

LIVER CLEANSE

Source: The Amazing Liver Cleanse by Andreas Moritz (1st Books Library 1998). This can be purchased electronically for \$4.95 or go to www.1stbooks.com (\$16.50)

This cleansing process removes gallstones from the liver, "A fatty liver can have up to 6,000-8,000 stones before it succumbs to suffocation and ceases to function" (pp xiii).

PREPARATION

Do this for at least six days, preferably for 15 or so.

Drink 1 quart per day of Apple Juice (preferably Organic) with up to 90 drops of phosphoric acid in it. Drink it slowly throughout the day, in-between meals. A good regime is to have two glasses mid-morning and two glasses mid-afternoon. If you have trouble with sugars or apple juice, distilled water is a good substitute (again with 90 drops, or to taste, of phosphoric acid).

BEGIN THE CLEANSE

This will take about 12-14 hours. Make sure that the next morning is not busy so you can rest and go to the toilet when you need to.

On the day of the cleanse eat a light breakfast (no dairy, pork, eggs or other meat). Also eat lightly at lunch. It is preferable that you only drink water for the rest of the day. However, if you have blood sugar problems (hypoglycemia, diabetes), then plan to eat lightly but regularly until 6:00 p.m. Do not eat after 6:00 p.m.

At 6:00 p.m. preparation (the author recommends organic ingredients):

1. 2 glass jars (one for the Epsom Salts, one for the emulsion of juice and oil)
2. $\frac{3}{4}$ cup of Fresh Grapefruit or Orange juice
3. 4 tablespoons of Epsom Salts
4. $\frac{1}{2}$ cup Olive oil
5. 10 drops Walnut Hull Tincture (to kill any parasites that might be released)

Mix the Epsom Salts with 3 cups of water and keep in a jar (enough for 4 servings of $\frac{3}{4}$ cup each).

At 6:15 p.m. drink $\frac{3}{4}$ cup of Epsom Salts mixture ($\frac{1}{4}$ of the amount you made). It can taste bitter, so have some water afterwards if that helps.

At 8:00 p.m. drink another $\frac{3}{4}$ cup of Epsom Salts (again $\frac{1}{4}$ of the total you made)

At 9:45 p.m. Mix the $\frac{1}{2}$ cup Olive Oil, fresh squeezed juice and Walnut Hull tincture and shake well until it emulsifies.

At 10:00 p.m. Stand beside your bed and drink the potion. Immediately, lie down on your bed, on your back and visualize the potion moving the stones from the numerous bile ducts in your liver. **KEEP PERFECTLY STILL FOR AT LEAST 20 MINUTES.** If you need to go to the bathroom during the night, do so and check the toilet for stones.

When you get up (6-8:00 a.m.) drink the third $\frac{3}{4}$ cup of Epsom Salts. If you have blood sugar management problems have something light to eat such as a Multigenics Rice Meal Bar or similar.

At 8:00 to 8:30 a.m. or so, drink $\frac{3}{4}$ cup of Epsom Salts - if you need to, eat something light and easy to digest.

At noon, you can eat a light lunch. Then return to your normal diet.

After defecating, check the toilet for what stones are being released from your body. They could be of various sizes and colors. Some stones could be bright green and large, some could be brown and small, or white and small, or brown and largish. Do this cleanse every six weeks or so until you have no stones in the toilet, and then plan on repeating the cleanse once per year on an ongoing basis.

NOTE: The function of the Epsom Salts is to loosen the sphincters so the stones can pass through unimpeded. The whole process therefore, should be pain-free. If there is any pain, see your medical doctor.

Never cleanse when you have a cold or other acute illness.

The author (Andreas Moritz) recommends that this cleanse be done around the full moon, and that you schedule a colonic after finishing the cleanse.

livercleanse/November2007