

Clean out your gallbladder and liver for optimal function

To ensure a free flow of bile, both into and out of the gallbladder, you should clean this organ out with a gallbladder flush. It's simple to perform, but if you have a history of [gallstones](#) or other gallbladder issues, I suggest you check with your doctor first to rule out the possibility that you have any large calcified gallstones that might not be able to the flush if you've had your [gallbladder removed](#).

Before you begin you'll need to purchase:

- Plenty of organic apple juice or cider (not concentrate)
- Organic pineapple or organic grapefruit juice
- Unrefined organic olive oil
- Epsom Salts

Optional items:

- Phosphoric Acid drops
- Apple pectin fiber
- Straw

What You Can Expect During the Gallbladder Flush

Some people feel slightly nauseated while they're drinking the olive oil and citrus juice mixture. If you do, don't fret. The feeling will disappear soon enough.

You may also feel some discomfort in the area of your gallbladder—what's known as the upper right quadrant, on the right side of your abdomen just below the rib cage. This is actually a good sign because it indicates your gallbladder is being stimulated. This feeling will also pass with time.

You'll likely feel the urge to defecate and may notice a change in the nature of your bowel movement. This is natural and is a result of the increased amount of bile released after the gallbladder flush.

Some people report the presence of what look like dark green peas or even marbles in their stool. This is softened material from the gallbladder that has not yet become calcified. Again, it's not cause for alarm, and indicates that the gallbladder cleansing has been effective.

Many people receive great benefit from having colon hydrotherapy before and after each round of the flush.

Gallbladder/Liver Flush Instructions

1. For 4 days before your liver flush drink 8 oz of apple juice 4 times per day. Add 1 dropper of Phosphoric Acid drops and 1tsp fiber to each drink. Doing this will help ensure the liver flush is successful. Eat regular meals and snacks.
2. On day 5, eat a light breakfast with no fat. This enables the bile in your liver to accumulate, putting pressure in your liver. This pressure will eliminate more stones in your liver.
3. At 2:00 PM, the same day, mix 4 tablespoons of Epsom Salts in 3 cups of water, pouring all this into some jar. Do NOT drink or consume any foods after 2 PM. This is extremely important! Put this jar in the cooler/refrigerator to make it cold.
4. At 6:00 PM, drink 3/4 cup of this mixture. It will taste very bad... but you can add 1/8 tablespoons of powdered Vitamin C to make it taste better.
5. At 8 PM, drink another 3/4 cup of this mixture. Get all your errands done, and prepare for the liver flush. You shouldn't be doing ANYTHING after doing a liver flush, just lying down and sleeping.
6. At 9:45 PM, pour 1/2 cup of virgin olive oil and 1/2 grapefruit or pineapple juice into a jar. Close the jar, and shake it very hard until it is all mixed.
7. At 10 PM, drink this mixture. You may drink it through some large straw if that makes it easier for you. Try to get it all down by 5 mins or so.
8. Lay down in your bed as soon as you are done. This is crucial, and most people do this wrong. Don't do any work, don't even bother brushing your teeth! Just lay down immediately! Lay on your right side, with your right knee up towards your chin for 20 or so mins. Stay still, and try not to move at all. Try to sleep.
9. The next morning, when you wake up, drink a 3rd dose of your 3/4 cup Epsom salts.
10. Two hours later, drink the last dose of Epsom salts.
11. Only after 2 more hours can you eat anything, but do not eat solid fruits just yet. Start with liquids, and move slowly to fruit.

Repeat this entire process 2 more times. You will get more and more gallstones and bile each time you complete the flushing.