



## Liver Cleanse Procedure - Phase 4



### PROCEDURE

<b>1</b>	Choose a day like a Saturday for the cleanse so that you get to rest the next day.
<b>2</b>	Take no medicines, vitamins or other pills that you can avoid, as they may hinder the successful cleanse. Stop any parasite or kidney cleanse the day before.
<b>3</b>	Eat a no-fat fruit breakfast and light, fat-free lunch such as cooked cereals with fruit. No butter or milk. This allows the bile to build up and develop pressure in the liver. High pressure means the liver pushes out more stones.
<b>4</b>	Do not eat or drink after 2 o'clock. If you break this rule, you may feel quite sick later.
<b>5</b>	Mix your Epsom salts - 4 tablespoons in 3 cups of water. This makes 4 servings of $\frac{3}{4}$ cup each. If you wish, place the jar in the refrigerator to get it cold ( this is for taste only).
<b>6</b>	Those who are familiar with the procedure, take an enema before 4:00 PM with distilled warm water to clean out your large intestines of any residual fecal matter. The cleaner your guts are the easier it will be for stones to be eliminated.
<b>7</b>	At 6:00 PM, drink the first serving of the cold Epsom salts water. You may add 1/8 tsp of Vitamin C powder or little citrus juice to improve the taste.
<b>8</b>	At 8: 00 PM drink a second serving of Epsom salts water. Though you haven't eaten since 2:00 PM, you won't feel hungry.
<b>9</b>	Remember to keep yourself free, and avoid taking calls or doing some work for the balance of the evening.
<b>10</b>	At precisely 9:45 PM, pour the 3/4th cup of high-quality olive oil and 3/4th cup of squeezed grapefruit and lemon juice into a pint jar. Close the jar tightly and shake briskly till its well mixed, almost watery.
<b>11</b>	Now visit the bathroom one or more times. Be ready to go to bed and STAY in bed, no work now.
<b>12</b>	10:00 PM- take the olive oil mixture and drink it standing up. Take four ornithine capsules to make sure you get to sleep through the night. Get it down within 5 minutes or less ( elderly and weak persons can take up to 15 minutes).
<b>13</b>	As soon as you finish drinking, lie down. Put your knees up to your chest in a fetal position. Lie on your right side for at least half an hour. This will allow oil to go to your gallbladder and lever. These organs will spasm and throw off all the available bile plus stones, gravel, and crystals along with this oil.
<b>14</b>	Turn on your back and think calming and loving thoughts. Your liver is sensitive and responsive to feelings of resentment, vindictiveness, and hate. Lie still for about 20 minutes to half hour. Visualize the cleansing of your liver taking place.
<b>15</b>	You may feel a train of stones traveling along the bile ducts like marbles. You won't feel pain because the bile duct valves are open, thanks to Epsom salts, relax and go to sleep and let nature do her thing.
<b>16</b>	Wake up early the next morning and take your third dose of Epsom salts. If you have indigestion or nauseated ( highly unlikely though) try sitting up and belching, wait till it is gone before drinking the Epsom salts. Don't take this potion before 6:00 AM. Try and have someone give you this potion without you getting up, as this drink will act as a mild laxative.
<b>17</b>	After 2 hours, take your fourth and the last dose of Epsom salts. You may go back to sleep if you like.
<b>18</b>	After 2 more hours, (around 10:00 AM) take something into your empty stomach. Start with some freshly made fruit juice. You may eat some fruit half an hour later. You may eat regular food but keep it light and natural.
<b>19</b>	By supper of the next day, i.e., Monday, you would feel fully recovered and have increased energy, stamina, clear-headedness and reduction to overall liver health-related issues.