

The natural liver and gall bladder flushing technique

This traditional liver and gall bladder cleansing technique has been used for thousands of years to remove gallstones and to cleanse the bowels of age old debris. Olive oil with lemon, lime or grapefruit juice is the key to the success of this method.

Using Epsom salts as part of the cure produces more rapid and thorough results as it opens up all the bile ducts. In hundreds of cases, nobody experienced any pain or went to hospital to expell their gallstones without the need for invasive surgery. The cleanse should be done at least twice a year with a parasite cleanse. (See page 35.)

Take this mixture four times during your treatment:
1 - 2 teaspoons Epsom Salts in ½ cup boiling water
A fruit juice drink to wash down the Epsom Salts

Take this mixture once at bedtime: ½ cup olive oil mixed with ½ cup grapefruit juice or lemon juice.

Day one: eat no oil or fat

It is best to do this during the weekend or when you can be at home. For two days prior to the liver cleanse, eat no oil or fat whatsoever, as the bile in the gall bladder needs to build up some pressure.

Day two: only fruit and vegetables

Eat only fruit and vegetables, and no fat to ensure a good evening flush out. Drink a lot of water.

Day two: late afternoon

Take 1 or 2 teaspoons of Epsom salts and dissolve them in ½ cup boiling water. Add this to some of the juice and drink it quickly, with more juice afterwards to get rid of the taste. Homemade juice is best. Add 200mg vitamin C if you have it.



Day two: 2 hours after a light supper

Have some more Epsom Salts followed by fruit juice after your fat-free evening meal of vegetables.

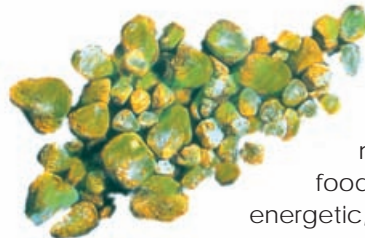


Day two: bedtime cocktail

At bedtime, drink the ½ cup olive oil mixed with lemon or grapefruit juice. Then lie down, flat on your back with your head on a pillow and go to sleep. During the night, the gallstones begin to loosen and move down the ducts and into the intestines. The Epsom salts open up the valves and ducts in the gallbladder and the olive oil activates the pumping action. Your system begins to gurgle!

Day three: out they come!

Take another dose of Epsom Salts and juice the following morning and one more two hours later. Take it easy and stay in bed for a while as you will be going to the toilet both copiously and frequently and all the gallstones will be coming out, along with a lot of old muck. Do not be alarmed at the smell of sulphur from the Epsom Salts. Later on you can have some fruit for breakfast and then go back to normal healthy, happy food. You will feel light and energetic, like never before!



Lots of gory green gallstones

Gallstones are composed mainly of cholesterol and this floats in the toilet, whereas the bowel movement sinks. Gallstones show up as bright green when you shine a torch on them. Other than gallstones, some of the cholesterol appears as tan coloured crystals of floating "chaff". You should see this often in any bowel movement when you eat enough ground up flaxseeds and your liver is purging out waste products.

Control constipation on a daily basis

Most people immediately feel rejuvenated, light and wonderfully clean the next day. If you feel a little ill for a few days afterwards, the body may still be full of parasites and other toxins. Take ground up flaxseeds every day to control constipation.