

LIVER CLEANSE

Disclaimer:

Before starting any kind of liver cleanse it is advised to speak with a natural health practitioner. It is not recommended to start a liver cleanse without first preparing your body for it. This is not approved by Health Canada and is not considered as a cure for any health problems. We do not suggest children or weak bodied persons complete this cleanse. As with any cleanse, make sure you drink plenty of water the day after.

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well-being.

It is the job of the liver to make bile, 1 to 1 ½ Quarts in 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 twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies of hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Other stones are composites made of many smaller ones showing that they regrouped in the bile ducts some time after the last cleanse.

The Cure for All Diseases

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise.

Gallstones, being porous, can pick up all the bacteria, 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. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

CLEANSE YOUR LIVER TWICE A YEAR.

A Parasite killing program is recommended before attempting a liver cleanse, but is not mandatory.

Ingredients:

Epsom Salts (USP-for internal use)	4 Tablespoons
Olive Oil	½ Cup (light olive oil is easier to get down)
Fresh Pink Grapefruit	1 large or 2 small, enough to squeeze 2/3 – ¾ cup juice
Large Plastic Straw	To help drink potion

Choose a day like Saturday to do this cleanse since you will be able to rest the next day.

Take **no** medicines, vitamins or pills that you can do without: they could prevent success. Stop the parasite program and kidney herbs too, the day before.

Eat a **no-fat** breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2:00PM. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 Tbs. In 3 cups water and pour this into a jar. This makes four serving, $\frac{3}{4}$ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving ($\frac{3}{4}$ cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 Tbs. In $\frac{3}{4}$ cup water now. You may add $\frac{1}{8}$ tsp. Vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another $\frac{3}{4}$ cup of Epsom salts. You haven't eaten since 2:00, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success: don't be more than 10 minutes early or late.

9:45 PM. Pour $\frac{1}{2}$ cup (Measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least $\frac{1}{2}$ cup more (up to $\frac{3}{4}$ cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

10:00 PM. Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. You may use ketchup, cinnamon, or brown sugar to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (15 minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. 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 (thank you Epsom salts!). **Go to sleep,** you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. Drink $\frac{3}{4}$ cup of the mixture. You may go back to bed.

After 2 more hours you may eat regular food but keep it light. By supper you should feel recovered.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. 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. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. 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. You may repeat cleanses at two-week intervals. Never cleanse when you are ill,

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "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.

How safe is the liver cleanse? It is very safe. This is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards.

CONGRATULATIONS!
You have taken out your
Gallstones without surgery!