

## **GALLSTONE FLUSH**

Suggested at least twice each year for prevention. After intestinal regulation and cleansing (Bowel Stimulant, IC-1, IC-2), this is the next option if you still have health challenges. You can repeat it every night for three nights in a row and you may repeat this three day cleanse every other week if necessary.

For lactic acid build-up (anxiety), eliminates shoulder, upper arm, and upper back pain or use for general health improvement.

Ingredients you will need:

- 1/2 Cup Olive Oil Extra Virgin
- 1 Big grapefruit (2 small) (Or 3 lemons)
- 4 tablespoon EPSOM salts
- 3 cups water (=750 dl)

- ✓ Choose a day like Saturday for the cleanse, since you will be able to rest the next day.
- ✓ Take no medicines, vitamins or pills that you can do without; they could prevent success.
- ✓ Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice (no butter or milk or dairy), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

### **2:00 PM.**

- ✓ Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.
- ✓ Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get cold (for convenience and taste only).  
*You can substitute the 3 cups of water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it makes the salty taste more palatable.*

### **6:00 PM.**

- ✓ Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, do it right now. You may also add 1/8 tsp. vitamin C powdered to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth.
- ✓ Get the olive oil and grapefruit out to warm up.

### **8:00 PM.**

- ✓ Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since two o'clock, but you won't 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 PM.**

- ✓ Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. You can skip this if you make your EPSOM salt in grapefruit juice. If you used water, proceed with fresh grapefruit. Remove pulp with fork. You should have at least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this).

- ✓ Now visit the bathroom one or more times, but don't be more than 15 minutes late for your ten o'clock drink. You will drink your concoction at 10:00 pm.

### **10:00 PM.**

Drink the potion you have mixed. You can take 4 Ornithine capsules (an amino acid supplement) with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. 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. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep.

**Next morning.** If you wake up and pass stones in your bowel movement, you can call it successful. Eat no fat for several hours, try to eat healthy that day to help the body continue any cleansing. If you do not pass stones, or if you do and want to take the liver flush to the next level, continue as follows.

- ✓ Upon awakening (after bathroom trip) take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 AM.

### **2 hours later.**

- ✓ Take your fourth (the last) dose of Epsom salts. Drink 3/4 cups of the mixture. You may go back to bed.
- ✓ After 2 more hours you may eat. Start with fresh fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to pass about 2,000 stones before the liver is clean enough to rid you of allergies or 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. You may repeat cleanses at two week intervals. As a matter of fact, if you pass any stones or sludge, it is recommended that you repeat the flush every two weeks until you no longer pass any stones or slush. This means the liver is cleansed enough to begin rebuilding. Never cleanse when you are ill.

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

How safe is the liver cleanse? It is very safe. Dr Hulda Clark says, "My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards."

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this thought: by the time you have acute pain attacks, some

stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

**Gallstones consist of cholesterol and bile pigments in different concentration depending on the conditions under which they were formed.**

