

Liver Cleanse and Gallbladder Cleanse (Flush)

NO SURGERY

Ingredients

1/2 Cup Olive Oil Extra Virgin (= 1.25 dl)

1 Big grapefruit (2 small)

4 tablespoon EPSOM salts = (MgSO₄ + 7H₂O)

(EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)

3 cups water (1 cup = 250 ml)

Choose two days to start cleanse, Fri/Sat. or Sat./Sunday.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs too, the day before.

Eat a 'no-fat' breakfast and lunch, such as cooked cereal (porridge) with fruit, fruit juice, bread and preserves or honey (**no** butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. 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 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving 3/4 (three fourths) cup of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may also drink a few mouthfuls of water afterwards or just rinse your mouth. Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another 3/4 (three fourths) cup 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. Expect diarrhea.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. Strain the juice. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths)

cup) is best. Add this to the olive oil. Also add Black Walnut Tincture (10-20 drops). Close the jar tightly with the lid and shake well until watery.

Now visit the bathroom one or more time, 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 PM. Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Most people say the taste doesn't bother them. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

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 30 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 salts!). 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.

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food, but keep it light.

How well did you do?

Expect diarrhea in the morning. You will see lots of stones floating on the water, sometimes chaff, which is from your liver as well. Most stones are cholesterol and are green from the bile in the liver.

Continue the cleanse at two week intervals until you are no longer passing stones.

CONGRATULATIONS

You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly can not take credit for its origin. It was invented hundreds, if not thousands, of years ago, THANK YOU, HERBALISTS!

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 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.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

From "The Cure for All Advanced Cancers," p. 562.

Excerpted from the book "[The Cure for all Diseases](#)" by Hulda Regehr Clark

Read thousands of testimonies of successful flushes at this website:
<http://curezone.com/cleanse/liver/default.asp>