

Liver/Gallbladder Overnight Flush

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Cleansing the liver of gallstones dramatically improves digestion which is the basis of your whole health. You may have more energy and an increased sense of well-being.

It is the job of the liver to make bile- 1 to 1 ½ 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, regulating the release of bile as needed for digestion & elimination.

For many persons, the biliary tubing is choked with gallstones. Some develop indigestion or hives, but some have no symptoms. When the gallbladder is scanned or x-rayed, they may not be seen, for 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.

GETTING STARTED

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.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, apple juice, baked potato or other vegetables with salt only. (no butter or milk)

Epsom Salts	4 TBSP
Olive Oil Cold	½ cup (light olive oil is easier to get down)
Fresh Pink Grapefruit	1 large or 2 small, enough for ⅔ to ¾ cup juice, lemon can be substituted, enough for ½-¾ cup (4-6 oz)
Black Walnut Hull Tincture	10 drops (optional)
Ornithine	4-8, depending on your experience with the parasite program, to be sure you can sleep.
Large plastic straw (optional)	To drink potion
Pint jar with lid	to mix, can also use a shaker glass

SCHEDULE

2:00 PM - *Do not eat or drink starting at this point – Nothing besides water till tomorrow morning.*

Get your Epsom salts ready. Mix 4 TBS in 3 cups water and pour this into a jar. This makes four servings, ¾ cup each. Set the jar in the refrigerator to get ice cold (this is for taste & convenience only).

6:00 PM

Drink one serving (¾ cup) of the cold Epsom salts. You may add ½ TBS. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out to warm up.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally



8:00 PM

Repeat by drinking another $\frac{3}{4}$ cup of Epsom salts.. Get your bedtime chores done.
Timing is critical for success: don't be more than 10 minutes early or late.

9:45 PM

Pour $\frac{1}{2}$ cup (measured) olive oil into the pint jar. Squeeze the grapefruit or lemon by hand, remove pulp with a fork, you should have at least $\frac{1}{2}$ to $\frac{3}{4}$ cup of juice. Add this to the olive oil. Add 10 drops Black Walnut Hull Tincture if you have. Close the jar tightly with lid and shake hard until watery (only fresh juice does this). Now visit the bathroom one or more times, even if 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 4-8 Ornithine capsules with the first sips to help you sleep through the night. You may use ketchup, cinnamon, or brown sugar to chase it down between sips if needed. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes.

LIE DOWN IMMEDIATELY! The sooner you lie down the more effective the cleanse. Don't clean up the kitchen; Be ready for bed ahead of time. 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, or on the right side if preferred. Think about the benefits to 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!) Time to SLEEP!

NEXT MORNING, 6 AM or later

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

IF your bowels have not started to move, take your forth (the last) dose of Epsom salts; if stools loose you can discard this dose. You may go back to bed.

After 2 more hours, you may eat.

Start with 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? Diarrhea initially is expected, this is a 'flush'. Use a flashlight to look for gall 'stones' in the toilet with the bowel movement; these may not be true stones, but rather the sludge that was causing congestion. Color may vary, bile from the liver creates a pea green color; gallstones float because of the fatty content inside. Sometimes the bile ducts are full of cholesterol 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. Cleaning this chaff is just as important as purging stones.

The first cleanse may rid you of them for a few days, but as the stones deeper in travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

Congratulations! You have helped your gallbladder without surgery!
I like to think I have perfected this recipe, but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands ago.
Excerpts were taken from Hulda Clark's book. *The Cure for all Cancers*

How safe is the liver cleanse?

It is very safe. My opinion is based on over 500 cases. None went to the hospital, though some did feel nauseated or unsettled. It can make you feel ill for one or two days afterwards, in this case, we encourage you to complete the Parasite program before repeating the flush. Often repeating the flush, clears out additional congestion, easing symptoms too.