

# LIVER - GALL BLADDER FLUSH

## GENERAL INFORMATION

Cleansing the liver of gallstones is all about gaining your health back. It dramatically improves digestion, which is one of the bases of your whole health. Often your allergies can disappear - more with each cleanse you do. Incredibly, it also can eliminate shoulder, upper arm and upper back pain. You have more energy and an increased sense of well being. Therefore, cleansing the liver bile ducts is one of the most powerful procedures that you can do to improve your body's health.

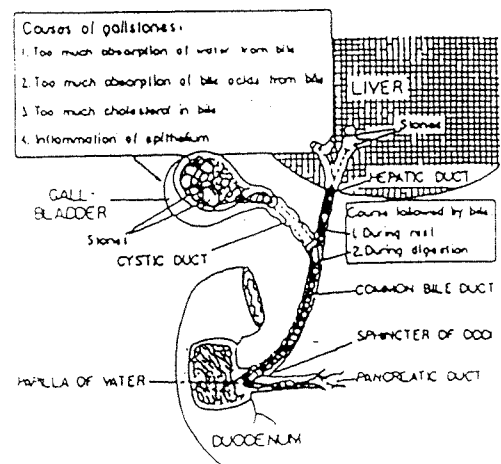
## FUNCTION & STRUCTURE

It is the job of the liver to make bile, 1 to 1½ litres in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gall bladder is attached to the common bile duct and acts as a storage reservoir.

Eating fat or protein triggers the gall bladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestines.

There are other substances that trigger the gall bladder, such as red pepper (cayenne), ginger, and fruit acids.

Note - fruit juice is the first thing you have after the cleanse.



REFERENCE: TEXTBOOK OF MEDICAL PHYSIOLOGY, AMRAT GUSTON © 1981

## GALLSTONES

For many people, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gall bladder is scanned or x-rayed nothing is seen. Typically, they are not in the gall bladder. Not only that, most are too small and are 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 coloured. As the stones grow and become more numerous the back pressure 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 stomach ulcers or intestinal bloating) can be cured permanently without removing these gallstones from the liver.

## LIVER CLEANSE

Things you will need:-

- 4 tblspn Epsom salts
- ¼ cup virgin olive oil
- 1 large pink grapefruit (or lemons)
- 1 large plastic straw
- pint jar with lid

### PROCEDURE

Choose two consecutive days when you can carry out the cleanse. The first day when you can complete the cleanse and the next day when you can rest.

#### MORNING

Take no medicine, vitamins or pills that you can do without - they could prevent success.

Eat a no fat breakfast and lunch - cooked cereal, fresh fruit, fruit juice, bread and preserves or honey, baked potato or steamed vegetables. Do not include any butter or milk and season only with sea salt.

2.00 PM

Do not eat or drink after 2pm.

Get your Epsom salts ready. Mix 4 tblspns in 3 cups of water and pour into jar. This makes 4 servings, ¼ cup each. Put the jar into the fridge to get ice cold (this is for convenience and taste only).

6.00 PM

Drink ONE serving (¾ cup) of the ice cold Epsom salts. You may add ¼ tsp vitamin C powder to improve taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

Get out the olive oil and grapefruit juice to warm up.

8.00 PM

Repeat by drinking another serving of Epsom salts.

You haven't eaten since 2pm but you won't feel hungry. Get your bedtime chores done. The timing is critical for success - don't be more than 10 mins early or late.

9.45 PM

Pour ¼ cup (measured) olive oil into the pint jar. Squeeze grapefruit or lemon by hand into the measuring cup. Remove pulp with a fork. You should have at least ¼ cup. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom. Don't be more than 15 mins late.

10.00 PM

Drink the grapefruit juice and olive oil mixture. Drinking through a straw helps to get it down easier. Take it to your bedside if you want, but drink it standing up. Consume the contents within 5 minutes.

**LIE DOWN IMMEDIATELY.** Be ready for bed before you drink the mixture, don't clean the kitchen. Lie down flat with the pillow under your shoulders and your head at the top of the pillow. Remain as still as possible for at least 20 minutes. Think about what is happening in your liver.