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Liver and Gallbladder Cleanse Protocol

This flush is one of the most powerful ways to cleanse the body, improve energy levels and regain long-lost wellbeing and vitality.
Everybody has them, but nobody knows!

Gallstones severely disrupt the performance of the liver, which has over 500 functions—which is why doing a flush is one of the most important things you could ever do for your health. Cleaning your liver can add years to your life, reverse or slow down the aging process and heal your body on a deeper level than you ever thought possible. Many people who have done a series of these flushes see remarkable changes in all areas of their health, some even being healed of stubborn illnesses that they lived with for years!

During a liver flush, we can safely remove hundreds of stones at a time. However, it is highly recommended that you keep going and plan to do a series. With about 1 month between flushes, it may take up to 8 – 12 flushes, until the liver is completely free from gallstones. You will know you have effectively restored the liver once you have done two consecutive flushes with no stones. However, as a preventative measure and for maintenance, it is recommended that you do a liver flush every 6 months or so.

Here are the supplies you will need:

1. Apple Cider Vinegar (4 table spoons to 1 Litre of filtered water)
2. Epsom Salts (Food Grade) – 4 tablespoons dissolved in 710 ml water (divided into 4 equal portions)
3. Olive Oil (Extra Virgin, cold-pressed, Organic) – 4 oz (120 ml)
4. Fresh grapefruits (my favorite) or lemons – 6 oz (180 ml)
5. Enema Kit (Wellmed Health Superior Home Enema Kit)

PREPARATION:

The liver gallbladder flush requires 6 days of preparation, during which your daily routine can remain the same for the most part, with the exception of drinking the apple juice or malic acid/ water mixture.

For 6 days drink 1 L of apple cider vinegar mix per day . You may drink more than that if you want to.

The apple cider vinegar 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.

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Here are some recommendations for the 6 days of prep:

- Eat lightly: no fried, packaged or processed foods.
- Be very mindful not to overeat. I cannot stress this enough!
- Try your best to eat at regular times everyday and not eat late at night.
- Significantly cut back or entirely avoid animal protein such as meat, eggs and dairy.
- Easy on high-fat foods
- Drink lots of water
- Get full nights of sleep leading up to the flush.
- Avoid taking any unnecessary vitamins, supplements or medications.
- It is suggested that you do the actual flush on the Saturday night so that you can have the following day to rest and recover. You will not feel like doing much, clear your schedule.
- I recommend getting a colonic on the Saturday of the cleanse. You may notice stones coming out due to the softening effect of the APPLE JUICE..

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 1:30 PM, this is vital to ensure that you do not get sick later on.

6:00 PM: 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.

8:00 PM: Drink your second serving ($\frac{3}{4}$ glass) of Epsom Salts.

9:30 PM: 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.

9:45 PM: Thoroughly wash the grapefruits (or lemons 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 10:00 PM, 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.

10:00 PM: 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!

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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 traveling 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-colored 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 nausea will pass as the morning progresses, but if it does not we suggest taking 1 HCL capsule.

The Following Morning

6:00-6:30 AM: Upon awakening, but not before 6 AM, 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.

8:00-8:30 AM: Drink your fourth and last $\frac{3}{4}$ glass of Epsom Salts.

10:30 AM: 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.

What you Can Expect During the Flush:

The results you can expect during the morning and, perhaps, afternoon hours after the cleanse, you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water.

Examine Your Results!

Most of the gallstones are pea-green and float in the toilet because they contain bile compounds. The stones come in different shades of green and may be bright colored and shiny like gemstones. Only bile from the liver can cause the green color. Gallstones can come in all sizes, colors and shapes. The light-colored stones are the newest. Blackish stones are the oldest. Some are pea-sized or smaller, and others are as big as two or three centimeters in diameter (about 1 inch). There may be dozens and, sometimes, even hundreds of stones (of different sizes and colors) coming out at once. Also, watch out for tan-colored and white stones. Some of the larger tan-colored or white stones may sink to the bottom with the stool. They are calcified gallstones that were released from the gallbladder and contain heavier toxic substances with only small amounts of cholesterol. All the green and yellowish stones are as soft as putty, thanks to the action of the malic acid/ apple juice.

You may also find a layer of white or tan-colored chaff or 'foam' floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals, which can easily rupture small bile ducts. They are equally important to release.

Try to make a rough estimate of how many stones you have eliminated.

Cleaning your liver completely may require at least six cleanses which can be performed at three-four week or monthly intervals (do not cleanse more frequently than that). If you cannot cleanse this often, you may take more time in between cleanses.

The important thing to remember is that once you have started cleansing the liver, keep cleansing it until no more stones come out. Leaving it half clean for a long period of time (three or more months) can cause greater discomfort than not cleansing it at all.

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The liver, as a whole, will begin to function more efficiently soon after the first cleanse and you may notice sudden improvements, sometimes within a few hours. Pains will lessen, energy will increase, and clarity of mind will improve considerably.

However, within a few days, stones from the rear of the liver will have traveled 'forward' towards the two main bile ducts exiting the liver, which may cause some of the previous symptoms of discomfort to return. In fact, you might feel disappointed because the recovery seems so short-lived. However, all of this shows that there are still stones left behind, ready to be removed with the next round of cleansing.

Nevertheless, the liver's self-repair and cleansing responses will have increased significantly, adding a great deal of effectiveness to this very important organ of the body. As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger bile ducts, they may combine to form larger stones and produce previously experienced symptoms. These symptoms can be a backache, headache, earache, digestive trouble, bloating, irritability, anger, etc., although these may be less severe than they were before. If a new cleanse no longer produces any stones, which usually happens after 6-8 cleanses (in severe cases it may take more than 10-12), your liver will be considered to be in excellent condition. Still, it is recommended to repeat the liver cleanse every six months. Each cleanse will give a further boost to the liver and take care of any toxins that may have accumulated in the meanwhile.

Note: Never cleanse when you are suffering an acute illness, even if it is just a simple cold. If you suffer from a chronic illness, however, cleansing your liver may be the best thing you can do for yourself.



This is what gallstones look like...