

# **Liver and Gallbladder Cleanses**

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Many people have heard that cleaning out the gallbladder and liver improve health and energy. Here are three different forms of liver cleanses for you to use. If you have questions please contact Dr. Caldwell for more specific information.

Each cleanse has a different level of intensity which means the results may vary depending on the cleanse you choose. Most cleanses take several months to really be effective. This also depends on your age and the nutrition you have chosen to consume over the course of your life.

## **LIVER FLUSH- 3 TYPES**

### **Type One: Dr. Johnson's Liver Flush**

1/4 teaspoon Epsom salt in glass of unfiltered apple juice  
Take daily for 28 days. Starting at new moon.

If miss more than one day, start over.  
Continue with normal nutrition plan

### **Type Two: Liver Flush and Purifying Nutrition Plan**

by Dr. Randolph Stone

**Liver Flush Tea** ( prepare first one week prior to flush )

1 teaspoon Fenugreek Seeds  
1 teaspoon Fennel Seeds  
1 teaspoon Peppermint Leaves  
4 Slices of Ginger Root  
( cut about 1/8 " thick )  
1 Licorice Root ( optional )  
1 teaspoon Flax Seed

Boil the ginger root three minutes in 1-1/2 pints of water. Add the other ingredients and let steep for 10-15 minutes while you prepare the Liver Flush.

### **Liver Flush**

Mix together, in a blender:

3/4 cup of juice from either a grapefruit, oranges, or apple juice  
4-6 tablespoons fresh lemon or lime juice  
2-3 tablespoons pure cold-pressed olive oil or almond oil or sesame oil ( unrefined )  
1-3 crushed cloves of garlic or 1/2 to 1 tsp. of Kyolic garlic ( liquid deodorized garlic )

cayenne pepper is optional and recommended. Start with a good sprinkle then increase to 1/8 to 1 tsp. As desired.

1) **Drink the Liver Flush.** Then drink a glass full of the Liver Flush Tea, without honey, while it is hot. This is your breakfast. During the day, drink as many cups of this tea as possible, with honey if desired.

2) **Eat fresh fruit or vegetables** an hour or two later. You may use the juice of citrus or other fruit. Citrus ( orange or grapefruit ) is preferred. You may also eat other fresh fruit such as apples, pears apricots, grapes or fresh vegetable juice such as carrot, cabbage celery, beet. Repeat in between lunch and dinner.

3) **Eat leafy greens and other vegetables** after lunch. Select from lettuce: carrots, turnips, squash, spinach, onion, leeks, celery, cabbage, avocado, broccoli, cauliflower, string beans, radishes, cucumbers, beets, sprouts, alfalfa, fenugreek, mung bean soy bean, lentils,

**Eat fresh fruits** such as: apples, pears, grapes, peaches, prunes, figs, bananas, raisins, fresh berries.

**Note:** Eating raw fruits and vegetables is preferred but you may substitute for steamed, baked or made into soups. **NO fried fruits or vegetables.**

You may also add raw nuts, preferably almonds, or sunflower or pumpkins seeds.

You may add a little oil or herbs to salads, ground kelp, flax seed, or sesame seed.

4) **Do not eat the following:** meat, fish, chicken, eggs, starches such as ( potatoes, rice, bread, cereal ) sugar, milk, or milk products, coffee, regular tea, alcohol, or drugs of any type. You may use honey or maple syrup for sweeteners.

5) **Do not use aluminum cookware.**

6) To increase the effectiveness of the cleanse you may use **1 ounce of Aloe Vera Juice.**

**CAUTION:** The cleansing is most effective when taken several days in a row. If you do not feel well on this nutrition plan, reduce the frequency. It is common to feel nausea or headaches if you use too much garlic or oil at first. Start with using smaller amounts. Occasionally, there is a discomfort in the beginning which is only temporary. People with severe hypoglycemia should first stabilize their blood sugar condition before attempting this flush.

## **Type Three: The Amazing Liver Cleanse**

by Andreas Moritz

This Liver flush is very intense and requires purchasing his book, " the Amazing Liver Cleanse".

I have done this cleanse several times with amazing results. The process is much more involved and requires colon hydrotherapy. However, you really know when your liver is cleansed.

Here is a basic outline of the process:

### **1) Preparation**

Drink 32 oz.of apple juice a day for six days

### **2) Nutrition Recommendations**

Avoid eating or drinking chilled or cold foods. Try not eating foods from animals, dairy products or fried foods.

### **3) Best time for Cleanse**

Over the weekend

### **4) Colon Cleanse**

Have your colon cleanse with hydrotherapy ( colonic ) or a fleets enema the day before the cleanse.

### **5) Day of Cleanse**

Stop eating after 2pm

Begin drinking Epsom salts and water mixture at 6:00pm

Drink Cleansing mixture at 9:45 pm

Retire to bed at 10:00pm

### **6) Next Morning**

Continue drinking the Epsom salt and water mixture the next morning after 6:00 am.

Complete the process at 10:30am and resume eating.

Again this is an outline for more detailed information contact [www.Ener-chi.com](http://www.Ener-chi.com) .

Dr. Larry P. Caldwell

Source: [www.acupuncturehealthcaremn.com](http://www.acupuncturehealthcaremn.com)