



# Liver/Gallbladder Flush

## Check List

- Enema bag for coffee enemas
- Gallbladder ND
- Liver ND
- BiliVen
- 5 tablespoons of Epsom Salts
- 125 mls Organic Olive Oil
- Three oranges
- Three lemons
- Three grapefruits
- Food for first day
- Straw (for drinking oil and salts)
- Entertainment, movies books etc
- Colonic Hydrotherapy session

## Purchase From

- Biotrace
- Biotrace
- Biotrace
- Biotrace
- Biotrace
- Organic Store
- Organic Store
- Organic Store
- Organic Store
- Organic Store

## Tips

- Shop for any groceries you will need over the next few days before you start the Flush.
- Hire a few DVD's – you aren't going to be doing much for a day or so and it's good to have something to take your mind off what you are doing.
- Make sure you have a toilet to yourself and that you have easy access to it.
- If you have a history of haemorrhoids, please discuss this with your practitioner before doing the Flush as it may be beneficial to use barrier creams or haemorrhoid creams during and after the Flush.

## Step 1: 2 to 4 Weeks Preparation

For 1 to 4 weeks, take the following drink, first thing in the morning. If you have a history of constipation and heavy meat eating, use the 4 week sequence. The herbs in Gallbladder-ND are well known in Chinese medicine for softening and breaking down gallstones.

**a) Gallbladder ND:** 1-3 teaspoons (as QRA tested)

**b) Liver ND:** 1-3 teaspoons (as QRA tested)

Mix together in ½ cup purified water. Wait 10 minutes to eat.

If you can't muscle test use the dosage guideline below

Liver and Gallbladder ND TM: Dosage					
Weight (Kg)	45 – 60	60 - 70	70 – 80	80 – 100	100 plus
tsp daily	0.5	1	1.5	2	3
<b>Mix together in ½ cup purified water. Wait 10 minutes to eat</b>					

**Note:** For this 2 to 4 week prelude, continue to eat your regular meals and take your regular supplements. It is also highly recommended to cleanse the Intestines and strengthen/cleanse the Kidneys before attempting this kind of flushing. During this preparatory period optional coffee enemas 2-3 times a week can help clear stagnant materials from the bowel and stimulate the liver detoxification process. Additionally castor oil packs can be used 2-3 times a week over the Liver/Gallbladder area and Kidneys (the two sites can be rotated).

## Coffee Enemas

We highly recommend you perform 2-3 Coffee enemas per week during the preparation phase of the Liver/Gallbladder flush. Coffee enemas help to remove stagnant toxic waste from the bowel due to dilation of the bile ducts, which facilitates excretion of toxic breakdown products by the liver and dialysis of toxic products across the colonic wall. Coffee enemas also stimulate the liver's production of glutathione- a major antioxidant used in liver detoxification processes.

## Step 2: The day before the Flush day (Day One)

### Food suggestions for Day One

**No fats or oils** are to be consumed. This includes; animal flesh foods (red meat, poultry, fish, etc) avocados, dressings/mayonnaise, eggs, dairy, any food that's pre-made or processed etc.

**Eat the following:** white rice, leafy green salads, steamed veges, fresh fruit. Salad dressings may contain: lemon, tamari, sea salt, onion, garlic, pepper or other spices.

Continue to eat your regular meals, except eliminate all oils and fats. Stop taking any other supplements from today, except for the Liver and Gallbladder Flush products and start taking **BiliVen** 3-12 (6 average) caps daily (as muscle tested) and **continue this dose for the week after the flush**. This is to help keep the Gallbladder "neck" dilated as best as possible to allow stones and debris to clear as smoothly as possible.

## Step 3: The Flush Day

The day of the flush, eat only peeled organic apples. Do not consume any other foods or beverages (except purified water) and do not take any supplements (except for the BiliVen) otherwise you may have difficulty passing stones. You may have as many apples and as much purified water as you wish.

## Ingredients for the Flush:

5 -10 organic apples

### Epsom Salts Drink

- Epsom Salts (muscle tested to ensure good quality)
- 1 medium organic lemon and orange

### Flush Drink

- Quality organic Olive Oil: 125mL (muscle tested to ensure good quality)
- Fresh, organic grapefruit, lemons, and oranges (2 of each or enough to make 170mL of juice)

## Step 4: The Flush Procedure

At **3.00 pm** stop eating apples, however purified water may still be consumed.

### Make the Epsom Salts Drink

Mix 4 tablespoons of Epsom Salts in 700mL of purified water; add the juice of a freshly squeezed lemon or orange (to neutralize the somewhat bitter taste of the salts).

*Tip: Drinking each dose through a straw may make it easier to drink.*

The purpose of the Epsom Salts is to help loosen the bowels and clear stagnant faecal matter in the intestinal tract, helping to initiate bowel eliminations. This drink is used **before** the Flush drink to ensure that the bowels are open so the flush can download stagnant waste easily. After taking the Epsom Salts drink, you may experience a bowel movement from half an hour to several hours later, although for many people, the salts act more as a bowel tonic rather than immediately producing a bowel elimination. The sulfate in the Epsom Salts also acts to detoxify the GI tract before the Flush drink.

**6.00 pm. Begin the Flush:** Take 170mL of the Epsom Salts (magnesium sulfate) drink. You may drink a little water afterwards to rinse your mouth out.

**8.00 pm.** Repeat the Epsom Salt drink as above.

**9.45 pm.** Mix up 125mL of olive oil with 170mL of freshly squeezed juice using the juice of the whole fresh grapefruits, lemons and/or oranges. Shake or stir vigorously until the oil and fruit juice mix thoroughly.

***Before drinking this, visit the bathroom now and prepare yourself for bed – shower, toilet, brush teeth, etc.***

**10.00 pm.** Drink the olive oil and juice mix **while standing**, not sitting or lying down. Drinking through a plastic straw can help it go down more easily. You may use a little honey between sips to help it down. Try to drink it as quickly as you can, within 5 minutes.

Immediately after consuming the mixture, chew one or two wedges of a fresh organic orange and swallow. (The orange provides citric acid and works very well to clear the oily taste in your mouth and refresh the palate.)

This large influx of oil into the body after 2 days without oil, coupled with a lighter diet stimulates the gallbladder to excrete a larger amount of stored bile and thus propel stagnant residues out of the gallbladder and biliary tract and release them through the intestines.

***LIE DOWN IMMEDIATELY, on your right side with your knees pulled up for 30 minutes*** before going to sleep. This encourages the oil to drain from the stomach, helping the contents of the gallbladder and/or liver to move into the small intestine. You may feel a train of stones travelling along the bile ducts like marbles. There is no pain because the bile duct valves are open, thanks to the Epsom Salts. Try to go to sleep.

If at anytime during the night you feel the urge to have a bowel movement do so.

### Step 5: The Next Morning 6:00 - 6:30 am.

If thirsty drink a glass of warm water before drinking another 170mL glass of the Epsom Salts drink.

**2 Hours Later 8:00 - 8:30 am.** Take your 4th and last dose of 170mL of Epsom Salts. You may go back to bed if you wish to rest further. Expect to be on the toilet with diarrhoea sometime between the first and second dosage. **Keep your water intake up to prevent dehydration.**

**After 2 More Hours 10.00 – 10.30 am.** Take the BiliVen. You may drink fresh fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light - salads, steamed vegetables, fruit, juices, etc. By dinner you should feel well. There are occasions when you may feel a little unwell for a couple of days. In the morning expect diarrhoea.

**Note: Drink water whenever you are thirsty apart from straight after the Epsom Salts and 2 hours after drinking the Olive Oil drink.**

### Step 6: After the Flush

**What to eat on the day following the Flush.** The day after the Flush, you may resume eating your regular diet and taking your regular nutritional supplements.

**\*Continue taking BiliVen at the same dose for the week following the flush.**

### Colonic Hydrotherapy

We highly recommend having a colonic hydrotherapy session after the Flush to help remove any sludge that may have been released and become stuck in the bowel after performing the Flush. Colonic hydrotherapy can greatly enhance the beneficial effects of performing the Liver/Gallbladder flush, and may improve overall bowel function.

### When to Repeat the Flush

For the average person, the Flush should be repeated every 4 to 6 weeks until you have 2 clear flushes (no stones) in a row, then once per year.

Keep performing 2-3 coffee enemas each week in preparation for each Liver/Gallbladder flush, in conjunction with the Liver and Gallbladder ND liquids.

## **THE GOOD OILS**

**Feed yourself healthy “good” fats/oils and avoid the “bad” ones.** Enjoy eating healthy oils as a regular part of your diet.

**List of key healthy fats/oils to use often:** organic cold pressed olive oil, borage oil, sesame oil, coconut oil, flax seed oil, nut oils and avocado. Hopefully, you will be able to avoid eating the “bad” fats – the ones that cause severe stagnation of bile, leading to gallstone concretions.

**List of fats/oils to avoid:** margarine (all types), canola oil, safflower oil, cottonseed oil, lard, vegetable shortening, all highly heated oils, fried oils. Avoid foods that contain toxic oils, such as commercial white bread, bagels, muffins, cakes, chips, mayonnaise, fried foods, French fries, donuts, pizza, etc. Also avoid nutritional supplements that contain toxic oils, such as magnesium stearate or vegetable stearate.

*This protocol is not intended to replace the advice of your GP or health care provider but rather to assist the body nutritionally. It is not intended to diagnose, treat, cure, or prevent any disease.*