

LIVER CLEANSE RECIPE

Cleansing the liver and gall bladder from gallstones is one of the most important and powerful tools to improve your health.

To remove gallstones you need the following things:

- ✓ Apple juice 6-12 one liter boxes
- ✓ Epsom salts 4 tablespoons
- ✓ Olive oil, cold-pressed and pure
- ✓ Fresh grapefruit (pink is best) 1 large or 2 small, enough to squeeze $\frac{2}{3}$ to $\frac{3}{4}$ cup of juice
- ✓ Black Walnut Hull Tincture 10 drops
- ✓ 2 liter jars, one with a lid

Note: The 10 drops Black Walnut Hull Tincture in the cleanse recipe are used to kill bacteria and viruses as they come out of the bile ducts with the stones (if you can't find it, omit this part of the cleanse).

Preparation

Drink 1.5 liters of packaged apple juice a day for a period of six days. This will soften the stones and make their passage through the bile ducts easier. The apple juice has a strong cleansing effect and may cause bloated ness and even diarrhea during the first few days. The fermentation of the juice helps the expansion of the bile ducts. If this becomes somewhat uncomfortable, mix the apple juice with water. Drink the juice slowly throughout the day, in between meals (avoid during, just before, 2 hours after meals, or in the evening). This is in addition to your normal water intake. Eat normal meals. Note: packaged apple juice (possibly of organic source), although normally not recommended, works best for the cleanse.

The main part of the cleanse is best done over a weekend, when you have enough time to rest. During the actual cleanse avoid taking any medicine, vitamins or pills that are not absolutely necessary.

On the sixth day of drinking apple juice, if you feel hungry in the morning, eat a light breakfast such as cooked cereal, fruit or fruit juice (no milk, butter, yoghurt, cheese, ham, eggs, etc.). For lunch eat plain cooked vegetables with rice (a little salt may be added). Don't eat or drink anything (except water) after **2 PM!**

The timing given below is essential for the success of the cleanse.



Evening **6.00 PM**: Mix four tablespoons of Epsom salts in 3 cups of water and keep it in a jar. This makes four servings, $\frac{3}{4}$ cup each or 185ml. Drink your first portion now. You may take a few sips of water afterwards to get rid of the bitter taste in the mouth (it may be easier to take it with a large plastic straw, as this will bypass the taste buds on the tongue).

8:00 PM: Drink your second $\frac{3}{4}$ cup of Epsom salts.

9.30 PM: If you haven't had a bowel movement until now, take a water enema; this will trigger a series of bowel movements.

9:45 PM: Squeeze the grapefruit(s); you will need $\frac{3}{4}$ cup of juice; remove pulp. Pour the juice and $\frac{1}{2}$ cup of olive oil into a liter jar. Add the 10 drops of Black Walnut Hull Tincture. Close the jar tightly and shake hard about twenty times, or until watery. You want to drink this mixture at 10pm, but if you feel you still need to visit the bathroom a few more times, you may delay for 10 minutes.

10:00 PM: Stand next to your bed (don't sit) and drink the concoction, if possible, in one go or otherwise with a large plastic straw. You may use brown sugar to chase it down between sips. Don't take more than 5 minutes.

LIE DOWN STRAIGHT AWAY, otherwise you may not be able to release the stones. Turn off the lights and lie flat on your back with your head up high on a pillow or two. Put your attention on your liver and, if you can, visualize the mixture moving the stones out of the numerous bile ducts in your liver.

Keep perfectly still for at least **20 minutes**! This gives the stones a chance to move along the bile ducts. There won't be any pain because the Epsom salts will keep the bile duct vales wide open. Go to sleep if you can. If at any time during the night, you feel the need to have a bowel movement, do so. Check if there are already small gallstones (pea green or tan coloured) floating in the toilet. You may feel nauseous during the night and early morning hours. This will pass as the morning progresses.

The Following Morning:

6:00 – 6:30 AM: Upon awakening, but not before 6am drink your third $\frac{3}{4}$ cup of Epsom salts (should you feel very thirsty drink a glass of warm water before taking the salts). Rest or meditate. If you feel sleepy, go back to bed.

8:00 – 8:30 AM: Drink your fourth and last $\frac{3}{4}$ cup of Epsom salts and rest.

10:00 – 10:30 AM: You may drink freshly pressed fruit juice, preferably apple or orange juice. Half an hour later eat 1 – 2 pieces of fruit. One hour later you may eat regular (but light) food.

The Results you can expect

You will have a number of bowel movements in the form of diarrhea, consisting of gallstones mixed first with food residue and then with only water. Look for gallstones floating in the toilet (they float because they contain cholesterol). You will see mostly green ones of all sizes and shapes, some are pea-sized or smaller, and others are as big as 2-3 centimeters. There may be hundreds of stones coming out at once. Also watch out for tan coloured and white ones. Some of the larger tan coloured stones may sink with the stool because they are calcified and contain heavier toxic



substances and only small amounts of cholesterol. All the green stones are as soft as putty, thanks to the apple juice. You may also find a layer of white or tan coloured scum or foam floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals, which can easily rupture small bile ducts; they are equally important to get rid of. It is most likely that some stones will get caught in the colon. They can quickly be removed through colonic irrigation. If they remain in the colon, they can cause irritation, headaches and abdominal discomfort. If colonics are not available where you live, take a coffee enema followed by a water enema. This will take out the remaining stones. Try to make a rough estimate of how many stones you have eliminated.

To permanently cure bursitis, back pain, allergies, or other health problems, you need to remove all the stones. This may require up to six cleanses which can be performed at 2-3 week intervals (don't cleanse more frequently than that). If you cannot manage, you may take more time between the cleanses. The liver as a whole will begin to function more efficiently soon after the first cleanse and you may notice sudden improvements, sometimes within a few hours. Pains will be less, energy will increase and clarity of mind will improve considerably. However, within a few days, stones from the rear of the liver will have travelled "forward" towards the two main bile ducts exiting the liver, which may cause some of the previous symptoms of discomfort to return. In fact, you might feel disappointed because the recovery seems so short-lived. But all this shows that there are still stones left behind, ready to be removed with the next round of elimination. Nevertheless, the liver's self-repair and cleansing responses will have greatly increased, adding a great deal of effectiveness to this all-important organ of the body. As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger bile ducts, they may combine to form larger stones and produce such previously experienced symptoms as backache, headache, earache, digestive trouble, bloated ness, irritability, anger, etc., although these may be less severe than before. If a new cleanse no longer produces any stones, which usually happens after the sixth cleanse, your liver can be considered being in excellent condition. Still, it is recommended to repeat the liver cleanse every six months. Each cleanse will give a further boost to the liver and take care of any toxins that may have accumulated in the meanwhile. Note: Never cleanse when you are suffering an acute illness, even if it is just a cold.

Making the Liver Cleanse more Effective

A more effective version of the Liver Cleanse includes taking 1 tablespoon of pure, cold pressed olive oil mixed with 1 tablespoon of lemon juice on an empty stomach in the morning, during the six days of preparation. Start by drinking one or two glasses of warm water first thing in the morning and wait for 10-15 minutes. Mix the oil with the lemon juice until watery and drink. You may have breakfast after one hour.