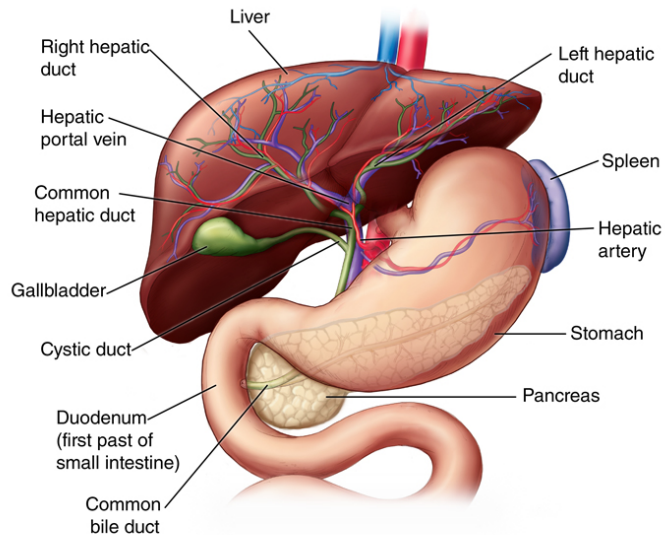


Liver Cleanse

This is important for any disease-prevention or detox program. Cleansing the liver of gallstones dramatically improves digestion, which is the base of your whole health. Your allergies will disappear, more with each cleanse you do. It also eliminates shoulder, upper arm, and upper back pain. You have more energy and feeling of well being.

Job of your liver is to make bile, 1 to 1½ quarts in a day. The liver is full of biliary tubing that deliver the bile to one large the common bile duct. The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile. Eating fat, protein, or citric acid triggers the gallbladder to empty itself after about 20 minutes, so the stored bile goes down the common bile duct to the intestine.



For many persons, including children, the biliary tubing is clogged with gallstones. Some develop allergies while 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, hence not visible on scans. There are many varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The black ones are full of wheel bearing grease and motor oil, which turns to liquid in a warm place. The green ones get their color from being coated with bile. Other stones are composites—made of many smaller ones. 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. It is also thought to slow the flow of lymphatic fluid. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise. Gallstones, being sticky, can pick up all the bacteria, viruses and parasite eggs that are passing through the liver. In this way stones are continuous source of infection, supplying fresh parasite eggs and bacteria to our body. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Emptying the liver bile ducts is the most powerful procedure to improve your body's health. Principally it should not be done before the parasite program, and for best results should follow the kidney cleanse. **Cleanse your liver twice a year.**

Preparation:

You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Get through three weeks of parasite-killing before attempting a liver cleanse. If you are on Maintenance Parasite Program, you are always ready to do the cleanse.

Completing the kidney cleanse before cleansing the liver is also highly 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.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Ingredients	
Epsom salts	4 tablespoons (60 gm)
Olive oil or Flax oil (for best results ozonate it for 30 minutes)	½ cup (120 ml) <i>(light olive oil is easier to get down)</i>
Fresh pink grapefruit (for brain and spinal cord cancer use apple juice, with citric acid)	1 large or 2 small, enough to squeeze ½ cup (120 ml) juice <i>(you may substitute a lemon, adding water or sweetener to make ½ cup liquid)</i>
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Pint jar with lid	
Black Walnut Hull tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

Take no pills or vitamins that you can do without; they could prevent success. Stop the Parasite Program and Kidney Cleanse, too, the day before. Even stop zapping and taking drops.

Wash the grapefruit twice with hot water. Add a few drops of hydrochloric acid to the bottle oil and shake.

Eat a no-fat breakfast and lunch e.g. cooked cereal, fruit, fruit juice, bread (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the amount you eat to the minimum, You will get more stones. The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results. Finish eating by 12 noon with only sips later.

2:00 P.M. - Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 Tbsp (60 gm). in three cups water (720 ml) and pour this into a safe jar. This makes four servings, ¾ cup (180 ml) each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. - Drink one serving ($\frac{3}{4}$ cup – 180 ml) of the ice-cold Epsom salts. You may rinse your mouth, but spit out the water. Get the olive oil and grapefruit out to warm up.

8:00 P.M. - Repeat by drinking another $\frac{3}{4}$ cup (180 ml) of Epsom salts.

You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 P.M. - Pour $\frac{1}{2}$ cup (120 ml) olive oil (for best results ozonate it for 30 minutes) into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least $\frac{1}{2}$ cup (120 ml) . You may use lemon juice. Add this to the olive oil. Also, add Black Walnut Hull Tincture. If you haven't gotten stones out in the last few cleanses, add citric acid to bring success. Also, using $\frac{2}{3}$ (160ml) cup water for Epsom salts instead of $\frac{3}{4}$ (180 ml) can bring success. Close the jar tightly and shake hard until watery (only fresh citrus juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 P.M. - Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use salad dressing or juice, to chase it down between sips. Take it to your bedside if you wish. Get it down within five minutes (15 minutes for very elderly or weak persons). If you had difficulty getting stones out in the past add $\frac{1}{2}$ tsp. citric acid to the potion. You may put it in capsules.

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 for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. 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 (thank you Epsom salt!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. You may add another $\frac{1}{2}$ tsp. citric acid to it (or capsules) and get even more stones. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the parasite-killing herbs and zap. By supper you should feel recovered.

Alternative Schedule 1: Omit the first Epsom salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

Alternative Schedule 2: Add $\frac{1}{2}$ tsp. citric acid to the oil-grapefruit mixture. Stir till dissolved. Next morning, add $\frac{1}{2}$ tsp. citric acid again to the first fruit juice you drink when done with Epsom salts.

Alternative Schedule 3: For brain and spinal cord cancers, caffeic acid is the antigen to be avoided. This includes grapefruit. Blend whole apples instead, Red or Golden Delicious. Strain to get ½ cup juice (120 ml). Add ½ tsp. citric acid to oil-juice mixture.

If you don't get stones...

Use slightly less than ¾ cup water (180 ml) for each Epsom salts dose, such as 5/8 (140 ml) or 2/3 (160 ml) cup.

CONGRATULATIONS!

You have taken out your gallstones without surgery! How well did you do? Expect diarrhea in the morning. This is desirable. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol and automotive grease inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.



Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. This is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the Maintenance Parasite Program had been neglected. This is why the instructions direct you to complete the parasite and Kidney Cleanse programs first.

Warning: If you do change these recipes in your own way you might expect problems. The liver is quite sensitive to details. It is recommended to seek the help of a therapist.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not thought to be linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on x-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain. (Dr. Hulda Clark, The Cure and Prevention of all Cancers)