

The Amazing Liver Flush My Way

Items you will need:

Apple juice	Six 1liter (32oz) containers
Epsom salts (oral)	4 tablespoons dissolved in three 8oz cups of water
Fresh grapefruit	8 ounces Juice
Olive Oil	8 oz Oil

Preparation

~Drink 1 liter of apple juice the daily in-between meals for a day or two before doing the flush. (You may drink more if it feels comfortable.) The malic acid in apple juice softens the gallstones and makes their passage through the bile ducts easy. The apple juice has a strong cleansing effect. The fermenting effect of the juice helps widen the bile ducts. If this becomes uncomfortable, mix the juice with water. Drink the juice slowly throughout the day, between meals.

Do not eat or drink anything (except water) after 2 PM, otherwise you may not flush out any stones. Follow the exact timing given below to receive the maximum benefit from the liver flush.

The Actual Cleanse

6:00 PM: Add four tablespoons of Epsom salts (magnesium sulfate) to 24oz. of filtered water in a jar. This makes four servings, 6oz each. Drink your first portion now. You can add a little lemon juice to improve taste.

8:00PM: Drink you second serving of 6oz of Epsom salts.

9:30PM: If you have not had a bowel movement until now, and not done a colon cleanse within 24 hours, take a water enema.

9:45PM: You will need 8oz of grapefruit juice. Pour the juice and 8oz of warm olive oil into a pint jar. Close the jar tightly and shake hard, about 20 times.

9:50PM: Mix 2 tsp. Digestive Tonic with 2 tsp. LG/AP formula into 4 oz distilled water, and drink it now.

10:00PM: Stand next to your bed (do not sit down) and drink the Oil, juice concoction straight. If necessary, take a little honey to chase it down.

LIE DOWN STRAIGHT AWAY! This is essential for helping to release the gallstones. Turn off the lights and lie on your right side with your knees pulled towards your head.

Lie perfectly still for at least 45 minutes! Put your attention on your liver. You may feel the stones traveling along the bile ducts. Go to sleep if you can.

If you feel the urge to have a bowel movement, do so. Check for small gallstones (pea green or tan colored ones) floating the toilet. You may feel nauseous during the night and/or early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. You may use another teaspoon each of

the Digestive tonic and LGAP formula in 4 oz water if this occurs. The nausea will pass as the morning progresses.

6:00-6:30AM: Drink your third 6oz of Epsom salts. (If you're thirsty, drink a glass of warm water before taking the salts) Rest, read or meditate, or even some light Yoga. If you are very sleepy, go back to bed, although it is best if the body stays in the upright position.

8:00-8:30AM: Drink fourth and last 6oz of Epsom salts

10:00-10:30AM: You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. In an hour you may choose to enjoy a light meal. By the evening or next morning you should be back to normal and feel the first signs of improvement. Continue to eat light meals during the next few days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side effects.

For additional Benefit Do an ELF without the Epsom salt the next night.

How to Do an ELF

The Bowels Must be Open

The only prerequisite for doing a liver flush of any type is that the bowels MUST BE eliminating well.

Items you will want to have on hand:

Skillet

Castor Oil

Flannel Material

Press & Seal Wrap

Ginger Root for Juicing or Digestive Tonic

Blender or Shaker Glass

8-16 ounces Citrus Juice (I prefer Grapefruit)

8-16 ounces Extra Virgin Olive Oil

Timer or Clock

Towel or Terry Cloth Robe

Heating Pad or Hot Water Bottle

Optional Items:

Detox Tea

LG/AP Formula

Doing an ELF

The best time to do The ELF aka The Large Liver Flush or The Liver Bomb is between 6pm and 10pm. The liver responds best to the heavy flushing during these hours.

Castor Oil Pack

It is best to prepare the Castor Oil Pack and apply over the Liver before consuming the liver flush drink. To do this:

- 1) Cut a piece of flannel that will fit over the liver area when folded once. Two layers of Flannel cut to fit from under the breast to the pubic area and from just before the belly button to a little around the side on the right side of the body.
- 2) Pour 1 to 2 cups Castor Oil into a shallow pan and warm slightly (Very slightly)
- 3) Add Flannel to soak up warm castor oil
- 4) Lay press & Seal Wrap on counter sticky side up. You will need a piece large enough to completely cover the flannel
- 5) Lay the saturated Flannel on the Press & Seal, Pick up The wrap and flannel together and apply to the body over the liver.
- 6) At this point it is a good idea to have a terry bathrobe to assist in holding pack in place.

Making the Drink

Prepare 1 oz Ginger root juice or 1 tsp digestive tonic & 1 tsp LGVAP in 2oz water

In Blender combine 8 oz Extra Virgin Olive Oil with 8 ounces citrus juice. Whiz for a few seconds

- 1) Knock back the Ginger Root juice or Digestive Tonic Mix
- 2) Follow immediately drinking the Olive oil citrus mix.

Lay on Right Side

As soon as you are finished downing your drinks find a place to lay down on your right side, (liver down) for 45 minutes. Set the timer and remain on your right side the entire 45 minutes.
Applying Heat to the Pack

When you have finished the 45 minutes place a Heating Pad or Hot water bottle over Castor Oil pack for 45 minutes to an hour. This will drive the Castor Oil into your system to soften up the congestion in the liver.

You are then free to go to bed. Leave the pack over your liver all night long.

Drinking the Detox Tea

If you like while you are warming the Castor oil pack over your liver you may have as much of the Detox Tea as you want. The Detox Tea will help flush the oil through your system as well as prevent any ill effects such as nausea, burping or gas.