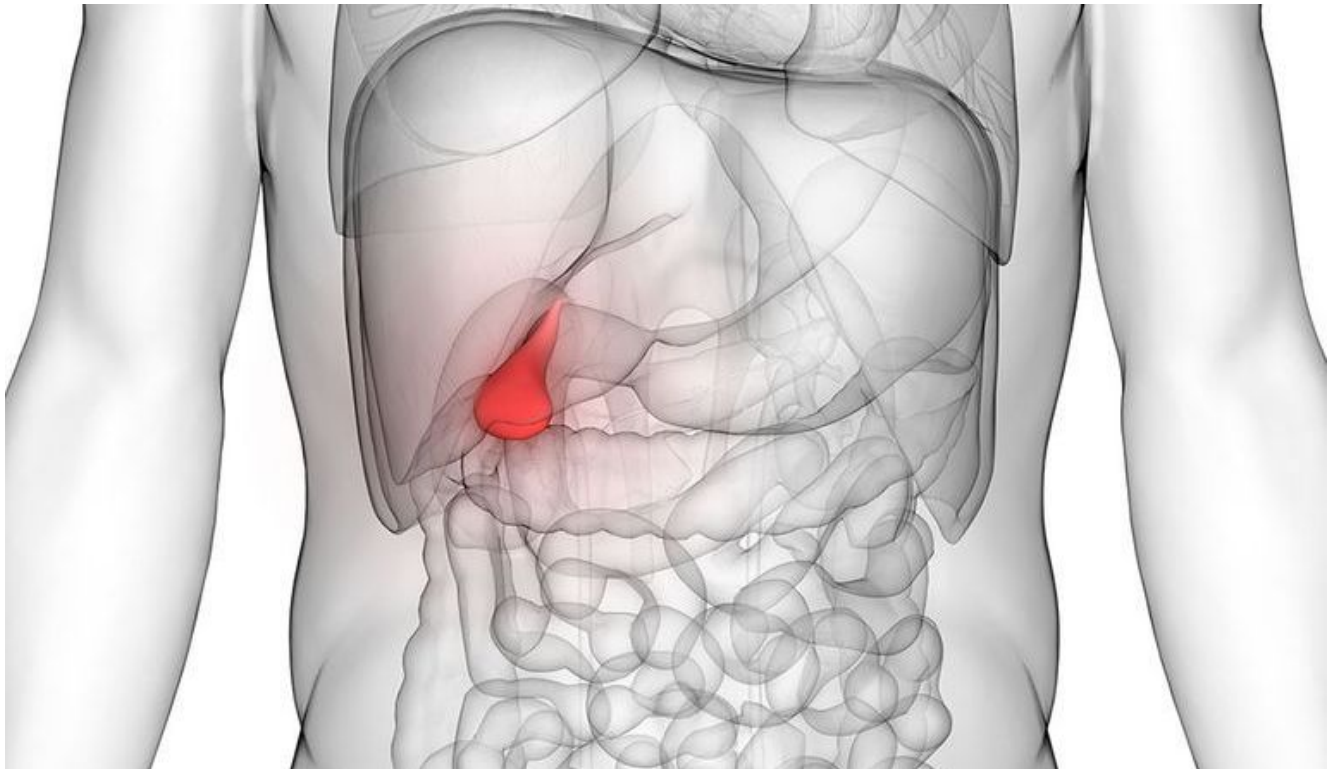


# Liver/Gall Bladder Flush



Classic Liver/Gall Bladder Flush by Ingri Cassel

## **Classic Liver/Gall Bladder Flush**

Cleansing the liver and gallbladder is one of our 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 gallstones and restoring our 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 MgSO<sub>4</sub> (= 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 gallstones 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.