

Liver & Gallbladder Cleanse

Ingredients:

- 4 tbsp EPSOM salts = (MgSO₄ + 7H₂O)
(EPSOM salts = Magnesium Sulfate = EPSOMATE = Magnesium Sulfate Heptahydrate)
- 3 cups Water or juice of your choice (apple juice gets slimy. Lemon juice is a better choice if you cannot tolerate grapefruit juice)
- 1/8 tsp Vitamin C Powder (ascorbic acid)
- 1/2 cup Extra Virgin Olive Oil
- 1 Large Grapefruit (2 small) (or 3 lemons)
- As needed: Black Walnut Tincture drops (optional)
- Large Plastic Straw
- As needed: Straight Honey

(1.) For the 3 cups water, you can substitute all or part of the water with freshly pressed grapefruit juice, or freshly pressed apple juice to dissolve the Epsom salt. That way you will not experience the unpleasant taste of the Magnesium Sulfate.

If using lemon juice, do not blend the juice with oil. Drink a little oil, and a little juice, from two separate cups. If you mix oil and lemon juice, it may (it doesn't always happen) slightly congeal, and get a slimy consistency that is hard to swallow. Although this will never happen with grapefruit juice!

Saturday is a good day to choose to start this cleanse, since you will be able to rest the next day.

Take no medicines, vitamins or pills that you can do without (medications should be taken except statin drugs) as they could prevent success. Stop the parasite program the day before.

On the day you start, eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread preserves or honey, baked potato or other vegetables with salt only, and 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 do, later it could make you quite ill. Next, prepare your Epsom salts solution. Mix 4 tbsp. Epsom salts in 3 cups of water or juice according to your preference in footnote (1. above), and pour into a jar. This makes four servings of 3/4 cup each. Placing a pint jar in the refrigerator to chill is only for convenience and taste only.

6:00 PM. Drink one serving $\frac{3}{4}$ ice cold Epsom salts as prepared earlier. You may add 1/8 tsp Vitamin C Powder to improve the taste. Get the Olive Oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another $\frac{3}{4}$ of Epsom salts. You haven't eaten since 2:00 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 olive oil into the pint jar. Add 2 drops HCl to sterilize (this is optional). Wash grapefruit twice in hot water and dry. Squeeze by hand into the measuring cup. Remove pulp with a fork. You should have at least $\frac{1}{2}$ cup or more $\frac{3}{4}$ (three fourths) cup is best. 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). We find that a hand blender works most effectively.

Now visit the bathroom one 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 just 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 to take by your bedside. Drink standing up. Get it down within 5 minutes (15 for those that are very elderly or weak)

Lie flat on your back, immediately with your head propped high on the pillow. You might fail to get stones out if you don't. The sooner you lie down more stones you will get out. Be ready for bed ahead of time. Try to stay 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 ducts are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next Morning: Upon wakening take your 3rd dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts and don't take it before 6:00 a.m. Expect diarrhea. You may go back to bed.

2 Hours Later: Take your 4th (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.