

# L/GB Formula:

## Recipes

Cynthia Foster, MD | [DrFostersEssentials.com](http://DrFostersEssentials.com)

- How to Use This Formula
- How to Make This Formula Taste Good/ Recipe
- Benefits of This Formula
- Signs the Formula is Working



**Product Seal:** Your bottle of L/GB Formula may or may not have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it may be a hard plastic "ring" that is

attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. If you pay really close attention while opening the lid, you can often hear the sound of the seal breaking.



- Promotes Healthy Liver/ Gallbladder Function
- Bitter Herbs Help Digest a Fatty Meal
- Detoxifies Liver & Gallbladder
- Use Alone or With a Full Herbal Liver Cleanse

**Suggested Use:** Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 5 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming. If desired, add natural sweetener to taste. This formula has a strong bitter taste and contains hot chili pepper so we recommend diluting this formula down and taking it with food if you have a sensitive stomach. For people with sensitive taste buds or sensitive stomach, we highly recommend using the "Herbal Latte" Recipe below.

**How Much is a Dropper Full?** (One dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

*Some of you enjoy bitters in your alcoholic beverages but cringe at the idea of taking herbs that taste like bitters. There's hope for you! Make your herbs taste more like a cocktail/ mocktail:*

## **Cherry Bitters & Soda**



*Mocktail, Stomach settler, hangover remedy*

- 3 droppers **Dr. Foster's Essentials L/GB Formula**
  - **Ice Cubes** (made with purified or distilled water)
  - 2 ounces **Tart Cherry Juice**
  - 4 ounces **Sparkling Water**
  - 4 to 12 drops **Liquid Stevia** (Orange Flavor)
  - Fresh Lemon or **Lime Juice** to taste
1. Add bitters and cherry juice to a highball glass with ice (made with purified or distilled water).
  2. Pour sparkling water to almost fill the glass, stir briefly until well-mixed.
  3. Add lemon juice, lime juice, sweeteners to taste
  4. Garnish with a fresh (or frozen) cherry and fresh orange slices

## **Pomegranate Bitters & Soda**



*Mocktail, Stomach settler, hangover remedy*

- 3 droppers **Dr. Foster's Essentials L/GB Formula**
  - **Ice Cubes** (made with purified or distilled water)
  - 2 ounces **Pomegranate Date Syrup**
  - 4 ounces **Sparkling Water**
  - 4 to 12 drops **Liquid Stevia** (Orange Flavor)
  - Fresh Lemon or **Lime Juice** to taste
1. Add bitters and date syrup to a highball glass with ice (made with purified water). Pomegranate date syrup tastes like grenadine.
  2. Pour sparkling water to almost fill the glass, stir briefly until well-mixed.
  3. Add lemon juice, lime juice, sweeteners to taste
  4. Garnish with a fresh (or frozen) cherry and fresh orange slices

## Raspberry Bitters & Soda



*Mocktail, Stomach settler, hangover remedy*

- 3 droppers **Dr. Foster's Essentials L/GB Formula**
- **Ice Cubes** (made with purified or distilled water)
- 1/3 cup **Fresh Raspberries**
- 1 TBS **Allulose Syrup** (or other natural sweetener)
- 4 ounces **Sparkling Water**
- Fresh **Lime Juice** or Lemon Juice to taste

1. Blend raspberries & allulose on hi speed in a blender until smooth. Strain out seeds if you like, but they have medicinal benefits
2. Add bitters and sweet raspberry puree to a highball glass with ice.
3. Pour sparkling water to almost fill the glass, stir briefly until well-mixed.
4. Add lemon juice, lime juice, sweeteners to taste & garnishes

## L/GB Herbal Latte Recipe



*This will make a nice coffee-like beverage that  
Disguises most, if not all of the taste of the formula*

- 2 droppers **Dr. Foster's Essentials L/GB Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut, Cinnamon or Vanilla)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia. nondairy milk.

## Herbal Latte Recipe:

1. For the Grain Coffee Substitute, you can use something like Pero, Inka, Cafix, Roma or powdered dandelion root work great – see pic (below)
2. The nondairy “milk.” This means plant-based “milk” made from nuts, seeds or grains. It is not actually milk from a cow or other animal. It could be oat milk, coconut milk, almond milk, cashew milk, hemp milk, rice milk or any other type of plant-based nondairy milk. This part really helps to minimize and even eliminate any burning sensation from the cayenne in the formula. Home-made or store-bought nondairy “milk” is fine.
3. Could you use another flavor of stevia? Sure! My favorites for this recipe are Vanilla, Chocolate, Chocolate Raspberry and Hazelnut, but you could use any flavor or use Stevia Clear.
4. You could also use any other type of sweetener, but my advice if you have cancer, diabetes or any kind of fungal infection or candida overgrowth is to use a natural nonglycemic sweetener such as stevia, monk fruit, allulose or erythritol and use an unsweetened nondairy milk. That will help prevent rises in blood sugar or worsening of a fungal infection or tumor.
5. Could you use real coffee instead of grain coffee substitute? Perhaps, but keep in mind that coffee can contribute to acid reflux, anxiety and anxiety disorders, post-traumatic stress disorder, Graves’ disease, overactive thyroid, epileptic seizures, irregular heartbeat and other heart problems. If you suffer from acid reflux, you may feel fine taking this formula with your coffee, or you may feel some heartburn. Try and see what works best for you. There are adaptogenic herbs you can take for energy such as the [Adrenal Support Formula](#) to have more energy. You don’t have to drink coffee for the energy.





***Is it Supposed to Be Opaque/ Have Sediment, Flecks or Grit in it?***

Yes! The sediment is there in many of our formulas on purpose to add potency. Some herbs, like black cohosh and black walnut are very dark in color and make dark extracts, while others are light in color such as garlic, ginger and oat straw. Your formula could be light or dark in color, opaque or cloudy and it may contain “flecks” or “grit” in it as well. All are normal for our extracts. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. ***It has NOT***

***spoiled nor has it gone bad – it's completely fine!***

We've been doing it this way for decades and everyone is fine. Herbalists have also been doing it this way for centuries, so all is well! If your dropper won't work, it is likely clogged with a little sediment. Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about what you think an herbal extract should look like.



The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. They are typically only steeped for around 24 hours to save money (and avoid anyone having too strong of a healing), and then watered down with sugary glycerine to make them taste better. They look nice and transparent and ***very pretty***. National Formula standards for the industry dictate as little as one part herb per 10 parts alcohol. The resulting extract will be weak in effectiveness and won't do what you want it to do, let alone save your life from something. Our extracts are NOT THAT.

We put in far more herbs per alcohol – sometimes just as much herbs as alcohol so the solution is super super saturated! Our extracts have been steeped for ***at least 2 weeks*** and because of these reasons, they are highly potent and work far better. I had to use extracts this strong for my patients because they kept coming to me at the last minute with life-threatening issues after conventional medical treatment failed, and I had to pull out all the stops and use the strongest remedies possible to save them. A super potent extract is not supposed to be clear, ultra-filtrated, odorless and tasteless. ***It's supposed to be bitter and it's supposed to have a strong taste.*** And the cayenne in our extracts increases the effectiveness even more so that it's strong enough to save your life – even in an emergency if you take the right dose. If we make the herbs weaker, it could take you ten years to get well instead of just one. So, stop comparing it to other extracts you've bought before. Yes, it is supposed to look and taste like that, and yes, I know it looks and tastes like that.

Please use all of our recipe suggestions to make it taste better right when you take a dose out of the bottle.

**Could I Take it Straight in My Mouth?** Yes, and some people are completely fine with bitters and a bitter taste, but others are not. Definitely, you can put the drops directly in your drop – just be prepared for a bitter taste. If you don't like bitter, follow the Herbal Latte Recipe or Bitters & Soda Recipes below or dilute it down with a couple ounces water and nondairy milk.

**Could I Mix it with a Few Ounces of Water When I'm On the Go or In a Hurry?** Yes, but just keep in mind, it will taste bitter. If you don't like bitter, follow the Herbal Latte or Bitters & Soda recipes below.

**Should I Put it Under my Tongue?** You do NOT have to put it under your tongue for it to work. It will work regardless. This formula works on your digestive organs, so the best way to do that is to swallow the herbs and let them get in touch with your digestive tract.

**Do I Take it On an Empty Stomach?** You don't have to. You can take this formula with juice, with the Herbal Latte Recipe listed below, the Bitters & Soda recipe below, or with food.

**What if I Skip a Dose or Get the Dose Wrong?** Herbal medicine is very forgiving. If you get a dose slightly wrong or skip a single dose, it doesn't matter that much. If you take an herb after 10 hours when you were supposed to take it after 6, it's not a huge deal. Just keep going and keep doing your best. Set reminders and write out or print out daily schedule sheets so you can remember what you're taking.

If you forget to take a dose 3 times per day, take a larger dose twice a day.

If you overdose, the worst thing that happens is you feel a little nauseated. If, by some remote chance, you throw up, you'll purge some toxins out of your system because that's what herbs do – they get the bad stuff out of you. They are not experimental synthetic chemicals (prescription medications) so they're not damaging you or poisoning you in any way.

Dr. Christopher, a famous herbalist who healed all types of incurable diseases used to say if that if you throw up after taking too many herbs, you'll have a "cleaner stomach for the next dose." Despite what the

medical profession and the mainstream media brainwashes you to believe, medicinal herbs are just not dangerous. You're really not going to hurt yourself as long as you stick fairly close to the directions, follow your common sense and don't overdose on a laxative herb or hot chili peppers.

**When Does it Expire?** Technically, an alcohol extract lasts indefinitely. Alcohol is a near-perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.

**How Do I Store It? In the Fridge?** No, you do not have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.

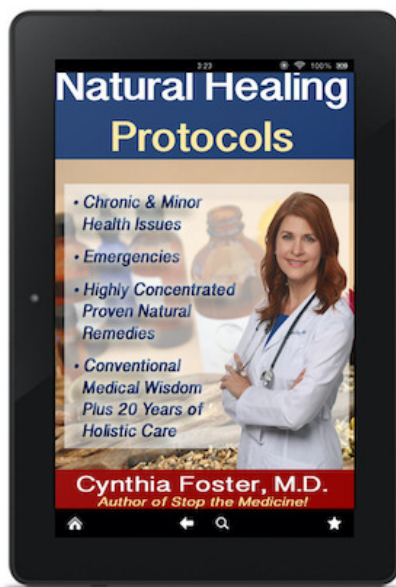
**Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Soothe and other "absorptive" formulas need to work in your system for around an hour before you take anything else.

**What if I Have a Reaction?** *If you take L/GB occasionally with a meal every once in a while, most likely you won't. You'll just feel great and you'll digest your meal better. But when you do a liver cleanse, taking the L/GB Formula 3 to 6 times per day, it can become a strong cleanse and when you do a strong cleanse AND you have a lot of toxins in your liver, you might have some reactions, and you're SUPPOSED TO have those when you take strong herbs and go through herbal detoxification. Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. It's the way your body heals and it's the way OUT of your disease.* If you haven't read the "How to Take Our Herbs Flyer, you need to do that **right now** because it explains these reactions in great detail, the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction.**

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training.** I guarantee your doctor has absolutely no clue what this is, what the "Four Stages of Disease" are, what "Hering's Law of the Cure" is, what the "Reversal Process" is or how to help you with it. **You will need to be the**

**one to learn about it and you will need to be the one who educates your doctor about it.** This is going to make the difference between saving your own life versus following your doctor's advice to the grave because all the experts agreed that your condition was "incurable."

You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people's lives with herbs for over 20 years. I've made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and I've written 10 books on natural healing. I've also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can't get this information anywhere else. You need to learn this!



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## Supplement Facts:

Serving size: 30 drops (1 dropper)

Servings Per Container: 78

Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
<b>Proprietary Extract:</b>	.75ml*
Turmeric root, Gentian root, Milk Thistle seed, Dandelion leaf, Oregon Grape root, Wild Yam root, Ginger root	

\* Daily value not established

**Other ingredients:** Distilled water, Organic grain alcohol (45-55%)

### Cautions:

Bitter herbs are not recommended during pregnancy.

Ginger and turmeric are mild natural blood thinners and should not be taken if you are currently taking aspirin or any prescription medication to thin the blood.

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## Benefits of the L/GB Formula:

These herbs do not just help the liver, they also help many other problems as well, including the following uses:

- Helps balance blood sugar – especially when blood sugar is too high.
- Helps shrink swollen lymph nodes ("swollen glands")
- Can help heartburn, especially if you've just eaten something fatty and your bile flow is not optimal
- Help stimulate bile production and bile flow from the liver for optimal digestion
- Detoxifies the liver
- Can reduce heartburn, indigestion and bloating.
- Natural blood thinning herbs help protect against heart attack and stroke
- Anti-inflammatory effect can help reduce pain in the body.
- Antioxidant effects
- Berberine content can help fight infections.
- Can help reduce high cholesterol
- Can take as is as a digestive bitters formula with meals to aid digestion, or as part of a liver cleanse - Works especially well in combination with [the Liver Regeneration Program](#).

## Herbs in the L/GB Formula:

- 1. Milk Thistle seed – (*Silybum marianum*)** liver protectant. Research show milk thistle can protect against liver damage due to the taking of various pharmaceutical medications, and even poison mushrooms. A tonic herbs that strengthen the liver and can be taken daily for better liver health.
- 2. Turmeric root –** stimulates blood circulation all over the entire body. The increased circulation can help the other herbs in the formula reach their intended destination in the body more easily. Herbal formulas for the internal organs always work a little better when an herb for circulation is added. Turmeric also helps stimulate the production of bile from the liver, which then acts as a natural laxative and helps better process cholesterol in the liver. The anti-inflammatory effect can reduce pain in the body.
- 3. Oregon Grape Root – (*Mahonia aquafolium*)** purifies blood (depurative), helps digestion, tones & strengthens liver, stimulates production of bile flow from the liver, gentle tonic laxative. High in the component berberine, which is very antimicrobial (fights infections). Nerve tonic. Hepatic (cleanses liver). Promotes healthy appetite. Traditional uses: eczema, psoriasis, chronic skin conditions, chronic constipation, weak digestion, jaundice, kidney & liver troubles, rheumatism, chronic uterine conditions, vaginal discharge.
- 4. Wild Yam – (*Dioscorea villosa*)** antispasmodic herb that has relaxing effects on the biliary system (liver and gallbladder. Can help reduce spasms in the bile ducts due to stuck



gallstones or other causes. Helps release cramps and spasms in the GI tract.

5. Bitters are a traditional remedy and MIRACLE herbs. They can help many problems including chronic constipation, weak digestion, jaundice, kidney & liver troubles, rheumatism, and other chronic health issues. Do not believe the medical propaganda and don't get any more information about herbs from medical websites. They have ZERO training in herbs. You should always ask a qualified HERBALIST about herbs, NOT your medical doctor and NOT any medical organization or website. We have all been trusting the wrong people our entire lives with our health and it's now time to wake up and learn the truth. God created these herbs as therapeutic herbs and therapeutic herbs heal our bodies. God did not make a mistake with bitter herbs.
6. **Dandelion Root – (*Taraxacum officinale*)** helps digestion, tones & strengthens liver, stimulates production of bile flow from the liver, gentle tonic laxative. Hepatic (cleanses liver). Promotes healthy appetite.
7. **Yellow Dock – (*Rumex crispus*)** blood cleansing alterative herb. Helps clear rashes and other skin eruptions. Helps digestion & appetite. Promotes the flow of bile from the liver and helps detoxify the gallbladder. Mild kidney cleanser and anti-inflammatory to the urinary tract. An herb high in naturally-occurring nontoxic iron and other important minerals. The iron in this herb is 100% nontoxic, non-constipating and does not cause any problems in the body. Gentle tonic laxative. Excellent herb for fatigue, psoriasis, jaundice & other liver complaints.

## How Will I Know It's Working?

Rashes start to clear, lymph nodes start to reduce in size, an infection improves, high blood pressure can come down a little, tumor pain reduces, reduction of liver pain (in cases of hepatitis), more energy. The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally in the herbs. The longer you take the formula, the more it works. The benefits accumulate over time.

Sometimes it takes many doses over time to kill an infection or to get the benefits, so don't give up if you feel it didn't work after the first dose. Some people may only need this formula for a week (adding it to a liver cleanse or kidney cleanse or colon cleanse), while others may need to take it regularly for a year. If your symptoms have not disappeared completely, it's OK to take it for longer than a week.

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## What Else Can I Do to Heal My Liver and Gallbladder?

- Do the full liver cleanse ([Dr. Foster's Liver Regeneration Program](#)).
- Short or longer periods of juice fasting can help clear out the liver and gallbladder, and help dramatically improve gut health and even help heal cancer. A juice fast can last anywhere from 1 day to 2 months. [More Information about Juice Fasting](#).
- Massage points on the Liver and Gallbladder Meridians
- Use castor oil packs applied over the liver – during the Liver Regeneration Program or at any other time – to more deeply cleanse the liver.
- Avoid pharmaceutical medications known to damage the liver. Try to find safer, more natural alternatives to any medication that has a "Black Box Warning."
- Avoid junk food especially fast food restaurants.



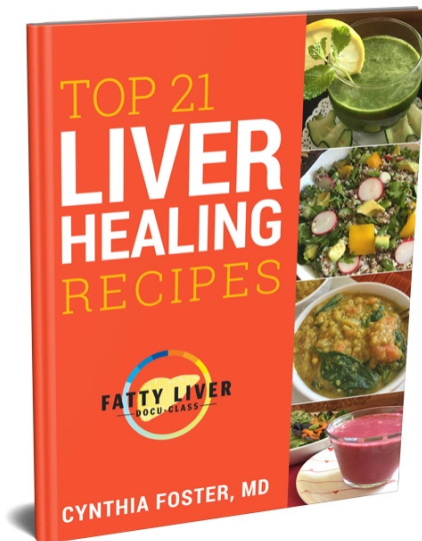
Location of Your Liver



- Avoid fast food cheeseburgers, french fries, milkshakes and soda pop. Also avoid sandwiches made with white bread, deli meats that contain nitrites, and processed potato chips.
- Avoid any processed oil, seed oils such as cottonseed oil, canola oil, and anything labeled “vegetable oil.”
- If you get heartburn or indigestion, it's an important warning sign. Either what you ate was not natural, or you have the early signs of digestive or liver disease or even parasites. Don't just ignore the early warning signals – intervene now and break the cycle! Take Digestive Herbs (Digestive Tonic), Apple cider vinegar tonics, Bitter Herbs (L/GB Formula), or do a liver cleanse (Liver Regeneration Program) or parasite cleanse. Set yourself up for a healthy digestive system now so you can live the rest of your life healthy.

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and Cause Liver Problems. If You Are  
Constipated, It Can Eventually Result in a Liver  
Problem.**