

Liver Cleanse Procol

It is recommended that parasite cleanse, a kidney cleanse, and any dental work such as removal of mercury fillings also be done.

Ingredients

- Epsom salts 4 Tablespoons;
- Virgin Olive Oil. 1/2 cup (light olive oil is easier to get down) Fresh lemons or limes 1 or 2 large, enough to squeeze 2/3 cup juice;
- Pint jar with lid to shake the mixture in.

Choose a day when you can rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent a successful cleanse. The day before the cleanse, stop any parasite cleanse or kidney cleanse program.

Eat a no-fat breakfast. This allows the bile to build up and develop pressure in the liver. The higher the pressure the more stones pushed out.

Eat foods as cooked cereal with fruit, fruit juice, bread, preserves or honey (no butter or milk), baked potato or other vegetables with salt only.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule, you could feel quite ill later.

- Mix 4 Tbsp. of Epsom salts in 3 cups of water and pour this into a jar. This makes 4 servings, 3/4 cup each. Set the in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM

- Drink your first serving, (3/4 cup) of ice cold Epsom salts;
- You may add 1/8 tsp. of vitamin C in a sodium ascorbate powder form to improve the taste;
- Drink a few mouthfuls of water to remove taste.

8:00 PM

- Drink your second serving (3/4 cup) of Epsom salts;
- NOTE: You haven't eaten since 2:00 but you probably won't feel hungry;
- Get all your bedtime chores done. The timing is critical for success; do not be more than 10 minutes early or late for the next step;
- At 10:00 you will be laying down immediately. Be prepared to go to sleep. Be ready for bed ahead of time. Don't clean up the kitchen. Have all your chores done.).



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For a healthy, sustainable world

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1-4



9:45 PM

- Pour 1/2 cup olive oil into the pint jar.
- Squeeze the lemons (or limes) into the measuring cup and sieve to remove pulp. You should have at least 1/2 - 3/4 cup of juice.
- Add this to the olive oil.
- Close the jar tightly and shake hard for 30 seconds.
- Before drinking this mixture (at 10:00), visit the bathroom.

10:00PM

- This is the most important step. Drink the mixture from the pint jar. Drinking through a large straw may help it go down easier;
- You may use cinnamon or brown sugar to chase it down between sips;
- Drink mixture (standing up) within 5 minutes (15 min. for very elderly);
- Lie down immediately. You may fail to get stones out if you don't. The sooner you lie down the more stones you will get out;
- Be ready for bed ahead of time. As soon as the drink is down lie down flat on you back with you head up high on the pillow. Try to concentrate on what is happening in the liver and gallbladder;
- Try to keep perfectly still for at least 20 minutes. You may feel stones traveling like marbles along the bile ducts. There should be no pain because the bile duct valves are open (thanks to Epsom salts!);
- Go to Sleep Do not get up until morning. You may fail to get stones out if you get up.

Next Morning - no earlier than 6:00 AM

- Upon awakening take your third dose (3/4 cup) of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts;
- You may go back to bed;
- Don't take this potion before 6 AM.

8:00 AM

Take your fourth dose of Epsom salts (the last). You may go back to bed.

10:00 AM

- Start with fruit juice. Half an hour later eat fruit.

11:00 AM

- Eat regular food but keep it light. By supper you should feel recovered.



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2-4



How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet after each bowel movement. Genuine gallstones are green colored, which is proof that they are not food residue. Only bile from the liver is pea green. Gallstones can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Many have imbedded unidentified objects, which could be fluke remains.

The bowel movement stinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may need to repeat cleanses at 2 week intervals. Never cleanse when you are ill.

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

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of total health. You can expect your allergies to disappear, more with each cleanse you do. This cleanse may also help eliminate shoulder, upper arm and upper back pain. Your energy level and sense of well-being will also increase.

It is the job of the liver to make bile, 1 to 1 1/2 quarts a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine. For many people, including children, the biliary tubing is choked with gallstones.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming. As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. When the ducts are clogged, much less cholesterol leaves the body, and cholesterol levels may rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. Stomach infections such as ulcers or intestinal bloating cannot be permanently cured without removing these gallstones from the liver.



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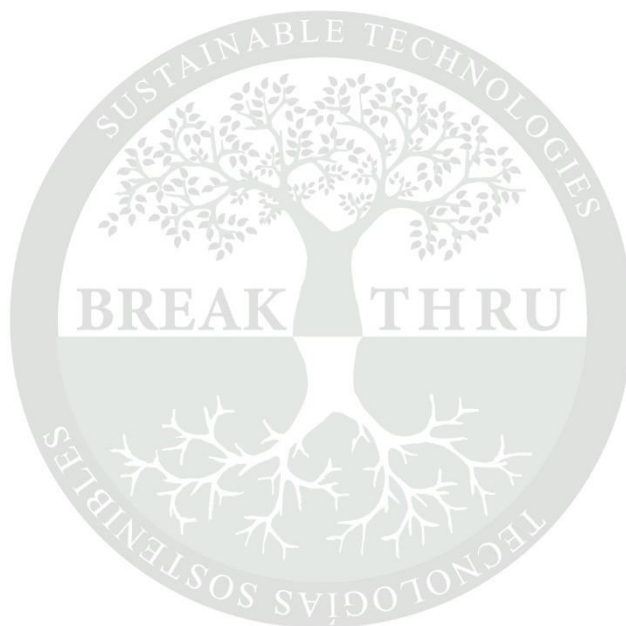
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Gallstones are produced in the liver, not the gallbladder. By the time you have acute pain attacks, some stones are in the gallbladder and are big enough and sufficiently calcified to see on X-ray, and have caused inflammation. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain. People who have had their gallbladder surgically removed still get plenty of green, bile-coated gallstones.

CONGRATULATIONS!

You have now removed your gallstones without surgery and have saved thousands of \$\$\$\$.



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4-4

