

GALLBLADDER/LIVER FLUSH with Nutritional Fast and/or Intestinal Cleanse

WHY CLEANSE THE LIVER AND GALLBLADDER?

We can begin forming liver and gallstones from childhood. The stones continue to grow larger and larger like waxy pearls as we eat coagulated, cooked, processed oils and animal fats. This is the Standard American Diet that goes along with our decadent lifestyles and excess consumption of cooked bird, fish, dairy and animal meat, as well as packaged foods with so many strange processed oils and unnatural chemicals and preservatives (we rarely take the time to read the ingredient labels, as if we would even understand the names of the ingredients or know what they have been through to get there).

The liver filters everything that goes through our body including the oils and fats. Then these balls of dead, coagulated oils and animal fat (cholesterol) crystals start to build up in the liver bile ducts, clogging up the function of the liver and many stones may roll into the gallbladder, where the bile is stored. As the gallbladder fills up with stones, they begin to grow and grow, blocking the flow of bile into the stomach. When the bile flow is obstructed, we have a difficult time breaking down food and assimilating nutrients. So undigested food moves sluggishly, putrifying and toxifying your gut. These cooked fats and oils are what coat the insides of our blood vessels, come out of our skin in acne, build up and coagulate as cellulite, and build up in our liver and gallbladder. If you have a hard time digesting oils or fats, it's time for a flush. Also if you feel toxic, if you just stopped eating meat alone, we could cut out 50% of our toxicity from the pesticides, chemicals, steroids and hormones stored in the fat and other parts of animals. These toxins 'bioaccumulate' in animals, fish, birds, and humans, meaning we store them. So the higher on the food chain that we eat, the higher the toxicity we are ingesting. This means that the pesticide ridden foods that are fed to them, we are eating too, but multiplied. Not to mention that all factory farmed animals, birds and farmed fish eat the remains of their own that have died suffering in their crowded, insane, dirty, diseased pens, except for cows now supposedly, since the publicity of Mad Cow Disease. But since the factory farm business is basically hiring their own regulators with the diminished amount there are, who knows what goes on for growth and profit in those awful places.

In the past, we did not eat so much meat and processed foods. There wasn't as much meat and dairy available everywhere (fast food chains, packaged foods at convenience stores, etc.) We are actually spending and wasting more energy eating and trying to digest DEAD foods than we would not eating at all. Few people know that now mostly all of the dairy products we see have been pasteurized, meaning cooked, coagulated and have no live enzymes. We didn't have the technology that we have today to create these "emergency foods" which can stay on a shelves for decades. The 'emergency foods' have become convenient staples to our diet. If you think about it, it makes sense why they are not conducive to vibrant health, because they are DEAD foods. There is nothing alive left in them to get old and grow mold. It's like eating plastic or rubber. So it makes sense that eating these foods will clog us up.

Raw fruit and vegetable oils and fat like olive oil and avocados, apple cider vinegar, and citrus fruits like grapefruit are known to help disintegrate the coagulated, cooked fats and cholesterol build up in our system. Also, people who get plenty of cardiovascular tend to burn away and break down the cholesterol. But, most likely, even if you don't think you've eaten that much clogging food, you have gallstones. 90% of adults have stones, but 80-99% don't know it. People can have up to 3000 stones inside the gallbladder and up to 3000 inside the liver. 15-30% of children age 14-18 have stones / 50% of children have stones. 99.95% of people with cancer have intrahepatic stones (large stones in bile ducts).

This is for people who want to improve digestion dramatically, which is the basis of all health, eliminate allergies, more with each cleanse you do, eliminate shoulder, upper arm, and upper back pain, have more energy, avoid disease like pancreatitis and have an increased sense of well being.

Gallbladder is the most common surgery in North America, and every year more than one million people have their gallbladders removed (due to painful gallstones) in America and over 50,000 people in Canada. Gallbladder surgery is expensive and incredibly painful and the majority of people who have had it still experience pain! This is because many stones start forming in the Liver! Don't let yourself get to this point. By the way, if you've had surgery already, this cleanse will clear the stones from the liver. I am 31 years old, 5'4", average 115-125 lbs. and have been in good health with a fairly strong immune system. I haven't had the worst diet, but I did grow up eating meat and dairy like the food triangle and mom told us to, and of course I had my fair share of candy, ice cream, fast food, chips, etc. through my teens and early twenties. But I did eat vegetables and fruits every day pretty much. Anyway, my first gallbladder/liver cleanse I released about 200 small bee pollen size stones, around 20 a centimeter in diameter, and two large one inch diameter stones. Wow! By the smell I could tell that these stones had been stuck in me probably for decades, festering with parasites, toxicity, and were like waxy balls of putrifying animal fat, cooked oils and cholesterol. When they came out of my liver and gallbladder into my colon, I could actually feel some of them rolling out and I swear I could feel the now unstuck, low vibrational, bad karmic, negative emotional energy pass out of me. I could imagine the vibrations from all the screaming, tortured and murdered animals and animal products still stuck in my body. And I wanted them out as soon as possible.

Based on Quantum Physics, studies on cellular memory, and my intuition, I believe there are low vibrations that resonate from this waste in our bodies and it feeds into a certain mentality and emotional state which is not conducive to being true, alive, and compassionate. I believe true love and faith operates on high frequencies. Fruit has the highest frequency of all food according to Kirlian photography. Where as meat from a dead animal carries the frequency of murder and fear. Especially the way factory farms slaughter animals these days, without any care for the suffering and pain of the animal, nor the honoring, thanks, and respect for it's life. Basically, we all are vibration and have a hertz level. These vibrations run through all matter and living things. Bad bacteria and

viruses cannot exist in higher level frequencies. Where on the other hand, they flourish in low frequencies. People who are sickened or diseased have very low hertz levels.

For more information on liver and gallbladder pictures and cleansing, go to: <http://www.curezone.com/cleanse/liver/>

To create this cleanse, I researched the many different approaches to liver/gallbladder cleansing, compared what I read and heard about successful vs. unsuccessful cleanses, I tailored the cleanse to not include products which I've heard negative feedback about, and I've replaced certain products with other better ones which updates the efficiency and safety of the cleanse. A Parasite cleanse (100 days taking herbs 2x/day) would be beneficial before and after a Gallbladder flush. For added benefit, Enzyme Therapy can be done before, during and after Gall flushing and along with any other cleanse or on it's own (7-30 days working up to 10 metabolic enzymes 4-10x/day with 3 caps of spirulina or chlorella).

Extra electrolyte/alkaline minerals are suggested to make sure there is always enough to neutralize the extra acidic bile which is flushing the gallstones and to fuel a safe cleansing process. We need to replace these important minerals which during cleansing are being used up way more than usual. And plenty of fluid is needed to flush out the blood. See "Health Info" and "Cleansing for Life" which you can get from me for more info on keeping energy levels up, flushing the toxins out faster, and keeping in balance. Also see Cleanse and Purify Thyself by Richard Anderson books One and Two to educate yourself about the "healing crisis" and how to avoid "cleanse reactions"...You can also order a pamphlet from the same people, called Cleansing Reactions and the Healing Crisis/ Dramatic Signs of Healing, see resources under Chris Hutnik in Health info.

I recommend not water or juice fasting on this cleanse although having a couple bowls of Electrolyte broths and 1/2 celery and 1/2 apple juices (about 3 10 oz. cups/ day) along with other nutrition is very beneficial. Easily digested, highly nutritious foods are best (more specific examples and recipes below). Blended live foods with natural fiber intact are the absolute best and most easily absorbed and digested(See The Life Food Recipe Book by Annie and David Jubb, for info and recipes on their Nutritional Fast). Well chewed juicy fruits are next. And veggie soups, and steamed veggies are next. Then raw salads and some cooked whole grains such as quinoa and sprouted grain foods can be eaten for lunch and/or dinner. During the preparation days of the cleanse we ideally want to systematically nourish the body, soften the stones, and eliminate the waste.

An Intestinal cleanse will help move toxicity out of the system. You will know by the PH tests in the cleanse kit how strong you can go with it and by how you feel. You should not be having cleanse reactions for three days before going to a deeper level of cleansing. If you have not cleansed before, I would recommend doing either a mild phase of an Intestinal cleanse or just blended

foods with a herbal laxative for 1-4 weeks prior and/or the Enzyme therapy which is easier while working. As the toxic stones are flushed out of the gallbladder, we want to get them out as soon as possible to avoid auto-intoxication or re-absorption of the toxins.

CAUTION:

-Removing metal Amalgam fillings is recommended before doing a Gallbladder/Liver Flush to avoid excess toxicity.

-If live parasites are suspected in Liver and/or in general, do a 90-100 day Parasite Flush first or after. Herbs and program available through Arise and Shine Products or Jubb's Longevity, *see resources*

-Especially if you have health challenges or anything out of the "ordinary" you've been noticing, it's probably a good time for a check-up. By "ordinary," I mean any thing that is in any way limiting your freedom to do all the things you've always done or wanted to do. And as with any new health program, I would recommend the supervision of a wholistic doctor who understands the process of natural detoxification, whole body health, and who specializes if you have specific issues. The website www.annboroch.com (for Dr. Ann Boroch) is a good website to read through to get a feel for what a good holistic doctor takes into consideration, treating the body, spirit and mind as a whole. Also, make sure that whomever you end up trusting takes the time like Dr. Boroch does (2 hr. intro consultation) to assess what you need by using a thorough questionnaire, meeting with you and intimately getting to know you, using several different tests and systems to check your whole body energetically, mentally and physically, and most importantly, really caring to take the time to help you HEAL YOURSELF. I believe that the doctors who have gone through the journey of healing themselves are the best teachers.

Supplies:

Products with the *(asterix) available for mail order from LiveLive and/or Jubb's Longevity (they offer a discount cleanse package which includes many of these products and offer the rest separately), *see resources*

Books, *see resources*

1. Cleanse and Purify Thyself Books 1 and 2
2. The LifeFood Recipe Book by David Jubb, Ph.D. and Annie Jubb*
3. The Food Revolution by John Robbins
4. Eating for Beauty by David Wolfe
5. Natural Healing by Jack Soltanoff, D.C.
6. Rainbow Green Live-Food Cuisine by Gabriel Cousens

Natural Health Food Store

Products with asterix* are definitely available at LiveLive and/or Jubb's Longevity in NY, *see resources*

-Bragg's Raw Organic Apple Cider Vinegar*

- Big bottle of Castor oil *
- Cotton or wool flannel (try to find organic and boil in water to purify)*
- Organic, First Cold Pressed, Unfiltered Olive Oil in a dark glass bottle (light makes it go rancid)*-can order directly from Bariani, *see resources*
- Organic Lignan Unfiltered Flax Oil and/or Coconut oil in fridge section* (see pp.176-177 in The LifeFood Recipe Book)
- Garden of Eden- Primal Defense- maybe one of the most effective probiotics of earth! Can heal and balance ph of digestive tract in minutes, *see resources*
- Green Superfood: Sun Chlorella, Nutrex Organic Spirulina Pacifica tablets* or Earthrise Spirulina Certified Organic tablets or powder- One of the most complete sources of Protein, rich in phycotone pigments, minerals, anti-oxidants, trace elements, and other nutritive components including Magnesium which is integral in more than 300 detox pathways of the body and helps us relax, and is packed with Chlorophyll (see pp. 166-168 of The LifeFood Recipe Book*) OR Aquazon by Amazon Herb Company- contains blue-green algae which stimulates immune patrolling or migration of natural killer cells as scavengers of virally infected cells and cells undergoing degeneration and Fucus which stimulates lymphatic circulation important for riding of toxins, promotes healthy tissue growth, stimulates the immune system, helps maintain blood glucose levels and with weight management. *see resources*, or other greenfood such as below.
- Wholefood Supplement: Pure Synergy by The Synergy Company*, Healthforce Nutritional Vitamineral Green or another Organic and Wildcrafted Low Temperature Dehydrated Green Powder Mix that includes Probiotics, Enzymes, and Superfoods like Nature's First Law Nature's First Food, from Nature's First Law*, Vision Inc.'s You're My Everything Green Food with MSM*, OR if you want similar nutrients in a pill form try Garden of Life Perfect Food Super Green Formula capsules * or Ultimate Food Complex capsules from Arise and Shine, *see resources*
- SwissKriess herbal laxative* (optional just in case and if not taking herbs for Intestinal Cleanse or bowels are not moving)
- Fresh Organic Produce-*see resources*
- Optional Enema Herbs (buy organic and prepare like tea), see pp.173-179 in Cleanse and Purify Thyself Book 1 for benefits): Burdock Root, Yarrow, Catnip, Red Raspberry, Kidney Tea*(from Arise and Shine Products- a mixture Richard Anderson uses in every enema), Wild Cherry Bark, Blessed Thistle, Hyssop, Elderflower, Mullein, and/or Dandelion (available Organic Loose Leaf in some bulk bins in Healthfood stores OR just try to find as Organic Tea Bags) OR try Kidney Life Powder by Arise and Shine which has all the organ supportive herbs.
- Grade B Organic Maple Syrup or Raw Agave Nectar*
- Freshly fine ground Organic Coffee
- Cheese Cloth* or Coffee Filter and Sieve to strain coffee without leaving any grind residue
- To make the water you're drinking more absorbable add Alkazon Electrolyte Dietary Supplement- 'Alkaline Booster' 1.2 fl oz.* www.alkazone.com 1(800)810-1888 and 'Crystal Energy' made with Flanagan Microclusters 2 or 4 fl oz.* www.royalhealth.com Also Garden of Life- Springs of life, *see resources*

-Organic MSM* like Jubbs Longevity MSM Caps*- #1 beauty supplement crucial for formation of blood proteins and amino acids needed for healthy hair, nails, skin, and organs.

-Metabolic Enzymes: Vitalzymes by Health Source International OR Rainbow Light Advanced Enzyme System or Jubb's Longevity Enzymes* or some other high quality broad-spectrum plant source enzyme. Enzymes work in the body not only to help digest foods but also clears and cleans excess sludge out of the body via the white blood cells throughout the body and lymphatic system (among hundreds of other important functions). Enzymes are responsible for every biochemical reaction that occurs in living matter. All life depends on enzymes.

-Garden of Life Primal Defense*- An incredibly effective Probiotic with Beneficial bacteria from soil organisms...read about on www.gardenoflifeusa.com ...Heals the stomach lining, balances ph, helps digests, make you regular, fight off pathogenic bacteria from food poisoning, colds, flus, and candida.

These products are available at most Drug Stores or Pharmacies or try www.rawfood.com , LiveLive and/or Jubb's Longevity in NY for products with the asterix*, see *resources*

1. Heating pad with lo, med, hi settings
2. Plastic Wrap or use a plastic bag from home
3. Enema Bag (get one with an open top, the wider the easier to clean and use)*
4. Phosphoric Acid, or Ortho-Phos*
5. Large 1 quart Pyrex Measuring Cup (for convenience of measuring and straining coffee)
6. Disposable Mesh Sieve to gather and rinse liver/gallstones

Arise and Shine Products, see *resources*

-Arisenymes: Enzymes work in the body not only to help digest foods but also clears and cleans excess sludge out of the body via the white blood cells throughout the body and lymphatic system (among hundreds of other important functions). Enzymes are responsible for every biochemical reaction that occurs in living matter. All life depends on enzymes.

-Super Antioxidant Blend: to neutralize free-radicals released when purging toxic liver/gall stones and to combat free-radicals released from stress during travel, exercise, and from drugs, drinking alcohol, smoking, and sickness.

-Electrolife: organic electrolyte minerals so the body can maintain and store alkaline minerals needed for proper digestion and vitamin assimilation, fluid absorbtion, cleansing processes and healthy immune system.

-Super Antioxidant Blend: Anitoxidants are important to take while cleansing to s=neutralized free radicals created by the excess toxins in our system during cleansing. The toxins released from fatty tissues into bloodstream to be purged out of our bodies through the lymphatic system and organs forever!

-Chelated Dehydrated Organic Minerals 100/ 3 month supply, vegetable capsules: the best form of organic minerals from fossilized plant matter which are

in perfect balance with each other. Very important for rebuilding our alkaline mineral reserves for healthy skin, hair, bones, and immune system

-Kidney Tea: excellent for supporting the body especially during cleansing and for use in enemas- Dr. Anderson uses this tea in all his enemas.

-Organic Cayenne capsules 40,000 H.U.: good for strengthening heart, thinning blood during Cleansing, and for Daily Life in general unless there's Diarrhea for more than two days- stop taking until bowels normalize, then add back in slowly.

-Flora Grow: beneficial bacteria/ probiotic which balances bowel PH and is good for digestion and immune system.

-Yeast End: herbs and a probiotic which actually destroys pathogenic bacteria from food poisoning, candida, and other sicknesses such as the common cold.

-Ultimate Food Complex Capsules: for high power energy...full of vital nutrients including green food ...needed to help alkalize the body. Available in powder also.

-Optional: Cleanse Thyself Program Kit: Intestinal Cleanse including Herbs, Shakes, Flora, etc.

WHAT THE CLEANSE ENTAILS:

4- 14 day Simple Gallbladder/Liver Flush: Enzyme Therapy, Magnesium Oxide Cocktail, Phosphoric Acid Appleade during a Nutritional Fast or Light Alkalizing Diet for those with heavy work schedules.

OR

One Month Intestinal Cleanse with Gallbladder/ Liver Flush: Start with an optional 7 day Pre cleanse (Example: 2 days-Mild/ 2 days-Gentle/ 3 days-Powr) followed by a 12 day Nutritional Fast: 4 Liver/Gall Flushes every third day with 2-3 preparation days Before and in between Flush days. The amount of flushes you want to do depends on how you feel. If you don't feel ready, maybe you need more prep days to replenish and nourish in between OR if this is your first time, one or two flush days might be enough for you! Listen to your body! This is serious business BUT much much less serious than painful gallbladder surgery. On the other hand, if you feel strong, keep going until there are no longer any stones coming out which could be 20-30 or more Flush days. Finish with a 7 day Post cleanse (Example: 2 days-Powr/ 5 days Gentle).

7 DAY PRE CLEANSE: (Example: 2 days-Mild/ 2 days-Gentle/ 3 days-Power)

For the Precleanse week before starting the Prep Days for the Flush, you will be eating a 100% Organic Vegan (no Animal, Fish, and Bird Flesh or products), at least 80% alkaline-forming foods and 60-80% raw foods. Eat 3 meals and work down to Live Blended Food or Alkalizing diet by the beginning of the Nutritional Fast (NO WHEAT, YEAST, REFINED OR PROCESSED FOOD-sugar, tablesalt,soy products, preservatives) See Alkaline Diet.

Everyday Things To Do for precleanse:

Make Appleade and drink 2-3 glasses throughout the day to start softening stones:

-1 T. Apple Cider Vinegar to 1 T. Maple Syrup per 8-10 oz. Glass of Charged Water plus 30 drops of Ortho Phosphoric Acid, or Malic Acid Tablets crushed.

AND

Optional: Work up to taking the therapeutic dose of 5-10 Enzymes and 3 Spirulina caps or 20 Chlorella tabs every hour 10x/day (Most people do for 7 days and can be done for up to 30 days)

Start by trying 3-5 Enzymes and 1-2 Spirulina/Chlorella 3-5 times/day after eating and before bedtime. Gradually work up to the therapeutic dose by the end of the week (If you have Stomach Ulcers, are Pregnant, or get Diarrhea, take a milder Dosage)

AND

Work up slowly to taking 1-3 Cayenne capsules with every meal, nutritional drink, and/or set of Herbs (Do not take if you have Diarrhea) Cayenne increases the effectiveness of herbs, helps loosen mucoid plaque, acts as a blood thinner/purifier and keeps the body warm when eating a lot of raw veggies and fruit.

AND

OPTIONAL: Do 1 hr. Castor Pack Treatments AM and/or PM in bed (In the AM I like to wake up an hour early, take the Shake, drink water, set it up the Castor Pack, and then turn on the alarm again for an hour so I can go back to sleep. At night I do it while I'm reading in bed. Castor Oil Packs bring blood circulation to the area and help to loosen and break up toxins and congestion, open lymph system, as well as soften stones. (see p.158 in The LifeFood Recipe Book) Castor Packs are very important especially if you suspect Gallbladder/Liver problems, congestion or after the 4th or 5th flush when you start getting to the harder, older, more calcified stones. The stones may start getting mustard and rusty brown colored to black as you get to the older stones.

EXAMPLE: 7 DAY PRE CLEANSE SCHEDULE

Intestinal Cleanse

Wake up an hour early and do a Psyllium/Bentonite Shake (optional, part of Arise and Shine Intestinal Cleanse, see resources) The Shake can be done in Daily Life to keep things moving, without the Bentonite (unless you feel toxic)

OPTIONAL: Go back to bed, set the alarm for another hour of rest, and do Castor Pack Treatment and Within the next 45 mins. Drink charged water 16-32oz. (16 when eating 100% raw and/or when it's cold out and 24-32 if you are eating cooked foods and/or it's hot out) (the water can be done in Daily Life also)

At least 45 mins.-1 hr. after Shake/Castor Pack, have Fresh squeezed organic juice with 1/2 Apple/ 1/2 dark leafy green like Celery(you can also do 1-2 T. of Vitamineral Green type powder if no access to green juice), w/ fresh lemon

AND

Herbs (if you have them or are doing the Intestinal Cleanse along with the Flush) OR Swiss Kriss Herbal Laxative, only if needed to move bowels 3-4 times a day. For a really gentle intestinal cleanse do OXYMAG, MAGNESIUM CITRATE or MAGNESIUM MALATE 1-3X a day.

AND

1-2 Cayenne, 5-10 Enzymes, 1-3 Spirulina or other greenfood supplements, 1 Electrolife, 1 Super Antioxidant Blend, and 2-5 Flora Grow (I open the probiotic capsules in my mouth after taking supplements, drinking, or eating)

Wait 1/2 hr. then take Appleade: 2 T. Apple Cider Vinegar and 1-2 T. Grade B Maple syrup or Raw Honey in 1 glass charged water (Once a day add 30 drops Phosphoric Acid (Softens stones) to your glass of Appleade and /or crushed malic acid tablets or malic acid in powder form or magnesium malate powder which is magnesium and malic acid)

Breakfast, 1/2 hr. later

AND

1-2 Cayenne, 5-10 Enzymes, 1-3 Green Caps, 1 Super Antioxidant Blend, 1 Electrolife, and 2-5 Flora Grow

Shake, 1 hr. later

1 hr. later

Herbs, Cayenne, Enzymes

Lunch, 1/2 hr. later

AND

2 Super Anti-oxidants, 2 Electro Life, 1-2 Cayenne, 5-10 Enzymes, 1-3 Spirulina, Perfect Food*, and 2-5 Probiotics (Flora Grow), 1-2 scoops Bio-Culture Master Blend*, Garden of Life Primal Defense, or 1/4 teaspoon Arise and Shine Yeast End

Shake, 1 hr. later

1 hr. later

Herbs, Cayenne, Enzymes

Shake, 1 hr. later

1 hr. later

Herbs, Cayenne, Enzymes

Dinner, 1/2 hr. later

AND

2 Super Anti-oxidants, 2 Electro Life, 1-2 Cayenne, 5-10 Enzymes, 1-3 Spirulina, Perfect Food*, and 2-5 Probiotics (Flora Grow), 1-2 scoops Bio-Culture Master Blend* or 1/4 teaspoon Arise and Shine Yeast End

1 hr. later

Herbs, Cayenne, Enzymes

1/2 hr. later

Appleade

AND

OPTIONAL: Castor Pack in bed for 1 hr.

12 DAY NUTRITIONAL FAST: Liver/Gall Flushes every 3rd or 4th day (2-3 Prep days in between)

Basically, on this phase, we prepare our body to flush the liver and gallbladder on every 3rd or 4th day. It consists of Prep days and Flush days. During the Nutritional Fast, have mostly live blended foods, ie. Soup purees and Smoothies, unless desperate for something solid...in which case we may have something very easy to digest such as juicy fruit or veggy soup or salads.

EXAMPLE: PREP DAYS SCHEDULE

Example: DAYS 1,2, 4,5, 7,8, 10,11 or maybe you need more days in between Flush days to feel strong enough. Maybe you only do 2 Flush days the first time you do it. It all depends how you feel. You will be able to tell if your body is ready to do more flushing. If you couldn't possibly see yourself drinking the oil one more time, maybe you need to wait a couple weeks and you can do the Simple Gallbladder/Liver Flush.

Continue doing a SHAKE and Optional Castor packs in AM

Wait 1 hr.

ELIMINATE:

Juice, greenfood, (oxy mag?-if needed to open bowels)

Herbs (Bump up 1 more Herb), Cayenne, Enzymes

1/2 hr. later

SOFTEN:

Appleade

1/2 hr. later

NOURISH:

Blended Lifefood Smoothie

1-2 Cayenne, 5-10 Enzymes, 1-3 Green food, 1 Electrolyte, 1 Antioxidant, and 5 Probiotic/Flora

Wait 1 1/2 hr.

SHAKE

Wait 1 1/2 hr.

ELIMINATE:

Juice, greenfood

Herbs, Cayenne, Enzymes

1/2 hr. later

SOFTEN:

Appleade

1/2 hr. later

NOURISH:

Blended Lifefood Soup

1-2 Cayenne, 5-10 Enzymes, 1-3 Green food, 1 Electrolyte, 1 Antioxidant, and 5 Probiotic/Flora

Wait 1 1/2 hr.
SHAKE

Wait 1 1/2 hr.

ELIMINATE:

Juice, greenfood, (oxy mag?-if needed to open bowels)

Herbs, Cayenne, Enzymes

1/2 hr. later

SOFTEN:

Appleade

1/2 hr. later

NOURISH:

Blended Lifefood Soup

1-2 Cayenne, 5-10 Enzymes, 1-3 Green food, 1 Electrolyte, 1 Antioxidant and 5 Probiotic/Flora

Wait 1 hr.

Juice

Herbs

OPTIONAL: 1 hr. Castor Treatment in bed and a more acid-forming probiotic like Yeast End from Arise and Shine Products

FLUSH DAYS SCHEDULE:

These days should be spent in the comfort of your home with plenty of privacy .

The bowels should be moving 3-4 times a day.

DAYS 3, 6, 9,12

8AM

Begin the day with HERBS

AND

Juice or lemonade (fresh lemon/maple)

with 10 caps worth or heaping Tablespoon ENZYME powder, 1 teaspoon OXY-MAG/ MAGNESIUM CITRATE/ MAGNESIUM MALATE

AND

5 Flora/Probiotic

OPTIONAL: 1 hr. CASTOR TREATMENT (massage)

9AM

Appleade

10AM

Juice AND Herbs, 2 Antiox, 2 Electro, 1 Mineral, 5 Enzymes, 2 Green Food, 5 Flora

11:30AM

Prepare pot of Digestive tea (Peppermint, Ginger, Fennel, etc.)

12PM

Have APPLE JUICE with: 1 tsp. OXYMAG and 10 ENZYMES

Bring tea and optional CAYENNE (to produce flush- find flushing point in days before: start with one capsule and work up to point where it makes you sweat) 1 hr. Castor Treatment and then massage liver/ gall area

BY 12:45PM-1PM

Drink Tea with 10 Enzymes and OPTIONAL: Produce flush with Cayenne by 12:45-1PM

1PM

Prepare and do Water Enema (p. 164 Life Food Recipe Book)

Prepare Coffee for Coffee enema, see p.178 in Cleanse and Purify Thyself, Book 1:

3 tablespoons ground organic coffee per quart distilled water

Boil 3 min., simmer for 20 min., Strain

1:30-1:45PM (30-45 mins. after tea and cayenne)

OIL/ENEMA session (approx. 3 1/2 hours)

Sip Olive Oil and Lemon alternately within an hour preferably while standing (take only 4-6 oz. of each if a beginner with a weak stomach, liver is compromised or for liver flush)

Set up area to lay down with Castor Pack, Heating pad, Towels and Blanket.

3pm-ish do Coffee Enema (stimulates the dumping of the liver)- heat coffee again to body temp): Hold 15 min.

After, lay on RIGHT side with two pillows under the right hip with a Castor pack on the gallbladder for at least 2 hrs.. Relax, be still, stay Warm because some sweating may be beneficial. Massage to dislodge debris. The pillows slant the body so that the oil will leave the stomach faster and go down into the duct area and into the gallbladder. This is the most effective position for the oil to do its work in expelling the gallstones. As you rest, the oil will be saturating and cleansing the body tissues. The oil causes the gallbladder to squeeze, so the stones get pushed out. If you feel very nauseous, swish less than a Tablespoon of tomato juice around your mouth then spit out . The acid and the salt in the juice help cut the oil.

AFTER SESSION, around 5PM: Herbs, 10 Enzymes (as needed each hour),4

Antioxidants (to neutralize toxins and free radicals), 3 Electrolytes

You may feel emotions bubble up as stones are pushed out. The liver/gall cleanse releases old built up emotional tension/blockage. You may feel slightly not well as the toxic stones pass through your colon. Drink plenty of Digestive Tea to neutralize any bile in the tummy. It helps to hula hoop (massages area) or dance or do yoga and sing or chant to help recycle emotions...anything to help circulate your blood and center yourself.. It is natural to let yourself cry. This is a good time to state your intentions for this cleanse and for your new life.

Sometimes after the session I nap a while then get up and do a light jog. I feel it circulates the digestive system and makes me feel better. If you feel nauseous at all it helps to walk through it and belly breath deeply.

8PMish- Wait approx. 2 hrs. after session, 6 hrs. from drinking oil or before bedtime

FLUSHING OF STONES: Herbs, Prune Juice and/or 1 teaspoon Oxy-Mag/Mag. Citrate/Magnesium Malate with juice or water.

Stones will pass tonight, in the AM, and/or may continue through the day tomorrow. Look for bright green to tan to brown to black waxy, pebble like stones from the size of bee pollen to a cm or inch...they float to the top of the water...shake them out of poop, collect w/ a sieve, rinse, save in a jar, and put in the freezer to encourage friends and family to get their's out too!

8-15 hrs. from Coffee Enema(3ish), from 11pm through the next day expect between 50-200 or more stones

AND At Bedtime: Probiotics 1/2 tsp. Arise and Shine Yeast End, 3 A. and S. Flora, or 3 Garden of Life Primal Defense.

PREP DAYS SCHEDULE:

These days you are preparing for or repairing from flushing. Try to stick to about half your body weight in ounces of distilled water (so if you're 100 lbs., then drink at least 50 ounces of water), apple juice, blended foods, juices, broths, and teas to flush, replenish, and heal. Take plenty of probiotics to rebalance the ph and insure the health of the stomach lining. Basically it's a series of Eliminating as much as possible, Softening the stones, and Nourishing your body by replenishing stores of organic electrolytes, alkaline minerals, nutrients and probiotics. Also, antioxidants should be taken to neutralize toxins released from purging stones.

DO AN ENEMA the following morning and 2-3 days after releasing the gallstones to help clean out the toxins coming into the colon from the cleanse. See p. 163 for enema info in the Life Food Recipe Book by Annie and David Jubbs. And Cleanse and Purify Thyself Books

And REMEMBER:

-Have plenty of electrolytes by drinking dark leafy green juices, electrolyte broths and taking organic dehydrated vegetable juice supplements like Electrolife by Arise and Shine

AND after a series of enemas

-Replace/reseed bowel bacteria by implanting an acidophilus culture like L-Salivarius, Master Blend, or Kyodophilus (these are a more acid forming bacteria appropriate for the Ph of the colon): Dissolve 10 capsules acidophilus into 2-3 oz. charged water, let culture in room temperature in a bowl for 3 hrs., insert into colon w/ mini-enemabag/douche, massage up into intestinal tract, then hit the sack.

-Take flora with each meal as much as possible

-Take an array of supportive superfoods such as the Amazon herbs, Green food supplements, Bee pollen, Gojiberries, Chlorella, Blue-green algae, Spirulina, Vitamineral Green or Nature's First Food, etc.

7 DAY POST CLEANSE: (Example: 2 days Power/ 5 days Gentle or just take a Cleanse Shake every morning)

After the flush, the body slows down and needs 3 or 4 days to rebuild to a normal diet. Continue rebuilding electrolyte/ alkaline mineral reserves used to neutralize bile, take the eliminative herbs, and plenty of your daily nutrients, including antioxidants and probiotics. The day after the cleanse and for the next week, include blended foods, plenty of liquid, and electrolytes. On the second day after the cleanse, a simple vegetable soup with plenty of broth is good. For 3 or 4 days following the fast, eat plenty of raw fruits and vegetables and drink unsweetened juices to restart the digestive mechanisms. Eat small meals and watch to see if there is cramping after eating. If so, go more slowly and have more probiotics. Fruits are easiest to digest.

RESOURCES

Chrishtutnik@yahoo.com If you order products through Chris, he will give you free advice and coaching through the cleanse process. He has turned us on to many amazing resources: Arise and Shine Products (see list above); Cleanse and Purify Thyself Books 1 and 2 and Cleansing Reactions and the Healing crisis/ Dramatic Signs of Healing by Richard Anderson (Incredible books, the cleansing bibles, that we constantly go back to for inspiration to cleanse and all we need to know about how to, how our bodies work, and how to deal with anything to do with cleansing); ask about Eco Quest The Spring House-whole house water filtration system if you own your home; ask about Sauna Works-infrared sauna: a good way to sweat and purge toxins; order Amazon Herb Co. Products: Amazing supportive herbs- try starting with the "Health Pack" and add Chocamaca pure organic chocolate with Amazon Herbs as the free product of your choice that comes with the Pack-this is delicious chocolate that is actually quite good for you in moderation for those sweet tooth urges.

Jubb's Longevity Juice Bar (212) 353-5000-Linda/ David Jubbs: Has all you need to support a cleanse and live food way of life. Order his Life Food Recipe Book which we refer to quite often; msm capsules; gallbladder supplies, etc. (see list); he has a variety of low temp, dehydrated, and ground teas that are wonderful. And stop by in New York to try his Nut milk and Chi Tea.

Liveline (212) 505-5504-Christopher: Christopher is very helpful and knowledgeable about health and natural ways to deal with ailments. If you have a health challenge, ask him. Has all you need to support a cleanse and live food way of life- try Perfect Food by Garden of Life, a high quality pre-digested green food with enzymes, probiotics, phyto-nutrients, essential fatty acids, etc.-this is available in capsule form, an alternative to powdered green foods like You're my

Everything green food with MSM by E3Live which he also carries; Crystal Energy and Alkazine-both products to add to water to make it more absorbable and alkaline. Ask for a product list. It's a beautiful little store in the East Village in New York.

Garden of Life www.gardenoflifeusa.com : see their website- read the story about how they started. Primal Defense and Perfect Food...Actually, all of their products are amazing. These are LA health food stores who carry their products...call to find out what they have in stock:

Erewhon Natural Foods Market

7660 Beverly Blvd.
Los Angeles, CA 90036 Phone: 323- 937-0777

Rainbow Acres

13208 W. Washington Blvd. (Between Beethoven/Lincoln)
Los Angeles, CA 90066 Phone: 310-306-8330

Whole Foods (3rd and Fairfax)

6350 West 3rd Street
Los Angeles, CA 90036 Phone: 323-964-6800

Whole Foods (BRT)-14

11737 San Vicente Boulevard
Los Angeles, CA 90049 Phone: 310-826-4433

Whole Foods-West Los Angeles

11666 National Blvd.
Los Angeles, CA 90064 Phone: 310-996-8840

Wild Oats-CEN #38

3476 S Centinela Avenue
Los Angeles, CA 90066 Phone: 310-636-1300

Whole Foods (GLD) #5

826 N Glendale Avenue
Glendale, CA 91206 Phone: 818-240-9350

Montana Natural

930 Montana Ave.
Santa Monica, CA 90403 Phone: 310-395-2059

Wild Oats-SAM #28

1425 Montana Avenue
Santa Monica, CA 90403 Phone: 310-576-4707

Wild Oats-WIL #19

500 Wilshire Boulevard
Santa Monica, CA 90401 Phone: 310-395-4510

Nature's First Law (800) 205-2350 www.rawfood.com : Must read Eating for Beauty by David Wolfe-an incredibly informative and easy to read book about how to eat abalanced live, rawfood diet and how these foods benefit us; Tibetan Goji Berries; Live Olives; Dehydrated fruit; Nuts; MSM; Vitamix-the best blender; Bee pollen; Nature's First Food green food, etc.

The Grain & Salt Society www.celtic-seasalt.com (800) 867-7258: Real high quality Celtic sea salt for condiment (get the Fine-ground light grey Celtic sea salt) and bath salts; they also have Dulse Flakes, which is granulated seaweed and kombu...a great way to add minerals to your salads and soups

Bariani Olive Oil- Contact Emanuel Bariani (415) 864-1917: The best olive oil in the world...not too heavy. If other oils are too much for you, this one won't be.
Vitalzym: I bought a couple of the largest bottles of Vitalzym from:
www.outletnutrition.com

Vision Inc./ www.e3livealgae.com : You're my Everything green food with MSM

www.Purejoylivingfoods.com : Natural Healing by Jack Soltanoff, D.C.-
Describes an amazing skin brushing technique which is helpful during cleansing

Earthsave International www.earthsave.org/ (831) 423-0293: The Food Revolution by John Robbins- The most informative book about what we are actually eating and also the psychological turning point away from a meat-based diet, for all of us who've read it, Diet for a New America Videotape and book-old but still eye-opening documentary about the food industry, exposing the reality of the meat industry and how our diet affects our health.