

Liver Flush

If you want to take your cleanse even further then you could do a home liver flush.

This is a very special process which eliminates gall stones from the gall bladder and therefore takes a massive load off the liver. **This process actually allows you to see the stones come out in the toilet!** They are often made up of congested cholesterol and other waste deposits and they put a big strain on the digestive tract by restricting the production and storage of bile (bile breaks down fats). By doing this cleanse you can boost your metabolism and increase your body's ability to heal naturally.

There are lots of versions of the liver flush out there on the internet so we have taken the confusion out of it by giving you the instructions from the Hulda Clarke Liver and Gall Bladder flush which is the most well documented and administered version.

The process is very specific and involves taking Epsom salts (magnesium sulphate) in conjunction with olive oil and orange juice. The process requires you to abstain from water for a whole day so you must do it carefully and follow her instructions exactly if you decide to do it.

These directions are taken directly from her website.

Preparation

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Complete your 30-day herbal cleanse first.
- Completing a kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Ingredients

- Epsom salts: 4 tablespoons
- Olive oil: half cup (light olive oil is easier to get down), and for best results, ozonate it for 20 minutes. Add 2 drops HCL.
- Fresh pink grapefruit: 1 large or 2 small, enough to squeeze 2/3 cup juice. Hot wash twice first and dry each time.
- Ornithine: 4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
- Large plastic straw: to help drink potion.
- Pint jar with lid
- Black Walnut Tincture, any strength: 10 to 20 drops, to kill parasites coming from the liver.

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. Stop the parasite program and kidney herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, $\frac{3}{4}$ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving ($\frac{3}{4}$ cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. 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 (ozonated, if possible) and grapefruit out to warm up.

8:00 PM. Repeat by drinking another $\frac{3}{4}$ cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour $\frac{1}{2}$ cup (measured) olive oil into the pint jar. Add 2 drops HCL to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand 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. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Hormones Detox

Reset Your Hormones

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might 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. Don't clean up the kitchen. 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 stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose 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 6:00 am.

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

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.

For more information and details of the flush go to Dr Clark's website and learn from the lady herself before you decide to take part in your own liver flush.

http://www.drclark.ch/en/cleanses_clean-ups/liver_cleanses/liver_cleanse.php

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