fast, complete relief. See the Digestive Tonic sheet for the full combined-use guidance for each situation.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post "Cleansing the Liver and Gallbladder, and Clearing Parasites" at www.daradietz.me.