



## **Liver cleanse - Gallbladder cleanse - Liver flush**

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### **The Liver & Gallbladder Cleanse (the Liver & Gallbladder Flush)**

**Kidneys must be in good condition for  
liver cleans.**

**For a screening and help with kidney's before and after a cleanse.**

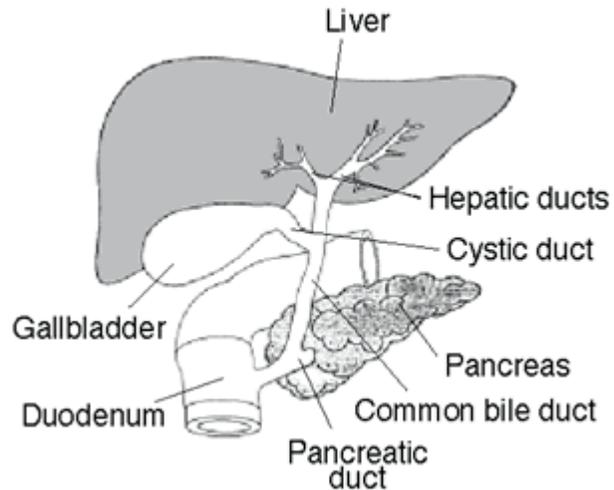
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## Pictures of Liver Flush results

### Liver and Gallbladder Anatomy



Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it can also eliminate shoulder, upper arm, and upper back pain. You have more energy and an increased sense of well being.

**Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health.**

**But it should not be done before the parasite program, and for best results should follow the kidney cleanse.**

It is the job of the liver to make bile, 1 to 1 1/2 (one to one and half) quarts in a day! The liver is full of tubes (biliary tubing) (**intrahepatic bile ducts**) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

**For many persons, including children, the biliary tubing is choked with gallstones.**

Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites - made of many smaller ones - showing that they regrouped in the bile ducts some time after the last cleanse.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise. Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria and parasite stages. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver. For best results, ozonate the olive oil in this recipe to kill any parasite stages or viruses that may be released during the cleanse.

## Preparation

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. **Zap daily the week before and complete the parasite killing program before attempting a liver cleanse.** If you are on the maintenance parasite program, you are always ready to do the cleanse.
- Completing **the kidney cleanse** before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

## Ingredients

Epsom salts	4 tablespoons
3 cups of water	<b>3 cups water ( =750 ml = 7.5 dl ) (P.S .!! 1 cup = 250 ml = 2.5 dl = 0.25 l )</b>
Olive oil	1/2 (half) cup (light olive oil is easier to get down), and for best results, ozonate it for 20 minutes. Add 2 drops HCl.
Fresh pink grapefruit	1 large or 2 small, enough to squeeze 2/3 cup juice. Hot wash twice first and dry each time.

Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Large plastic straw	To help drink potion.
Pint jar with lid	
Black Walnut Tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

**EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate**

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

**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).

**You can substitute 3 cups water used in this recipe to dissolve Epsom salt with 3 cups freshly pressed grapefruit or orange or freshly pressed apple juice. That way you will not feel unpleasant taste of Magnesium Sulphate**

**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 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.

**Alternative Schedule 1:** Omit the first Epsom Slats dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. "The Cure For HIV and AIDS" By Hulda Clark pg.585

**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. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

## **Can you use some other freshly pressed fruit juice?**

**If you are allergic to grapefruit or if you can not get it or if you don't want to use grapefruit, you can substituted grapefruit with any other sour fruit.**

**Example: orange, pomello, lemon, pineapple, lime, sour apples, sour grapes, sour berries etc.  
or any other sour fruit juice, if grapefruit is not available.**

**If grapefruit is available, use grapefruit.**

**If using lemon juice, do not blend juice with oil. Drink little oil, little juice, from 2 differnt cups.**

**Mixing Olive oild with lemon juice may produce gell like consistency, something that is not very easy to swallow. It never happens with grapefruit juice!**

## **Can you use some other oil?**

**You can substitute Olive Oil with any other cold pressed oil like: sunflower oil, corn oil, rape seed oil, walnut oil, almond oil, hazelnut oil, cashew oil, grape seeds oil, sesame seeds oil, hemp oil, flax seeds oil, and any other natural plant oil.**

Now visit the bathroom one or more time, 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. Take 4 [ornithine](#) capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very 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 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 with your head up high on the pillow. Try to think about what is happening in the liver. Try to 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 duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

**Next morning.** 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. 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.

"The Cure For HIV and AIDS" By Hulda Clark pg.585

**Alternative Schedule 2:** After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

**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.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement.

You can use colander if you would like to collect all stones



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 gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently.

The first cleanse may rid you of them 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. Never cleanse when you are [acutely] ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a <sup>3</sup>chaff<sup>2</sup> floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? [It is very safe](#). My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney cleanse programs first.

This 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 gallbladder, 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 and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

From "The Cure for All Advanced Cancers", p. 562.

