

Classic Liver Flush

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Classic Liver/Gall Bladder Flush

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Cleansing the liver is one of the most important and powerful tools to improve your health. The following liver flush requires six days of preparation and 16 to 20 hours of actual cleansing. After having tried many different and yet similar methods, I have found the following method to be the most productive in terms of removing stones and restoring the liver's functions.

What you will need – Ingredients

6 quarts of organic apple juice or cider – raw is always best but canned from the health food store works.

$\frac{1}{2}$ cup = 4 oz. 100% pure olive oil

1 large pink organic grapefruit or 2 lemons (enough to make $\frac{3}{4}$ cup = 6 oz. of fresh-squeezed juice)

4 tablespoons MgSO₄ (Magnesium Sulfate = EPSOM salts) dissolved in 24 oz. of hot water

An enema bag (one can find a combination hot water bottle/enema/douche kit at the local drug store)

A glass pint jar with a tightly fitting lid

A glass quart measuring container – one that has ounce increments labeled on the side

A glass cup or pint measuring container – one that has ounce increments labeled on the side

A couple of straws

Optional: cold-pressed castor oil and a piece of flannel for a castor oil pack

Choose a day like Saturday for the cleanse (or a day when you are off from work the following day) since you need to be able to rest the next day. It is also important to look at the phases of the moon and do this cleanse on the waning of the moon – between a full moon and new moon. Ideally, you will want to have your cleansing day – Day 6 – fall on the New Moon.

*Take no medicines, vitamins or pills that you can do without; they could prevent success.

*Do any dental work first, if possible. Your mouth should be metal-free and bacteria-free (cavitations are cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

*if you have never done a colon cleanse and/or parasite cleanse, these should be done first but are not absolutely essential – especially in an emergency.

If possible to obtain, drink 1 quart (32 oz.) of raw, organic apple juice each day for 6 days. Any apple juice will work, but the raw organic type is best. If the sugar in the apple juice is a problem, try mixing each mouthful with saliva prior to swallowing. Sour cherry or pure, unsweetened cranberry juice can be substituted for some of the apple juice. It is the malic acid in the apple juice that softens the stones and makes their passage through the bile ducts smooth and easy.

It is also important to avoid all animal products while

preparing your liver for the flush on the sixth day. This means NO butter, milk, cream, cheese, yogurt, eggs or meat of any kind for a full seven days. This is also a good time to cleanse your colon and fire up your vegetable juice extractor!

The Cleanse Schedule – Day 6

Eat a light no-fat breakfast and lunch such as a fruit smoothie with soaked almonds using some the last quart of apple juice, and for lunch eat a salad -with very little dressing- with a glass of fresh-pressed vegetable juice. Avoiding fats and oils just prior to the flush 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 PM. If you break this rule, you could feel quite nauseous later.

Get your Epsom salts ready. Mix 4 Tbls. in 3 cups (24 oz.) of hot water and pour this into a glass quart measuring container. This makes four servings – $\frac{3}{4}$ cup (or 6 oz.) for each serving. Set the quart measuring container aside to cool.

6:00 PM

Drink one serving ($\frac{3}{4}$ cup or 6 oz.) of diluted Epsom salts. Drinking through a large plastic straw helps it go down easier. You may also drink a few mouthfuls of water afterwards or rinse your mouth. You may also add the juice from $\frac{1}{2}$ of a lemon to improve the taste and help alkalinize your body.

Get the olive oil and grapefruit and lemon out to warm up.

8:00 PM

Repeat by drinking another 6 oz. of Epsom salts. Even though you haven't eaten since 2:00 PM, but you won't feel hungry. This second drink should trigger several bowel movements. If you haven't started having bowel movements by 8:30 PM, prepare to take an enema.

9:30 PM

Pour a $\frac{1}{2}$ cup (4 oz.) olive oil into the pint jar. Squeeze the grapefruit and strain the juice into a measuring cup, making sure only juice is measured and pulp is removed. You should have 6 oz. Of freshly squeezed juice. If not, squeeze a fresh lemon so that the total is $\frac{3}{4}$ cup or 6 oz. of pulp-free juice. Add this to the olive oil. Close the jar with the lid screwed on tightly and shake hard until watery (only fresh grapefruit or lemon juice does this). Put the pint jar of this mixture by your bed. Now visit the bathroom one or more times.

Optional: prepare a castor oil pack and place it by your bed.

10:00 PM.

Stand by your bed and drink the potion in the pint jar after shaking it again. Drinking through a large plastic straw helps it go down easier. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons). Suck on a slice of lemon to get the taste out of your mouth, or just rub it on your tongue.

Lie down immediately. The sooner you lie down, the more stones you will get out. Make sure everything in the house is in order before you drink your potion and quickly get into bed since it is vital for success in your body releasing stones. Lie down flat on your back with your head and upper back high on two pillows. Try to focus your energy on your liver, lovingly asking it to release the stones that have been accumulating there. If you are using a castor oil pack, make sure it is next to you in the bed and easy to access, or have someone help you apply it over your 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 softened and open, thanks to the Epsom salts. Try to go to sleep. If after 30 minutes you feel uncomfortable since you are used to sleeping

on your side, you can turn to your right side with your right knee raised slightly. This will insure that your potion will be doing its work on the liver – on your right side.

Next morning. Upon awakening take your third dose of Epsom salts (6 oz.). If you have indigestion or nausea, wait until it has passed before drinking the Epsom salts. Don't take the third dose of Epsom salts before 6 AM. With your first stool of the day, you should be seeing stones. If you feel any pain or discomfort, drink a glass of apple juice. This means the stones are not completely softened yet. You can also go back to bed after this third dose of Epsom salts – especially if you feel nauseated and tired.

2 hours later.

After 2 more hours, drink the final dose of Epsom salts (6 oz.) Don't do this later than 9 AM. The final dose of Epsom salts will trigger a series of loose bowel movements containing stones throughout the day.

Late morning. Start with fresh fruit juice or a cup of herbal tea – mint tea is soothing. Half an hour later eat fruit. One hour later you may eat regular food but keep it light and vegan. By supper you should feel recovered.

How well did you do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2,000 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. This cleanse

should be repeated monthly on the waning of the moon until no stones come out which may take 10-12 months.

You may repeat cleanses at three week intervals but it is best to do this cleanse on the waning of the moon (between a full moon and new moon).

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 the stones.

How safe is the liver cleanse? It is very safe. This opinion is based on over a 1000 cases, including many people in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases, colon cleansing and the maintenance parasite program had been neglected. This is why some instructions direct you to complete a colon cleanse and a parasite program first.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why people think that gallstones are formed in 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 an X-ray, and have caused inflammation there. When the gallbladder is removed, the acute pain attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile-coated stones forming in their liver, and anyone who cares to dissect their stones can see that the concentric

circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

Testimony

I started passing chaff through normal bowel movements after my 4th colon cleansing fast, approximately after a total of 4 x 14 days = 56 days of total colon cleansing within 9 months. The chaff continued in normal bowel movements for 8 months! Thousands of tiny stones, looked like small popcorn and small bee pollen granules, others looked like moth wings. Sometimes I would drop at one bowel movement 50-100 pea size stones that would float in the water. It was truly an experience. Almost daily for 8 months! When I did my first liver cleanse I immediately dropped over 200 pea size green and tan stones, and when I examined them I was shocked. They crushed in my fingers and what I found was pure fat, pure cholesterol. Can you imagine hundreds of them? Also in my second liver cleanse I had the same experience.

Recommended reading: ***The Amazing Liver and Gallbladder Flush*** by Andreas Moritz
The liver performs a variety of functions. Some of these functions are: To produce substances that break down fats; convert glucose to glycogen, produce urea (the main substance of urine); make certain amino acids (the building blocks of proteins), filter harmful substances from the blood (such as synthetic drugs, pesticides, household chemicals, alcohol, nicotine, caffeine, etc.); storage of vitamins A, D, E and K, folate, vitamin B-12 and minerals such as copper and iron; and maintain a proper level of glucose in the blood.
Chemical processing factory

Hepatic cells or hepatocytes make up about 60 percent of our liver tissue. These specialized liver cells carry out more chemical processes than any other group of cells in our bodies. They change most of the nutrients we consume into forms our body's cells can use. They convert sugars to glucose and store it as glycogen before converting it back into

glucose for releasing into the blood as needed, thereby regulating our blood sugar level.

Other functions of the hepatic cells are to: Produce bile that breaks down fats and produces cholesterol; remove ammonia from your body (converting it into urea for excretion by the kidneys); produce blood proteins, including blood clotting factors; and detoxify our bodies from ingested toxins such as synthetic drugs and alcohol. A second important group of liver cells are the Kupffer cells. They remove damaged red blood cells, neutralize pathogens and clean up debris from dead cells. Because our liver fulfills so many vital functions, we would die within 24 hours if it stopped working. The most well-known sign of a damaged liver is jaundice, a yellowness of the eyes and skin. This happens when bilirubin, a yellow breakdown product of our red blood cells, builds up in our blood.

However, most people in today's world suffer from a damaged liver. We have found that by simply doing a seven-day colon cleanse followed by a gallbladder/liver flush and changing one's diet to one of primarily raw foods consisting of fruits, vegetables, sprouted grains, nuts and seeds that are organically grown (what Dr. John R. Christopher referred to as the mucusless diet), people's illnesses are reversed.

By understanding how our bodies actually work, we can then understand how our drug-oriented system of medicine suppresses the symptoms of a denatured diet and the resultant accumulation of toxins, overwhelming the liver (and all organs and body systems in the process.)

The late Norman W. Walker wrote a number of books on the value of raw vegetables and fruits, juicing, and colon cleansing. In his book, *Colon Health: The Key to A Vibrant Life*, he describes the miraculous ability of the liver to convert our food into nutrients and molecules that are utilized for the proper functioning of our bodies. Consider the many atoms that

vitamins are composed of. Below are a few, chosen at random:

C = Carbon H = Hydrogen O = Oxygen

Cl = Chlorine N = Nitrogen S = Sulfur

Vitamin A = C₂₀, H₂₉, O

Vitamin B1 (Thiamin) = C₁₂, H₁₇, Cl N₄, O₅

Vitamin B2 (Riboflavin) = C₁₇, H₂₀, N₄, O₆

Vitamin B6 (Pyridoxine) = C₈, H₁₁, N₃

Vitamin C = C₆, H₈, O₆

Vitamin E (a/tocopherol) = C₂₉, H₅₀

Vitamin K = C₃₁, H₄₆, O₂

The vitamin department of the liver cannot utilize any vitamins as whole, composite substances. The nutritional activities of the body do not function this way. The volume of vitamins in grams is so microscopic that only a miraculously intelligent system, working perfectly within the anatomy, could deliver the correct proportions of nutrients to a 150 pound adult or a small child. For example, one pound of peeled bananas contains on an average less than $\frac{1}{4}$ of a milligram (mg.) of thiamine and only about 0.29 mg. of riboflavin. When we realize that there are 28,350 mg. in one ounce and 453,370 mg. in one pound, we can understand more clearly the amazing chemical factory the liver actually is.

Another example is vitamin K, which is known to prevent hemorrhage among other vital functions. The liver manages to gather 31 carbon atoms, 46 hydrogen atoms and 2 oxygen atoms to form the Vitamin K molecules – thousands of which are needed to prevent one from hemorrhaging. These complex chemical processes stagger the imagination. This is why it is so important to nourish our bodies properly, keep our colons clean and our minds elevated—so our God-given livers will take care of us.

Master Herbalist and Naturopath Dr. Richard Schulze has this to say: “Although your medical doctor would like you to believe that they have figured it out and got it all down, the

reality is that your liver is the most metabolically complex organ in the entire human body, more than even your brain. It has numerous different microscopic functional units and is as complex and infinite as outer space. One of the main reasons I know God was a natural healer and NOT a medical doctor is the liver itself. It is so incredibly complex...it's best to just leave it alone and create a healing lifestyle for it."

Norman W. Walker believed that the concept of consuming a "complete protein" was based on ignorance of how the liver functions. He describes it this way: "The so-called complete protein must first be emulsified into a heterogeneous mass called chyme and mixed with everything else in the small intestine. In such a state, all molecules in the chyme, whatever they happen to be, are gathered by the villi and passed by the bloodstream to the liver. So what was originally sugar and starch is likewise broken down into their respective molecules and these, in turn, are disintegrated into separate atoms composing them and reassembled to form glucose."

Norman Walker understood how the body works. He knew that by eating mostly raw vegetables and fruits, nuts, sprouted grains and seeds, and raw vegetable juices, we can get all the vitamins the body needs. Norman Walker never took any vitamins since he found that by keeping his colon clean and eating properly, the atoms needed by the liver to make up whatever vitamins his body required were obtained from the raw foods and juices he consumed.

Liver function in our modern world

As mentioned, we live an incredibly toxic world and are being exposed to more deadly chemicals than at anytime in history. Dr. Richard Schulze sees the harm from Americans' over-consumption of animal sources of protein as a huge factor in the accumulation of toxins. This is because when animal food is digested it forms ammonia, which is absorbed in your intestines and transferred to your blood, and then, hopefully,

converted into urea by your liver.

Americans, being the highest consumers of animal food on the planet, have a constant over production of ammonia gas in their intestines. This in turn weakens the liver, being the cause of hepatic coma or paralysis of the liver. High protein fad diets put an incredible amount of stress on our liver. And if you think it is okay to take a couple aspirin now and then for headaches or pain, try this experiment: take two aspirin and place them on a spoon. Hold the spoon over a candle or the stove until the aspirins melt. The resultant smell will be ammonia gas and will tell you how easy it is to over-stress your liver.