

# THE ADVANCED LIVER - GALLBLADDER FLUSH - CLEANSE

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## INSTRUCTIONS

### Preparation:-

Drink as much Organic (or 100% pure, no added sugar) **APPLE JUICE** as comfortable, for 5 - 6 days before the liver flush, in order to soften gall stones. Say, 3 glasses per day.

### DAY ONE

The Liver Cleanse begins **THREE HOURS** after lunch, and **SEVEN HOURS** before going to bed, typically on a Saturday, making sure Sunday is totally free. The cleansing continues over two days. For an 11pm bedtime, finish eating your lunchtime meal by 1pm.

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### STEP ONE – HOUR ONE

Three hours after lunch take 2 tablespoons EPSOM SALTS, dissolved in a glass of cold water. Then rinse your mouth with water or drink a small amount of orange juice to kill the taste. (Use a "shaker jar" to dissolve the Epsom Salts. The taste is much less objectionable with cold water.) Drink more water, as desired, or drink herbal tea, as a hot drink will help move everything along. Epsom Salts are magnesium sulphate crystals - an intestinal purge, and also a muscle relaxant for the bile ducts and the gall bladder to prevent cramps and retention of gall stones. Epsom Salts are available at Supermarkets and Pharmacies Taking a large amount of Epsom Salts can lower the blood-pressure, therefore if your blood pressure is usually very low, this method may not be suitable for you. Please obtain advice from a reputable Naturopath.

### STEP TWO – HOUR TWO (Optional)

One hour after taking the Epsom Salts, take an enema. This is optional, but **always** to be used if stomach cramps or gripes occur during the liver flush. This is rare when using Epsom Salts. Cramps would indicate that stones are lodged in, and blocking liver ducts.

However, this step is very beneficial in ALL cases, to stimulate the liver's release of waste and bile. Begin with 2 or 3 plain, warm-water enemas - then follow with a 4-cup Organic (not Instant)Coffee enema.

You will need a Bucket Enema which you can order from your Pharmacy. It will have instructions with it. To hang it in your shower recess, a pot-plant hook is handy. It is best to take your enemas in the shower recess and make sure you have a normal bucket handy as you will need to empty your bowels quickly the first few times. Standing up and running to the toilet can be messy. Insert the lubricated enema tube as far as it will comfortably go, (you will be surprised how far it will go, especially if you are on your knees) and flush the lower bowel first.

### THE COFFEE ENEMA

When you have emptied out as much as is possible with the water, use the coffee enema as the retaining enema. The coffee stimulates the liver into action.

Use 1 tablespoon coffee per cup, drip-filtered or plunger. Make sure it is well-strained.

Dissolve ½ cup EPSOM SALTS into the 4 cups of hot coffee, then cool the coffee down to body temperature before using. (You can rapidly cool the pan in a sink of cold water.)

Initially use and retain half of the coffee, after 5 minutes add the rest and retain for another 5 – 10 minutes. If you are not able to retain the first lot of coffee, then try again with the rest.

Relax in a reclining position on a floor mat, OR you can position yourself on your hands and knees on a bathmat in the shower recess, while relaxing the abdomen as much as possible.

**DURING THESE NEXT HOURS YOU WILL BE ON AND OFF THE TOILET MANY TIMES. YOUR BOWEL MOVEMENTS WILL BE VERY LOOSE AND WATERY. THIS IS NORMAL.**

### **STEP THREE - HOUR THREE**

Take 1 tablespoon EPSOM SALTS, dissolved in ¾ cup cool water. Then rinse your mouth with water. Drink more water, orange juice or herb tea as desired.

### **STEP FOUR - HOUR FOUR - FIVE (Optional)**

This step is used to increase bile flow, which helps dislodge stones deep in the liver ducts.  
It also helps to eliminate hunger.

EAT about 2 dessertspoons of organic, pure, thick CREAM, or Coconut Cream, on fresh berries or FRUIT, mixed. (frozen berries are optional if necessary)

**OR:-** a large bowl of vanilla HIGH-FAT ICE CREAM. (like STREETS Blue Ribbon Ice-cream)

### **STEP FIVE - HOUR SEVEN**

Bedtime:-

Have a KITCHEN TIMER handy, and also ALKA-SELTZER.

Take ½ cup room-temperature **PURE VIRGIN OLIVE OIL**, followed by ½ cup fresh-squeezed **LEMON JUICE**. Light Olive Oil may be easier for some people to drink.

Olive oil causes the liver ducts and the gall bladder to forcefully contract, and expel their collection of gall gravel and gall stones.

The acid lemon juice speeds the transit of the olive oil through the stomach and into the duodenum, which helps prevent or minimize any nausea. Alternatively, you can shake the oil and lemon juice together with some Lecithin.

Next:-

Rinse your teeth: Brush them briefly with a BAKING SODA solution to neutralize the acid of the lemon juice.

#### **Go Immediately to Bed "face down"!**

If you can, pull your right knee fully upwards, towards your right shoulder. A pillow under your left shoulder will help. If you cannot do this, then place a pillow just under your right rib-cage so that a certain amount of pressure is applied to the liver. Now relax into this position, and then shift your weight to your right side. Using a TIMER, hold this position for 30 minutes.

(You can briefly stretch your right leg, if necessary.)

Gall bladder contractions and expulsion of stones will occur at this time.

These can often be felt and heard. (Eg. Gurgling noises.)

Optional, but helpful:-

Massage your gall bladder with your finger tips, up under your right ribs.

After 30 minutes - relax, stretch out, and go to sleep.

If any nausea or acid-reflux is felt during the night, get up and immediately take ALKA-SELTZER "GOLD" in water (the "Gold" type contains no aspirin). This is safe and effective.

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### **DAY TWO**

#### **Early the following morning, immediately do the following:-**

Take 2 teaspoons EPSOM SALTS, dissolved in ¾ cup cold water.

Next, drink about 2-3 glasses of water.

Later, drink more water, orange juice or herb tea, as desired.

Wait 2 - 3 hours before eating a light breakfast.

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**NOTE:-**

DURING DAY TWO YOU WILL HAVE SEVERAL BOWEL MOVEMENTS WHERE YOU WILL PASS GREEN, BROWN, AND/OR RED STONES.

COLLECT THESE IN A LARGE SIEVE OR COLLANDER PLACED ON THE RIM OF THE TOILET JUST UNDER THE TOILET SEAT, OR IN THE TOILET BOWL.

YOUR BOWEL MOVEMENTS WILL BE MOSTLY WATER SO THEY WILL PASS THROUGH THE SIEVE WHILE THE STONES WILL BE COLLECTED.

RINSE THE STONES BY FLUSHING THROUGH THE SIEVE.

SAVE THEM IN A CONTAINER WITH A LID (Eg: A Chinese food container) SO THAT YOU CAN OBSERVE FIRST HAND WHAT YOUR BODY HAS EXPELLED.

YOU WILL BE AMAZED!

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**FOLLOW UP**

Plan to repeat the Liver Flush at least 6 times, especially when large gall/liver stones (1cm to 2cm+ across) are expelled - or when there is a large volume of stones. (more than about ¼ cup) If few, or no, gall stones are seen, this is RARE but OK - however this is usually a false negative. Repeat the flush in 4 - 6 weeks.

When a large volume of gall stones is seen, the liver flush should be repeated in 2 weeks.

Generally, the liver flush is repeated at 2 - 4 week intervals until the volume of gall stones seen (each time) has been greatly reduced. This can require 10 - 15 flushes, or more, because your liver will be "pulling" cholesterol out of your body, where it may have accumulated for many years or decades.

After the initial series, repeat the liver flush 2 - 4 times per year, for "maintenance."

**WARNING!**

PLEASE DO NOT PERFORM THIS PROCEDURE AS A **HABITUAL WEIGHT LOSS EXERCISE** AS THE BODY COULD BECOME SEVERELY & DANGEROUSLY DEPLETED OF MINERALS.

YOU MUST EAT SENSIBLY AND TAKE YOUR SUPPLEMENTS TO PROMOTE GOOD HEALTH IN THE INTERVALS BETWEEN FLUSHES AND YOU WILL BE REWARDED WITH A RENEWED SENSE OF PHYSICAL AND MENTAL WELL-BEING.

*GOOD LUCK!*

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**Liver cleanse - Gallbladder cleanse - Liver flush - NO surgery**

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