

# Liver cleanse

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This liver cleanse is one of the best things that I have done for my health. I did this cleans 3 years ago and got many gall stones out of my liver. Soon after I did this I read on the internet that the gall bladder and liver cleanse was hogwash. The people that say this said that the ½ cup of olive oil that you drink in the actual cleanse is what forms the gall stones that are passed in the fecal matter. I believed them for 2 years until I got the book called, The Liver and Gallbladder Miracle Cleanse by Andreas Moritz. The book was very convincing and tells about the many diseases that are helped through this cleanse. After reading this I decided to try the cleanse again, and again got out many gallstones. I am in the process of doing this cleanse every month until I don't get any more stones out. From my own experience I now believe that the stones are not caused by the olive oil, as some opposing posts on the internet are portraying. The reason for my assurance, is that when I did my first few cleanses I got out small stone that were bright green; which are considered newer stones. After about the 4<sup>th</sup> cleanse the stones were fewer, bigger, harder and lighter in color. I have done about 8 cleanses now and they are increasing in size, hardness and are fewer every time. The larger, lighter colored stones are the older ones. If it was the olive oil causing the stones, then the stones would be the same each time. Another good reason that it is not hogwash is the fact that we had a health guest that did the liver cleanse here, and on the night of the cleanse about 15 minutes **before** she drank the olive oil she passed some stones. This was during an enema that is recommended to do 30 minutes before you drink the oil. The magnesium which is suggested that you drink at 6:00pm and at 8:00pm had relaxed the bile ducts, the apple juice which she had drunk for 6 days softened the stones, and when she did the enema some of the stones came out. She also had a large amount of stones coming out the next day after she did the olive oil. This proves beyond a shadow of doubt that the stones are not caused by taking in the olive oil. I am sorry that there are those who try to tear down these wonderful healing remedies.

This Liver cleanse has been around for a very long time. Jethro Kloss has this liver cleanse written out in his book called, Back to Eden written in 1939, and it has helped many people. I know personally an eighty year old lady that went to the hospital with abdominal pain and they told her that she needed to have her gall bladder removed. She decided to not have the surgery and did the gall bladder and liver cleanse; she got many stones out; some were even the putrefied black ones from the gall bladder; she has not had another episode since, which is about 10 years now.

The instructions for this cleanse suggests that you do this cleanse once a month until you do not get any more stones out. I am almost there and will post the finish date later when this is accomplished. I am feeling better with each cleanse. My daughter who has been suffering with Lyme disease has also improved greatly since doing this cleanse. She is on her 4<sup>th</sup> cleanse. Thank you, Andreas Moritz for your book and encouragement.

Another thing I would like to add is that because of my and my daughters small size we decided to cut down the magnesium by 1/3 and the suggested olive oil intake from ½ cup to ¼ cup; this has worked just fine for us. We did not cut down until we had done several cleanses with the recommended amounts.

Following is a picture of my stones and the actual cleanse written out, taken from Andreas Moritz book called, The Liver And Gallbladder Miracle Cleanse. I suggest you order the book and share this information with those you love. Amazon has it for a very nice price.



My First Stones

## **THE LIVER AND GALLBLADDER MIRACLE CLEANSE**

**Drink 32ozs of room temperature apple juice in small amounts throughout each day for six days before the actual cleans. Do not eat or drink anything cold during these days.**

### **Make sure that you cleanse your colon before and after you do a liver cleanse:**

Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing done either a few days before or, ideally, on the sixth day of preparation, helps to avoid or minimize any discomfort or nausea that may arise during the actual liver cleanse. It prevents back-flushing of the oil mixture or waste products from the intestinal tract into the stomach. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colon hydrotherapy) is the fastest and easiest method to prepare the colon for the liver cleanse. Coleman-board irrigation is the second most preferable method.

### **What you need to do on the sixth day of drinking apple juice:**

Drink all the 32 ounces of apple juice in the morning. You may start drinking the juice soon after awakening. If you feel hungry in the morning, eat a light breakfast, such as a hot cereal: oatmeal would be an ideal choice. Avoid sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals, and the like. Fruit or fruit juices are fine. For lunch eat plain cooked or steamed vegetables with white rice (preferably basmati rice) and flavor it with a little unrefined sea or rock salt. To repeat, *do not eat any protein foods, butter, or oil*, or you might feel ill during the actual cleanse. Do not eat or drink anything (except water) after 1:30pm otherwise you may have difficulties passing stones Follow the exact schedule below.

## **The Actual Cleanse starting on the sixth day**

### **Evening**

6:00p.m. Add 4 tablespoons of Epsom salts (magnesium sulfate) to a total of 24 ounces (three 8-oz. glasses) of filtered water in a jar. This makes four 6-oz servings. Drink your first portion 3 / 4 glass) now. You may take a few sips of water afterward to neutralize the bitter taste in your mouth, or may add a little lemon juice to improve the taste. Some people drink it with a large plastic straw to bypass the taste buds on the tongue. Closing the nostrils while drinking it works well for most people. It is also helpful to brush your teeth afterward or rinse out the mouth with baking soda. One of the main actions of Epsom salt is to dilate (widen) the bile ducts making it easy for the stones to pass. Moreover the salts clear out waste that may obstruct the release of the stones. (If you are allergic to Epsom salts or are just not able to get them down, you may instead use the second best choice-magnesium citrate at the same dosage.) Set out the citrus fruit that you will be using later so that it can be warmed to room temperature.

**8:00 p.m.** Drink your second serving **3/4** glass) of Epsom salts.

**9:30p.m.** If you have not had a bowel movement until now and have not done a colon cleanse within the past 24 hours, take a water enema; this will trigger a series of bowel movements.

**9:4.5 p.m.** Thoroughly wash the grapefruits (or lemons, or oranges). Squeeze them by hand and remove the pulp. You will need 3/4 glass of juice. Pour the juice and 1/2 glass of olive oil into the pint jar. Close the jar tightly and shake hard about 20 times or until the solution is watery. Ideally you should drink this mixture at 10:00 p. m. but if you feel you still need to visit the bathroom a few more times, you may delay this step for up to 10 minutes.

**10:00 p.m.** Stand next to your bed (do not sit down) and drink the concoction, if possible, without interruption. Some people prefer to drink it through a large plastic straw. Drinking it while keeping the nostrils closed seems to work best. If necessary, use a little honey between sips, which helps the mixture go down more smoothly. Most people, though have no problem drinking in one go. Do not take more than 5 minutes for this (only elderly or weak people may take longer).

### **PLEASE LIE DOWN IMMEDIATELY!**

This is essential for helping to release the gall stones! Turn off the lights and lie flat on your back with one or two pillows propping your head up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled toward your head. **Lie perfectly still for at least 20 minutes, and try not to speak!** Put your attention on your liver. Some people find it beneficial to place a castor oil pack over the liver area. You may feel the stones traveling along the bile ducts like marbles. There won't be any spasms or pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed and the bile that is excreted along with the stones keeps the bile ducts well lubricated. (This is very different than in the case of a gallstone attack where magnesium and bile are not present.) Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check if there are already small gallstones (pea green or tan-colored ones) floating in the toilet. You may feel nauseated during the night and or in the early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxin from the liver and gallbladder, pushing the oil mixture back into the stomach. The nausea will pass as the morning progresses.

### **The Following Morning**

**6:00-6:30 a.m.** Upon awakening, but not before 6:00 a.m drink your third  $\frac{3}{4}$  glass of Epsom salts (if you feel very thirsty, drink a glass of warm water before taking the salts). Rest, read, or meditate. If you are sleepy, you may go back to bed, although it is best if the body stays in an upright position. Most people feel fine and prefer to do some light exercises, such as yoga.

**8:00--8:30 a .m.** Drink your fourth and last  $\frac{3}{4}$  glass of Epsom salts.

**10:00-10:30 a.m.** You may drink freshly pressed fruit juice at this time. One half hour later, you may eat one or two pieces of fresh fruit. One hour later you may eat regular (but light) food. By the evening or the next morning you should be back to normal and feel the first signs of improvement. Continue to eat light meals during the following 2-3 days.

Remember, your liver and gallbladder has undergone major surgery, albeit without the harmful side effects or the expense.

**Note:** Drink water whenever you are thirsty, except right after drinking the Epsom salts and for the first two hours after drinking the oil mixture.

### **The Results You Can Expect**

During the morning and, perhaps, afternoon hours following the liver cleanse, you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water. Most of the gallstones are pea- green and float in the toilet because they contain bile compounds. The stones will be in different shades of green and may be bright-colored and shiny like gemstones. Only bile from the liver can cause this green color.