

LIVER & GALLBLADDER FLUSH

This protocol was originally published in *A CURE FOR ALL DISEASES* by Dr. Hulda Clark.

Ingredients:

Epsom Salts	2 Tablespoons
Fresh Organic White Grapefruit	1 to 3 – enough to squeeze 1/2 to 3/4 cup juice (Use organic pink grapefruit if white is not available, or fresh organic lemon)
Olive oil	1/2 cup (light olive oil is easier to get down); Organic, unrefined, cold pressed, extra virgin, raw is best
Glass (or plastic) Pint jar with lid	To shake and thoroughly mix the olive oil and grapefruit juice

Protocol:

Choose a day like Friday or Saturday for the cleanse; you will need to rest the next day.

Take no medicines, vitamins, or pills that you can do without; they could prevent success. Stop all other cleansing programs the day before; this includes colon cleanse, kidney cleanse, parasite or candida cleanse, etc.

Eat a no-fat, no protein breakfast and lunch such as cooked cereal (no protein grain) or fruit salad, fruit juice, oil-free bread and preserves or honey (no butter or milk), 2 or 3 apples (green apples are highest in malic acid). Lunch might include white basmati rice and snow peas with salt only. This allows the bile to build up and develop pressure in the liver. The higher bile pressure pushes out more stones. This is why it is imperative not to eat any foods and/or beverage containing oil, fats or protein. These food groups cause the liver to release the bile thereby by diminishing the bile pressure which must be elevated during this gallbladder flush.

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

5:00 PM. Get your Epsom salts ready. Mix 2 Tbs. in 1 and 1/2 cups water and pour this into a jar. This makes 2 servings, 3/4 cup each. Make sure all the Epsom salt crystals are completely dissolved (try a little warm water if you must).

***6:00 PM.** Drink one serving (3/4 cup) of the Epsom salts solution. If you did not prepare this ahead of time, mix 1 Tbs. in 3/4 cup water now. You may also drink

a few mouthfuls of water afterwards or rinse your mouth. If this leaves a bad taste, have hard peppermint candy or spearmint gum handy.

***8:00 PM.** Repeat by drinking another 3/4 cup of Epsom salts solution. You haven't eaten since 2 o'clock, and you may or may not feel hungry. Get your bedtime chores done. The timing is critical for success; don't be more than 10 minutes early or late.

Get the olive oil and grapefruit out of the refrigerator.

9:45 PM. Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze 1-2 grapefruits with juicer into the measuring cup. Remove pulp using a strainer. You should have at least 1/2 cup; a little more is okay (up to cup). Add this to the olive oil. 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 10 o'clock drink. Don't be more than 15 minutes late.

***10:00 PM.** Shake the potion vigorously again and drink it all down at once or as quickly as possible. Bottoms up!

* You may begin your first dose at 6:00 PM, 6:30, or 7:00 as long as you maintain the 2 hour intervals between all doses. For example, if you took your first dose of Epsom salt at 6:30, you will take this potion at 10:30 PM.

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 (you may want to rinse your mouth out) walk to your bed and lie down flat on your back with your head elevated 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 pebbles. There is no pain because the bile duct valves are open (thank you, Epsom salts!). Stay in bed; you may fail to get stones out if you don't; however, if you have a strong urge to use the toilet, follow the urge. Throughout the course of the night, always obey the urge to go to the bathroom. Be sure to bring a flashlight to count the stones which may be expelled.

Next morning. You may take another dose of Epsom salt early in the morning if you can tolerate it. Some can, but many cannot, so this is very much an optional step. It does serve the purpose of clearing out the entire GI tract into which the bile ducts and liver have dumped their unwanted contents. It keeps the bile ducts dilated so that other stones/gravel may pass without discomfort. It also promotes diarrhea which allows you to more easily see and count your gallstones floating on the surface of the toilet water. Some practitioners actually take two

more doses in the morning (two hours apart starting @6AM), but this is only for the most stalwart among us.

Expect diarrhea in the morning. Look for gallstones in the toilet after each 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 2000 stones before the liver is clean enough for you to experience relief from your allergies or bursitis or upper back pains. The first cleanse may mitigate the symptoms for a few days, but as stones migrate from the three corners of the liver toward the bile ducts, they give you the same symptoms again.

You may repeat cleanses at two week intervals, but a four to six week period is recommended since this will allow ample time for gallstones to migrate toward the main bile ducts to be easily expelled. 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 a “chaff” floating on top of the toilet bowl water. They may be tan colored, harboring millions of tiny crystals. Cleansing this chaff is just as important as purging stones.

Breakfast. Since you will effectively be breaking a fast, it is good to follow appropriate guidance for choosing both food and drink the morning following the cleanse.

Start off by preparing a large glass of freshly squeezed orange juice followed later by a fruit smoothie. Drink as much as needed since some degree of dehydration is normally experienced. Coconut waters now available replace electrolytes, and certain herbal teas can address temporary mineral deficiencies.

If you are not nauseous or too unsettled from the night of tossing and turning, it is even better to drink 1 or 2 large glasses of warm water one hour before your juice. This will help address the dehydration, as well as increase the urge to have a bowel movement where you will quickly see the result of your cleanse. It will also assist in moving through the GI tract much of the “sludge” that your body desperately wants to rid itself of thereby minimizing detox reactions. DRINK !!!

It is highly recommended that you perform at least one enema during the next 24 to 48 hours. Coffee enemas are very advantageous since they enhance the detoxification pathways of the liver. The plain distilled water enema that you will perform in preparation for the coffee enema will also allow many more gallstones to exit the system, and thus be counted for your diary entry. A chlorophyll enema rinse is a great way to refresh the colon after the coffee enema (1/4 to _ cup of De Souza's chlorophyll to 1 enema bag of room temperature water).

More tips:

1. Because the taste of the Epsom salts is fairly difficult for anyone, we highly recommend taking a peppermint or spearmint hard candy after each dose to both quickly eliminate the taste and to settle the stomach. You might also want this handy after drinking the oil/juice mixture.
2. If you become unusually thirsty, weak from dehydration or nauseous just prior to potion time, drink a ginger ale or some Kombucha tea. This will likewise help the GI tract stay relatively calm. You may even be compelled to drink one of these during the night if you become too nauseous to sleep.
3. It's a good idea to take a slow, gentle walk between doses to stimulate the liver and to avoid stomach cramping. It's also okay to get up and walk around in the middle of the night if you are experiencing a lot of nausea.
4. If you are thirsty anytime during the fasting portion, you may want to drink Kombucha tea, Mint Magic tea, Filtered water with lemon or ginger ale (or your favorite health soda/spritzer that is not too sweet). Just make sure it is not too close to any of the doses.

****The Gallbladder Flush & Liver Cleanse is based on Dr. Hulda Clark's original protocol, which can be found in her book, **The Cure for All Diseases**. It is important to note that this version includes significant modifications to her protocol which we feel make this a much more effective and less difficult cleanse to perform on a regular basis.****