

## Liver and Gall Bladder Flush

### Ingredients:

Apple Juice 6-12 Litres organic or juiced

Epsom Salts (food grade) (4 tablespoons)

Olive Oil half a cup (120mls)

Juice of a Grapefruit or a Lemon

Walnut tincture (black or green)

### The Liver Flush

Flushing out the liver helps detoxify the body, regulate bowel movements, reduce cholesterol, balance sugar levels and hormone levels. The liver has many major functions and detoxifies all the drugs, cigarettes, alcohol, fats and sugars we ingest. Flushing out the stones and salts that collect within the liver is a great way to boost your health.

If you have low levels of energy, back-ache, red eyes, irritability, skin problems, intense anger, high cholesterol, unstable blood sugar levels or general tiredness you need a liver flush. Cut out oils and fats for five days before the flush to rest the liver.

It is easier to do the liver flush after juicing for a few days, as the body is already flushing out toxins. If you do some juicing your digestion has a deep rest from constantly having to break down solid food. The liver does not have to work as hard to bypass the gut if it is empty of solid food. A headache may occur in the forehead while detoxifying from caffeine and sugar etc. Drink lots of water and rest. It will disappear.

You will look brighter, see more clearly and your tummy will be flatter after a liver cleanse. Ensure you keep doing liver flushes once per month until the stones have gone. To enhance the effects of the flush, place a pack of castor oil (lightly drizzled on a thin cloth) over the liver area the night before. The castor oil helps to open the liver ready to be cleansed.

The apple juice contains pectin, which aids in breaking down and softening stones. Walnut tincture is a safeguard against bacteria released from the liver during the cleanse. It works on the bacteria being dislodged from the liver and bowel. Lemon or grapefruit acts as a powerful astringent and the Epsom salts draw out stones made softer by olive oil.

Stones can cause poor circulation creating a breeding ground for bacteria, parasites and viruses. The gall bladder is like the rectum of the liver so when we do a liver flush it is like an enema for the ducts of both organs.

### Results:

You may see frothy green waste like moss, orange/brown calcified lumps or small green, red or translucent stones. They can be soft and spongy. You will visit the toilet many times; keep an eye on what you are passing.

If there are many stones, you need to do another liver flush after 3 weeks, until all stones are removed. It is wise to have a colonic before and after the flush to ensure all the stones are out of the colon.

Try and do your liver flushes between a full moon and new moon as the planetary draw from the lunar cycle can work to your advantage. Do not do a flush on the day of the full moon, as there is more resistance to releasing stones. Best dates in the month to flush the liver are approximately: 11<sup>th</sup>, 13<sup>th</sup>, 23<sup>rd</sup>, 26<sup>th</sup> & 29<sup>th</sup> (avoiding the full moon dates)

Stones can cause irritation if they remain in your colon, flushing yourself out afterwards with a coffee enema or colonic is essential.

You can do 6 to 12 flushes a year until you are clear, then repeat until two clear flushes are achieved. A top up every 6 to 8 months after that is a good maintenance plan, as new stones develop. It can be an alternative to taking Statens for clients with high cholesterol and maintains a good flow out of the liver. It can boost the onset of the menopause and hot flushes from hormonal changes. It can energize you and make you more resistant to contracting infections during the winter.

### N.B.

Do not do a kidney cleanse at the same time as a liver cleanse as it may put too much stress on your system.

If diabetic be aware of sugar fluctuations and be more vigilant, eat if feeling faint.

If stones are painful and active do not do a liver flush until they settle.

	<b><u>Liver And Gall Bladder Flush</u></b> <b><u>Preparation</u></b>
<b><u>5 Days before night of liver flush:</u></b>	<p><u>Drink 12-15 drops walnut tincture in water, twice daily,</u></p> <p><u>Drink 1-2 Litres of organic or hand pressed apple juice every day.</u></p> <p><u>Cut out oils, butter and fats for these 5 days</u></p> <p><u>Two days before flush start juicing rather than eating solids-</u></p> <p><u>To empty the gut in preparation for the flush</u></p> <p><u>Pre flush colonic on the day or a few days before</u></p>
<b><u>Prepare mixture</u></b>	<b><u>Day Of Flush</u></b>
	<p><u>Mix 4 tablespoons of Epsom salts in 4 glasses of water (300mls each glass)</u></p> <p><u>Store in jar-shake well.</u></p>
<b><u>2pm</u></b>	<u>Light lunch (no protein, fats, oils). Then nil by mouth except water</u>
<b><u>6pm</u></b>	<p><u>Take first glass of Epsom salts</u></p> <p><u>Chew on fresh ginger if nauseous or a pinch of cinnamon</u></p>
<b><u>8pm</u></b>	<p><u>Take second glass of Epsom salts</u></p> <p><u>Stay near the toilet as stools lose</u></p>
<b><u>10pm</u></b>	<p><u>Take olive oil and either grapefruit or lemon mixture</u></p> <p><u>Lie on your right side or back for two hours.</u></p> <p><u>Do not get up, try to sleep by 10.30pm.</u></p>
<b><u>6am</u></b>	<u>Take third glass of Epsom salts in morning</u>
<b><u>8am</u></b>	<p><u>Take Fourth Glass of Epsom salts</u></p> <p><u>Keep food light for the day.</u></p> <p><u>Colonic or enema (coffee) post flush to ensure stones are out either on the day or after a few days.</u></p>