

Liver and Gallbladder Cleanse

Ingredients:

½ Cup Olive Oil Extra Virgin
1 Big Grapefruit (2 Small) or 3 Lemons
4 Tablespoons EPSOM salt = (MgSO₄ + 7H₂O)
3 Cups Water

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

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

If you mix oil and juice, it may (it doesn't always happen) slightly congeal, and get a slimy consistency that is not easy to swallow.

This never happens with grapefruit juice!

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 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. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour into a jar. This makes four servings. $\frac{3}{4}$ (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 with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it tastes better.

6:00 PM. Drink one serving, $\frac{3}{4}$ (three fourths cup), of the ice cold Epsom salts. If you did not prepare ahead of time, mix 1 tbs. in $\frac{3}{4}$ (three fourths) 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 salts 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.

8:00 PM. Repeat by drinking another $\frac{3}{4}$ (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 crucial for success.

9:45 PM. Pour $\frac{1}{2}$ (half) cup (measured) olive oil in 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 a $\frac{1}{2}$ (half) cup,

more (up to $\frac{3}{4}$ 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 does this.)

Now visit the bathroom one 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 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 (15 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 a.m.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

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 $\frac{1}{2}$ 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. (Use a colander to make sure you 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.

Calcified stones and stones containing protein may sink, but a colander will catch all stones.

Count them all roughly, whether tan or green. You will need to total 2,000 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 the 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 the stones.

How safe is the liver cleanse? It is very safe. My opinion is based on hundreds of 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 program first.