

Liver / Gallbladder Flush

*Avoid cold or chilled food and beverages. Do not eat foods from animal sources, processed or canned foods and avoid fried foods, nuts and overeating. Do not take unnecessary vitamins, supplements & medications.

EAT: Whole grains, lots of fruit and veggies (preferable lightly warmed), beans and lentils.

7-Day Flush:

NOTE: it is best to start this cleanse so that the final day is at home.

- Drink 1 liter of organic (not from concentrate and unsweetened) apple juice per day for 6 days. Drink it slowly throughout the day (it is normal to experience diarrhea and bloating). Rinse your mouth with baking soda and water several times during the day to prevent the acid from damaging your teeth.

6th Day: eat a small breakfast, avoid sweeteners other than fruit or fruit juice. For lunch eat plain cooked vegetables with rice. Do NOT eat any animal products, butter or oil other than flax or olive.

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 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

***Note: You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it tastes better .**

6:00 PM. Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water or grapefruit juice now. You may add 1/8 (one eighth) tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

8:00 PM. Repeat by drinking another 3/4 (three fourths) 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.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. You should have at least 1/2 (half) cup however, up to 3/4 (three fourths) cup is best. You may use part lemon juice. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery.

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. Drink it standing up and try to get it down within 5 minutes.

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 or your right side with your right knee pulled up and your head up high on the pillow (your head should be higher than your abdomen). You may place a castor oil pack over your liver area. Try to keep perfectly still for at least 20 minutes. You may feel nausea during the night or in the morning - this will soon pass.

Next morning

At 6:30 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. You may go back to bed again.

After 2 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. Keep your meals light during the next few days.

Note: you will have a number of watery bowel movements during and after the flush which may contain Gallbladder sludge or stones mixed with food. If you are thirsty drink warm water at any time except 2 hours after drinking the oil mixture. To further enhance the results of the flush you may do a colon cleanse before and / or after the Flush

Take TCM liver support formula for 1 week.