



Liver Cleanse

Before Beginning:

- Choose a day like Saturday for the cleanse, so that you can 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. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.
- Helpful Formulas: Liv Clean, Klean Lax, Kolonic Kaps, Blood Wash, Herbal MSM.

Gather the following:

- Epsom salts 4 Tablespoons
- Olive oil ½ cup
- 2 Grapefruit (about ¾ cup juice)
- Pint jar with lid

Follow this schedule: The timing is critical for success, so don't be more than ten minutes early or late.

Time:	Notes:
2:00 PM	Do not eat or drink (water is okay) after this time. If you break this rule, you could feel quite ill later. Get your Epsom salt ready. Mix 4 tablespoons of Epsom salt in 3 cups water and pour this into a jar. This makes four servings of ¾ cup each. Set the jar in the refrigerator to get cold.
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	Drink one serving (¾ cup) of the Epsom salt water. Get the olive oil and grapefruit out to warm up.
7:00 PM	Even though you haven't eaten since 2 o'clock, you won't feel hungry.
8:00 PM	Drink the second dose of ¾ cup of Epsom salt water.
9:45 PM	Pour ½ cup olive oil into the pint jar. Juice the grapefruit into a ¾ cup measuring cup. You can remove the pulp if you wish. You should have at least ½ cup to ¾ cup, the more the better. Add this to the olive oil. Close the jar tightly with the lid and shake until blended (only fresh grapefruit juice will mix with the oil). Now you may need to visit the bathroom again. If it makes you late for your ten o'clock drink it is okay just try to not be more than 15 minutes late.
10:00 PM	Drink the oil and grapefruit mixture. Take it standing up and get it down within 5 minutes (15 for elderly or weak persons). 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 and lie down flat as soon as the drink is down. Prop up your head with a pillow and keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile ducts are open due to the Epsom salts. Now you can go to sleep.

Expect diarrhea in the morning. Look for stones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks, but the stones float because of the cholesterol inside. Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "chaff" floating on top the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing the chaff is just as important as purging stones. Count them all roughly, whether tan or green. You will eliminate 1000's of stones before the liver is clear.

The next day:

Not before 7:00 AM	Upon awakening, 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.
Two hours later (9:00 AM)	Two hours after you drink your third dose of Epsom salts – Take your fourth and last dose of Epsom salts. You can go back to bed if you need to.
One hour later (10:00 AM)	After two more hours you may eat – Start with fruit juice.
Thirty minutes later (10:30 AM)	You can now eat fruit
Two hours later (12:30 PM)	You may now eat regular food but keep it <u>light</u> . By supper, you should feel recovered.

How well did you do? The first cleanse may rid you of gall stone symptoms for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals.

After you have completed the Liver Cleanse Diet use 1 to 3 Liv Clean Herbal Capsules a day for 30 to 40 days.

Use caution with the cleanse if you are ill or it makes you ill, and wait to repeat if you are very ill.

How safe is the Liver Cleanse? It is very safe however it may make you feel queasy for one day afterwards. It is also a good idea to cleanse the bowel, which can be done using Klean Lax, and Kolonic Kaps

The Liver Cleanse procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not 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 are in the gall bladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed, the acute attacks are gone, but the bursitis, other pains, or digestive problems remain.

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