

Dr. Hulda Clark Liver/Gallbladder Flush

Ingredients:

4 tablespoons of Epsom salts

3 cups of water - mix these and refrigerate

The fresh juice of one pink grapefruit

4oz. olive oil,

Mix in a pint jar with a lid and refrigerate

On the day of cleanse, eat only light food with NO fat at all till 2:00pm

DO NOT EAT OR DRINK AFTER 2:00pm

6:00pm drink 3/4cup Epsom salt/water mix (Hold your nose to drink)

8:00pm drink 3/4cup Epsom salt/water mix At this point you may start needing the rest room.

10:00pm drink the shaken mixture of olive oil/grapefruit juice. Using a straw may help it go down easier. Go to bed immediately (within 5 minutes) and lie on your back for 20 minutes and stay in bed.

You may have diarrhea before long. When you do the Stones will float to the top of the water in the toilet. Check them out with a flash light.

6:00am Drink 3/4cup Epsom salt/water mix

8:00am Drink the last of the Epsom salt/water mix

Two hours later start with fresh juice and or fruit. Resume normal eating but keep it on the light side.

Do not cleanse when you are ill.

How safe is this cleanse? It is very safe.

Dr. Clark's opinion is based on over 500 cases, including many persons in their seventies and eighties.

However, this cleanse can make you feel quite ill for one or two days afterwards if you have not cleansed the parasites and kidneys.

Updated Source: http://www.drclark.info/en/cleanses_clean-ups/liver_cleanses/advanced_livere_cleanse.php

This is particularly important in any disease-prevention program. Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well-being.

It is the job of the liver to make bile, 1 to 1½ quarts in a day! The liver is full of tubes (*biliary tubing*) that deliver the bile to one large tube (the *common bile duct*). The gallbladder is attached to the common bile duct and acts as a storage reservoir (see page 178). Eating fat, protein, or citric acid triggers the gallbladder to squeeze itself empty after about 20 minutes, so the stored bile finishes its trip down the common bile duct to the intestine.



Fig. 140 These are gallstones

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or x-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on x-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The black ones are full of wheel bearing grease and motor oil, which turns to liquid in a warm place. The green ones get their color from being coated with bile. Notice in the picture how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. The ducts have been too weak to open for a long time. Weakness comes from interrupting the nerve

impulses with the insulator-like automotive greases. Other stones are composites—made of many smaller ones—showing that they regrouped in the bile ducts sometime after the last cleanse. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming. As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise.

Emptying the liver bile ducts is the most powerful procedure that you can do to improve your body's health. But it should not be done before the parasite program, and for best results should follow the kidney cleanse.

Gallstones, being sticky, can pick up all the bacteria, viruses and parasite eggs that are passing through the liver. In this way “nests” of infection are formed, forever supplying the body with fresh parasite eggs and bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Cleanse your liver twice a year.

Preparation:

You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Zap daily the week before, or get through three weeks of parasite-killing before attempting a liver cleanse. If you are on *Maintenance Parasite Program*, you are always ready to do the cleanse.

Completing the kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Ingredients

Epsom salts	4 tablespoons
Olive oil	½ cup (<i>light olive oil is easier to get down</i>)

<p>Fresh pink grapefruit (for brain and spinal cord cancer use apple juice, with citric acid, see page 600)</p> <p>Ornithine</p>	<p>1 large or 2 small, enough to squeeze ½ cup juice (you may substitute a lemon, adding water or sweetener to make ½ cup liquid)</p> <p>4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!</p>	<p>Take <u>no</u> pills or vitamins that you can do without; they could prevent success. Stop the <i>Parasite Program</i> and <i>Kidney Cleanse</i>, too, the day before. Even stop zapping and taking drops.</p> <p>Double hot wash the grapefruit. Zappicate the oil to destroy traces of benzene and PCBs or add a few drops of hydrochloric acid to the bottle and shake.</p> <p>Eat a <u>no-fat</u> breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the <u>amount</u> you eat to the minimum you can get by on. You will get more stones. The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results. Finish eating by 12</p>
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noon with only sips later.

2:00 P.M. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 Tbsp. in three cups water and pour this into a safe jar. This makes four servings, ¾ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving (¾ cup) of the ice-cold Epsom salts. If you did not prepare this ahead of time, mix 1 Tbsp. in ¾ cup water now. You may rinse your mouth, but spit out the water.

Get the olive oil and grapefruit out to warm up.

8:00 P.M. Repeat by drinking another ¾ cup of Epsom salts.

You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 P.M. Pour ½ cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least ½ cup. You may use lemonade. Add this to the olive oil. Also, add Black Walnut Hull Tincture. If you haven't gotten stones out in the last few cleanses, add citric acid to bring success. Also, using 2/3 cup water for Epsom salts instead of ¾ can bring success. Close the jar tightly and shake hard until watery (only fresh citrus juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 P.M. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use salad dressing, syrup, or straight sweetener to chase it down between sips. Take it to your bedside if you wish. Get it down within five minutes (15 minutes for very elderly or weak persons). If you had difficulty getting stones out in the past add ½ tsp. citric acid to the potion. You may put it in capsules.

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). **Go to sleep,** you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. You may add another ½ tsp. citric acid to it (or capsules) and get even more stones. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the parasite-killing herbs and zap. By supper you should feel recovered.

Alternative Schedule 1: Omit the first Epsom salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

Alternative Schedule 2: Add ½ tsp. citric acid to the oil-grapefruit mixture. Stir till dissolved. Next morning, add ½ tsp. citric acid again to the first fruit juice you drink when done with Epsom salts.

Alternative Schedule 3: For brain and spinal cord cancers, caffeic acid is the antigen to be avoided. This includes grapefruit. Blend whole apples instead, Red or Golden Delicious. Strain to get ½ cup juice. Add ½ tsp. citric acid to oil-juice mixture.

If you don't get stones...

- Use slightly less than ¾ cup water for each Epsom salts dose, such as 5/8 or 2/3 cup.

CONGRATULATIONS!

You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands, of years ago, THANK YOU, HERBALISTS!

How well did you do? Expect diarrhea in the morning. This is desirable. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol and automotive grease inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as “chaff” floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

At the first diarrhea, search for parasites, using the photos in this book to help find them. Use the Gary Technique (page 184) if possible to keep them in good shape till you can identify them or photograph them. Save a dozen shallow plastic bowls to keep the varieties separate for easier identification.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the *Maintenance Parasite Program* had been neglected. This is why the instructions direct you to complete the parasite and *Kidney Cleanse* programs first.

Warning: If you do change these recipes in your own way you might expect problems. The liver is quite sensitive to details. It is recommended to seek the help of a therapist.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not thought to be linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on x-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of “gallstones” exactly.

Excerpted from: “The Cure and Prevention Of All Cancers” by: Dr. Hulda R. Clark