

## **LIVER & GALLBLADDER FLUSH**

### **Supplies Needed:**

- 1) 6 teaspoons of Malic acid (food grade) in 6L of pure water. (1 L/day for the 6 days of prep)
- 2) Epsom salts (food grade) – 4 tablespoon dissolved in 710ml water (divide into 4 equal portions)
- 3) Olive Oil (Extra virgin, cold-pressed, organic) – 4oz (120ml)
- 4) Fresh grapefruits or lemons – 6 oz (180ml)
- 5) Enema bucket

### **PREPARATION:**

The liver gallbladder flush requires 6 days of preparations, during which your daily routine can remain the same for the most part, with the exception of drinking malic acid.

For 6 days, drink 1L of malic acid. You may drink more than that if you want to.

The malic acid that is naturally present in apples softens the gallstones and makes them easier to pass. The apple juice has a strong cleansing effect so drink it slowly throughout the day rather than all at once. Feel free to eat as many apples as you like during the cleanse, too.

Because we are priming the body to do deep healing work, we want to take it easy. The better you prepare, the more efficient the flush will be, and you will produce better results. It is best to avoid fat as best as possible during the preparation for this cleanse, as this will build up more pressure in the liver.

### **Recommendations for the 6 days of prep:**

- Doing a colonic or colon hydrotherapy on the day of actual flush is important to clear the way for the stones to be released from the body. Please do not attempt the flush if a colonic or colon hydrotherapy is not available in your area. Do another colonic or colon hydrotherapy in within 3 days after actual flush to release whatever balance of stone that may be trapped.
- Eat lightly. No fried, packaged or processed food. Do not overeat. Try to eat at regular time every day and not eat late at night throughout the 6 days.
- Significantly cut back or avoid animal protein.
- Avoid taking unnecessary supplements / medications on day 6<sup>th</sup> or actual flush day except: Probiotics, TMG, J-Flex, Pepsin, Pancreatin, Megazyme Forte.
- Eat a light breakfast and lunch that is free from fat and protein. Do not eat nuts, seeds, butter, oils, avocado, meat, eggs and cheese.
- Take lunch no later than 1.30pm on the day of actual flush.

## The Importance of Colon Cleansing

It is essential that you make sure that you cleanse your colon before and after you do a liver cleanse, doing so clears the way for the stones to be released from your body. Cleaning your colon afterwards is also critical to remove any remaining stones or toxicity that may still be present. Cleaning your colon either with a colonic or 3 back-to-back home enemas will help you to avoid or minimize any discomfort or nausea that may arise.

### DAY 6

This is the day of the actual flush. Remember that what you eat today is VERY IMPORTANT. Eat a light breakfast and lunch that is free from fat and protein. Here are some ideas:

- A juice or smoothie
- Fruit
- Salad (with no dressing or oil-free dressing)
- Quinoa, millet, rice with steamed veggies.
- Oatmeal.

Do NOT eat: nuts, seeds, butter, oils, avocado, meat, eggs, cheese or the like.

You'll want to eat lunch no later than **1.30PM**, this is vital to ensure that you do not get sick later on.

**6.00PM:** Add four tablespoons of Epsom Salts (magnesium sulfate) to three 8oz. glasses of filtered water in a jar. This makes four servings,  $\frac{3}{4}$  glass each. Drink your first portion now. You may take a few sips of water afterwards to get rid of the bitter taste in the mouth or add a little lemon juice to improve the taste. Some people drink it with a large plastic straw to bypass the taste buds on the tongue. It is also helpful to brush your teeth afterwards or rinse out the mouth with baking soda. One of the main actions of Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass. Moreover, it clears out waste that may obstruct the release of the stones.

**8.00PM:** Drink your second serving ( $\frac{3}{4}$  glass) of Epsom Salts.

**9.30PM:** If you have not had a bowel movement until now and have not done a colon cleanse within 24 hours, take a water enema, this will trigger a series of bowel movements.

**9.45PM:** Thoroughly wash the grapefruits (or lemon and oranges). Squeeze them by hand and remove the pulp. You will need  $\frac{3}{4}$  glass of juice. Pour the juice and  $\frac{1}{2}$  glass of olive oil into the pint jar. Close the jar tightly and shake hard, about 20 times or until the solution is watery. Ideally, you should drink this mixture at 10.00PM, but if you feel you still need to visit the bathroom a few more times, you may delay this step for up to 10 minutes.

**10.00PM:** Stand next to your bed (do not sit down) and drink the concoction, if possible, straight. Some people prefer to drink it through a large plastic straw. If necessary, take a little honey between sips, which helps chase down the mixture. Most people, though, have no problem drinking it straight. Do not take more than 5 minutes for this. Lie down immediately.

This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than the abdomen. If this is uncomfortable lie on your right side with your knees pulled towards your head. Lie perfectly still for at least 20 minutes and try not to speak! Send healing energy to your liver with your hands and your imagination.

You may even feel the stones travelling along the bile ducts like marbles. There won't be any pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed and the bile that is excreted along with the stones keeps the bile ducts well lubricated (this is very different in the case of a gallbladder attack where magnesium and bile are not present). Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check, if there are already small gallstones (pea-green or tan-coloured ones) floating in the toilet. You may feel nauseous during the night and/or in the early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach.

### **The Following Morning**

**6:00 – 6:30AM:** Upon awakening but not before 6AM, drink your third  $\frac{3}{4}$  glass of Epsom Salts (if you feel very thirsty drink a glass of warm water before taking the salts). Rest, read or meditate. If you are very sleepy, you may go back to bed although it is best if the body stays in the upright position. Most people feel absolutely fine and prefer to do some light exercises, such as yoga.

**8:00 – 8.30AM:** Drink your fourth and last  $\frac{3}{4}$  glass of Epsom Salts.

**10:30AM:** You may drink freshly pressed fruit juice at this time. One half-hour later, you may eat one or two pieces of fresh fruit. One hour later, you may eat regular (but light) food. By the evening or the next morning, you should be back to normal, and feel the first signs of improvement.

Continue to eat light meals during the following days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side-effects.