

## SIMPLE GALLBLADDER/LIVER FLUSH

### 3-4 DAY BLENDED LIFE FOOD CLEANSE

I highly recommend the many amazing recipes and cleansing tips from The Life Food Recipe Book by David Jubb and Annie Jubb and Cleanse and Purify Thyself Book 1 by Richard Anderson. For simple amazing recipes: [Living Cuisine](#), [The Art and Spirit of Raw Foods](#) by Renee Loux Underkoffler, [Rainbow Green Live-Food Cuisine](#) by Gabriel Cousens and [Sunfood Cuisine](#) by Frederick Patenaude. For inspiration and understanding: [The Food Revolution](#) by John Robbins, and [Eating for Beauty](#) by David Wolfe

### DAY 1

-**START at DINNER:** Prepare a **light, easily digestible meal** (Sweeps the intestines) like a salad with **cucumbers** and **crunchy lettuce** or **steamed vegetables** with live food seasonings such as fresh herbs, celtic sea salt, lemon, cayenne, garlic, ginger and organic raw, unfiltered olive oil, or any life food sauce from the books. Take a couple **enzymes** at the start of your meal. Enjoy until 3/4 full.

-**BEFORE BEDTIME:** Prepare 8 oz. of your favorite juice for your first **OXYMAG** (Magnesium Oxide drink). Add 1 teaspoon of OXYMAG with the juice of 1 lemon.

### DAY 2 and 3

**PREPARATION:** **eliminate, soften, nourish** \*\*\*Repeat PREP sequence 2-3 times total throughout the day\*\*\*

-Start the day with an Herbal tea

-1/2 hr. later- **OXYMAG** (Eliminate)

-1 hr. later- **AppleCider/ORTHOPHOS** (Soften)

-1 hr. later- **Electrolyte Broth and/ or Blended Food** (Nourish)

(Wait 2-3 hours before repeating to allow for digestion)

-**CASTOR PACK:** To soften stones and really loosen them up do at least once today anytime. It also helps to heal digestive tract as it gets rid of waste. Rotate around abdomen concentrating on gall/liver area. Use **wool or cotton flannel** soaked, but not dripping, in **castor oil** with plastic on top of that and an **electric heating pad** on top of that. Wrap the whole thing with an old towel to secure and insulate. Castor Oil is absorbed by the skin and is a powerful facilitator for this cleanse. Even though it's sticky, it wipes off without washing, using a dry old towel.

-End the day with **Applesauce** to stimulate peristalsis: Blend 5 soaked prunes, 1/2 apple, dash of cinnamon, and 1 cup water.

**OXYMAG** (Magnesium Oxide/Colossan/ Homozone/ MgO2/SuperColo2zone) : I prefer to take OXYMAG with freshly squeezed **grapefruit** and/or **orange juice** (8 oz/ strained). Citrus juice is very cleansing and helps to break up stones as well as masks the slightly dull and pasty taste of the OXYMAG. OXYMAG produces water from the O2 and makes stools loose or

watery. This is not diarrhea. This is the most gentle yet powerful cleaning tool to clear the entire digestive tract and bring oxygen to create an environment unfriendly to candida/yeast and pathogenic bacteria . OXYMAG oxidizes intestinal congestion (toxic, rubbery, plaque that backs up the intestines and colon) turning it into waste, water, and gas. The goal is to clear the way, especially in the colon, so the stones can roll out and exit your body as quickly as possible to prevent re-absorption of toxicity. You want to stimulate around 4-8 stools a day, that is, going every 2-4 hours. Even clear liquid is okay. You can control the number of times you are eliminating by either taking less OXYMAG (1/2 teaspoon) OR more (1 heaping teaspoon to 1 tablespoon) or by taking it more or less times a day. The lemon optimizes the oxidizing effect of OXYMAG, especially if taken in the ratio of juice of 1 lemon per 1 teaspoon of OXYMAG. \*\*\*BEST TAKEN 1/2-1 HOUR BEFORE AND 3-4 HOURS AFTER SOLID FOOD AND 1-3 HOURS AFTER BLENDED FOODS, so it works more powerfully on congested plaque and not on the food you've just eaten.

**AppleCider/ORTHOPHOS** (Apple Cider Vinegar with Phosphoric Acid drink): Make 32 oz.(1 quart) of fresh squeezed organic **Apple juice** mixed with 90 drops to 1/2 ounce of **Phosphoric Acid (OrthoPhos)** and 3-6 tablespoons of **apple cider vinegar**. Drink it anytime, but finish at least 24 oz. that day that day. OR 30 drops Phosphoric Acid, 1 tablespoon of apple cider vinegar, 1 tablespoon **Agave nectar**, **grade B maple syrup**, or **raw honey** in 8 oz. of water 2-3x/day is also good. Phosphoric acid, apple cider vinegar, and apple juice will start softening the stones so they travel safely out from the gallbladder and squeeze through the portal vein to the colon. The OrthoPhos really does the job, sometimes completely liquifying the stones. OrthoPhos can also be quite acidic, so sometimes I only do 2 of those drinks a day.

**BLENDED LIFE FOOD:** You will be surprised how satisfying and nurturing it is to eat this way. For extra warmth, if you're feeling fatigued or having headaches, small portions of lightly steamed alkaline whole grains like quinoa and millet are delicious and fulfilling in pureed warm soups. AND/OR add 1-2 tablespoons of soaked flaxseeds into smoothies- just throw in the blender! Also, garnish your creations with diced avocado, Greek olives, minced parsley, green onion, a swirl of olive oil, dash of cinnamon, or seasoning of your choice to add textures and diversity. Trying a new blend of flavors each time is a fun way to find what you feel like and to continue enjoying this deliciously light cuisine. See books above for inspiration. If you don't have all the ingredients, just improvise! Sometimes it turns out better that way. My favorites are coconut cream, sweet nut milks, and warming up pureed soups (as long as you can keep your finger in it for 4 seconds without it burning you can retain the vital enzymes and nutrients.

DAY 4

Flush day AT HOME: Light beverages like Juice and Tea allow bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

-Start the day with an **Herbal tea**, 5 **Enzymes** and a **Castor Pack** (when done, keep heated on heating pad for later)

-10am (1/2 hr. after tea) **OXYMAG** (Eliminate)

-11am (1 hr. after OXYMAG) **AppleCider/ORTHPHOS** (Soften) Add an extra tablespoon of Vinegar to this one.

-12pm Do a Regular Enema: Clear out the colon.

-After Enema, Before 1pm have 10 **Enzymes** and 2-4 **Kyolic Aged Garlic caps** with a light beverage. The garlic deals with possible parasites being stirred up in putrid gallstones.

-Make **Flush Cocktail**, Prepare and set up Coffee Enema, Set up space near or in bathroom with pillows and towels for during Coffee Enema and a space to lay down for 2 hours.

-AT 1:30pm DRINK **Flush Cocktail**: 4-8 oz. of a good, organic, first cold pressed, extra virgin **Olive oil**, 4-12 oz. freshly squeezed **Grapefruit juice**, the juice of 1 fresh **Lemon**, a dash of **Cayenne pepper** (creates flushing action). Stir vigorously with straw and drink, stir and drink, etc. Drink it standing up and get it down within 5 minutes (fifteen minutes for very elderly or weak persons). As soon as the drink is down, do coffee enema.

-1:40pm DO Coffee Enema: Open the portal vein so the stones come out, see Coffee Enema in Cleanse and Purify Thyself in Book 1. Sometimes taking in 1/2 the enema bag and holding then the other 1/2 and holding is easier. Lay on Right side as quickly as possible with a couple pillows under your right hip and knees pulled towards chest. **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. This also helps the coffee to absorb into gallbladder area.** Try to hold as still as possible and relax for 15-20 minutes, then release.

-By 2pm **Lie down** immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready to lay down ahead of time. Don't clean up. Lie down flat on your back with your head up high on the pillow with **Castor Pack** and **heating pad** wrapped around gallbladder/liver area (secure by wrapping an old towel around it all and STAY WARM under a blanket (some sweating is beneficial). Try to think about what is happening in the 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 open. Rest. You may fail to get stones out if you don't. Stay for 2 hours. Do not eat or drink anything else once you lay down. Tap with fist vigorously on heating pad over Liver/Gallbladder Area (right lower ribcage) to help dislodge stones.

-Finish by 4 or 5pm Then **massage** the gallbladder area: Glide thumb under right ribcage towards solar plexis then down and keep repeating with breath. When you get up is when you may start feeling sick from all the toxic bile releasing from your organ. It is helpful to bounce on trampoline, hula hoop, and bathe.

-Tea cuts the nausea Lemon and Agave Nectar with warm water is nice or a **Digestive tea** (peppermint, ginger, fennel). Sometimes it's best to lay down and rub the abdomen gently in clockwise circular motions while breathing.

-5-10 **Enzymes** clear and clean toxicity and settle the stomach (as needed each hour), 2 wholefood **Anti-oxidants** to neutralize toxins and 2 **Electrolyte** to neutralize acidic bile.

-You may eat lightly if you get hungry. I suggest sipping electrolyte broth or eating a light blended fruit or soup.

-Around 8pm **5-6 hours after drinking the Flush Cocktail**, you may want to have **Applesauce** (Blend 5 soaked prunes, 1/2 pear or apple, dash of cinnamon, and 1 cup water to facilitate bowel movement). At this time, stones may start coming out with bowel movements. The stones should continue to come out for up to 15 hours or so after the Flush Cocktail was taken.

-If up to it, OXYMAG to get stones out as quickly as possible now that they have dropped into colon.

- Before getting ready for bed treat your body to 1-3 **Probiotics** to replace friendly bacteria, crowd out bad bacteria and balance stomach Ph.

## DAY 5

-First thing, massage abdomen with a flat palm in a clockwise motion starting from the bellybutton outward and keep repeating with the breath to stimulate peristalsis. Go slowly and you can start to feel where there is soreness from inflammation and congestion. Then, do an OXYMAG and an ENEMA to ensure quick release of toxic bile and stones. **\*\*\*Stones may come out through the day\*\***

-(One hour after OXYMAG) Have a light blended smoothie or an Electrolyte broth.

-Lunch: Prepare a **light, easily digestible meal** that sweeps the intestines like a salad with **cucumbers** and **crunchy lettuce** or **steamed vegetables** with live food seasonings such as fresh herbs, Celtic sea salt, lemon, cayenne, garlic, ginger and organic raw, unfiltered olive oil, or any live food sauce from the books. Take a couple **enzymes** at the start of your meals for a couple weeks. Enjoy until 3/4 full.

Do an implant of probiotics tonight to **replace/reseed bowel bacteria** (good bacteria in the colon) as you should anytime you do a series of colon irrigation: Get ready for bed then implant a live bacteria culture able to reseed and proliferate more acid forming bacteria appropriate for the Ph of the colon (See below under Probiotics): **Dissolve 10 capsules acidophilus into 2-3 oz. charged water, let culture in room temperature in a bowl for 3 hours, insert into colon with enema bag/douche, massage up into intestinal tract, and leave in and hit the sack so the implant stays in.**

SUPPLEMENTS DURING The Cleanse and for Everyday: Blend into soups, smoothies, and juice, melt into mouth, or masticate 200x (Take a rest on all other Vitamins, Minerals, and Supplements during the cleanse):

-**Probiotics** (Bio-Culture Master Blend/ Lactobacillus Bacterium Blend (2 billion live organisms L. planatarum and 1.5 billion live organisms L. salivarius) by Bio-Energy Systems, Inc., Flora by Arise and Shine, Kyodophilus by Wakunaba) Probiotics need to be replaced when doing a lot of flushing if the digestive tract.

They help balance the Ph in the stomach, crowd out bad bacterias, support digestion, facilitate bowel elimination, and boost the immune system. Continue probiotics for about a month and on a ongoing basis as needed. Add in the soil based organisms which do not replant but are also necessary to keep the body balanced (Primal Defense by Garden of Life OR Nature Biotics by Life Science Products)

-**Enzymes** (Advanced Enzyme System by Rainbow Light, Vitalzymys by World Nutrition OR Jubb's Longevity Superzymes)

-**Electrolytes** (Electro Life by Arise and Shine) Sustains and builds alkalinity so when the toxic bile is flushed out with the stones, your body can neutralize the acidity and to replace electrolytes used to eliminate toxic garbage.

-**Antioxidants** (Beauty Antioxidant by Nature's First Law, Super Antioxidant Formula by Arise and Shine)

-**Superfood** (Pure Synergy by The Synergy Company, Vitamineral Green by Healthforce, Nature's First Food by Nature's First Law , You're My Everything by Vision)

-**MSM** (Jubb's Longevity, LiveLive, Natures First Law)

-**Vitamin C** (Pure Radiance C by the Synergy Company, Kamu Berry Vitamin C by LiveLive)

-**HERBAL TEA**: Especially for those who have a very congested Liver/gallbladder which is most of us, use Liver and Kidney herbs that stimulate liver/bile production and support kidneys and all organs (Kidney LifeTea by Arise and Shine, Red Clover, Spring Dragon Longevity Tea by Ron Teegarden's Dragon Herbs, Rooibos Red African Tea, Pau D'arco, Cat's Claw, Oregon Grape root, Yarrow, Burdock, Milk Thistle, Horsetail, Nettle, Scullcap, Burdock, Amazon Herbs, etcetera.

Fantastic Proteins/Amino Acids for AFTER cleanse and for Everyday:

-**SunChlorella** For energy and nutrition it has amazingly absorbable amino acids, etc. different than blue green algae (It's available in tabs and granules)

-**Maca** (Nature's First Law has powdered maca) It's a complete protein

-**Hemp Protein** (Ancient Harvest Conscious Nutrition) Great for building muscle.

The week or so coming off the cleanse, enjoy fruits (mainly juicy fruits), light crunchy, watery green salads, veggie soups, steamed veggies, no cooked oils, stay away from clogging foods (meat, fish, poultry, high protein foods, pasta, bread, rice and other refined foods). Drink fresh squeezed juices to restart the digestive mechanisms. Follow the Alkaline Diet\* incorporating plenty of Life Foods. Angstrom Minerals would be beneficial to take after cleansing if not already (Check out rawfood.com and ewater.com for info, instructions and to order) Start with the lowest recommended amount and work up slowly depending on how you feel. Certain minerals will kill parasites, bacterias, viruses, and candida/yeast, so be aware that as they die off, you will experience some cleansing reaction as their remains are acidic. Also Angstrom Minerals will push out other unusable Minerals lodged in the body and will evoke a cleansing of these usually through the skin, liver, and kidneys. See Cleanse and Purify Thyself Book One for more details on Cleansing Reactions and Healing Crisis.

Lightheadedness, headache and fatigue are early signs of cleansing. Continue to eat the more easy to digest foods and smaller portions. Have plenty of electrolytes by drinking dark leafy green juices, electrolyte broths. Give your digestive system about a week or two to rebuild digestive juices (bile) and store electrolytes/ organic alkaline mineral reserve before eating heavier meals. If you get a stomachache then you know you ate something too heavy and to ease up. Magnesium Oxide is a healthy supplement to continue 1- 2x/ week to oxygenate and clean out the entire intestinal tract to support homeostasis until digestive system normalizes and one can adopt a lighter everyday diet.

Go right into repeating the 3-4 day sequence if up to it or start again within 2 weeks. 2 weeks is a good amount of time to rebuild bile and energy, and soon enough that the stones are still soft. It's recommended to keep flushing until no more stones come out. Most people need about 10-30 flushes to completely clear out the Gallbladder/Liver. The first time you do it if you have a weak stomach, you may want to do a lesser amount of oil/citrus, like 4-6 oz. This will produce a liver flush but not usually a full on gallbladder flush. If you think you can handle more, try the full 8-10 oz. flush. The total oz. can be up to 12 oz. a flush. If you're predisposed to have blockages in these areas or continue to eat cooked, processed oils and animal fat, repeat the cleanse 1-2x/ year. The first time I did the flush, I did two sequences (Two 3-4 day Flushes). If your schedule changes or you feel like you need more time for recuperation, you can add more days of Preparation. The second time I did the gall cleanse, I prepped for 5 days because I ended up working on the day I was supposed to flush.

As you do consecutive flushes, the deeper you go into the gallbladder, the older and harder the stones are. The first couple Flushes, it will be fairly easy for the softer, newer stones to slip out. As you get to the older stones, they could be more calcified. So, on each consecutive Flush, you may need to do more softening tactics like Castor Packs and softening products. It is very important to massage very deep and hard under your right ribcage where the gallbladder is. A vibrating electric massager is helpful or tapping. Place your weak hand flat on the diaphragm and use your strong hand in a fist and tap/hit your other hand nice and HARD repetitively. Move around the whole diaphragm concentrating on the gallbladder/liver area in this way. Tapping hard enough so it feels a little sore and this will help stubborn stones to come out after lying down after drinking the Oil/Citrus. Massaging deep and hard can really help the stones to loosen before and during Flush. Sometimes chaff comes out with or instead of stones. It's a fatty sludge, usually yellowish-beige and floats on the top of the water. It's just as important as stones for this to come out. The Stones also can come out as a solid and look like excrement but the same yellowish-beige and will float to the top of the bowl. Chaff, sludge, cholesterol crystals, and stones have a very distinctive smell like that of deep-fried or cooked fat and oils but rotten and rancid.

Here is the usual order of storage:

- Bright Green / They may be the size of bee pollen- gravel- a pea- a cm- an inch in diameter.
- Darker, more of a Forest Green
- Mustard Yellowish / This is when they get more like gravel and harder
- Yellowish brown
- Brown, Reddish and Black

Of course it varies depending on what you eat, how you genetically process oils, etc. To see many different types of Gallbladder/Liver stones and surgeries, go to the Gallstones Site on Curezone.com. Scroll to the Photo gallery. Also check out many different ways of doing the cleanse, how to do a coffee enema, among many other topics. Removing gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. **Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.**

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites- made of many smaller ones- showing that they regrouped in the bile ducts some time after the last cleanse. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

-You can't clean a liver with living parasites in it. You won't get out many stones, and will feel quite sick. [Zap daily the week before](#), or get through the first three weeks of the [parasite killing program](#) before attempting a liver cleanse. If you are on a parasite maintenance program, do a high dose program the week before. (Angstrom Minerals- see [rawfood.com](#) and [ewater.com](#))

-Completing the [kidney cleanse](#) before cleansing the liver is also recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. (Kidney Tea by Arise and Shine)

-Do any [dental work first](#), if possible. Your mouth should be amalgam/[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. (see [sanoviv.com](#) under medical treatment/oral healthcare)

#### 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 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 digestive tract. 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. Especially the "dairy" in packaged foods. We didn't have the technology that we have today to create these processed, preserved foods which can stay on a shelves forever. These 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.

Vegetable oils and fats like olive oil and avocados and citrus fruits like grapefruit, lemon, and oranges aswell as apples 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).

Galbladder Removal is now the #1 surgery done in America, meaning they have to surgically remove (cut out) their gallbladder. People need to know how easy it is to prevent this painful, degenerating, and extreme last resort.