

Liver and gallbladder flush

Starting 6 days before the cleanse: Drink a liter of organic apple juice a day, away from food. During the week avoid foods from animal sources, dairy, eggs, fried food, supplements, cold/chilled beverages.

On day 6/day of the flush: Drink the last liter of juice in the morning. Can do colonic irrigation or colosan capsules (available from www.thefinchleyclinic.com) to empty the intestines beforehand.

Breakfast: light, e.g. hot cereal or fruit. Avoid sugar, spices, milk, butter, oils, yoghurt, cheese, ham, eggs, nuts, pastries, cold cereals.

Lunch: cooked/steamed plain vegetables with basmati rice, flavoured with a little sea salt.

After 1.30pm – only water

At 6pm: 4 tablespoons Epsom salts in 24 ounces of water (=3 x 8 oz. glasses). Divide this portion into 4 servings. Drink 1st serving now! This is to build bile and slacken the bile duct as well as being a mild laxative. May take a few sips of water afterwards and brush your teeth or rinse mouth with baking soda.

8 pm: Drink 2nd serving!

9.30 pm: If no bowel movement yet and not done a colon cleanse within past 24 hours, take a water enema.

9.45 pm: Wash grapefruits (or lemons and oranges). Squeeze and remove pulp. Fill 3/4 glass (6oz.) juice into a pint jar with ½ glass (4oz.) olive oil. Close jar and shake hard 20 times or until solution is watery. It tastes delicious if served cold; you can even add ice cubes and make a smoothie by whizzing it.

10 pm: Drink grapefruit/olive oil mix (or up to 10.10 pm if need toilet still) while **STANDING** next to bed. Drink concoction without interruption. **LIE DOWN IMMEDIATELY** to release gallstones. Lie flat on back, 1-2 pillows propping your head up. If uncomfortable with head higher, lie on right side with knees pulled up. Lie perfectly still for at least 20 min. and don't speak. Put your attention on your liver. Sleep if you can. If you need bowel movement during the night, do so. Any nausea will pass during the morning.

When the fat arrives when the bile duct is wide open, it may flush gallstones. Small stones will come out on the next day (look like green coffee beans)

If pain after this: (maybe an hour later when trying to pass more stones)
Take 20 drops of Fumitory tincture in water to relax the muscle
or Wormwood tincture for biliary spasm.

6-6.30 am: When waking up drink 3rd serving. If thirsty drink a glass of warm water before serving. Rest or read. Best in upright position.

8-8.30 am Drink 4th serving!

10-10.30 am: May drink freshly pressed fruit juice.
½ hour later may eat 1-2 pieces of fresh fruit
1 hour later eat regular light food

Next 2-3 days: Light meals

NB! If you get thirsty during the cleanse, drink water. Except right after epsom salts servings and for 2 hours after the oil mix.

If you pass a lot of stones, repeat the flush a month later.

(Inspiration from Andreas Moritz's book: The Liver and Gallbladder Miracle Cleanse)
We cannot take responsibility for any health outcomes