

The liver and Gallbladder Flush

Reproduced from
“The amazing Liver and Gallbladder Flush”
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The liver flush requires 6 days of preparation, followed by 16 to 20 hours of actual cleansing.

To remove gallstones you need the following items:-

Apple Juice	6 x 32oz containers
Epsom Salts* (or magnesium Citrate)	4 Tablespoons dissolved in three 8oz glasses of water
Extra Virgin Olive Oil, cold pressed.	One half glass – 4oz
Either fresh grapefruit (pink is best) or fresh lemon and orange combined **	Enough to squeeze $\frac{3}{4}$ glass (6oz) glass of juice
2 pint jars, one with a lid	

* Look for Epsom salts (magnesium sulphate) some packaging labels describe it as a natural laxative. If it is not available, use magnesium citrate

** If you cannot tolerate grapefruit juice or if it tends to make you nauseated, you may use equal amounts of freshly squeezed lemon and orange juice instead. The effect is the same with either choice.

Preparation

Drink one container of 32oz of packaged or freshly prepared apple juice (or other option) per day for a period of 6 days. (*You may drink more than that if it feels comfortable to do so*)

Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before, and in the first two hours after meals, and in the evening.

The *malic acid* in apple juice softens the gallstones and makes their passage through the bile ducts smooth and easy. The apple juice has a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhoea during the first few days – much of the diarrhoea is actually stagnant bile released by the liver and gallbladder (indicated by a brownish, yellow colour). This fermenting effect of the juice helps widen the bile ducts. If this

becomes somewhat uncomfortable, you can dilute the apple juice with any amount of water, or use other options described later.

NOTE: Preferably, use organic apple juice, although for the purpose of the flush any good brand of commercial apple juice, apple concentrate, or apple cider works just as well. It may be useful to rinse your mouth out with baking soda and / or brush your teeth several times a day to prevent the acid from damaging your teeth. (In case you are intolerant of apple juice or allergic to it, see the other options explained in the book, refer to Chapter 4 – *having difficulties with the cleanse* at the end of the chapter.

Dietary Recommendations: During the entire week of preparation and cleansing, avoid foods or beverages that are cold or chilled; they chill the liver and, therefore reduce effectiveness of the cleanse. All foods or beverages should be warm or at least room temperature. To help the liver prepare for the main part of the cleanse, try to avoid foods from animal sources, dairy products and fried food items. Otherwise, eat normal meals, but avoid overeating.

The best times for cleansing: The main and final part of the cleanse is best done over a weekend, when you are not under any pressure and have enough time to rest. Although the liver flush is effective any time of the month, it should preferably coincide with a day between full moon and new moon. Try to avoid doing the actual flush on full moon day (the body tends to hold more fluids in the brain and tissues on this day than others). The day of the new moon is the most conducive for cleansing and healing.

If you take any medication: While on the liver flush regimen, avoid taking any medications, vitamins or supplements that are not absolutely necessary. It is important not to give the liver any extra work that could interfere with its cleansing efforts.

Make sure you that you cleanse your colon before and after you do a liver cleanse: Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing, done either a few days before or, ideally, on the sixth day of preparation, helps to avoid or minimise any discomfort or nausea that may arise during the actual liver flush.* (see the details below for Oxy-Powder) It prevents back-flushing of the oil mixture or waste products from the intestinal tract into the stomach. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colon hydrotherapy) is the fastest and easiest method to prepare the colon for the liver flush. Colema0board irrigation is the second best preferable method (see details in *keep your colon clean* in chapter 5).

* Oxy-Powder is a powerful colon cleansing formula that will release compacted waste in the colon. Take 4 tablets with 8oz of water before bed on an empty stomach. The Oxy Powder capsules should be taken on evening of day 5

What you need to do on the sixth day of drinking apple juice: Drink all the 32 ounces of apple juice in the morning. You may start drinking the juice soon after awakening. If you feel hungry in the morning, eat a light breakfast, such as a hot cereal; oatmeal would be an ideal choice. Avoid sugar or other sweeteners, spices, milk, butter, oils, yoghurt, cheese, ham, eggs, nuts, pastries, cold cereals and the like. Fruit or fruit juices are fine. For lunch eat plain cooked or steamed vegetables with white rice (preferably basmati rice) and flavour it with a little unrefined sea or rock salt, To repeat – ***do not eat any protein foods, butter, or oil,*** or you might feel ill during the actual flush. ***Do not eat or drink anything (except water after 1-30pm)*** otherwise you may have difficulties in passing stones!

Follow the exact schedule below.

THE ACTUAL FLUSH

Evening

6:00 pm: Add 4 tablespoons of Epsom salts (magnesium sulphate) to a total of 24 ounces (three 8oz glasses) of filtered water in a jar. This makes four 6oz servings. Drink your first portion ($\frac{3}{4}$ glass) now. **You may take a few sips of water afterward to neutralise the bitter taste in your mouth, or may add a little lemon juice to improve the taste.** Some people drink it with a large plastic straw to bypass the taste buds on the tongue. Closing the nostrils while drinking it works well for most people. It is also helpful to brush your teeth afterward or rinse out the mouth with baking soda. One of the main actions of Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass. Moreover, the salts clear out waste that may obstruct the release of the stones. (if you are allergic to Epsom salts or are not just able to get them down, you may instead use the second best choice – magnesium citrate at the same dosage.) Set out the citrus fruits that you will use later, so that it can warm to room temperature.

8-00pm : Drink your second serving ($\frac{3}{4}$ glass) of Epsom salts.

9-30 pm: if you have not had a bowel movement until now and have not done a colon cleanse within the last 24 hours take a water enema; this will trigger a series of bowel movements. (see instructions on how to do a water enema in the book)

9-45 pm: Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and remove the pulp. You will need $\frac{3}{4}$ glass of juice. Pour the juice and $\frac{1}{2}$ glass of olive oil into the pint jar. Close the jar tightly and shake hard, about 20 times or until the solution is watery. Ideally, you should drink this mixture at 10-00pm, but if you feel you still need to visit the bathroom a few more times, you may delay step for up to 10 minutes.

10-00pm: Stand next to your bed (do not sit down) and drink the concoction, if possible, without interruption. Some people prefer to drink it through a large plastic straw. Drinking it while keeping the nostrils closed seems to work best. If necessary use a little honey between sips which helps the mixture go down more smoothly. Most people, though, have no problem drinking in one go. Do not take more than 5 minutes for this (only elderly or weak people may take longer).

PLEASE LIE DOWN IMMEDIATELY

This is essential for helping to release gallstones! Turn off the lights and lie flat on your back with one or two pillows propping your head up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled towards your head. Lie perfectly still for at least 20 minutes, and try not to speak! Put your attention on your liver. Some people find it beneficial to place a castor oil pack over the liver area.

You may feel the stones travelling along the bile ducts like marbles. There won't be any spasms or pain because the magnesium in the Epsom salts keep the bile duct valves wide open and relaxed, and the bile that is excreted along with the stones keep the bile ducts well lubricated. (This is very different than in the case of a gallstone attack, where bile and magnesium are not present.) Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check if there are already small gallstones (pea green or tan coloured ones) floating in the toilet. You may feel nauseated during the night and/or in the early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. The nausea will pass as the morning progresses.

THE FOLLOWING MORNING

6-00 - 6-30am: Upon awakening, but not before 6-00am, drink your third $\frac{3}{4}$ glass of Epsom salts (if you feel very thirsty drink a glass of warm water before taking the salts.) Rest, read or meditate. If you are sleepy, you may go back to bed, although it is best if the body stays in an upright position. Most people feel fine and prefer to do some light exercises, such as yoga.

8-00 – 8-30am: drink your fourth and last $\frac{3}{4}$ glass of Epsom salts.

10-00 – 10-30am: You may drink freshly pressed fruit juice at this time. One half hour later, you may eat one or two pieces of fresh fruit. One hour later you may eat regular (but light) food. By the evening, or next morning, you should be back to normal and feel the first signs of improvement. Continue to eat light meals during the following 2-3 days. Remember, your liver and gall bladder has undergone major “surgery”, albeit without the harmful side effects or the expense.

Note: Drink water whenever you are thirsty, except right after drinking the Epsom salts and for the first two hours after drinking the oil mixture.

THE RESULTS YOU CAN EXPECT

During the morning and, perhaps, afternoon hours following the liver flush, you will have a number of watery bowel movements. Those initially consist of gallstones mixed with food residue, and then just stones mixed with water. Most of the gallstones are pea green and float in the toilet because they contain bile compounds. The stones will be in different shades of green and may be bright-coloured and shiny like gem stones. Only bile from the liver can cause this green colour.

For more information on the description and colour of gallstones read page 116 onwards. Also the section ‘IMPORTANT! PLEASE READ CAREFULLY’ on page 119 in ‘The Amazing Liver and Gallbladder Flush’

After two days take 2 capsules of Nat Colon CLR before bed – this will ensure you clear the colon of any stones that have remained in the colon.

The following checklist may help you to follow the steps of the liver and gall bladder flush more easily

Use this checklist in conjunction with the previous pages

Preparation	Day 1 to Day 5	Day 6	Day 7
<p>6 x 32 Oz Apple Juice ——</p> <p>4 x Tbsp. Epsom Salts</p> <p>24oz of filtered water ——</p> <p>4oz Cold pressed Organic Extra Virgin Olive Oil ——</p> <p>6oz Freshly squeezed pink grapefruit or Orange and lemon mixed ——</p> <p>2 x pint jars</p>	<p>Drink 1 x 32 oz of Apple Juice over the day</p> <p>Avoid * Just before a meal</p> <p>* in the first two hours after a meal</p> <p>* in the evening —————</p> <p>Evening of Day 5</p> <p>Take 4 capsules of Oxy Powder</p> <p>This is to clear the colon</p>	<p>Drink all 32 oz of Apple Juice in the morning</p> <p>You may have some hot cereal for breakfast – oatmeal is best</p> <p>Please ensure you read the avoid list —————</p> <p>Lunch Plain cooked or steamed vegetables with rice —————</p> <p>After 1-30 pm Do not eat or drink anything – except water after this time —————</p> <p>6-00pm Mix 4 Tbsp. Epsom salts to 24oz of filtered water – to make 4 x 6oz</p> <p>Take first 6oz glass —————</p> <p>8-00pm Take 2nd glass of Epsom salts —————</p> <p>9-45pm Wash and squeeze grapefruits (or oranges & lemons) You need 6oz of juice</p> <p>Pour the fruit juice and olive oil into a pint jar and shake until solution is watery —————</p> <p>10-00pm Drink liquid while standing – then lie on the bed head propped- keep perfectly still for 20 mins attention on the liver – then sleep</p>	<p>6-00 to 6-30am</p> <p>Take the 3rd 6oz glass of Epsom salts</p> <p>If you are thirsty drink a glass of warm water before taking the Epsom salts Rest, read, meditate or light yoga —————</p> <p>8-00 to 8-30am</p> <p>Drink 4th and last glass of Epsom salts —————</p> <p>10-00 to 10-30am</p> <p>You may drink some freshly squeezed fruit juice —————</p> <p>Half hour later you can have two pieces of fresh fruit —————</p> <p>One hour later You can have some regular – but light food</p> <p>Continue to eat light meals over the next 2-3 days</p>

Here are some links to obtain all the necessary products to carry out the flush

Put the cursor over the link and press the Ctrl button and click the left button on the mouse

Kidney flush

http://www.shs100.com/cgi-bin/sh000001.pl?REFPAGE=http://www.shs100.com/acatalog/kidney-herbs2.html&WD=tea%20kidney&PN=kidney-tea.html%23a1_21T06#a1_21T06

Malic Acid – for those who cannot tolerate apple juice

<http://www.meridianstar.co.uk/malicacid.html>

Oxy-Powder

<http://www.thefinchleyclinic.com/shop/affiliates/jrox.php?id=65>

Epsom Salts

<http://www.nutritionfriend.com/Epsom-Salts-2kg-BP-Grade/59.htm>

<http://www.meridianstar.co.uk/epsom-salts.html>

Apple Juice

There is a good Apple concentrate made by Suma – you should be able to purchase through a good health shop – or go to their web site to purchase or find a nearest stockist

<http://sumawholesale.com/index.php/catalog/category/view/id/36>

Another good apple juice is the Copella brand available from any supermarket.

It is advisable to read the complete contents of the “The Amazing Liver and Gallbladder Flush” before attempting the cleanse – this reproduction of the actual cleanse is for information only.