

Liver Gallbladder Flush

This is a natural way to effectively and painlessly remove from the gallbladder and liver, most stones, gravel, crystals, and debris. It cleanses the liver bile ducts and eventually purifies the blood stream by making the liver cleaner and more efficient. This flush not only purges the gallbladder of its contents, but also does major house cleaning in the liver. You may find your allergies diminish with each subsequent flush and may disappear altogether. A liver cleanse may invariably result in a lowering of cholesterol levels.

Ingredients Needed:

- 100% Unsweetened Apple Juice - 3 quarts
- Fresh Lemon Juice – ½ cup (about 5 lemons - use the real thing)
- Extra Virgin Olive Oil – ½ cup
- Green Apples and Radishes (if you desire)
- 4 tablespoons of Epsom Salts
- 4 Ornithine capsules (if you desire)

Instructions:

1. For days one through three:

Do not eat any foods with fat such as meats, dairy, peanut butter, and eggs. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Do eat unrefined grains, vegetables, fruits and legumes. Drink at least 1 quart of 100% unsweetened apple juice per day. Sip on this throughout the morning and afternoon. Drink plenty of water. It would be helpful to consume organic green apples and radishes. This will also help shrink and soften the stones.

2. On day three:

Eat mostly fruits and vegetables. **DO NOT EAT ANY SOLID FOOD AFTER NOON.** You may drink water or the apple juice as much as you like. At about 8 pm drink 2 tablespoons of Epsom salts mixed with water. Epsom salts serve to relax the tubules so that the passage of larger stones is painless and smooth. The Epsom salts also serve to help evacuate the intestines of feces. The use of Epsom salts may not be necessary, but it will provide magnesium to help relax the sphincter of the gallbladder and also relax the bile duct to support passage of the softened, shrunken stones.

3. Bedtime:

At bedtime, mix ½ cup extra virgin olive oil with ½ cup fresh lemon juice (about 5 lemons). You may blend it in a blender if you choose in order to mix it better. Keep one of the citrus rinds handy to chew on after you finish drinking the oil. It will help cut the oil taste left in your mouth. The olive oil also acts as a solvent of

cholesterol, the chief constituent of gallstones. The olive oil will also cause a contraction of the gallbladder and liver, forcing out stored wastes, bile, and stones, which easily pass into the small intestine. Take four Ornithine (optional) capsules if you have them with the first sips to make sure you will sleep through the night. The Ornithine should eliminate any nausea, if you are to have any. Go to bed immediately after drinking the mix. Don't clean kitchen, etc. The sooner you lie down, the more stones you will get out.

Lay on your right side with your right knee pulled up to your chest for at least ½ hour after you drink the oil lemon juice mixture. The liver and gallbladder will not know what to do with that much oil emulsion, so they will spasm and throw off all the available bile - plus stones, gravel and crystals. If you do feel somewhat nauseated during the night (this is what the Ornithine works to prevent), this is due to the release of stored toxins from the gallbladder and liver. This is normal and a sign that the protocol is working.

4. Next morning:

The next morning you should have a bowel movement/diarrhea and you should see stones. The stones float and will be dark black or greenish or tan, which look like shriveled peas. Drink the other 2 tablespoons of Epsom salts/water to encourage more bowel movements throughout the day. You most likely will see more stones with more bowel movements throughout the day. It would be a good day to stay home to be close to the bathroom, and you should plan on it.

This liver gallbladder flush could make you feel a little uncomfortable for a day or two. Stirred-up toxins are in solution, begging to be released. If you are a diabetic, check your insulin levels before taking any insulin after you do a gallstone cleanse. Otherwise you may suffer an insulin spike from insulin levels being too high. Never purge when you are ill. Pregnant mothers should consult their pediatrician. The elderly should do this purge under the supervision of a health specialist. All stones will most likely not be eliminated with one attempt and you may repeat this liver/gallbladder flush at one or two-month intervals until there are no more stones. Having a lot of stones the first time is an indicator of the need to repeat the flush. People that have had their gallbladder surgically removed, still eliminate green, bile-coated stones with this liver purge, which further indicates that they are still in the liver.

In order to protect myself, let me say that this cleanse is not advocated instead of a gallbladder operation, that decision is between you and your physician. This information is not meant to be medical advice, nor a prescription for any illness. The author is absolved of any responsibility arising from the use of this information.