



Liver Cleanse

Ingredients for the cleanse:

- 60 capsules Epsom Salt
- ½ cup Olive Oil
- Grapefruit (2 for ¾ cup juice)
- Large plastic straw
- Pint jar with lid



Choose a day like Saturday for your cleanse, since you will be able to rest the next day.

Take no medicines, vitamins, or pills that you can do without. Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables (with salt only no oils or fats). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

Pay attention to the times listed, as the timing is critical to success. Don't be more than ten minutes early or late.

2:00 PM – Do not eat or drink after 2 o'clock. If you break this rule, you could feel quite ill later.

6:00 PM – Take 15 capsules of the Epsom Salt. Make sure to drink lots of water with the capsules.

Set out the olive oil and grapefruit to let them warm up.

8:00 PM – Repeat the 6:00 PM treatment by taking another 15 capsules. (Don't forget you will need at least 8oz of water with the capsules)

Even though you haven't eaten since 2:00 PM, you won't feel hungry.

9:45 PM – Pour ½ cup olive oil into the pint jar. Squeeze the grapefruit into the measuring cup. Remove any pulp with a fork. You should have at least ½ cup, but more (up to ¾ cup) is better. You may top it up to ¾ cup with lemonade. Add this to the jar of olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice will do this).

Now visit the bathroom one or more times, even if it makes you late for your 10:00 drink, but don't be more than 15 minutes late.

10:00 PM – Drink the olive oil and grapefruit potion you have mixed. Drinking through a large plastic straw helps it go down easier. Drink it while standing up, and drink it all within five minutes (fifteen minutes for elderly or weak persons).

LIE DOWN IMMEDIATELY

You might fail to get any stones out if you don't. The sooner you lie down, the more stones you will get out. Be ready for bed, and lie down flat as soon as you have finished the drink. Prop up your head with a pillow, and keep perfectly still for at least twenty minutes. You may feel a train of stones traveling along the bile ducts. The movement of the stones may feel like marbles. There is no pain, because the Epsom salts has opened the bile ducts. **GO TO SLEEP.**

Next morning – Upon awakening, take your third dose (15 capsules) of Epsom Salt drink. If you have indigestion or nausea, wait until it is gone before taking the capsules. You may go back to bed. Don't take this dose before 6:00 AM.

Two hours later – Take your fourth and last dose of Epsom Salt capsules. Take the last 15 capsules and go back to bed.

After two more hours you may eat – Start with 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 enough to eat normally.

How well did you do? Expect diarrhea in the morning. Use a flashlight to inspect any bowel movement for stones. Look for the green-colored stones: these are genuine gallstones, not just food residue. Bile from the liver is pea green.

The bowel movement will sink, but the stones will float because of the cholesterol inside them. Keep track of the green and the tan stones. You will likely find up to 2000 stones before the liver has been cleansed. After the first cleanse, you may be rid of them for a few days. As the stones from the rear travel forward, you may experience similar symptoms. You may repeat cleansings at two-week intervals.

With cleansing, you should use caution if you are ill; if you are very ill, you should postpone any cleansing until you are feeling better.

Sometimes, the bile ducts will fill with cholesterol crystals that did not form into round stones. They appear as "chaff" floating on top of the water in the toilet bowl. It may be tan colored, and contain millions of tiny white crystals. Cleansing the chaff is just as important as purging the stones.

How safe is the Liver Cleanse? It is very safe; however, you may feel queasy for a day or two afterwards. It is also a good idea to cleanse the bowel, which can be done using a variety of herbal formulas like: Liv Clean, Col Cer Klean Lax, Kolonic Kaps, Blood Wash, Herbal MSM.

The Liver Cleanse procedure contradicts many modern medical viewpoints. Gallstones are actually formed in the liver, not in the gallbladder, and traditionally, they are thought to be few, and not number in the thousands.

They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones have migrated to the gall bladder. They are big enough (and sufficiently calcified) to see on an X-ray, and they have caused inflammation there. When the gallbladder is removed, the acute pain attacks are gone, but the bursitis, the other pains, or the digestive problems remain.