

# Liver Cleanse

The liver cleanse (which cleanses the liver and gallbladder of gallstones) requires 6 days of drinking apple juice with a vegetarian diet, and 16-20 hours of actual cleansing.

## **You will need the following:**

**apple juice:** six 1-liter (32 oz.) bottles

**epsom salts\*:** 4 tablespoons dissolved in three 8-oz. glasses

\* (buy oral epsom salts at a natural food store)

**virgin olive oil, cold-pressed:** one-half glass (4 oz.)

**either fresh grapefruit, or fresh lemon and orange combined,**  
*enough to squeeze 3/4 cup of juice*

## **Preparation:**

Drink 1 liter (32 oz.) of packaged apple juice per day (preferably organic) for a period of 6 days.

*The malic acid in the apple juice softens the gallstones and makes their passage thru the bile ducts easy.*

*Drink the apple juice slowly throughout the day, between meals (avoid drinking juice during, just before and two hours after meals, and in the evening). This is in addition to your normal water intake.*

## **Dietary recommendations:**

During the entire week of preparation and cleansing, avoid foods or beverages that are cold/chilled (they chill the liver) - food and beverages should be warm or room temp. To help the liver prepare for the main flush, try to avoid foods from animal source, dairy products and fried foods. Otherwise eat normal meals, but avoid over eating.

The best time for the main and final part of the cleanse is over the weekend, when you have enough time to rest.

Avoid taking any medications or vitamins while on the cleanse, unless absolutely necessary.

Make sure you cleanse your colon a few days before and after the liver cleanse, ideally on the 6th day of preparation. It helps to avoid or minimize any discomfort or nausea during the actual liver flush. It prevents back-flushing of the oil mixture or waste products from the intestinal tract. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colonic hydrotherapy) is the fastest and easiest method to prepare the colon for the liver cleanse. Colema-boar irrigation is the 2nd most preferable method.

## **What you need to do on the 6th day of drinking apple juice:**

Eat a light breakfast, like hot grain cereal, oatmeal is most ideal choice. Avoid sugar or other sweeteners, spices, milk butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals; etc. Fruits or fruit juices are fine. For lunch- eat plain cooked or steamed vegetables with white rice (pref. basmati) and flavor with a little sea or rock salt. **Do not eat or drink anything (expect water) after 2PM.**

Follow exact timing given below to receive maximum benefit from the liver flush.

### **THE ACTUAL CLEANSE:**

*Evening (of 6th day):*

**6:00PM:** Add 4 tablespoons of Epsom salts to three 8 oz. glasses of filtered water in a jar. This makes four servings, 3/4 glass each. Drink your first portion now. You may add a little lemon juice to improve taste. (One of the main actions of the epsom salts is to widen the bile ducts and clears out waste....)

**8:00PM:** Drink your second serving (3/4 glass) of Epsom salts.

**9:30PM:** If you have not had a bowel movement until now and not done a colon cleanse within 24 hours, take a water enema; this will trigger a series of bowel movements.

**9:45PM:** Thoroughly wash grapefruits (or lemons and oranges). Squeeze the by hand and remove pulp. You will need 3/4 glass of juice. Pour juice and 1/2 glass of olive oil into a pint jar. Close the jar tightly and shake hard, about 20 times or until solution is watery. Ideally, you should drink the mixture at 10PM, but you may need to delay for 10 minutes if you still need to use the bathroom.

**10:00PM:** Stand next to your bed (do not sit down) and drink the concoction, if possible straight. Do not take more than 5 minutes to drink it.

**LIE DOWN STRAIGHT AWAY!!** This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than the abdomen. If this is uncomfortable, lie on your right side with your knees pulled towards your head. Lie perfectly still for at least 20 minutes and try not to speak. Put your attention on your liver.

### **The Following Morning**

**6:00-6:30AM:** Upon awakening, but not before 6am, drink your third 3/4 glass of epsom salts. Rest, read, or meditate, if sleepy go back to bed, although it's best if body stays in upright position.

**8:00-8:30AM:** Drink 4th and last 3/4 glass of epsom salts.

**10:00-10:30AM:** You may drink freshly pressed fruit juice at this time. One hour later you may eat one or two pieces of fruit. One hour later you may eat regular (but light) food. Continue to eat light meals the next few days, if possible.

The results you can expect:

During the morning and, perhaps, afternoon hours after the cleanse you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water. Most of the gallstones are pea-green and float in the toilet because they contain bile compounds. Etc... (more info in Cleansing book...)