

## LIVER FLUSH

The liver and gallbladder flush is an important detoxifying agent which will help restore the normal functional capacity of these organs, it is not recommended for patients under 25 years of age or patients with known large stones. Listed below are the steps that should be followed once you have been on a low cholesterol diet for at least 2 weeks:

1. Monday through Saturday noon, drink as much apple juice or apple cider as your appetite will permit in addition to regular meals and any supplements that may have been prescribed. The apple juice should preferably be purchased from a health food store to assure there are no additives.
  2. At noon on Saturday, you should eat a normal lunch.
  3. Three hours later take 10 capsules of disodium phosphate (which you purchase here) and may be followed by a little citrus juice (freshly squeezed if possible).
  4. Two hours later repeat #3.
  5. You may only have grapefruit juice, grapefruit, or other citrus fruits or juices as your evening meal.
  6. At bedtime, you must have one of the following:
    - A. 3 hard-boiled egg yolks and  $\frac{1}{2}$  cup of heavy cream or
    - B.  $\frac{1}{2}$  cup of unrefined olive oil followed by a small glass of grapefruit juice or
    - C.  $\frac{1}{2}$  cup of unrefined olive oil blended with  $\frac{1}{2}$  cup of lemon juice
  7. Following step #6, you should go immediately to bed and lie on your right side with your right knee pulled up close to your chest for 30 minutes.
  8. The next morning, 1 hour before breakfast, take 10 capsules of disodium phosphate
  9. Be sure to continue with your normal diet and any nutritional program that has been prescribed for you.
- 

Some patients have occasionally reported slight to moderate nausea when taking the oil and citrus juices; 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. Flushing of the liver and gallbladder stimulates and cleans these organs as no other method can.

Patients, who have chronically suffered from gallstones, biliousness, nausea, etc., occasionally 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 cherry seeds. If there seems to be a large number of these objects in the stool, the liver flush should be repeated in two weeks.