

THE LIVER AND GALLBLADDER FLUSH

One of the most important procedures for persons over 25 years of age is the liver and gallbladder flush. This should be done for 1 to 2 weeks and repeated every 6 months.

From Monday through Saturday noon, you should drink as much apple juice as your appetite will permit, in addition to regular meals. Your nutritional supplements should also be taken during this time. You may use apple juice only.

At noon on Saturday, eat a normal lunch. (if circumstances prevent final flush, simply continue apple juice program as stated in #1 above until it is convenient to complete flush.)

Three hours later, take two teaspoons of Di-sodium Phosphate. (if on a salt-free diet, substitute Epson Salts or Castoria.) Dissolve in about one ounce of hot water. The taste is objectionable and may be followed by a little citrus juice (freshly squeezed if possible)

Two hours later, repeat the Di-Sodium Phosphate. For the evening meal you may have a grapefruit, grapefruit juice, or other citrus fruit or juice.

At bedtime, you have two choices:

- a. Take one half (1/2) cup of warm unrefined olive oil or safflower oil followed by a small glass of grapefruit juice or
 - b. Take one half (1/2) cup of warm unrefined olive oil or safflower oil blended with one half (1/2) cup of lemon juice.
- If hard to swallow, drink a small portion at a time until 1/2 cup is finished. It is best to use fresh citrus and juice, but canned or bottled are permissible.

Go immediately to bed and lie on your right side with the right knee pulled up close to the chest for thirty minutes. The next morning, one hour before breakfast, take two teaspoons of the Di-Sodium Phosphate.

Most persons have reported slight to moderate nausea when taking the olive oil-citrus juice, which slowly disappears by the time you go to sleep. Should you vomit the olive oil, it need not be repeated at this time. Chances are that you aren't going to vomit-- only very rarely does this ever happen.

This flushing of the liver and gallbladder stimulates and cleans the liver as no other system does. Oftentimes, persons suffering from gallstones, biliousness, backaches, nausea, etc. for years find gallstone-type objects in the stool the following day. These objects are light green to dark green in color, very irregular in shape, gelatinous in texture, and vary in size from "grape seeds" to "cherries". If there seems to be a large number of these objects in the stool, the liver flush should be repeated in two weeks.

1 ounce olive oil and 1 ounce lemon juice may be taken midweek for a "mini-flush".

The End