

A well-known folk remedy called:
The Liver / Gallbladder flush.



This flush can be of great benefit to improving digestion, heavy metal & chemical detoxification, thoracic pain, food intolerances and weight loss. This flush can be repeated if needed at 4 weeks intervals up to 4 to 6 times. During both days stop all **non-essential** supplements and medications (Check with your doctor if you are not sure about the supplements and medications). The second day should be kept free in order to spend it resting if this proves necessary.

◀ A gallbladder filled to the brim by predominantly cholesterol stones. Such stones are made by the owner of the gallbladder, they do not just appear, it takes years of 'putting the wrong petrol in the tank' to achieve this!

This procedure is not recommended without professional supervision: if you have a very large gallstone and this mobilizes and gets stuck into the common bile duct, you are likely to create a medical emergency! When you decide to do this protocol then you MUST follow it to the letter. In many clients, including some children, the hepatobiliary ducts are filled with gallstones. When the gallbladder is X-rayed often nothing is seen because stones need to be calcified to achieve opacity. A scan of the gall bladder reveals naught when the stones reside in the hepatic ducts (see images below). The liver / gallbladder flush is a very effective remedy; compared to a cholecystectomy it may be well worth a try.

Five Day Preparation

Hydrangea 4 – 3 times a day. Helps soften kidney stones, liver stones, and gallbladder stones.
Lecithin 1 – 3 times a day. A well-known fat emulsifier and support for good cholesterol levels.
Super Supplemental 1 – 2x day. Supplies detox nutrients, supports nervous system and digestion.
Proactazyme 2 with each meal. Breaks down foods. Well worth staying on after flush.
Milk Thistle Combination 1 – 2 day. Supports, nourishes and helps detoxify the liver.
Trace Mineral Maintenance 2 – 3x day. Continue for at least two weeks after flush.

Drink organic apple juice throughout the day (at least 32 oz a day).

Drink at least ½ your body weight in ounces of water per day. Drink the water throughout the day. Drinking too much water at once will just pass through your system. A little every hour is great.

Eat normally during these 5 days.



Something most clients are ignorant of is that stones can occur in the liver as well as in the gallbladder. Cholelithiasis is classed as a benign hepato-biliary disease i.e. it involves the liver as well as the gallbladder.

Long before a surgeon has to remove a gallbladder, the client has the opportunity to do a liver/gallbladder flush. In doing these you may never have to bother the good surgeon.

Note: If you have serious Liver or Gall Bladder problems, consult your nutritionally aware licensed medical doctor before beginning this flush. Your condition has probably come from lack of taking care of your body. This Flush can be a new beginning. Use this flush at your own risk.

Day One Flush

- Eat a *fat-free* breakfast and a *fat-free* lunch. Do not eat or drink after 14:00hrs (except perhaps for **whipping cream & berries** - see below) as you will feel quite ill if you do.
- Mix 4 tbs. of **Epsom Salts** in 3 cups filtered water and pour this into a jar. This makes four servings of $\frac{3}{4}$ cup each. Put the jar in the fridge so it gets cold.
- **At 18:00hrs** drink one serving ($\frac{3}{4}$ cup or 6 fl oz) of the cold Epsom Salts. Add 1/8 tsp. **Vitamin C Ascorbates** to improve the taste. It doesn't taste ghastly really, just like salty water. Rinsing your mouth afterwards with tepid water is a good idea. Get the olive oil and the grapefruit out of the fridge so these warm up.
- **At 20:00hrs** drink another $\frac{3}{4}$ cup of Epsom salts. Rinsing your mouth afterwards with tepid water is a good idea. Prepare your evening so that you'll be ready for bed at 10:00pm. The timing is critical for success. Placing a plastic washing-up bowl next to your bedside may be a useful precaution, it is unlikely to be used, but good to know it is there. By now it is likely that the Epsom Salts have already kicked in, other programs describe diarrhea to happen only on day two but this, I assure you, is a misapplied optimistic view. Diarrhea dehydrates so it is good that you have supplemented your fluid intake in the five days leading up to the actual flush.
- **At 21:00hrs** eat an *optional* dinner of heavy whipping cream and frozen or fresh berries (as much as desired). The cream plus the virgin oil cause a strong contraction of the gallbladder and liver, forcing out stored wastes, bile and stones, which easily pass into the small intestine. Some protocols do not mention cream, & berries but other protocols do, when in doubt omit the berries & whipping cream!
- **At 21:45hrs** pour $\frac{1}{2}$ cup (4 fl oz) **virgin cold pressed olive oil** into the pint jar. Wash a **grapefruit** in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have about $\frac{3}{4}$ cup (definitely no less than $\frac{1}{2}$ cup) of juice. (Optional: You may add 10 drops of **Black Walnut Extract** if you think you have parasites.) Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this). Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.
- **At 22:00hrs** drink the potion you have mixed. Drink it while standing up. Much contrary to expectation it does not taste horrible, phew.... Take 4 **Ornithine** capsules with the first sips to make sure you will sleep through the night. Take 8 Ornithine capsules if you already suffer from insomnia. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons). Don't clean up the kitchen or the stuff next to your bedside.
- Lie down immediately after drinking it and stay on your back very still for approximately 20 minutes, the sooner you lie down the more stones you will get out. You *may* feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (the magnesium in the Epsom Salts relaxes the sphincter of the gallbladder and bile ducts, allowing for the easy passage of the softened, shrunken stones) and then go to sleep. You may feel nauseated during the night. This is due to the release of stored toxins from the gallbladder and liver. This is normal, temporary and a sign that the protocol is working.

Day Two Flush

- Upon awakening, but not before 06:00hrs, you can take your third dose of Epsom Salts if you don't have indigestion or nausea (for more sensitive clients it is not a good idea). If you feel nauseous stay in bed and relax.
- Two hours later you can drink your last helping of Epsom Salts. If you do these 2 further helpings then it means more diarrhea... make sure that after the flush you replenish your body fluids lost with pure, filtered water.
- After another two hours drink some freshly made fruit juice. Thirty minutes later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered. *In reality however this liver flush wipes most people out for one weekend but afterwards most comment on how much better they feel.*
- Expect loose, watery bowels in the morning (between the Epsom Salt and the virgin oil how can you not have diarrhea). The bowel movements are often filled with pea colored stones. Some use a flashlight to look for gallstones in the toilet: look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. Normal faeces sinks but gallstones float because of the cholesterol inside. You will need to evict a great many stones before the liver ducts are clean enough to rid you of allergies or other hepatobiliary related health issues. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. As said before you may repeat this liver flush at four-week intervals. Never cleanse when you are [acutely] ill because you may not have resources to cope with any detox reaction.
- Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a 'chaff' floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones. There is one point that must be made... the morning after you'll peer with anticipation into the bowl to see the fruits of your labors. At this time remember the critique of this technique namely that some of what looks like gall stones actually may be nothing more than the direct result of the virgin olive oil. Lab analysis of your harvest is the only way to know for sure, but who wants to go to that expense? Most people will judge this technique on just clinical improvement.
- Remember that liver pathways only run well when detox nutrients are available so consult your naturopathic physician and make sure that you are OK on this score (see page one).