

The Gallbladder Liver Flush

Disclaimer:

The following information is of an educational and general nature and should not be construed as medical advice. You should consult appropriate medical professional sources to answer questions related to your individual situation. Exercising one's rights often entails some element of risk, and you should verify all information relevant to your situation before acting; the author and publisher disclaim any responsibility or liability for any loss incurred as a consequence of the use of any information herein. We do not claim to be doctors or a trained medical personal. What you read below is from our own personal experiences. If you choose to follow the instructions below, you do solely at your own risk.

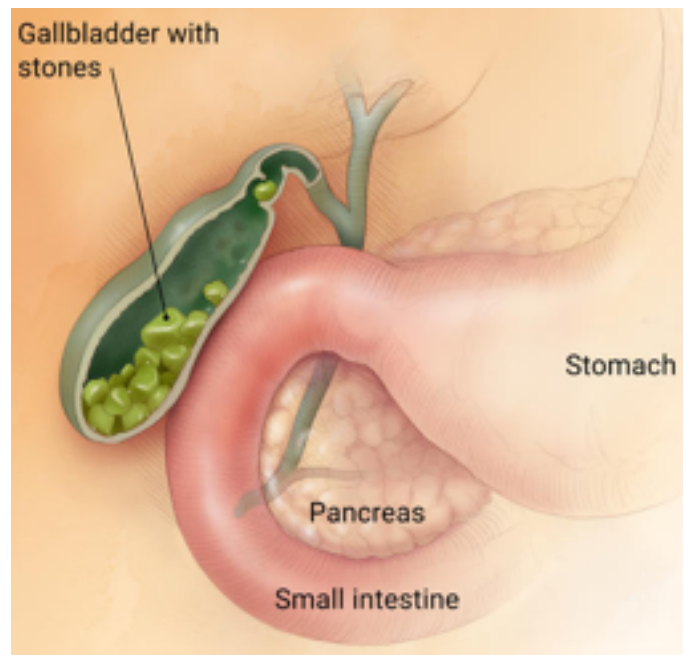
Because of all the sue happy people out there we have to include the above disclaimer, but for me personally I would not trust a medical professional, because odds are if your question isn't about a "pill" or "potion" they are just guessing.

For the Health of it:

In Revelation 18:23 it says; *"And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy **sorceries**^{G5331} were all nations deceived."* Strong's G5331 = medication ("pharmacy"), that is, (by extension) *magic* (literal or figurative): - sorcery, witchcraft.

*"There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the **simple** agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense."* Healthful Living p. 225

If you have ever eaten meat, or dairy products, if you have ever been on the "all american diet" then it is a good possibility that you have gall stones. If you have never had any signs or symptoms this just simply means that you are not full to the max and or possibility that the "stones" have not become "calcified." A gallbladder cleanse will definitely be of benefit.



Why Cleanse:

Cleaning the liver bile ducts and the Gallbladder is the most powerful procedure that you can do to improve your body's health. The cleanse will dramatically improve digestion, which is the basis of our whole health. You can expect your allergies to disappear, too, with the more cleansing you do. You will have more energy and an 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 tank. 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, because of the high fat, high sugar diet, the biliary tubing is choked with gallstones. Some develop allergies or hives, while others have no symptoms. When the gallbladder is scanned or x-rayed nothing is seen. If they have not

“Calcified” yet they will not be detected but that doesn't mean that you have a clean system.

There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green (the most common) or tan colored. The green ones get their color from being coated with bile. At the very center of each stone is found a clump of bacteria, suggesting that a dead bit of a 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 our 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, causing other health issues.

If you are in an emergency (extreme pain, near gallbladder rupture etc.) skip step 1 and go directly to step 2. If you skip the first two steps your results will not be as good. Once you are beyond the emergency then do it all over again and do not skip step one or two.



Preparation:

Step 1:

30 days before you plan on doing the cleanse.

It is hard to cleanse a gallbladder, if the gallbladder and the liver are full of parasites. You won't get as many stones out and you may feel sick during the cleanse. So before you do the gallbladder cleanse you should do a parasite cleanse. Here is how: There are several herbs that are very effective in killing parasites. The top of the list is Black Walnut hulls, Wormwood, and Cloves; but there are many more which are also very effective. Here is the list: Buckthorn bark, Tansy herb, Aloe Vera, Garlic, Marshmallow root, Mullein leaf, Slippery Elm bark, Sarsaparilla root, Fennel seed, Sage, Witch hazel leaf. I like to use all of the herbs above in my cleanse, my thought is if one thing doesn't get them the other will. The other herb that I use is Cascara Sagrada Bark in the mix, this does two things, #1- it is a parasite killer, and #2- it is laxative. I have found that equal parts of all herbs except the Cascara Sagrada bark which is 1/4 part, makes a good mixture. We have found that approximately 1 teaspoon twice daily works well for the amount to do a good job. When you are killing off parasites usually between day 3 and 5 most people feel like they are getting a flu but they never do. You can go about your daily life as usual making sure you get plenty of water (1 ounce of water for every 2 pounds body weight). It is also important that you make sure that you are having a bowel movement for each meal you eat during the day, two meals = two movements; three meals = three movements. If you eat all day you are in trouble! If the bowel movement has a shape (commonly known as the "log") you are constipated, and should use some "smooth move" tea to help out or add some more Cascara Sagrada Bark to the parasite mixture. When you are killing parasites they tend to constipate you, so it is important to monitor this closely. In 20 days you are ready for step 2.

Step 2:

10 Days before you plan on doing the cleanse, begin the following. Food grade Hydrogen peroxide 35% is a powerful recipe to kill bacteria and viruses as they come out of the bile ducts. So here is what you are going to do. With food grade Hydrogen peroxide 35%, (this is not the brown bottle stuff at the pharmacy) you start with 'One drop' in water or juice three times a day, with meals. This is strong stuff, don't over do or you will be foaming at the mouth like a mad dog, and feeling like you will explode! On day two take two drops three times a day. Day three take three drops three times a day. Until you reach ten drops three times a day. If at any point you get nauseated or feel sick don't quit, just stay at that level for the next day or go back one level then continue on. Now you are ready for step 3

Step 3:

You are now ready for the Gallbladder Liver Cleanse. What you will need.

- Epsom salts
- Virgin olive oil
- Pink grapefruit
- Fresh Lemons
- Fresh Garlic
- Parasite cleanse
- Food grade Hydrogen Peroxide 35%

Fresh Ginger Root

1 Quart container with lid

Today is the big day!!! No more stones coming by end of day tomorrow! First pick the day you want to cleanse on within 5 days of stopping the parasite cleanse. We have found weekends work best. Plan on the day after the cleanse staying close to home and the toilet, as you most likely will not feel up to being out on the town, and definitely not at work. You can adjust times to what fit your schedule but you must keep the 2 hour spacing between each time.

Diet for the day of the cleanse, in the morning fresh fruit, citrus is best, NO caffeine, sugar, or fried foods. NO exceptions. Keep your diet simple! No lunch or supper!

You can adjust times below as long as you keep no less that 1.5 hours and no more than 3 hours between each step.

2:00 pm — Mix 1 heaping Tablespoon of Epson Salts into 1 cup cold water, and 1/2 Lemon squeezed into cup. Stir until all Epson Salts are dissolved and drink immediately. No matter how bad you think the Epson Salts taste, **do not skip** this step or you will be paying the doctor an emergency visit for having your gallbladder removed.

4:00 pm — Mix 1 heaping Tablespoon of Epson Salts into 1 cup cold water, and 1/2 Lemon squeezed into cup. Stir until all Epson Salts are dissolved and drink immediately.

6:00 pm — Mix 1 heaping Tablespoon of Epson Salts into 1 cup cold water, and 1/2 Lemon squeezed into cup. Stir until all Epson Salts are dissolved and drink immediately.

8:00 pm — Prepare all necessary normal bedtime preparations, for your normal routine. Prepare Gallbladder -Liver cleanse drink by hand, juicing grapefruits until you have 1 cup of juice, then add 1/2 teaspoon finely grated fresh ginger, and 2 cloves crushed Garlic. Now add 3/4 cup of virgin olive oil (DO NOT blend) shake gently in closed container until well mixed. Take ten drops of food grade Hydrogen Peroxide 35% in small amount of water, with 1 teaspoon (5 capsules) of parasite herbs. Now shake again the grapefruit oil mix and drink. It doesn't taste as bad as it sounds, in fact after drinking Epson Salts this is a delight. Drink it all in no more than 5 minutes. Go straight to bed, lay on your right side, and go to sleep. Don't be concerned if you roll over in the night, just enjoy a good sleep. In the morning when you awake expect a land slide of gallstones. Anything that you find floating on the surface of the water in the toilet is from the Gall bladder/ Liver region, and is either sledge, dead liver flukes, and parasites, or stones, see photo's above. If in the case that by 8:00 am you have not had a bowel movement (which rarely happens) begin taking Epson Salts in the same mixture as you did the night before every hour until you have the first bowel movement, then stop the Epson Salts. Its fun to count how many you loose, if you can stand the odor, I stopped at 250 on my first dump. Many stones as large as my thumbnail. The following day you will feel great! For weeks after, you will feel years younger and stronger, having more energy than you have had in a long, long time. Enjoy!