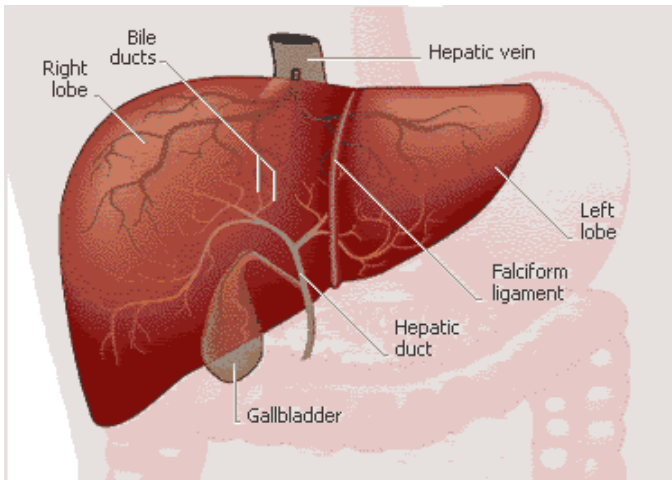


Liver and Gall Bladder Flush Information

MAILING ADDRESS:
19950 Sun Valley Road
Colfax, CA 95713

PHONE: 530-878-1119, **FAX:** 425-955-4639
E-MAIL: joyful@best.com
WEB PAGE: <http://www.joyfullivingservices.com>

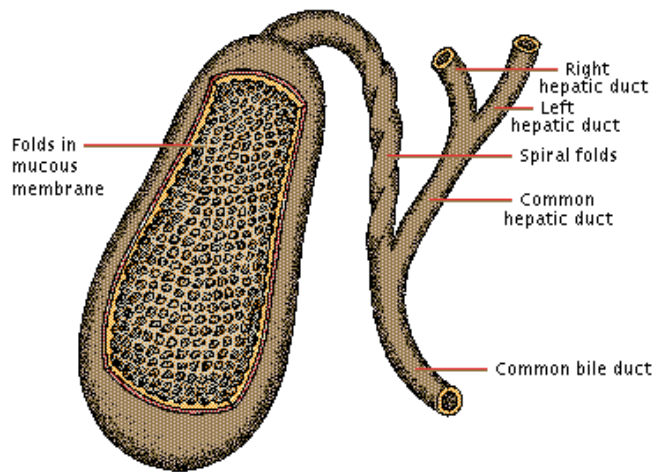
The largest internal organ in humans, the liver is also one of the most important. It has many functions, among them the synthesis of proteins, immune and clotting factors, and oxygen and fat-carrying substances. Its chief digestive function is the secretion of bile, a solution critical to fat emulsion and absorption. The liver also removes excess glucose from circulation and stores it until it is needed. It converts excess amino acids into useful forms and filters drugs and poisons from the bloodstream, neutralizing them and excreting them in bile. The liver has two main lobes, located just under the diaphragm on the right side of the body. It can lose 75 percent of its tissue (to disease or surgery) without ceasing to function.



Liver and Gallbladder Flush

The liver and gallbladder flush is an important detoxifying agent which can help restore the normal functional capacity of these organs. For more information regarding the function of the liver, [click here](#). Listed below are the steps that should be followed:

1. Monday through Saturday noon, drink as much unfiltered, and unsweetened apple juice or apple cider as your appetite will permit in addition to regular meals and any supplements that may have been suggested. The apple juice should preferably be purchased from a health food store to assure there are no additives.
2. At noon on Saturday, eat a normal lunch.
3. Three hours later, take 2 Tablespoons Epsom salts dissolved in about one ounce of hot water. The taste may be objectionable and may be followed by a little citrus juice (freshly squeezed if possible).
4. Two hours later, repeat step 3.
5. Grapefruit juice, grapefruit or other citrus fruits or juices may be eaten for the evening meal.
6. At bedtime have 1/2 cup of warm, virgin olive oil blended with 1/2 cup of lemon juice. (Virgin olive oil can be purchased from any health food store. It is best to use fresh citrus juice, but canned or bottled are permissible.)
7. Following Step 6, go immediately to bed and lie on the right side with the right knee pulled up close to the chest for 30 minutes before going to sleep.
8. The next morning, one hour before breakfast, take 2 Tablespoons Epsom salts dissolved in two ounces of hot water.
9. Be sure to continue with a normal diet and any nutritional program that has been suggested to you.



Located under and attached to the liver, the gallbladder serves as a reservoir for bile. As it is produced by the liver, bile passes to the gallbladder through a small tube called the cystic duct. The gallbladder's muscular walls absorb excess water and, when stimulated, contract to squirt concentrated bile through the biliary ducts and into the small intestine, where it aids in digestion.

Recommendations

1. Some clients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice; this nausea will slowly disappear by the time you go to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs only in rare instances. This flushing of the liver and gallbladder stimulates and cleans these organs as no other method. The most common side effect of this flush is diarrhea the day and/or the day after the Epsom salts are taken.
2. Clients who have chronically suffered from gallstones, biliousness, backaches, nausea, etc. generally find small gallstone-type objects in the stool the following day. These objects are light green to dark green in color. They are very irregular in shape, gelatinous in texture and vary in size from grape seeds to the size of a nickel. If there seems to be a large number of these objects in the stool, the liver flush should be repeated in two weeks. To be sure the gallbladder has been thoroughly flushed, it is recommended to have a follow-up Kinesiology visit.

It is not recommended for clients under 25 years of age or clients with known large stones unless under a professional's guidance. **Before doing this flush it is recommended that the body be tested through [Kinesiology](#) to find out if there are gallbladder stones and if the body is strong enough to tolerate such a flush.** For those people who cannot do the flush on Saturday and Sunday, the days can be changed to fit into your schedule.

You can also do an herbal gallbladder cleanse as follows: For two days take 8 ounces of apple juice every two hours until 1/2 gallon has been taken. Take 2 or more Fasting Plus every two hours and do not eat. Every 4 hours take 1 [Cascara Sagrada](#) to stimulate bile flow. At bedtime on the 2nd day, take 2-4 ounces of virgin olive oil mixed with 2 ounces of fresh lemon or grapefruit juice. Repeat in 1/2 hour. Sleep on your right side. Within 24 hours you should expel stones, mucous, or sludge through the bowel.

Reference: [Recipes for Success](#)

We are most interested in getting any feedback you may have if you've had success with a gallbladder/liver flush. We are collecting evidence that the gallbladder can pass these stones and would appreciate any written testimonials you might have. If you'd done a flush to pass stones and have had any results (positive or negative) please write them out for us and [e-mail](#) them to us. If you don't have a gallbladder, we would like to know what the symptoms were before it was removed and how its removal has changed your life. We are also collecting evidence showing that there is a link between gallbladder stones and high cholesterol. If you have high cholesterol please let us know in your testimonial as well.

The following are the most recent [testimonials](#) we have received. These flushes are for educational purposes only! The author recommends that you do not do the flushes on your own. Please speak with a competent health professional before attempting these flushes. Please contact [Brenda](#) if you have any questions or information relating to these flushes.

Reference: Information was taken from Recipes for Success.

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