

Liver/Gallbladder Flush Protocol

I believe that flushing out the biliary ducts of the liver and gallbladder is one of the most important things you can do to improve your health. You can read quite a bit about the reasons why, as well as a variety of different protocols for liver and gallbladder cleansing on the internet (and in books). I've provided one brief excerpt at the end of this document.

Having done a large number of these flushes over the past 10 years, using a variety of different methods (from Hulda Clark, Andreas Mortiz, and many others), I have somewhat "refined" the process that I am currently using/recommending. This is not to say it's THE best way, but in my opinion has been the most effective for me at helping to remove these stones. The main thing that has changed recently is the use of the supplements the week prior to the flush.

John

Caution: If you are chronically ill, have symptoms of severe gallstones, or gallbladder disease check with your health care practitioner before trying this program. The Liver/Gallbladder Flush is not recommended for women who are pregnant or nursing.

6 Day Preparation

For me, the steps in this 6 day prep are absolutely crucial to having a successful flush, as it prepares the liver and gallbladder for the cleanse.

Ingredients Needed

- 6 organic lemons (one per day)
- 1 $\frac{1}{2}$ gallons of organic apple juice (1 qt per day)
- 2 Quart jars with lids (for apple juice, Epsom salt mixture and flush drink)
- 4 Liver/GB supplements per #2 below

Flush drink (day of flush)

- Epsom salts 4 tablespoons
- Filtered water (room temp) 3 cups (spring, RO or some type of filtered water)
- Olive oil $\frac{1}{2}$ cup - virgin, cold pressed (included in kit at end)
- Fresh pink grapefruit 1 large or 2 small, enough to squeeze 1/2 to 2/3 cup of fresh juice.
- **OPTIONAL:** *Black Walnut Tincture, any strength - 10 to 20 drops in the flush drink to kill parasites coming from the liver.*

This is the protocol that you will follow for the 6 days leading up to the flush (Days 1-6) - see schedule:

1. Drink the juice of one lemon (undiluted) first thing in the morning. This will begin to stimulate gallbladder function. Wait at least 10 minutes before eating or drinking anything else.
2. Liver/GB Supplement Prep Kit
 - **Gallbladder ND** -3 tsp. in 4 oz. of water and sip. May be split up into a morning and evening dose - I recommend you take 1 $\frac{1}{2}$ tsps in the AM (10 minutes after lemon) and 1 $\frac{1}{2}$ tsps before bed.

(For those without a gallbladder, add an additional 3 tsp. of **Gallbladder ND**, for a total of 6 tsps a day.)

- **Reishi** - 15 caps daily (5 caps three times a day)
- **Biliven** - 10 caps daily (3 caps three times a day plus one extra in AM)

Note: Supplements may be taken twice a day instead of three times a day (3 times per day is better). Just make sure to take them at least 20 minutes before a meal.

3. Drink 32 oz. of apple juice every day - throughout the day (ie not all at once). Be sure to wait at least 90 minutes after meals or 30 minutes before meals before drinking the apple juice. It is advised to drink most of it during the day, with little or none in the evening.

Caution: Do not proceed with this cleanse if you are feeling ill, have a fever, cold-like symptoms, or have not had a bowel movement in a few days.

Recommendations

1. Dietary Recommendations during the prep week

- For this entire week stick to a whole foods diet as much as possible. Strive to eliminate all animal protein, dairy, fried foods, and processed, sugary foods.
- Cold food and beverages will chill the liver and reduce the effectiveness of the flush. Eat only food and beverages that are warm or room temperature.
- It is best to keep your meals light and avoid overeating.
- Try to eat your last meal before 7 p.m. each night
- Avoid medications (if not absolutely necessary), alcohol, and all recreational drugs.
- On Days 5 and 6 you should eliminate all fats and animal protein from your diet. Two days with no fat and animal protein will cause the gallbladder to retain bile and begin to build pressure causing it to contract more efficiently and eject bile at the time of the flush drink.

2. Scheduling the flush

Although most any time is beneficial for a liver/gallbladder flush, **the most preferred time is on the day of the New Moon, so plan for your flush (Day 6) to be on this day if you can.** At this time the body is most equipped to purify itself from accumulated toxins. **A few days prior to, and on the day of the Full Moon is not preferred for liver/gallbladder flushing.** This is a time when the moon exhibits strong influences (often strange) over the planet and its life forms. Holding fluids in the body is especially prevalent at this time and will minimize "flushing" from the liver. **Choose a day like Saturday for the flush, so you will be able to rest the next day.**

3. Coffee Enemas

Coffee enemas play a big role and are recommended, but not required. Not only do they assist in removing waste from the colon, they also cleanse the blood and clear stagnant toxins from the liver and small intestine. Doing several coffee enemas during the 6 day prep is highly recommended. This will keep the liver wide open and help the malic acid (from the apple juice) to get in and soften the gallstones.

Flush Day (Day 6)

Upon arising on flush day (Day 6), drink the juice of 1 freshly squeezed lemon as before. Wait 10 minutes and take the supplements as follows:

- **Reishi** - 8 caps
- **Biliven** - 5 caps
- **Apple juice** - drink all 32 oz. throughout the morning up until 2 p.m.

Do not take any other supplements or medication (if not *absolutely necessary!*) You do not want the liver to process any more than it has to on this day. You may eat a light breakfast (e.g. oatmeal with a little fruit) and a light lunch (eg. Steamed vegetables). Avoid cold foods! It is *imperative* that you avoid all fats, caffeine, sugar, other sweeteners, spices, yogurt, milk, cheese, nuts, meat, cold cereals, pastries, any processed food and the like. These foods will cause undue stress on the liver and interfere with removing the stones. Whole Oatmeal, buckwheat, millet, steamed rice, steamed veggies, and whole fruit are a good recommendation. You may use a little sea salt to spice your foods. The key here is to eat light. **Do not eat anything after 2 p.m.**

Flush Day Supplements in afternoon (best before lunch - must take before 2:00 PM)

- **Reishi** - 7 caps
- **Biliven** - 5 caps

2:00 PM: Do not eat after 2:00 PM. If you break this rule you could feel quite ill later. Prepare your Epsom salts mixture. Mix 4 Tbsps of Epsom salts in 3 cups of filtered water, pour this into a jar and shake it up. This makes four servings of $\frac{3}{4}$ cup each. This is a great time to relax, read, meditate, take a walk, take a hot bath and focus time and energy on you! Avoid having to do any work or tasks that are not enjoyable. This may make you anxious and nervous, creating stress for the liver.

Special Note about water: Drink water any time except right before drinking the Epsom salt mixture and at least 20 minutes after. Do not drink water after the Flush drink (in between 10 p.m. and 2 a.m. if you wake up.) It is always advisable to drink filtered (reverse osmosis or spring) water at room temperature.

6:00 PM: Drink one serving ($\frac{3}{4}$ cup) of the Epsom salts mixture. Some people use a straw to drink this. You may add 1/8 tsp. vitamin C powder to improve the taste if you like. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

8:00 PM: Repeat by drinking another $\frac{3}{4}$ cup of the Epsom salts mixture. You haven't eaten since 2:00 PM, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success. Note: Your body will begin emptying the bowels within 30 minutes (if you haven't already) - so prepare for this "cleansing" by being near a toilet.

9:45 PM: Make the "flush drink" as follows:

- Pour $\frac{1}{2}$ cup (measured) olive oil into the pint jar.
- Squeeze the grapefruits by hand into the measuring cup. Remove pulp with fork. You should have at least $\frac{1}{2}$ cup (up to $\frac{3}{4}$ cup is best) of juice. Add this to the olive oil in the jar.
- You may also add a few drops of Black Walnut Tincture (optional).
- Close the jar tightly with the lid 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, though you should try to be no more than 15 minutes late.

10:00 PM: Drink the flush drink mixture in the jar. Drinking through a large plastic straw might help it go down easier. You may use straight honey to chase it down between sips if needed. Sucking on a few wedges of oranges in between or after the drink will help clear the taste of the oil. Have these ready on the kitchen counter. You may take it all to your bedside if you like, but drink it standing up. **Get it down within 5 minutes** (fifteen minutes for very elderly or weak persons).

Lie down immediately. 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 on your back with your head propped up on a few pillows. In order for the oil to travel quickly through the intestines, your head needs to be higher than your abdomen. If this is uncomfortable, you may lie on your right side with your knees pulled toward your head. Lie still for 30 minutes, and remain in bed for at least an hour. Although painless, the liver will be going through major "surgery," so you want as little movement as possible. There is no pain because the bile duct valves are open (thank you Epsom salts!). Try to sleep if you can. You might feel some nausea during the night. If you feel the urge to have a bowel movement, and 30 minutes have passed, go ahead.

Next Morning (Day 7) - Day after flush drink

6:00 – 6:30 AM: If you wake up before 6:00 a.m., lay still and try to go back to sleep. In between 6:00 and 6:30 AM drink your third Epsom salts mixture ($\frac{3}{4}$ cup). Wait at least 20 minutes before drinking water. Do not eat anything at this time. You may rest or go back to bed if you like. Most people feel well enough to get their day started.

8:00 – 8:30 AM: Drink your last Epsom salts mixture.

10:00 AM: You may start eating light at this time. Otherwise, wait until around noon before you begin to eat. A few pieces of fruit would be most desirable. Ideally, you want to continue eating light on this day with minimal fat and protein. Some individuals prefer to fast on this day, drinking only water and fruit/vegetable juices.

Afternoon - This is an ideal time to get a colonic as it will help clear out any remaining stones from the colon.

NOTE: Cleansing the colon after a liver flush must be a priority. If gallstones remain in the colon they will become a source of irritation. If possible, we still recommend a colonic within 3 days of the liver flush. If it is not possible to do a colonic at least do a few coffee enemas.

7:00 PM: Coffee enema - it is preferable to do an enema after dinner on flush day.

The Results of the Liver Flush

Very shortly after arising, you will begin experiencing a series of watery bowel movements and may have already noticed gallstones floating in the toilet. Usually, by late morning most of the food should be out of your system and your bowels will expel mainly water and gallstones. This could continue up until the afternoon. You can find pictures of what they might look like on the internet.

Most of the time, the stones are green and fairly small. (These are the most recently formed stones in the front of the liver.) With each subsequent flush, you'll notice the stones getting larger as they begin moving from the back of the liver. The green stones are primarily made of cholesterol. You may also notice small tan crystals, husk-like particles, and foam floating around. These consist of tiny cholesterol crystals that have not yet formed into stones. This is most typically what people expel during their first few flushes. These substances are equally as important to cleanse from the liver. Keep an eye out for tan-colored, black or white stones. These are calcified stones from the gallbladder and usually sink to the bottom (a strainer will catch them). Taking them to a lab for analysis is always a good idea. This will give you an idea of how much and what type of toxic accumulation is congesting the gallbladder and biliary ducts, especially if you have a large amount of calcified stones. If this is the case, your gallbladder function is weak, and taking proper care of this vital organ through diet and lifestyle should be of your utmost priority.

If you suspect you have accumulated a large amount of calcified stones in the gallbladder, you may consider altering your dietary choices permanently. Avoiding animal protein and dairy should be your first start. Also, if the gallbladder is packed with gallstones you may want to consider significantly reducing heavy fats. Even though fat is essential for good digestion, if your gallbladder is congested, the fat will not be adequately digested and this will place additional stress on gallbladder and digestive function. Using coconut oil would be your best choice. Avoid most nuts until a significant amount of stones have been eliminated from the gallbladder.

Frequently Asked Questions

1. How Does a Liver/Gallbladder Flush Work?

There is actually a science behind Flushing the liver. The malic acid in apple juice (taken for 6 days before the Flush) acts as a solvent to weaken adhesions between gallstones (ie, loosen them in the bile ducts). The Epsom salts (magnesium sulfate), taken on the day of the Flush are used to relax the smooth muscle and dilate the bile ducts. This enables toxic bile and gallstones to exit the liver and gallbladder effortlessly. The salts also clear wastes and promote the bowels to flush. The unrefined olive oil in the Flush drink stimulates the gallbladder and bile ducts to contract powerfully, forcing the liver to expel gallstones. Stones that have formed in the gallbladder may be released as well.

2. How Does a Liver/Gallbladder Flush Work Without a Gallbladder?

Even if the gallbladder has been removed, the scientific principles still apply to the liver. The steps mentioned above will stimulate the liver to flood the biliary tract with a large volume of bile, and this pressure from the overflow of bile will be enough to push stones, stagnant bile, and toxins from the liver and bile ducts into the intestines and out through the bowels.

3. How Often Do I Need To Cleanse the Liver?

It is not uncommon for individuals who have cleansed their liver only once or once in a while, to experience even more increased symptoms of liver toxicity than before. The reason for this is simple. Once you have cleared stones from the front of the liver, older stones will move forward and may potentially combine to create larger stones. This could possibly create a myriad of new problems or amplify existing symptoms such as allergies, bursitis, and joint pain.

In order for the body to return to homeostasis and to recover from chronic illness, the liver and gallbladder must be cleared entirely of gallstones. **We recommend that you do the liver/gallbladder flush every 4-6 weeks until you have had 2 consecutive flushes with no gallstones.** For most individuals this will take 8-10 liver flushes, and for severe cases it may take up to 12 or more, depending on lifestyle choices and past dietary habits. Either way, we urge you to continue cleansing the liver and gallbladder completely.

Once your liver has been cleared entirely of gallstones, it is recommended to follow through with 2 to 3 liver flushes per year. The modern lifestyle is full of stressors, and toxins are literally everywhere! Many individuals, especially if their diet still contains processed foods, and/or they continue to engage in energy depleting activities, work long hours, and fail to get adequate rest will quickly accumulate gallstones. Cleansing this vital organ regularly is one of the most important things you can do to maintain a healthy, disease-free life.

4. I Did Not See Very Many or Any Stones!

Individuals who are constipated or have a severely impacted colon rarely experience success when doing a liver flush. If you did not follow the instructions properly, leaving out any one procedure, or altering the dosages or timing of the steps that were laid out, there is a strong likelihood that your results will be disappointing. If preparations and instructions are followed exactly, the average person will flush anywhere from 200 to 1500 stones in one Flush. There are a few exceptions though. Severe congestion in the liver's bile ducts, due to densely formed stones, may prevent the malic acid (apple juice) from softening them sufficiently during the first cleanse (especially for those did not follow through with the coffee enemas.) It may take 2 to 3 more Flushes before significant amounts of stones are expelled. But do not let this discourage you. Each time you do a liver flush, you are paving the way for a cleaner, healthier liver.

Components of the Liver/Gallbladder Flush

Coffee Enemas

Coffee Enemas perform several functions. Not only do they help to cleanse the intestines and detoxify the blood, they also cause dilation of the bile ducts which facilitates excretion of toxic bile from the liver, gallbladder, and small intestine. This is an important step in preparing for a liver flush. For most individuals, several coffee enemas will be necessary to remove stagnant, toxic bile. Through experience, we have found that 3 enemas per week for a period of one month increases success with the liver flush dramatically. *If you plan to schedule your liver flushes one month apart, it will not be necessary to follow through with 12 Coffee Enemas each time.*

Reishi

Reishi is a specially fermented mycelial mushroom extract, which helps the liver to accelerate its clearance of chemical toxins from the body to promote faster detoxification. It also helps the liver to produce bile and fatty acid synthesis more efficiently. Reishi is the ultimate herb to advance Phase I and Phase II liver detoxification. It contains ganodersterone, a special factor that helps to boost and protect the liver. Reishi can also help dramatically boost the body's ability to build and rejuvenate liver function. The consistency of Reishi is more "fluffy" and less concentrated than our other nutrients. This is why it requires a larger number of capsules (15 a day).

Gallbladder ND

This special formula contains nanized *Gold Coin Grass*, a powerful herbal remedy that will not only soften gallstones, but will also clear stagnant waste from the gallbladder. This promotes the gallbladder to contract fully after taking the olive oil drink. Many people who flush their liver will experience minimal results if the gallbladder is congested. If there is stagnant waste in the gallbladder at the time of taking the Flush drink, the gallbladder may not fully contract, and the liver will most likely release few or no gallstones.

Biliven

Although this formula contains a variety of compounds that support liver and gallbladder function, the main ingredient, Citrus Aurantium is a central player in flushing the liver and gallbladder. This key ingredient increases bile flow and helps to dilate the neck of the gallbladder as well as the bile ducts. This formula is also beneficial for those who have had their gallbladders removed. After surgery, the bile veins from the gallbladder are attached to the small intestine. When Biliven is taken these veins remain dilated to ensure strong and healthy flow of bile. This also helps to decrease the possibility of gallstones lodging in the common bile duct.

Apple Juice

Apple juice is an excellent source of malic acid and is our number one choice. The apple juice has a strong cleansing effect, so do not be alarmed if you experience a little diarrhea and bloating. This is actually stagnant bile being released from the liver and should subside within a few days. Be sure to drink the apple juice in small quantities throughout the day (in addition to your normal intake of water.) Those who are sensitive and cannot tolerate the strong effects of the apple juice should first try diluting it with water. Adding cinnamon to the apple juice will also minimize the glycemic index. The favored option is to add $\frac{1}{2}$ teaspoon of malic acid powder, listed below, to the quart of apple juice. The sourness of malic acid offsets the sweetness of the juice, and it actually becomes quite filling.

Epsom Salts Mixture (Magnesium Sulfate)

Epsom salts will dilate the bile ducts in preparation for removing the stones. It will also work as a tonic to help clear stagnant waste from the liver and the bowels. You may feel the urge to have a bowel movement after taking the drinks.

Liver/GB Flush - Supplement Kit

<u>Product</u>	<u>Size</u>	<u>Notes</u>
BiliVen	60 caps	2 bottles - supports 2 flushes
Gallbladder ND	8 oz	Typically lasts for 1-2 flushes
Premier Olive Oil	8 oz	Supports 2 flushes
Reishi Immune	90 caps	2 bottles (need 1 bottle per flush)

Total with shipping (for 2 flushes): \$149

Coffee Enema Products

Enema bucket	1	
Coffee	1 lb	Can use for many coffee enemas (details at end of document)

Add \$20 to above total if needed

Additional Background

One of the key sources that I used when I began my journey down this path was a site called www.sensiblehealth.com. She has some very good and detailed information on the importance of cleansing the liver and gallbladder.

From the "Cure for All Diseases" book by Hulda Clark

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. Incredibly, it also eliminates 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. [Note: These are additional protocols that you may wish to consider.]

It is the job of the liver to make bile, 1 to 1½ quarts in a day! The liver is full of tubes (biliary tubing) 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, but 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. Other stones are composites - made of many smaller ones - showing that they regrouped in the bile ducts some time after the last cleanse. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting that a dead bit of parasite might have started the stone forming.

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.

Recommendations by Hulda Clark

You can't clean a liver with living parasites in it. You won't get as many stones, and you will feel quite sick. Zap daily (using a device called a zapper that you can search for on the internet) the week before and complete the parasite killing program before attempting a liver cleanse. [Note: I have personally done a number of parasite cleanses in the past, so don't do them prior to my flushes.]

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.

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 that 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. 562ff)