



The Liver & Gallbladder Cleanse

Remove Gallbladder stones with this
easy one day cleanse at home.



- ✓ Cleansing the liver and gallbladder from gallstones is one of the most important and powerful approaches you can take to improve your health.
- ✓ The cleanse takes less than one day and you can do it in the comfort of your own home.
- ✓ Every year, more than half a million people in the United States and more than 50,000 people in Canada undergo surgery to remove their gallbladders because of gallstones.
- ✓ 90% of people have gallstones to some degree.
- ✓ 80% of people do not know that they have gallstones.
- ✓ 80% of all gallstones show no symptoms and may remain silent for years.
- ✓ Gallbladder surgery is the most commonly performed operation in North America.
- ✓ "Fatty Liver" affects more than 50% of people over the age of 50. Common causes are poor diet, excessive alcohol intake, adverse reactions to pharmaceutical drugs and toxic chemicals, and viral hepatitis.

WE'RE HERE FOR YOU!

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The Liver & Gallbladder Cleanse

Cleansing the liver and gallbladder from gallstones is one of the most important and powerful approaches you can take to improve your health. The liver cleanse requires 6 days of preparation, followed by 16 to 20 hours of actual cleansing.

TO REMOVE GALLSTONES YOU NEED THE FOLLOWING ITEMS:

- Six 1-liter (32 oz.) containers of apple juice
- 4 tablespoons of Epsom salts dissolved in three 8-oz. glasses of water
- 1/2 cup (4 oz.) of cold-pressed, virgin olive oil
- 2/3 glass of fresh grapefruit juice (pink is best), or fresh lemon and orange combined
- 2 pint jars, one with a lid

PREPARATION

Drink 32 oz. of packaged apple juice (or see other options below) per day for a period of six days.

(You may drink more than that if it feels comfortable to do so.) The malic acid in the apple juice softens the gallstones and makes their passage through the bile ducts smooth and easy. The apple juice has a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhea during the first few days. Much of the diarrhea is actually stagnant bile, released by the liver and gallbladder (indicated by a brownish-yellow color). The fermenting effect of the juice helps widen the bile ducts. If this becomes somewhat uncomfortable, you can dilute the apple juice with any amount of water, or use other options described later. Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before, and in the first two hours after meals, and in the evening). This is in addition to your normal water intake of six to eight glasses.

Note: Preferably, use organic apple juice, although for the purpose of the cleanse, any good brand of commercial apple juice, apple concentrate, or apple cider works just as well. It may be useful to rinse your mouth out with baking soda and/or brush your teeth several times per day to prevent the acid from damaging your teeth. (In case you are intolerant of apple juice or allergic to it, see the other options explained later.)

DIETARY RECOMMENDATIONS: During the entire week of preparation and cleansing, avoid foods or beverages that are cold or chilled; they chill the liver and, thereby, reduce the effectiveness of the cleanse. All foods or beverages should be warm or at least room temperature. To help the liver prepare for the main part of the cleanse, try to avoid foods from animal sources, dairy products, and fried food items. Otherwise, eat normal meals, but avoid overeating.

THE BEST TIMES FOR CLEANSING: The main and final part of the liver cleanse is best done over a weekend, when you are not under any pressure and have enough time to rest. Although the liver cleanse is effective at any time of the month, it should preferably coincide with a day between full moon and new moon. Try to avoid doing the actual cleanse on full moon day (the body tends to hold more fluids in the brain and tissues on this day than on others). The day of new moon is the most conducive for cleansing and healing.

IF YOU TAKE ANY MEDICATION: While on the liver cleanse regimen, avoid taking any medication, vitamins, or supplements that are not absolutely necessary. It is important not to give the liver any extra work that could interfere with its cleansing efforts.

MAKE SURE THAT YOU CLEANSE YOUR COLON BEFORE AND AFTER YOU DO A LIVER CLEANSE:

Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing, done either a few days before or, ideally, on the sixth day of preparation, helps to avoid or minimize any discomfort or nausea that may arise during the actual liver cleanse. It prevents back-flushing

of the oil mixture or waste products from the intestinal tract into the stomach. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colon hydrotherapy) is the fastest and easiest method to prepare the colon for the liver cleanse. Colemaboard irrigation is the second most preferable method.

WHAT YOU NEED TO DO ON THE SIXTH DAY OF DRINKING APPLE JUICE: Drink all the 32 ounces of apple juice in the morning. You may start drinking the juice soon after awakening. If you feel hungry in the morning, eat a light breakfast, such as a hot cereal; oatmeal would be an ideal choice. Avoid sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals, and the like. Fruit or fruit juices are fine. For lunch eat plain cooked or steamed vegetables with white rice (preferably basmati rice) and flavor it with a little unrefined sea or rock salt. To repeat, do not eat any protein foods, butter, or oil, or you might feel ill during the actual cleanse. Do not eat or drink anything (except water) after 1:30 p.m., otherwise you may have difficulties passing stones! Follow the exact schedule below.

The Actual Cleanse

EVENING

6:00 PM Add 4 tablespoons of Epsom salts (magnesium sulfate) to a total of 24 ounces (three 8-oz. glasses) of filtered water in a jar. This makes four 6-oz servings. Drink your first portion ($\frac{3}{4}$ glass) now. You may take a few sips of water afterward to neutralize the bitter taste in your mouth, or may 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. Closing the nostrils while drinking it works well for most people. It is also helpful to brush your teeth afterward 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, the salts clear out waste that may obstruct the release of the stones. (If you are allergic to Epsom salts or are just not able to get them down, you may instead use the second best choice—magnesium citrate—at the same dosage.) Set out the citrus fruit you will be using later, so that it can warm to room temperature.

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 the past 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 p.m., 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, without interruption. Some people prefer to drink it through a large plastic straw. Drinking it while keeping the nostrils closed seems to work best. If necessary, use a little honey between sips, which helps the mixture go down more smoothly. Most people, though, have no problem drinking in one go. Do not take more than 5 minutes for this (only elderly or weak people may take longer).

PLEASE LIE DOWN IMMEDIATELY!

This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with one or two pillows propping your head up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled toward your head. **Lie perfectly still for at least 20 minutes, and try not to speak!**

Put your attention on your liver. Some people find it beneficial to place a castor oil pack over the liver

area. You may feel the stones traveling along the bile ducts like marbles. There won't be any spasms or 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 than in the case of a gallstone 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 nauseated 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.

THE FOLLOWING MORNING

6:00-6:30 AM Upon awakening, but not before 6:00 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 sleepy, you may go back to bed, although it is best if the body stays in an upright position. Most people feel 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.

10:00-10:30 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 2-3 days. Remember, your liver and gallbladder have undergone major "surgery," albeit without the harmful side effects or the expense.

Note: Drink water whenever you are thirsty, except right after drinking the Epsom salts and for the first two hours after drinking the oil mixture.

RESULTS YOU CAN EXPECT

During the morning and, perhaps, afternoon hours following the liver 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. Most of the gallstones are pea-green and float in the toilet because they contain bile compounds. The stones will be in different shades of green and may be bright-colored and shiny like gemstones. Only bile from the liver can cause this green color.

Your journey to a better
you is our priority.

REQUEST AN APPOINTMENT!



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