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***Liver & Gallbladder Cleanse***

*liv-n-gal-cle-en*

- 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.

- Recipe: A) 4 tablespoons Epsom salt  
B) 1/2 cup Suma Olive Oil  
C) 3/4 cup fresh grapefruit juice

1. Eat a **light** breakfast and lunch.
2. **2:00 PM Do not eat or drink after 2 o'clock, should drink plenty of water instead.**
3. Get your Epsom salt ready. Mix 4 tablespoons in 3 cups water (24 oz. Total) and pour this into a jar. This makes four serving,  $\frac{3}{4}$  cup (6 oz.) each. Set the jar in the refrigerator to get cold (this is for convenience and taste only).
4. **6:00 PM** Drink one serving of the cold Epsom salt. If you did not prepare this ahead of time, mix 1 tablespoon in  $\frac{3}{4}$  cup water now. You may add 1/8 tsp. 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 room temperature.
5. **8:00 PM** Repeat by drinking another serve of Epsom salt. You haven't eaten since two o'clock, but you won't feel hungry. Get your bed time chores done. The timing is critical for success; don't be more than 10 minutes early or late.
6. **9:45 PM** Pour  $\frac{1}{2}$  cup olive oil into the large jar. Squeeze the grapefruit into the measuring cup. Remove pulp with fork. You should have at least  $\frac{1}{2}$  cup, more (up to  $\frac{3}{4}$  cup) is best. Add this to the olive oil. Close the jar tightly 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 ten o'clock drink. Don't be more than 15 minutes late.

7. **10:00 PM** Drink the portion you have mixed. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes. **LIE DOWN IMMEDIATELY.** You might fail to get bile composite out if you don't. The sooner you lie down the more bile composite you will get out. 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. 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 bile composite traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salt!). **GO TO SLEEP.**
8. **Next morning.** Upon awakening take your third dose of Epsom salt. If you have indigestion or nausea, wait until it is gone before drinking the Epsom salt. You may go back to bed. Don't take this potion before 6:00 AM.
9. **2 Hours later:** Take your fourth and last dose of Epsom salt. Drink  $\frac{3}{4}$  cup of the mixture.
10. **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?** Expect diarrhea in the morning. Use a flashlight to look for bile composite in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine bile composite, not food residue. Only bile from the liver is pea green. The bowel movement sinks but bile composite float because the cholesterol inside. Count them roughly, whether tan or green. You will need to total 2,000 bile composite before the liver is clean enough to rid you of allergies or bursitis of upper back pains permanently. The first cleanse may rid you of them for a few days, but as the bile composite from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals on the advice of your practitioner.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round bile composite. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan coloured, harbouring millions of tiny white crystals. Cleansing this chaff is just as important as purging bile composite.

**\* Never cleanse when you are ill \***