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## **Liver/Gallbladder Cleanse**

*Read carefully before starting!*

**Cleansing the liver bile ducts** is the most 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 disappear more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You will have more energy!

### **YOUR WONDERFUL POWERFUL LIVER**

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 (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 people, including children, the biliary tubing is choked with gallstones.

### **WHAT ARE GALLSTONES?**

Some people with this condition develop allergies or 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, but most are too small and not calcified, a prerequisite for visibility on X-ray. Even if your gallbladder has been removed, you will still get gallstones.

There are over a half a dozen varieties of gallstones, most of which have cholesterol crystals within. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Many are imbedded with unidentified objects. Some are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites, made from smaller ones, showing that they regrouped in the bile ducts sometime after the last cleanse.

At the very center of each stone is a clump of bacteria. According to scientists, this suggests a bit of dead parasite might have started the stone to form.

As the stones grow and become more numerous, the **back pressure on the liver causes it to make more bile.** This could be likened to a garden hose filled



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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, much less cholesterol leaves the body. ***This causes cholesterol levels to rise*** (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. This is probably the root cause of all kinds of liver dysfunction.

Stomach infections, such as ulcers and intestinal bloating cannot be cured permanently without removing gallstones from the liver.

**CAUTION: Before beginning the liver cleanse, be certain that your kidneys and urinary tract are in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. Never do this cleanse when you are ill.**

### **Liver Cleanse Ingredients**

- 1. 4 Tablespoons Epsom Salts**
- 2. 3 teaspoons Taurine (powder form)**
- 3. ½ cup Extra Virgin Olive Oil (light is easiest to swallow)**
- 4. 1 oz Olive Oil**
- 5. 1 large or 2 small fresh pink or red grapefruit**
- 6. highly recommended: 8 packets of Emergen-C (helps to prevent dehydration)**

### **PROCEDURE & SCHEDULE**

Choose a day such as Saturday for the cleanse, which will allow you to rest the next day. Don't take any medicines, vitamins, or pills that aren't necessary, as they could prevent the success of the cleanse. Eat a NO FAT breakfast (no butter, milk, cream), eat a salad or steamed vegetables with salt only for lunch (Bragg's Aminos or a squeeze of lemon are okay for seasoning). Eat NO OIL or FAT because it allows the bile to build up and develop pressure in the liver. The higher



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the pressure builds up, the more stones it pushes out. Timing is very important here, be sure not to be more than 10 minutes early or late for each step!

**Do not eat or drink after 4:00 pm.** If you break this rule you could feel quite ill later.

## **4:00 pm**

Prepare your Epsom Salt/water mixture. Mix 4 Tablespoons of Epsom salts in 3 cups of water. Shake until Epsom salts are dissolved. This will make (4)  $\frac{3}{4}$  cup servings. Set container in the refrigerator to chill- it will taste much better chilled.

## **6:00 pm**

Combine 1 tsp of Taurine powder with  $\frac{3}{4}$  cup of the Epsom salt/water mixture. (Optional: mix in 2 packets of Emergen-C with this mixture before consuming to improve taste). Drink this mixture. After drinking this, you may also rinse your mouth with a little distilled water.

## **8:00 pm**

Repeat 6:00 pm instructions.

## **9:45 pm**

Measure and pour  $\frac{1}{2}$  cup of olive oil into a pint jar. Add 1 more ounce of olive oil. Hand squeeze the grapefruit ( $\frac{1}{2}$  to  $\frac{3}{4}$  cups is best), removing pulp and mix with olive oil. Close the lid tightly and shake well until it becomes watery. Note: only fresh grapefruit juice will do this.

## **10:00 pm**

Be ready for bed ahead of time. Then, standing up, drink the grapefruit/olive oil mixture. Drinking through a large straw may help the mixture go down. Take it to your bedside if you like, but be sure to drink the mixture within 5 minutes. (15 minutes if you are weak or elderly).

## **LIE DOWN IMMEDIATELY!**

**You may fail to pass stones if you don't do this!** The sooner you lie down, the more stones you will pass. As soon as the drink is down, walk to your bed and lie down flat on your back with your head situated high on a pillow. Lie perfectly still for 20 minutes. Go to sleep as quickly as possible or you may fail to pass stones.



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### **Next Morning**

Immediately upon rising (but not before 6:00 am), take your third dose of Epsom salts ( $\frac{3}{4}$  cup) combined with 1 teaspoon of Taurine powder. (optional: add 2 packets of Emergen-C).

### **2 Hours Later**

Take the last dose of Epsom salts ( $\frac{3}{4}$  cup). *DO NOT ADD any Taurine powder to this dose.*

### **After 2 More Hours**

You may eat. Keep it light. You should feel recovered by dinner time.

### **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 because this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. Get a rough count whether tan or green. You will need to total 2,000 stones before the liver is clean. You may repeat this cleanse in 2 weeks.

Try doing this 4 times in a row. Never do this cleanse when you are ill. Congratulations! You have just taken out your gallstones without surgery!