

# Taking Care of Your Liver

Your liver is THE MOST IMPORTANT ORGAN in our body next to the brain and nervous system. We hear regularly that our gut health is synonymous with having a healthy immune system. But what if all your digestive issues – gas, bloating, constipation, diarrhea, etc. – is also a sign of a congested liver? According to the leading health expert on this issue, Andreas Moritz, author of the book, *The Amazing Liver and Gallbladder Flush*, even parasites and other issues stemming from chronic constipation clear up on their own after the liver and gallbladder are free of stones that have formed in these organs.

At the top of [my article](#) on the liver, I have this to say:

“It is imperative now more than ever for us to make sure our liver is in good functioning order. If people truly understood the vital bodily functions their liver performs, they would also understand that a constipated liver that continues on unchecked for several years will lead to immune system disorders, neurological diseases, chronic fatigue, cancers, heart disease, stroke, hypertension, sexual dysfunction, eyesight problems, diabetes, and every digestive disorder from constipation to indigestion.”

While I am tempted to quote from Andreas Moritz’s book extensively, let me just say that you need to purchase this book and keep it in your library after reading and re-reading it. It is so valuable that it is not easy to find an inexpensive used copy of the sixth edition (October 2012.) Moritz was continually updating and upgrading his book. When you read this book, you will understand more clearly why it is so important to do a [liver cleanse](#), especially if you have been diagnosed with ANY of the diseases I mentioned above. And

if you have ever eaten dairy products or meat, taken ANY pharmaceutical drugs, have a tendency to snack, have eaten fast food, etc. let me assure you that you will benefit from this cleanse. But doing it only once a year is not what needs to happen. You need to commit to doing it monthly until NO stones come out, and then, ONLY then, should you do the [liver flush](#) twice a year for maintenance.

When I told a friend who had his gallbladder removed several years ago that he, especially, needed to do a liver cleanse since now he has stones that are accumulating and continually forming in his liver, he then told me that on his rightside, on his back at the location of his liver, he could feel what could be stones poking out there so that when one massaged the area, you could feel them. Wow! I lent him an older version of **The Amazing Liver and Gallbladder Flush** and, since he is much older than his wife, I told him he owes it to her to follow the protocol in the book for a [liver flush](#) that is designed for those who no longer have a gallbladder. Hopefully, he will follow through since he did the preparation and was all ready to flush but couldn't find the epsom salts so he found some magnesium citrate. Claimed that nothing happened so I need to 'bug him' to follow through with the [liver flush](#)! I should mention that a month prior to his first attempt, he had a bout of intense constipation that forced him to see a colon therapist.

I did the [liver flush](#) about five times last year and started in again in March. I just finished my fifth cleanse for the year and will keep going until I get no more stones out. In April, about 20 hours after drinking the olive oil/grapefruit juice mixture, I had the oddest "bowel movement" – a string of cream-colored calcified stones that were about two feet long! Then the next day I had a two shorter 'strands' of stones in the toilet bowl – wow! Was I ever encouraged to keep going with these cleanses. In June, a little over 4 hours after drinking the concoction (about 2:40 AM) I had an evacuation

that produced 2 large light greenish round balls the diameter of a quarter. Another wow for me. This month (July) I had several small and medium-sized dark green stones come out.

There are several versions of this cleanse but I have found Andreas Moritz's method the most complete and the one I have had the most encouragement and success doing. For one, he stresses the importance of each step and why to eat a vegan diet for the six days leading to the liver flush. I have found that when I stick to his protocol of a vegan diet, my cleanse in general is more productive. To make this easier to do, I have included a section on the top of our homepage –recipes – that I make for this cleanse that are both healthy and tasty. The protocol is to drink a quart of apple juice each day for six days prior to the flush but I have found that the sweetness of drinking an entire quart of apple juice daily was difficult so I have used much less and substitute some of the apple juice with sour cherry juice. Moritz claims that 8 oz. of unsweetened cranberry or sour cherry juice is equal to one quart of apple juice in softening the stones in your gallbladder (or liver).

There were several great short YouTube videos of people coaching others through a [liver flush](#) but these videos have been removed from that platform. If this is your first time doing a [liver cleanse](#) we recommend drinking the Epsom salts in water mixture and the grapefruit/olive oil mixture through a straw. I also have a [colema board and bucket](#) that I consider essential to have if you are going to do this process for the rest of your life, like I will be doing. But for the first few times, you can get by with an enema bag from your local drug store or visit a colon therapist prior to the 6<sup>th</sup> day of the [liver flush](#).

.Several times I found myself nauseous about 4-5 hours after taking the grapefruit juice/olive oil mixture so I have decided to incorporate Ann Wigmore's tea between and after

drinking the Epsom salts. I haven't had an issue since I have been doing this.

### **Here is the recipe for the tea –**

4 slices of ginger root (fresh and minced)  
1 t fenugreek seeds  
1 t fennel seed  
1 t peppermint  
1 tsp. flaxseed

Bring a quart of water with the ginger in it to a boil and simmer for 3 min. Add other ingredients and take off the burner. I have not been doing the flaxseed since I forgot this was the fifth ingredient and was trying to go by memory. Ann Wignmore recommends using 3/4 of a quart of water – way too strong IMHO. Last time I made it I used closer to 3 pints of water, added a bit more mint and drank some in the morning, too. I use any mint I have around here – several varieties in my yard/garden. Lemon Balm is nice since it also helps your nervous system relax, inducing a restful sleep.

The other tip is to make sure you lie flat on your back with your head slightly elevated by an extra pillow. About 2-3 hours later, I prefer to sleep on my side so I try to make sure I sleep on my rightside since it tends to direct the olive oil/grapefruit juice concoction to the liver area which is on your right side under your rib cage.

I also recommend using a [castor oil](#) pack over the liver area prior to and after drinking the grapefruit juice/olive oil concoction. There are many demos online. There are a couple variations such as I apply the oil directly on my liver area and then slap on the wool cloth. I also use a hot water bottle. This [particular demo](#) is about 4 min.

**What are the most common causes of your body forming**

## **gallstones?**

Overeating, snacking or eating between meals, eating heavy meals in the evening, and over-eating protein, particularly eggs, pork, fried foods (including sauteed onions), pasteurized milk, ice cream, coffee and chocolate.

There is so much I can say about the importance of this but to encourage you further to start this process, here is what one lady told me recently about doing the [liver flush](#):

***“I did it! I did your liver gall bladder cleanse. It was not hard at all. I feel lighter and in a better mood already and I got to see the toxic pebbles. Even showed one to my family. Can’t believe that stuff comes out of us.”***

The following is quoted from pp. 32-33 in The Amazing Liver and Gallbladder Flush (2012 – 6<sup>th</sup> Edition):

If you suffer any of the following symptoms, or similar conditions, you most likely have numerous gallstones in your liver and gallbladder:

Low appetite

Food cravings

Diarrhea

Nausea

Frequent vomiting

Pain in upper abdomen

Shakes and chills

Constipation

Clay-colored stool

Hernia

Flatulence

Hemorrhoids

Dull pain on the right side

Difficulty breathing

Liver cirrhosis

Hepatitis (A, B, or C)  
Most infections  
High cholesterol  
Pancreatitis  
Heart diseases  
Brain disorders  
Duodenal ulcers  
A 'bilious' or angry personality  
Depression  
Impotence  
Other sexual problems  
Prostate diseases  
Urinary problems  
Hormonal imbalances  
Menstrual and menopausal disorders  
Problems with vision  
Puffy eyes  
Any skin disorder  
Liver spots, especially those on the back of the hands and facial area  
Dizziness and fainting spells  
Loss of muscle tone  
Excessive weight OR wasting  
Strong shoulder and back pain  
Pain at the top of the shoulder blade and/or in between the shoulder blades  
Dark color under the eyes  
Morbid complexion  
Tongue that is glossy or coated in white or yellow  
Scoliosis  
Gout  
Frozen shoulder  
Stiff neck  
Asthma  
Allergies  
Headaches and migraines  
Tooth and gum problems

Yellowness of the eyes and skin  
Sciatica  
Numbness and paralysis of the legs  
Joint diseases  
Knee problems  
Osteoporosis  
Obesity  
Chronic fatigue  
Kidney diseases  
Cancer  
Multiple Sclerosis and fibromyalgia  
Alzheimer's disease  
Cold extremities  
Excessive heat and perspiration in the upper part of the body  
Very greasy hair and hair loss  
Cuts and wounds that keep bleeding and do not heal  
Difficulty sleeping, insomnia  
Nightmares  
Stiffness of joints and muscles  
Hot and cold flashes  
Multiple chemical sensitivities

Just based on the above list of maladies connected to an accumulation of stones in your gallbladder (or liver if your gallbladder was removed), you now know how important it is to take care of your liver by doing a liver flush monthly AFTER your colon has been cleaned out.

### **Spiritual and emotional significance of cancer and the liver**

Different areas of the body connect to certain emotional states. The liver has long been known as the seat of anger. And while there are multiple causes of cancer, the underlying theme from a spiritual perspective is a lack of forgiveness and suppressed anger. The location of the cancer is also key. My friend who lost her first child soon after his four-month "well-baby" checkup when he was administered a slew of vaccines, and in spite of being warned to not get the baby

vaccinated, went all out to alert the news stations, newspapers, everyone at her workplace, etc. She used her justified anger to alert other moms as a result of her loss. What she found out was, in our inland Northwest area of the country, there were a dozen male babies who died soon after their four-month "well-baby" check up and after the pediatrician's office administered a slew of vaccines.

The reason I am bringing this up is that her husband developed throat cancer. He was always a go along, get along type of guy and would tell his wife that you can't do anything about it. But he never spoke up – she did. Think about it. Throat cancer and your voice. Her husband did not use his voice when his wife did. In the process, he refused to listen to his wife's advice and, instead, followed what the doctor's told him to do and he died after being tortured by their "treatments" and recommendations.

By that time, they had a beautiful baby girl who looked just like her Dad and was never given any vaccines. The girl is now nine years old and is a constant reminder for her mom of what really happened. I know since I am her Godmother.

My own story is a bit similar but has to do with the liver and gallbladder in particular. My first marriage was in trouble from the start. After our daughter was three years old I began to do a series of liver cleanses when I didn't even have the benefit of Andreas Moritz's brilliant book on the topic. I found myself doing them back to back since I still had a dull pain under my rib cage on the righthand side which I knew was my gallbladder. After three of these, the pain persisted. At that point I realized that I had some deep resentment towards my husband from the past and needed to forgive him in a real way and move on. I made forgiveness rather than liver flushes my priority and the pain ceased.

By the way, a couple years later, my husband went into the hospital and had his gallbladder removed. At the time, it was

a bit embarrassing for me since I was teaching an 11-week herbal class and had helped three people in our community save their gallbladders from being surgically removed.

Edgar Cayce stated, "The mind is the builder and the physical is the result." Keeping this in 'mind', it is vital to assess the mental, emotional, and spiritual aspects of any illness. Are you holding bitterness towards a family member or ex-spouse? Please remember that the life you are living today in a physical body is for learning lessons of the spirit. Holding grudges only harms you.

Under books to own on the [resource](#) page on [Humbleweed.net](http://Humbleweed.net) the **last three books** are actually some of the most important books I have read. You can find them used or in your library.

### **What is new on [Humbleweed.net](http://Humbleweed.net)**

CBD oil has been added to the list of products we offer since it has helped MANY people recover from a wide range of ailments. I personally know of several people who have used CBD oil along with Essiac Tea to successfully recover from a cancer diagnosis. This particular brand, Hempworx, is organically grown in Kentucky and uses the entire plant to get all 120+ cannabinoids into their CBD oil. You can read about it [here](#)

We created a new tab at the top of the page – Essiac Tea. I wrote a couple more articles so decided to create a separate category just for Essiac Tea. Specifically, I wanted people to know of known precautions prior to buying and drinking our brand of Essiac Tea. So there is now a new article up on just that – [Essiac Tea Precautions](#). A few weeks later, I was thankful to hear that a more comprehensive article was posted on this topic at the [Essiac-Tea.org](http://Essiac-Tea.org) website.

We now have a [Testimonial](#) page. And while I do not solicit testimonials from our Essiac Tea customers, if you have an encouraging story to share, it is very much appreciated. We

will not publish your name – just initials and state for authenticity.

These testimonials are very important for those who have just been diagnosed with cancer. Doctors can scare you into doing a treatment you intuit may be harmful so they bully and scare you into doing it by telling you that if you do NOT do their recommendation, you WILL die. What most people do not know is that they get kick backs from the pharmaceutical manufacturer for the chemotherapy they get you to submit to. If this happens, make sure to get the manufacturer and brand name then search on [Drugs.com](http://Drugs.com) for all the details about this version of chemotherapy. If you do this, looking at all precautions and known side effects, you will be more encouraged by the testimonials of people who have beat cancer without chemotherapy/radiation.

One lady who purchased Essiac Tea from us for her mother, who was diagnosed with cancer, started a website to give people diagnosed with cancer the encouragement and hope they need to beat it. [DeeDee](#) is a deeply spiritual lady with amazing faith, trust and hope. She understands that all our life challenges are truly opportunities for spiritual growth. And with cancer diagnoses now being 1 in 2 people, she took the opportunity to create what she saw was lacking – a website offering positive stories from cancer survivors. And believe me, they are everywhere, which she soon discovered. Since she launched her [website](#) she has found herself meeting people regularly who have recovered from cancer naturally. Some went the allopathic route at first until they were close to dead prior to changing course. But all are living proof years later that cancer is not a death sentence, but an opportunity that taught them many valuable lessons about themselves, usually awakening them to their own unique spiritual quest.

You can sign up for her newsletter that offers her latest story of hope by going to her website directly and signing up! <https://www.connect4hope.com/about>

If you have a story of hope or know someone who has such a survivor story, please contact DeeDee by email at: [connect2connect4hope@gmail.com](mailto:connect2connect4hope@gmail.com)

### **The best is for last!**

I had a call from our former VacLib co-director who wanted to know if I could help a woman in Florida whose daughter is pregnant, is Rh negative and wanted to avoid Rhogam shots since she believes it was the Rhogam shots that may have contributed to her son's autism spectrum disorder (ASD). I brought up the fact that the Rh factor can be reversed and this was a surprise to him so I sent him Dr. John R. Christopher's [newsletter](#) on this topic. Our webmaster with Vaccination Liberation (VacLib) heard of this incident since I had attached the newsletter and generally cc him on all correspondence that is VacLib related. As a result, he found this amazing resource – ALL of Dr. Christopher's newsletters, books, articles, and even his unpublished works on the worldwide web for FREE!

Anyone who knows me, also know that this one man is my absolute HERO of all times. All my foundational herbal knowledge comes from his teachings. I also own all his books, audiotapes and newsletters but certainly never had access to his unpublished works. What a find! I have added the link on the [resource](#) page.

**FINAL words** – It is best to do the [liver flush](#) on the waning of the moon. I will be doing my sixth liver flush for 2018

**August 4 – 9.** The new moon happens to be on August 11<sup>th</sup> but I am doing it a few days early since I will turn 60 on August 11<sup>th</sup>

With that said, I am praying that several of you reading this join me – not for my birthday but for the [liver flush](#)! LOL!