



Liver/Gallbladder Cleanse DAY CLEANSE

Read carefully before starting!

CLEANSING THE LIVER & GALLBLADDER BILE DUCTS, we believe, is one of the most powerful life changing processes you can do to dramatically improve your body's overall health. Not only does cleansing the liver of gallstones dramatically improve the digestion of fats, which is the cornerstone of good health, but it may also help increase your energy level by helping to naturally balance your hormone levels, decrease allergy symptoms, and also may help to alleviate discomfort in your upper back and shoulder areas.

YOUR WONDERFUL POWERFUL LIVER!

The liver is the workhorse of the body in charge of hundreds of different functions, as well as the main organ responsible for maintaining the body's energy supply. Connected with every part of the body, the liver, filters, manufacturers, processes and supplies massive amounts of vital nutrients which feed approximately 70 to 100 trillion cells of the body. The liver is also a powerful detoxifier.

It is responsible for filtering waste material from the blood, producing bile, as well as utilizing all incoming fluids and foods then breaking them down into energy producing nutrients. Working also as a recycling plant, the liver takes minerals from the blood, binds them to amino acids and other nutrients, which makes those chemicals alkaline. This balances the pH of the blood, which helps your body to stay alkaline.

At the same time, this wonderful chemical factory works to quickly remove drugs, chemicals and other harmful toxins. Rapid elimination is crucial because the disassembled byproducts can potentially damage the liver. By cleansing the liver, it works as a protective mechanism. If a toxin cannot be broken down properly, the body will store the toxin by encompassing it with fat, which eventually accumulates into a cluster and is stored on the body. This is one of the factors that lead to obesity.

The gallbladder is a pear-shaped pouch that acts as a small reservoir and stores bile created in the liver. The gallbladder releases bile into the digestive tract to emulsify the oil that you eat. The bile releases an enzyme which breaks the oil apart. The enzymes create cholesterol, which in turn can be converted to Pregnenolone. Pregnenolone is the master hormone to all hormones like estrogen, progesterone, testosterone and DHEA, etc. helping to balance out the hormone system.

Eating fat 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 people, including children, the biliary tubing is already choked with gallstones.

WHAT ARE GALLSTONES?

There are so many conditions which can be attributed to gallstones. To name just a few: hormone deficiency, acid reflux, allergies, fatty liver, lung problems, kidney problems, digestive disorders, colitis, diverticulitis, gout and the list goes on.

Generally, when the gallbladder is X-rayed or scanned, gallstones will not show up because most stones are either too small or not yet calcified. This is a prerequisite for visibility on X-ray. Even if your gallbladder has been removed, your body will still produce gallstones and the gallbladder duct ends up becoming clogged, backing up bile into the liver. The same problem still exists only there is no longer a chamber to store the bile.

There are over a half a dozen varieties of gallstones, most of which have cholesterol crystals. They can be yellow, black, red, white, green or tan colored. Many are imbedded with unidentified objects. Typically, at the very center of each stone is a clump of bacteria. According to scientists, this suggests a bit of a dead parasite might have started the stone to form. As the stones grow and become more numerous, the back pressure on the liver causes it to try to reabsorb the bile, which leads to a build-up of cholesterol like material on the liver ducts (sometimes considered fatty liver), which then causes the liver to malfunction, throwing off our body's natural processes.

Stomach infections, such as ulcers, and intestinal bloating cannot be resolved permanently without having a functional gallbladder.

CAUTION: *Before beginning the liver cleanse, be certain that your kidneys and urinary tract are in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. Call the office for additional information if you are ill.*

Liver Cleanse Ingredients:

Purchase from Super Good Stuff (Quantities enough for 2 cleanses)

- 1) Liver Gallbladder Flush Mix 16 oz. (Formerly Mineral Amino Mix)
- 2) Clean as a Whistle
- 3) Paramune +
- 4) Paramune 5
- 5) Bliss in a Bottle (optional)
- 6) Coconut Oil (optional-can use instead of olive oil)

Purchase from the grocery store (Quantities enough for 1 cleanse)

- 1) Fresh pink or red grapefruit (2 to 3)
- 2) Extra Virgin Olive Oil (At least 12 oz)
- 3) Lemons (1 or 2)
- 4) Fleet Enema Bottle (optional, purchase from drugstore)
- 5) Electrolyte Mix (Ultima, Ojio or Emergen-C). Find at local health food store. Brands with no sugar added are preferred (optional)
- 6) Hot Water Bottle (optional)

If you're doing the whole 11-day cleanse, it would be ideal to stay home and start during the day on a Friday. Do not take any medicines, vitamins, or pills **that aren't necessary**. You will be fasting for most of the day. Eat a low fat dinner the night before. The less fat you eat the prior, the more pressure build-up of bile, causing more stones and sludge to be pushed out of your liver.

If you choose to eat in the morning (not recommended), you must wait 2 hours before starting the Liver/Gallbladder Flush. You must eat a **NON FAT** breakfast (no butter, milk, cream, etc.). For example, eat a vegetarian omelet made only with egg whites. Do **NOT** cook with oil!

Your start time can be modified for your personal situation. Just follow the the time intervals (e.g if you take the Clean as a Whistle at 8:30 am then take the Liver Gallbladder Flush Mix at 9:15 am and so on).	
	EXAMPLE OF FLUSH
Night Before	Take 2 tsp Clean as a Whistle
8:00 am	Take 2 tsp Clean as a Whistle
8:45 am	Take 6 oz. of Liver Gallbladder Flush Mix
9:15 am	Make Olive Oil/Grapefruit Mixture
9:30 am	Drink Olive Oil/Grapefruit Mixture (8oz) and take Paramune + and Paramune 5
11:00 am	Drink Olive Oil/Grapefruit Mixture (4oz)
12:30 pm	Take 3 tsp Clean as a Whistle
2:30 pm	Take Paramune Plus and Paramune 5 again Congratulations! You finished a Gallbladder/liver flush!

ABOUT DRINKING WATER: You can sip water sparingly or suck on ice chips throughout the morning until 30 minutes before drinking the olive oil grapefruit mixture. Do not drink too much water as it may cause an upset stomach. Remember oil and water does not mix well.

NIGHT BEFORE

Eat an early low-fat dinner. Take Clean as a Whistle as directed 1.5 hours later

START TIME

IF YOU CHOOSE TO EAT (NOT RECOMMENDED), START FLUSH TWO HOURS AFTER YOUR MEAL!(Clean as a Whistle should be taken 1.5 hours before or after eating)

If starting first thing in the morning and choose not to eat, take the Clean as a Whistle as directed – Mix 2 teaspoons of Clean as a Whistle in 6 oz of water. Stir and drink. Immediately follow up with 1 ounce of water mixed with fresh squeezed juice of half a lemon.

45 MINUTES LATER

Drink 6oz of Liver Gallbladder Flush Mix. You can mix it with an electrolyte mix, such as Ultima, Ojio or Emergen-C. (Brands with no sugar added are preferred.)

Spray your mouth with “Bliss in a Bottle” if taste cannot be tolerated. It will neutralize the taste.

30 MINUTES LATER (Preparation)

NOTE: If you are feeling queasy, you can start the olive oil/grapefruit procedure up to 15 minutes earlier. Drinking the mixture will help settle your stomach.

Be ready to lie down.

Prepare the Pink Grapefruit/Olive Oil mix - Measure and pour 4 oz of olive oil or melted coconut oil into a pint jar. Hand squeeze the grapefruit (1/2 cup is best or 4 oz), remove pulp and mix with the oil in the jar. Close the lid tightly and shake well until it becomes watery. **Note: Only fresh grapefruit juice will blend properly with the oil.**

Prepare Vegi-Caps. Add 15-18 drops of Paramune+ to one Vegi-Cap (or whatever the cap will hold) and 15-18 drops of Paramune 5 to another Vegi-Cap. Visit the bathroom a few more times, even if it makes you late for bed. (However, don't be more than 10 minutes late!)

STRONGLY RECOMMENDED, BUT OPTIONAL: Prepare the Fleet enema bottle. Remove the rubber from the top of lid. Remove the saline water and fill with less than 2 ounces of purified water. Add 15 drops of Paramune+ and 15 drops of Paramune 5, then shake well to combine.

15 MINUTES LATER

(45 minutes From drinking Liver Gallbladder Flush Mix)

STRONGLY RECOMMENDED – Rectally insert the Fleet enema containing the Paramune+ and Paramune 5. Resist the urge to go to the bathroom until it goes away which should last only 3-4 minutes.

Swallow Paramune capsules with the Pink Grapefruit/Olive Oil mixture. Do this while standing.

If taste or consistency is a problem, drinking through a large plastic straw may help the grapefruit-olive oil mixture go down easier. Take it to your bedside if you like, but be sure to drink the mixture within 5 minutes (15 minutes if you are weak or elderly).

LIE DOWN IMMEDIATELY

You might fail to pass stones if you don't do this! The sooner you lie down, the more stones will pass. As soon as you have consumed the entire drink, walk to your bed and lie down flat on your back with your head situated high on a pillow, head above torso. Lie perfectly still for at least 30 minutes. You should remain laying down for at least **1 HOUR TOTAL**.

If you have one available, you can place a hot water bottle on your liver to help break down gallstones and relax your liver to help you pass more stones.

1 HOUR, 30 MIN LATER or EARLIER IF FEELING QUEASY

For those with a fast metabolism, you may feel queasy somewhere between 1-1.5 hours. Nausea may occur from the bile your liver is producing. If you do feel nauseous, take an additional 2 ounces of Grapefruit and 2 oz Olive Oil mixture **immediately** ... this should help.

If you are one who did not feel any nausea, consume the 2 oz Grapefruit/2 oz Olive Oil mixture 2 hours later. It is not necessary to keep lying down.

1 HOUR, 30 MIN LATER

Take Clean as a Whistle as directed – Mix 3 teaspoons of Clean as a Whistle in 6 oz of water. Stir and drink. Immediately follow up with 1 ounce of water mixed with fresh squeezed juice of half a lemon.

NOTE: If you feel queasy at any time, take an additional 2 oz Grapefruit/2 oz Olive Oil.

2 HOURS LATER

Prepare capsules and take Paramune Plus and Paramune 5.

YOU MAY EAT APPROXIMATELY 2 HOURS AFTER TAKING THE LAST CLEAN AS A WHISTLE

If you are doing the detox, stick to the diet as directed on the DIET DOs & DON'Ts.

How Well Did You Do?

Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for green stones because this is proof that they are genuine gallstones, not food residue. Bile from the liver are pea green stones. You might either have green gallstones or green sludge sludge/scum that floats. The sludge is liver debris and gallstones that have broken up. You may repeat this cleanse in 5 days; Try doing this 4 times in a row. **Never do this cleanse when you are ill.** Congratulations! You have just taken a huge step towards vibrant health!

If you are following the 11 day Detox Protocol, please refer back to the Protocol paperwork.