

**I highly recommend**, before you begin a liver and gallbladder flush that you read “**The Amazing Liver & Gall Bladder Flush**” by Andreas Moritz.

### **The Importance of Liver / Gallbladder Cleansing**

People with acute, chronic and degenerative illnesses are likely to have a large amount of stones congesting the liver and gall bladder and their ducts. This in turn affects the entire digestive function. By removing the stones through a series of liver cleanses, as outlined in the next section, and maintaining a healthy diet and lifestyle as outlined in *Heal From the Inside Out*, the liver and gall bladder have the ability to be restored to their natural efficiency.

Symptoms of discomfort and disease are given the chance to subside and health regained. Allergies and back pain may also lessen or even disappear. Energy and the sense of well-being are encouraged to miraculously return. Cleansing the liver and gall bladder from stones is one of the most important therapies to do for improving health.

Andreas Moritz, author of “*The Amazing Liver Cleanse*” and a health consultant and a practitioner of Ayurvedic Medicine, outlines the importance of liver cleansing very succinctly. He writes, “Because the liver is the main organ responsible for processing, converting, distributing and maintaining the body’s fuel supply, obstructive gallstones can greatly impair the capacity to deliver the right amount of nutrients and energy to the right places at the right times. This can upset the very delicate balance in the body, i.e., homeostasis, and disrupt any of its systems and organs. Freeing the liver and gallbladder from all stones, not only helps to restore balance and set the precondition for the body to heal itself, but is perhaps on of the best precautions one can take to protect oneself against illness in the future.”

You can often expect dramatic results even from the first cleanse. The morning after, you will have bowel movements mixed with food particles and floating green and tan colored stones in all shapes and sizes. The ones that float contain cholesterol and the ones that sink contain heavier toxic metals.

### **The “No Apple Juice” Liver & Gallbladder Flush...**

To flush your liver and gall bladder of stones successfully, you must soften the stones so that they can leave your body easily. The easiest way to do that naturally is with high doses of malic acid. Most liver & gall bladder flushing protocols use large quantities of apple juice over a period of 1 – 5 days to soften stones, as apples have a high malic acid content. As wonderfully as this works to achieve the goal of stone softening, the high sugar content of that much apple juice also tends to serve as a great source of food for candida (yeast) and this can cause as many problems as it solves. Now there is a way to cleanse the liver without using apple juice as the way to soften the deposits in the liver and gallbladder. No more bloating, feeding candida and other infestations or imbalancing your blood sugar levels...

The “No Apple Juice” Liver Cleanse uses Malic Acid powder mixed with water. This supplement softens the stones in the liver and gallbladder without the complications of apple juice.

**Here’s an overview of how it works:**

Depending on your health and cleansing history, and your colon’s transit time (the time it takes for food to move through you), you would do at least one, if not two, colon hydrotherapy sessions the week prior to beginning the actual flush products to help empty out your colon of any accumulated waste.

On day one of your actual flush, you begin drinking 1 quart of malic acid water a day, for six days, while avoiding acid forming foods. The natural acids in the malic acid powder are used to soften hardened bile and other waste products that have collected in the liver and gall bladder. An optimal diet during this time would be a raw veggie diet, with a high percentage of blended (or ‘soft’) foods, and lots of fresh veggie juice. The raw foods diet may not be possible for some people, so at least avoiding the obvious acid-forming foods is wise. (No coffee, tea, soda, alcohol, sugar, animal products (this means flesh *and* fluids), flour, fried foods, heavy nuts, and smoking. It is also best to avoid foods that are cold or have been chilled. (Cold or chilled foods or drinks chill the liver, thereby making cleansing more difficult.) If you’ve only had one of your colon therapy sessions prior to beginning the flush protocol, then you can schedule your second one during the first 5 days of this six-day period.

The sixth day of the flush, the day you begin the remaining products, is the perfect day to schedule your third colon therapy session. That evening magnesium (Epsom salts) is ingested to relax the smooth muscle lining in the bile ducts, making it possible for larger stones to pass, without pain. Before bed on the sixth day you will also drink the olive oil, grapefruit juice and walnut hull tincture solution. The oil acts as the stimulant for gall bladder contraction, forcing the loosened bile and waste materials out of the gall bladder and liver through the relaxed bile ducts. The citrus juice acts to help draw stones out of the gallbladder, and the walnut hull tincture helps to cleanse potential parasites. Finally, on the morning of day seven you finish your magnesium (Epsom salts) solution. Also this is the perfect day for your fourth and final colon hydrotherapy session, although you can schedule it any time up to day ten, to release any remaining wastes from the liver, gall bladder and lower G.I. tract.

Andreas Moritz, author of “The Amazing Liver & Gallbladder Flush,” highly recommends that you repeat this flush every 3-4 weeks until you have completed at least two consecutive flushes with no stones being produced. He says this can take from up to 8 - 12 flushes. At that point you can decide to do yearly or twice yearly flushes.

Andreas also highly recommends that if you decide to truly commit to a liver and gallbladder flushing protocol like this that you take a break after the first 2 - 4 flushes to spend some time cleansing your kidneys, and again after the liver has been completely cleaned out. In addition to this, you may also drink the kidney tea for 3 - 5 days after each flush. The kidney cleansing protocol he suggests is very simple, and consists of drinking a specific kidney flush herbal tea preparation for about 21 days. His recommended supplier is Present Moment Books and Herbs, 800-378-3245, or [www.presentmoment.com](http://www.presentmoment.com).

## Doing the Cleanse

### You will need:

1 gallon of water  
6 Teaspoons of Malic Acid powder\*  
4 Tablespoons Epsom salts\*  
½ cup cold-pressed organic extra virgin olive oil  
¾ cup grapefruit juice (fresh or bottled), or fresh orange and lemon juice combined.  
10 drops of Walnut Hull Tincture  
Oxy-Powder Capsules (Optional)\*  
(When liver & gall bladder through my office, the items marked w/ an \* are provided by me.  
Everything else you provide. )

### Directions

#### The week prior to the cleanse:

Begin to practice the recommended dietary guidelines explained in the following section (“Days 1 - 6 of the cleanse protocol”). Have one or two of your colon hydrotherapy sessions to start to cleanse your colon of potentially accumulated waste that can obstruct the stones. If you have decided to use the product Oxy-Powder to help flush your system, begin this week to find your good flushing dose. Start with 2 or 3 capsules at least 2 hours after eating, but one hour before bed. Take with water with half a lemon or lime squeezed in. (The lemon or lime help your body produce hydrochloric acid, which helps to activate the Oxy-Powder.) When you find the number of capsules that produces 3 - 5 loose stools the next day, stick with taking that number of capsules nightly.

#### Days 1 – 6 of the cleanse protocol:

Add 1 teaspoon Malic Acid powder to 1 quart (32 ounces) of water. Drink one quart of this solution throughout the day, preferably before and in between meals, for 6 days. IF it is too strong, you can add more water to the solution. Eat lighter than usual, preferable ‘raw’, ‘vegan’ and ‘soft’ foods - avoiding coffee, tea, soda, alcohol, sugar, animal products (this means flesh *and* fluids), flour, fried foods, heavy nuts, and smoking. It is also best to avoid foods that are cold or have been chilled. (Cold or chilled foods or drinks chill the liver, thereby making cleansing more difficult.) This will yield the best results.

#### The morning of the third day:

If you’ve only had one of your three colon hydrotherapy session, this is a great day to have your second session. If you’ve had two already, but feel clogged, you may decide to book an additional session for right now. Or, you can always do a very thorough enema. It is not uncommon to notice greenish objects in the waste expelled during the colonic, measuring from 1/8 to 3/4 inch in diameter. Many will be quite soft, while others may be hard and stone-like. Sometimes, they are seen in the stool for several days following the flush. If you are unable to schedule colon hydrotherapy, you should do an enema. Ideally, for best results, doing some type of colon cleansing before the liver cleanse is optimal. This just insures that the liver/gallbladder congestion has a way out! Make sure to drink at least ½ ounce of water, per pound of body weight, each day for flushing purposes...

**Day six:**

At **1PM** on the sixth day of drinking your Malic Acid preparation, stop eating. You may drink plain water or up to 1 quart (32 ounces) of fresh green veggie juices the rest of the day.

At **6PM**, mix the 4 tablespoons of Epsom salts in 3 cups of water. Drink  $\frac{3}{4}$  cup now. Have another  $\frac{3}{4}$  cup at **8PM**. If you have not had a bowel movement it is a good idea to do an enema now... If you have been taking Oxy-Powder during your flush, you will **NOT** take it tonight.

At **9:30 – 10PM** mix the olive oil, grapefruit juice/or fresh lemon and orange combined and 10 drops of Black Walnut Hull, all organic where possible in a jar with a lid. Stand by the side of your bed, shake the mixture well and drink it, all of it... Then, retire for the night. Lie on your right side with your right knee drawn up to your chest or on your back. **DO NOT MOVE or speak** for at least 20 minutes. This will help facilitate the movement of the oil from the stomach into the small intestine. You may have occasional episodes of nausea or cramping as the gall bladder periodically contracts, or as toxins pour out of your liver. At this point just RELAX and try to fall asleep.

If at any time during the night you feel the urge to have a bowel movement, do so. Check to see if there are already small gallstones (pea green or tan colored ones) floating in the toilet.

**Day 7:**

Drink your third dose of  $\frac{3}{4}$  cup Epsom salt water at **6:00AM**. You may go back to sleep at this time **AS LONG AS YOU ARE SITTING UP**. Drink your final  $\frac{3}{4}$  cup does of Epsom salt water at **8:00 AM**. Stay close to the toilet for the next several hours. **10 - 10:30 AM** you may drink fresh pressed fruit juices at this time. One half-hour later you may eat one or two pieces of fresh fruit. One hour later you may regular (but light) food. This the best day to have your third colon hydrotherapy session (up to day ten is good – depending on transit time). By the evening or the next morning you should be back to normal and feel signs of improvement.

Continue to eat light meals during the following 2-3 days.

*Note: drink water whenever you are thirsty, except for right after taking the Epsom salts and for the first two hours after drinking the olive oil mixture.*

**Caution: Do not do this liver cleanse if you are sick or have any other medical concerns. Always consult your physician or health care professional first...**