

LIVER/GALL BLADDER CLEANSE:

It is best to read thru entire process before actually doing, so you know what to expect. It's actually quite simple.

LIVER/GALL BLADDER CLEANSE INGREDIENTS:

1. Epsom Salts – 4 tablespoons
2. Extra Virgin Olive Oil – ½ cup (light oil is the easiest to get down)
3. Fresh pink or red grapefruit juice – ¾ cup (Fresh squeezed or from the carton)

Cleansing the liver bile ducts is a powerful procedure that you can do to improve your body's health. Cleansing the liver of gallstones dramatically improves digestion, which is the basis for your whole health. You can also expect your allergies to lessen with each cleanse you do. Incredibly, it can also reduce shoulder, upper arm and back pain. You will have more energy.

It is the job of the liver to make over 1 quart of bile a day. The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine. For many people, including children, the biliary tubing is choked with gallstones.

Some people with this condition develop allergies or hives, but some have no symptoms. When the gall bladder is scanned or X-rayed nothing is seen. **Typically, they are not in the gallbladder.** Not only that but most are too small and not calcified, a prerequisite for visibility on X-ray.

There are over a half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, yellow, green or tan. The green ones get most of their color from being coated with bile. Many are imbedded with unidentified objects. Some are shaped like corks and some look like actual peas. Other stones are composites, made from smaller ones, showing that they regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is a clump of bacteria. As the stones grow and become more numerous, the back pressure of the liver causes it to make more bile. This could be likened to a garden hose filled with marbles, causing the flow of water to become a dribble. This would decrease the ability of the hose to squirt out the marbles.

With the gallstones clogging the biliary tubing (bile ducts), much less cholesterol leaves the body. This causes cholesterol levels to rise, as a result, high cholesterol. Porous gallstones can pick up all the bacterial cysts, viruses and parasites that are passing through the liver. In this way, "nests" of infection are formed, forever supplying the body with fresh bacteria. It is possible that this could be the root cause of all kinds of liver dysfunction. Stomach infections, such as ulcers, and intestinal bloating can not be healed without removing the gallstones from the liver.

CAUTION: Be certain that your kidneys and urinary tract are in top shape, so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is excreted.

THE PROCESS AND TIME SCHEDULE:

Choose a day like Saturday or Sunday for the cleanse, which will allow for you to be home and rest during the process. For your cleanse to have the best outcome, Eat a no fat breakfast and if you can avoid butter, milk or cream. No oil or fat in your system allows for bile to build up and develop pressure in the liver. The higher the pressure builds up, the more stones get pushed out of the liver.

2:00 pm

Do not eat or drink after 2:00 pm. Prepare your Epsom salts mix. Mix 4 tablespoons in 3 cups of water. This will make 4 ($\frac{3}{4}$ cup) servings. Set mix in the fridge to chill. (the mix tastes better chilled)

6:00 pm

Drink $\frac{3}{4}$ cups of Epsom salts mix from fridge.

8:00 pm

Drink $\frac{3}{4}$ cups of Epsom salts mix from fridge.

9:45 pm

Measure and pour a $\frac{1}{2}$ cup of olive oil into a glass big enough to mix with the grapefruit juice. Add the $\frac{3}{4}$ cup of grapefruit juice. Shake well.

10:00 pm

Drink the grapefruit – olive oil mix. Drink this thru a straw, it's much easier to get it down. :) Drink standing up.

Right after drinking mix

Lie down right after drinking mix. Lie down flat on your back with your head propped a bit. You might even feel some movement in your abdomen at this time.

Next morning (approx. 6:00am or 7:00 am)

Take your third dose of the Epsom salts mix. If you have indigestion or nausea, wait until that passes before drinking mix. (if still sleepy, go back to bed)

8:00 am – 9:00 am

Take the last dose of Epsom salts.

10:00 am – 11:00 am

Depending on how you feel, if you are hungry, you may eat, but keep it light (ie: oatmeal, apple sauce, cottage cheese)

How well did you do?

Expect some diarrhea in the morning. You will notice that you have passed actual gallstones. Green are the actual gallstones, bile from the liver is pea green. Some may be other colors. (tan or yellow) Don't be alarmed, they just might be cholesterol based, etc. A total of 2,000 stones is usually what is needed to cleanse your liver. You can repeat in 2 weeks. This is not recommended if you are not feeling well.

Congratulations, you have passed gallstones without surgery.