

The Prune Juice Flush

If you feel toxic or clogged, like things aren't moving fast enough. If you have the need to get your bowels moving rapidly to flush them and get bodily toxins out, the Prune Juice Flush is for you.

Warning: Do not leave home on the day(s) you do this. Stay very near a toilet.



The prune juice will empty the bowels and draw toxins from all parts of the body into the bowel. This will open up the flood gates allowing your liver to dump out its excess bile, your body to eliminate mucus, and the draining of your lymph system, all relieving many toxins. (This will come out in a dark brown, orange, or greenish liquid preceded by a lot of peristaltic action, a.k.a – Liver dump or cecal flush.)

- ✓ First thing in a.m. drink 8-16oz of warm distilled water.
- ✓ 15-30 minutes later drink 16oz of prune juice. (Sunsweet brand seems to work best.)
- ✓ 30 minutes later drink 8oz of warm distilled water.
- ✓ 30 minutes later, if you are not on the toilet eliminating, drink 8oz more of the prune juice.
- ✓ 30 minutes later, if you are not on the toilet eliminating, drink 8oz of warm distilled water.
- ✓ This should have you going by now. If not, be patient, it will.



For the rest of the day drink 8oz of fresh apple juice alternated with 8oz distilled water every 30 minutes. The apple juice will replace the removed toxic liquids (bile & lymph) and re-alkalinize your system.

Note: Sip all juices, swishing in mouth before swallowing. This will mix saliva with the juice for better digestion.



It is a good idea to take 1-2 tablespoons of Olive Oil 3 times a day when doing the flush. This will help to lubricate and protect the bile and liver ducts.



You can do this flush for up to three consecutive days getting a good cleansing of your system, flushing out up to 3 gallons of toxic lymph.

If you want to eat, wait until evening and eat raw fruits or vegetables. If you want something cooked, eat a baked potato.

You can do the Prune juice Flush once a month or whenever your bowels, liver, or lymph feel backed-up and need some extra propulsion. The above amounts are guidelines. Use your best judgment for your specific case.

(See "School of Natural Healing" by Dr. John R. Christopher, pages 568-570.)