

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 = (MgSO₄ + 7H₂O)
(EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)
3 cups water (=750 dl)

(P.S !! 1 cup = 250 ml = 2.5 dl = 0.25 l)

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 = MgSO₄ + 7H₂O)]

[If using lemon juice, do not blend juice with oil. Drink little oil, little juice, from 2 differnt cups. If you mix oil and juice, it may (it doesn't happens always) sligtly congeall, and get a slimy consintence 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.