

Health positive: Liver and Gallbladder flush protocol

Preparation

- 7 days total
- 6th day colonic admin and release of stones
- 7th day more flushing out of stones and waste

Required Supplies/Ingredients

1. 6 Liters organic apple juice
2. Malic acid
3. Filtered water
4. Food grade epsom salts
5. Cold pressed extra virgin olive oil
6. Organic Grapefruit juice (fresh is better)
7. 2 one liter mason jars or lidded jars (glass)

Day 1-5

- 1 liter total of Apple Juice + Malic Acid Drink daily X 6 days
 - **How to make:** dissolve 1 level teaspoon of Malic Acid in 1/2 liter of filtered water and combine with 1/2 liter organic cold pressed apple juice and drink daily for 6 days
 - **Malic Acid Benefits:** The malic acid helps soften the gallstones to make passing through the bile ducts & gallbladder easier. Malic acid is sour and acidic. This helps to clear away dead skin cells when applied to the skin. Its sourness also helps to make more saliva in people with dry mouth. Malic acid is also involved in the Krebs cycle. This is a process the body uses to make energy. People commonly use malic acid for dry mouth. It is also used for acne, fibromyalgia, fatigue, wrinkled skin, and many other conditions. This is anecdotal and experiential benefits of malic acid and has not been scientifically studied.
- **NOTE: If you have experienced detoxing or fasting, you may wish to incorporate a gentle detox or fast with the cleanse. However, if you have not previously or regularly experienced detoxing or fasting, it is**

recommended that you continue to consume healthy, organic, whole food sources during the preparation phase of the flush, on days 1-5. This would include bone broths, proteins, healthy fats such as avocado, macadamia, butter, olive oil, coconut oil, ghee, etc., vegetables, salads, fruit, etc. But it is advised to remove any fast and convenient junk foods, gluten, grains, sugar and commercially processed foods from your diet, as well as alcohol, caffeine, soda and energy drinks while you are doing this cleanse.

Day 6 (Day of the actual flush and most intense day of the flush)

- ***NOTE: It is HIGHLY IMPORTANT that you follow the instructions precisely. This is not a cleanse designed for your own interpretation.***
1. On the sixth day of the cleanse, drink the entire 1-liter of apple juice + Malic Acid drink in the morning after waking.
 - ***NOTE: Do not consume any fats or proteins at all today! If you ignore this advice, it is highly likely that you will experience nausea, stomach aches and evening vomiting during the cleanse.***
 2. Eat a light breakfast - such as a green smoothie, bone broth or some gluten free buckwheat porridge with fruit.
 - ***NOTE: Avoid all processed sugar, sweeteners, spices, milk, butter, oils, yogurt, cheese, meat, eggs, nuts, pastries, gluten, cereals, etc.***
 3. Book a colonic irrigation for around 1200 noon or as close to midday as possible (make sure you book in advance).
 - ***NOTE: THIS IS MOST IMPORTANT! If you omit this step you will have an unsuccessful or uncomfortable cleanse.***
 4. Eat a light and very plain lunch - such as plain steamed vegetables or a light salad with rocket or a fruit salad.
 - ***NOTE: Make sure you finish lunch by 1:30 pm and DO NOT eat or drink anything past 1:30 (except for water).***

5. Evening Instructions: epsom salts solution plus olive oil, and grapefruit juice consumption must be timed *precisely*

- ***NOTE: The evening is when you will start the Liver and Gallbladder active steps for the flush to commence. Sorry to repeat myself, but again, it is IMPORTANT to follow these instructions precisely.***

6:00 pm

Mix 4 tablespoons of Epsom Salts with 3 cups of filtered water in a large mason jar for a total of 4 servings.

Drink your first portion of Epsom Salts (3/4 cup) at 6.00 pm. You can add in a squeeze of lemon to improve the taste.

8:00 pm

Drink your second serving of Epsom Salts (3/4 cup).

9:45 pm

Make olive oil and room temperature grapefruit mixture by combining 3/4 cup of freshly squeezed grapefruit juice with 1/2 cup of cold-pressed extra-virgin olive oil in a large mason jar. Secure the lid and give a shake until mixed.

10:00 pm

HIGHLY IMPORTANT:

- Drink the olive oil and grapefruit juice standing up next to your bed. Drink the entire mixture within 5 minutes, then lie down immediately after drinking, flat on your back with pillows propping up your head.
- Lie perfectly still for at least 20 minutes before falling asleep. You may feel stones traveling along, but you should feel no pain. The magnesium from the Epsom Salts keeps the bile duct valves relaxed and open.

NOTE: Set your alarm to wake up at 6:00 am the next morning before going to sleep.

Day 7 - Day + Evening Instructions:

6:00 am

Drink the next 3/4 cup Epsom Salts.

NOTE: You may need to use the bathroom soon after, as it helps to trigger bowel movements. Be sure to look for any gallbladder stones that float. They can range in color from tan, bright green and dark green.

8:00 am

Drink the last 3/4 cup portion of Epsom Salts.

10:00 am

Eat a couple of pieces of fresh fruit (if hungry) - perhaps some papaya and berries.

11:00 am

Eat a light morning tea – **NO FATS OR PROTEINS** – if you are hungry. This could be a bowl of steamed mixed vegetables or salad.

NOTE: During the morning and afternoon, you can expect to have watery bowel movements with gallbladder stones.

1:00 pm

Eat a light lunch an hour later - **NO FATS OR PROTEINS** - and the same for dinner. Again, you want this to be something that's easy to digest. I suggest steamed vegetables or a salad again.

Day 8 - Back to normal:

On Day 8 you can resume your normal eating. However, I highly recommend if you have gone to all of this trouble to improve your liver and digestive function that you continue to eat only a wholefood diet made up of:

- **Proteins:** high quality grass-fed, organic and regeneratively farmed animal protein, wild caught fish and oily fish, eggs and seafood and quality unprocessed plant-based protein sources.
- **Good fats:** avocado, avocado oil, eggs, grass-fed butter, ghee, hemp seeds, olive oil, coconut oil, olives, coconut milk products, raw milk, cheese and yoghurt (from cow, goat, sheep and buffalo, if available to you), kefir, etc.
- **Healthy carbohydrates:** leafy green vegetables and cruciferous vegetables + moderate starchy vegetables (carrots, pumpkin, sweet potato and potato, squash, turnips, etc.), berries and (other fruit in moderation 1 piece daily)
- **Fibre rich foods:** (see above) + wholegrains such as fermented, black and wild rice, buckwheat, whole oats, nuts and seeds (all in moderate amounts)
- **Water:** 2 to 3-litres filtered water (daily) + this could include a 1-litre bottle of electrolyte drink: 1-litre filter h2O + juice of 2 limes + 1/4 to 1/2 teaspoon of high quality Celtic sea salt.

Do your best to eliminate:

- Coffee and caffeine products
- Alcohol
- Processed foods including processed meat + sugar
- Seed oils and highly refined oils
- Margarine
- Chemicals, toxins, additives + preservatives

Move your body:

- Our body's were designed to move and movement not only helps us to stay in shape and look good, it is also essential for digestion, metabolic function + detoxification. And it increases functionality of muscles and joints, strength and tone, and provides us with increased energy, a greater sense of well-being and better sleep.

Lifestyle essentials:

- Cold showers (helps support digestion and vagus nerve function)
- Dry body brushing (helps support lymphatic drainage)

- Meditation (helps support healthy nervous system function, calmness and clarity)
- Breathwork (supports healthy stress response, balances blood pressure, improves mental well-being and focus, helps manage pain and more)
- Sleep (8 hours of quality sleep each night is optimal - make sure your room is free from technology, dark and has good airflow and circulation).

Start here and you're on your way to creating optimal health.

On the Day 9 or 10 get a follow up colonic to remove any residue stones left in the colon. This is very important to ensure all stones and flush is complete and nothing is left behind that can cause any rebound harmful effects.

If you have been diagnosed with gallbladder stones, fatty liver disease, or have been having ongoing chronic gallbladder attacks and liver inflammation you may need to do the cleanse more than once until all the stones are flushed.

If your symptoms do not improve after the initial flush then routine flushes are required (once per month) until you start to have resolution of symptoms.

Otherwise, doing a gallbladder/liver flush can be done on a yearly basis for prevention purposes.

Liver + Gallstone Flush Treatment (Disclaimer)

This article does not replace medical advice from a doctor. It is a recommendation to improve health. Gallstones are a medical condition. It is crucial that you seek medical advice before starting this or any other cleanse.

If your gallstones don't cause symptoms, your doctor may recommend monitoring. The goal is to ensure you don't develop complications. Complications from gallstones can cause gallbladder inflammation. This leads to ongoing pain, fever, and jaundice.

People with health conditions are at higher risk for complications. These include liver cirrhosis and diabetes. If you're in pain from liver or gallbladder issues, please see a doctor before starting this or any cleanse.