

# Liver cleanse - Gallbladder cleanse - Liver flush

"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 also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1.5 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, most are too small and not calcified, a prerequisite for visibility on an 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 (pg. 545) 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.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting 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. 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 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. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Cleanse your liver twice a year – preparation:

- You can't clean a liver with living parasites in it. You won't get out many stones, and will feel quite sick. Zap daily the week before, or get through the first three weeks of the parasite killing program before attempting a liver cleanse. If you are on a parasite maintenance program, do a high dose program the week before.
- Completing the kidney cleanse before cleansing the liver is also 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.
- Do any dental work first, if possible. Your mouth should be metal free and bacteria free (cavitations are cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

---

Liver cleanse and gallbladder cleanse flush - Ingredients

**1/2 Cup Olive Oil Extra Virgin (= 1.25 dl)**  
**1 Big grapefruit (2 small) (Or 3 lemons)**  
**4 tablespoon EPSOM salts = ( MgSO<sub>4</sub> + 7H<sub>2</sub>O)**  
**3 cups water (=750 dl)**

---

**You can substitute 3 cups water (=750 dl) (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 unpleasant taste of Magnesium Sulphate  
( = Magnesium Sulfate = Epsom salt =  $MgSO_4 + 7H_2O$ )**

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

**If you mix oil and juice, it may (it doesn't happens always) slightly congeal, and get a slimy consistence that is not easy to swallow.  
It may become slimy.**

**It 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 this into a jar.

**You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice**  
This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, do it right now. You may also add 1/8 tsp. vitamin C powdered to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive and grapefruit out to warm up.

8:00 PM. Repeat by drinking another 3/4 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; don't be more than 10 minutes early or late.

9:45 PM. Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this).

Now visit the bathroom one or more times, even it makes you late for your ten o'clock drink. Don't be more than 15 minutes late.

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. [HPS editors note- don't, just stomach the terrible taste...and it is horrendous- be forewarned...but that's part of the cleanse, you can deal with it just like we have]. Take it 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. Drink 3/4 cups of the mixture. You may go back to bed.

After 2 more hours you may eat. Start with fresh 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. 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 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 cleanses at two week intervals. Never cleanse when you are ill. [HPS editors note: I started passing chaff through normal bowel movements after my 4th colon cleansing fast, approximately after a total of  $4 \times 14 = 56$  days of total colon cleansing within 9 months. The chaff continued in normal bowel movements for 8 months! Thousands of tiny stones, looked like small popcorn and small bee pollen granules, others looked like moth wings. Sometime I would drop at one bowel movement 50-100 pea size stones that would float in the water. It was truly an experience. Almost daily for 8 months! When I did my first Dr. Clark's liver cleanse I immediately dropped over 200 pea size green and tan stones, and when I examined them I was shocked. They crushed in my fingers and what I found was pure fat, pure cholesterol. Can you imagine hundred of them. Also in my second liver cleanse I had the same experience].

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