

## Liver and Gallbladder

Cleansing your liver of stones dramatically improves digestion which is important to your health allowing you to rid of some allergies with subsequent cleanse. Incredibly, it also eliminates shoulder, upper arm, and upper back pain, adds to the energy and increased sense of well being.

If you have recently had pains in the lower rib cage and suspect that you have gall stones, it is best to build up the gall bladder and liver first prior to doing the cleanse. In this instance, dislodging gallstones in the ducts can be problematic so please contact me for an alternate program, and wait to do the cleanse at a later time.

It is the job of the liver to make bile, 1 to 1 1/2 quarts in a day to be exact! 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 people, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives and some have no symptoms at all. When the gallbladder is scanned or x-rayed and nothing is seen typically the stones are not in the gallbladder and/or most are too small and uncalcified to be seen. There are only a half dozen varieties of gallstones but most have cholesterol crystals. The stones may be black, red, white, green, or tan in color with the green ones being coated with bile. Other stones are composites made of many smaller ones regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is a clump made of bacteria/parasite which is thought to be the starting point of stone formation. As the stones grow and increase in number, they lead the liver dysfunction and an increase in Cholesterol level.

### **Gallstones**

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver, "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.

**Before you begin, make sure you do not have any condition(s) that is adversely impacted by the cleanse.**

Preparation:

It is always best to have the organs of elimination in a healthy condition as they support the cleansing of the liver. Taking a good probiotic is always a good regimen, as is making sure that the kidneys are in a healthy condition. Choose a day like Saturday to assure you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success.

Ingredients:

- \*Epsom Salt: 4 tablespoons (prepare drink or put in capsules)
- \*Olive Oil: 1/2 cup (light olive oil is easier to get down-- light means not as strong tasting olive oil)
- \*Fresh pink or red grapefruit: 1 large or 2 small, enough to squeeze 2/3 to 3/4 cup of juice
- \*Large plastic straw to drink the potion
- \*Glass cup

Eat a **no-fat breakfast and lunch (eliminate the food that you are hypersensitive or allergic too)** such as cooked cereal with fruit, bread and preservatives or honey (no butter or milk), baked potato or other vegetables with salt only. Eat as many apples as you want, as they help the cleanse process by allowing the bile to build up and develop pressure in the liver, pushing out more stones. Avoid meat but use a no soy protein drink if desired.

**Do not eat or drink after 2 o'clock or you may feel ill later.**

Mix 4 tablespoons of Epsom salt in 3 cups water and pour into a jar. This makes four servings, 3/4 cup each. You may set the jar in the refrigerator for convenience and taste only. You may also add one to two teaspoons of lemon and a little bit of stevia to improve the taste. (Another option is to put the Epsom salt in empty capsules purchased from a health food store)

**6:00 P.M. Drink one serving (3/4 cup) of the iced cold Epsom salt or use the capsule method mentioned above.** If you did not prepare this ahead of time, mix 1 tablespoon in 3/4 cup water now. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

**8:00 P.M. Drink another 3/4 cup of the Epsom salt.** You haven't eaten since 2 o'clock, but you will not 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 P.M.** Pour 1/2 cup light olive oil into your glass. Squeeze the grapefruit into the measuring cup and remove pulp. You should have at least 1/2 cup but up to 3/4 cup is

best so top it up with lemonade if needed. Add this to the olive oil and stir vigorously or put in a jar with lid and shake. This is much more palatable, mixes well and tastes good. Now visit the bathroom one or more times, but don't be more than 10 minutes late.

**10:00 P.M.** Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. Take it to your bedside if you want, but **drink it standing up.** Get it down within 5 minutes (Fifteen 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. As soon as the drink is down go to the bed and lie down on your right side for 20 minutes. Think about what is happening in your liver. Try to keep perfectly still for 20 minutes. You may feel a trail of stones traveling along the bile ducts like marbles. There is no pain, because the bile duct valves are open, (thank you Epsom salts!). Now relax and go to sleep.

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

**2 hours later** take your fourth (the last) dose of the Epsom salt. Drink 3/4 cup of the mixture. You may go back to bed.

**After 2 more hours** you may eat. Start with something light. One hour later you may eat regular food, but keep it light. By dinner you should feel recovered.

How well did you do?

Expect diarrhea in the morning. You will not have warning pains such as normal diarrhea, so if you even think you have an urge head for the bathroom. Your bowel movement will be quite watery, so it is easy to see the gallstones in the toilet as they float due to the cholesterol inside. Look for gallstones, most are pea green. Only bile from the liver is pea green, so these are the easiest to notice. Some are small flat pea shapes while others may be the same color but much larger. (You will see larger ones typically on the second liver cleanse.) Other stones may be tan and look like hardened crystals as they have now calcified. Some look like small immature citrus seeds and are tan in color. Notice how many stones are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. 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, toxins, 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. It is best to perform the cleanse every two-three weeks until you see no stones. Never cleanse when you are sick.

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 water. It may be tan colored, harboring millions of tiny white crystals. Cleaning this chaff is just as important as purging stones.

How safe is the liver cleanse? This regimen is reported to be several hundred years old according to Dr. Clark who gives credit to the herbalists. Her research was based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain.

**Congratulations :-)**