



## **Liver Gallbladder Flush**

### **Cleansing the Liver & Gallbladder Bile Ducts**

We believe this 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 re-assimilate 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 or your health practitioner for additional information if you are ill.***

## **Liver Gallbladder Flush Cleanse Ingredients:**

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

1. Liver Gallbladder Flush 16 oz
2. Clean as a Whistle
3. Paramune Plus
4. Paramune 5
5. NuSalt
6. Electrolytes (Optional)
7. Bliss in a Bottle 2 oz (Optional)

➤ **Purchase from the Grocery Store(Quantities are enough for 1 cleanse)**

1. (3) Fresh pink or red grapefruit (Organic preferred)
2. (12 oz) Organic Almond Oil preferred (or Extra Virgin Olive Oil)
3. (2) Large Lemons
4. Fleet Enema Bottle (purchase from drugstore Optional)
5. Hot Water Bottle or Heating Pad

Do not take any medications or vitamins that are not necessary. You will be fasting for most of the day. Eat a low fat dinner the night before. The less fat you eat prior, the more pressure build-up of bile, causing more stones and sludge to be released from your liver.

## Liver Gallbladder Flush

<b>Night Before</b>	<p><b><u>Take Clean as a Whistle Mixture:</u></b></p> <p>Mix 2 tsp of Clean as a Whistle in 6 oz. of water, Stir and drink. Immediately follow with 1 oz fresh squeezed juice of 1/2 -1 lemon.</p>
<b>7:45 AM</b>	<p><b><u>Take NuSalt:</u></b></p> <p>1/3 tsp of NuSalt and mix in 3 oz of water and drink within 15 minutes.</p>
<b>7:50 AM</b>  <b>(OPTIONAL)</b>	<p><b>Prepare Enema (Highly recommended but optional):</b></p> <p>Prepare the enema bottle. Remove the rubber from the top of lid. Remove the saline water and fill with less than 2 ounce of purified water. Add 15 drops of Paramune Plus and 15 drops of Para Clear 5, shake well to combine.</p> <p><b>Perform Enema and then Lie Down Immediately:</b></p> <p>Rectally insert the enema solution. Resist the urge to go to the bathroom until it goes away which should last only 3-5 minutes</p>
<b>8:00 AM</b> <i>(or 15 minutes later from taking NuSalt)</i>	<p><b><u>Drink Liver Gallbladder Flush Mixture:</u></b></p> <p>Measure and drink 8 oz of the Liver Gallbladder Flush. Do not mix with water. If taste of Liver Gallbladder Flush can't be tolerated, spray your mouth with Bliss in a Bottle or add an Electrolyte Power Pack to the Liver Gallbladder Flush mix. It will help to neutralize the taste.</p>

8:15 AM

**Prepare Almond Oil/Grapefruit Mixture:**

When preparing Almond Oil and Grapefruit Juice mixture, prepare a total for the full cleanse equalling to 10 oz of Grapefruit Juice and 10 oz of Almond Oil. You will be drinking (2) sets of this mixture and preparing an additional half dose if needed throughout the process.

-Squeeze 10 oz. of grapefruit juice (pulp removed).

-For the **1st set of mixture**, measure, and pour 4 oz of Grapefruit Juice combined with 4 oz of Almond Oil into a pint jar or shaker cup. Close lid tightly and shake well until it becomes watery.

-For the **2nd set of mixture**, measure, and pour 4 oz of Grapefruit Juice combined with 4 oz of Almond Oil into a pint jar or shaker cup. Close lid tightly and shake well until it becomes watery.

-For the **extra mixture**, measure, and pour 2 oz of Grapefruit Juice combined with 2 oz of Almond Oil into a pint jar or shaker cup. Close lid tightly and shake well until it becomes watery.

**1st set of mixture:** 4 oz of Almond Oil with 4 oz of Grapefruit Juice = 8 oz of mixture

**2nd set of mixture:** 4 oz of Almond Oil with 4 oz of Grapefruit Juice = 8 oz of mixture

**Extra mixture:** 2 oz of Almond Oil with 2 oz Grapefruit Juice = 4 oz of mixture

9:00 AM

*(or 1 hour later from taking  
Liver Gallbladder Flush mix)*

**\* If at all you feel queasy drink  
the 1st set of mixture earlier**

**Drink 1st set of Almond Oil/Grapefruit Mixture and then Lie Down:**

Take mixture to your bedside if you like, but be sure to drink the mixture within 5 minutes (10 minutes if you are weak or elderly) of laying down. Visit the bathroom if you need to but be sure to lie down immediately.

**Lie Down Immediately for 1 hour:**

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 lying down for at least 1 hour total. If you have one available and optional, 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.

**Important: If you feel queasy within the hour (even in the slightest), take the 2nd set of the Almond Oil/Grapefruit mixture early and adjust time schedule. If any doubt, it's safer to assume to drink the additional amount of the mixture.**

<p><b>10:00 AM</b> Earlier if queasy (or 1 hour after taking the 1st set of mixture)</p>	<p><b><u>Drink 2nd set of Almond Oil/Grapefruit Mixture</u></b> <b><u>Optional: Drink Paramune Plus and Paramune 5 with 2nd set of mixture</u></b> Add 15 drops of Paramune Plus and 15 drops of Paramune 5 directly to the Almond Oil/ Grapefruit mixture. If you cannot tolerate the taste of the Paramune Plus and Paramune 5 add with 1.25 oz of water in a shot glass and drink or you may also put in veggie cap and drink with 1.25 oz of water. It is not necessary to lie down after taking the 2nd set of mixture. If you are feeling thirsty at any time, you may suck on a ice cube or drink 1 small sip of water.</p>
<p>Anytime between <b>10:20-11:20 AM</b> <b>IF YOU FEEL QUEASY</b></p>	<p><b><u>Drink extra set of Almond Oil/Grapefruit Mixture (Only if you feel queasy):</u></b> It is not necessary to lie down. <b>Important:</b> Reset time to take Clean as a Whistle for 2 hours after the 2nd set of the Almond Oil/Grapefruit mixture.</p>
<p><b>12:00 PM</b> (or 2 hours after 2nd set of Almond Oil and Grapefruit Mixture, <u>if not queasy</u>)</p>	<p><b><u>Drink Clean as a Whistle Mixture: (perform only when you no longer feel queasy)</u></b> Mix 3 tsp of Clean as a Whistle in 6 oz. of water, stir and drink. Immediately follow with 1 oz fresh squeezed juice of 1/2 -1 lemon. If you still feel queasy, before taking the Clean as a Whistle, take an extra 2 oz of Almond Oil with 2 oz grapefruit juice. Then follow with the Clean as a Whistle 2 hours later.</p>
<p><b>1:00 PM</b> (or 1 hour later from taking Clean as a Whistle)</p>	<p><b><u>Drink NuSalt:</u></b> Mix 1/3 tsp of NuSalt and mix in 3 oz of water. May drink additional 3-4 oz of water if you would like.</p>
<p><b>2:00 PM</b> (or 1 hour later from taking NuSalt)</p>	<p><b><u>Drink Paramune Plus and Paramune 5:</u></b> Add 20 drops of Paramune Plus and 20 drops of Paramune 5 to a shot glass of water and drink or put in veggie cap and drink with 3-4 oz of water.</p>
	<p>Congratulations! You have finished a Gallbladder/Liver Flush. You may eat a light meal and drink plenty of water and add Electrolytes if you have them. If you are feeling sluggish, you may drink additional <b><u>NuSalt:</u></b> Mix 1/3 tsp of NuSalt and mix in 3 oz of water.</p>

**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 2 times in a row one week apart. Never do this cleanse when you are ill.

**Congratulations!** You have just taken a huge step towards vibrant health!