

Liver Gallbladder Flush

Below is my modified liver gallbladder flush, which was originally made famous by Dr. Hulda Regehr Clark, Ph.D., N.D. in her book, *The Cure for all Diseases*. I like this flush because it's easy and extremely inexpensive. This cleanse has saved countless individuals from having last minute emergency gallbladder surgery. You do not need to have any symptoms to do this cleanse. The down side of this flush is that you have to be home for about 24 hours, the Epsom salt tastes horrible and it is uncomfortable when your bowels open up with the diarrhea. I personally do not believe that this flush cures everything, I personally think that this another way to release the bile from the liver gallbladder. Now that you know that, let's explain what it is.

For 7 Days before Flush

Drink 1 liter of water with half of a fresh squeezed lemon (juice only of lemon) in the water first thing in the morning to help stimulate healthy natural bowel movements and soften bile.

Here is a list of some of the benefits of this simple Detox Drink:

- You often wake up dehydrated, drinking this water will help to rehydrate your system.
- Your liver works very hard during the night to turn toxins into less harmful water-soluble substances, drinking water in the morning helps to flush these out of the system.
- Lemon juice actually has an alkalizing effect on the body. Since most of our diets and bodies are very acidic, this helps to balance that acidity.
- Lemon juice helps to promote healthy stomach acid secretion, which leads to better digestion.
- Lemons are high in vitamin C, which helps to boost our immune system and prevent us from getting sick.
- It is an antioxidant and helps to fight disease causing free radicals in the body.
- Lemon juice is antiseptic and antibacterial and helps to combat disease-causing bacteria in the digestive tract.

Drink 2-3 cups of chamomile tea per day, which aids in dissolving calcified bile.

To Sip on During the Day for 6 Days before Flush

Mix 4 tablespoons of raw, unfiltered apple cider vinegar in one liter of water.

Add 125 drops of Phosfood Liquid by Standard Process

Add 50 drops of Stone breaker by Herb Pharm

Sip the concoction from 9am to 6pm. Do NOT drink all at once!

Take 3 caps, 3 times a day of Kidney Liver Detox by Microbe Formulas– this formula helps to establish proper portal duct function.

Supplies Needed for Day of Flush

4 tablespoons Epsom salt

½ cup Olive Oil

1 large or 2 small Fresh pink grapefruit (enough to squeeze 2/3 or ¾ cup juice)

Jar

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no medications, vitamins, or pills that you can do without; they could prevent success.

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.

2:00 PM Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Except some water is okay.

Get your Epsom salts ready. Mix 4 tbsp. in 3 cups of apple juice and pour this into a jar. This makes 4 servings, $\frac{3}{4}$ cup each. Most prefer it refrigerated to give it a better taste.

6:00 PM Drink one serving ($\frac{3}{4}$ cup) of ice cold Epsom salt apple juice drink to begin getting the bowels moving. Get olive oil and grapefruit out to warm up.

8:00 PM Repeat drinking another $\frac{3}{4}$ cup of Epsom salt apple juice drink.

9:45 PM Pour $\frac{1}{2}$ cup (measured) olive oil into jar. Squeeze the grapefruit by hand. You should have at least $\frac{1}{2}$ cup, more (up to $\frac{3}{4}$ cup) is best. Add this to the olive oil. Close the jar tightly and shake hard until watery (only fresh grapefruit juice does this). 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.

10:00 PM Drink the olive oil concoction you have mixed. Drink it standing up and get it down within 5 minutes (15 minutes for very elderly or weak persons)

NOTE: drink olive oil concoction it at the side of the bed QUICKLY! Immediately lay down on the right side in a fetal position for 30 minutes with the far infrared mat or heating pad right across your liver/gallbladder area. Do NOT get up for 30 minutes. Go to sleep.

Next morning. Upon awakening take your third dose of Epsom salt apple juice. 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 a.m.

2 Hours Later. Take your fourth (the last) dose of Epsom salt apple juice. Drink $\frac{3}{4}$ cup of the mixture. You may go back to bed.

After 2 more hours you may eat. Start with fruit juice, and half 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 bile stones in the toilet with the bowel movement. Look for the green kind. Only bile from the liver is pea green. The bowel movement sinks but bile stones float because of the cholesterol inside. You may repeat cleanse at two week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "chaff" 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.

NOTE: They should do a couple enemas or a colonic the 2nd day after the flush to avoid bile stones getting stuck in the intestinal tract.

NOTE: Make sure you are taking trace minerals and probiotics (good bacteria) for a few days afterwards. If your symptoms leave after the flush and come back after a few days, I would recommend another flush in 4-6 weeks. Keep taking Lb from Systemic Formulas every day until the next flush!

There are critics of this flush, which say that combining oil and an acid will essentially make a soap ball and that's what you see in the toilet. My only comment to that the numbers vary so widely in people when the same dosage is taken? Typically the first few times you have lots of bile stones and as you do more flushes that number disappears. Don't judge until you experience it for yourself.

Stay Away From These Tips

Some health practitioners recommend sipping apple juice daily leading up to a doing the liver gallbladder flush, but I view the constant consumption of sugar extremely unhealthy to the body. A substitute that others recommend is malic acid, which is the active part of the apple juice that helps to soften the bile. Most malic acid sold is synthetic meaning it has two forms of malic acid, D-malic acid and L-malic acid. Naturally in fruit there is only the L-malic acid form. Research by the World Health Organization in 1967 of D-malic acid appeared to cause renal damage.

Source: FAO Nutrition Meetings, Report Series No. 40A,B,C: WHO/Food Add./67.29

<http://www.inchem.org/documents/jecfa/jecmono/40abcj45.htm>

Supplements

Kidney & Liver Detox by Microbe Formulas

- Take 1 capsule 3 times a day
- <https://microbeformulas.com/products/kidney-liver-detox>

Phosfood Liquid by Standard Process –

- Take 10 drops in 1oz of filtered or spring water 2 times a day
- <https://www.standardprocess.com/Patient-Direct/patient-registration>
 - Patient Direct **CODE**: CPMW89

Stonebreaker by Herb Pharm

- Take 5 drops in 1oz of filtered or spring water 2 times a day
- <http://shopvibrantlife.com/stone-breaker/?rfsn=1280052.3cf07>
- or on: <https://wellevate.me/jay-davidson-1#/>