

Liver & Gall Bladder Flush

Ingredients: Epsom Salt - 4 Dessert Spoons
Extra Virgin Olive Oil - 125ml or ½ cup (Virgin=Cold Press)
*Fresh Pink Grapefruit - 2 Big or 3 Small (enough for ¾ cup juice)
*(Grapefruit should be fresh for maximum success)

Important:

- Work out your program so that you can rest the next day.
- Do not do the flush if you are sick.
- Stop all medication and vitamin pills that you can do without, one day before the detox. NB: Don't stop medication that is a necessity like, Heart, Blood pressure, Diabetic, etc !!!
- Eat a no-fat breakfast and lunch. (Like vegetables, fruit, muesli, oats, rice, potato etc.) This insures that building up of pressure in the liver. The more the pressure, the more effective the detox will be. PLEASE NOTE – **No:** Milk, butter, margarine, meat, oils or fatty foods are allowed!!!
- Timing is of the up most importance for optimum effectiveness – don't be 10 minutes early or to late!
- The Gall tubes are open due to the Epsom Salt which will make the whole process free of pain.
- You may experience tenderness and slight discomfort in the area over your liver for a few days after the detox, but this is normal and will pass.

Program:

N.B. Drink as much pure water as you want!

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| 13h00 | Do not eat or drink anything anymore, if you do eat or drink – you will feel ill later! Start mixing the 4 dessertspoons of Epsom salt with 3 cups of water and leave it for later. |
| 18h00 | Drink a ¾ cup of Epsom salt mixture – you may rinse out your mouth with a little water afterwards. |
| 20h00 | Drink a ¾ cup of the Epsom salt mixture. Get ready to go to bed. |
| 21h45 | Begin preparing the Olive Oil mixture by mixing a ½ cup of Olive oil in a container with a lid. Extract the grapefruit juice and add to the olive oil. Shake the mixture well until it gets to the consistency of water. In total there should be 1 ¼ cup of the mixture. Go to the toilet as often as is needed. |
| 22h00 | Drink the Grapefruit/Oil Mixture. Drink it in 5 minutes while standing. Lie down on bed on your back immediately with your head on 2 pillows. The quicker you |

drink the mixture and lie down – the more effective the gallstones and impurities will be flushed out! Lie completely still on your back for 20 minutes. Sleep.

Next morning:

- 06h00 Drink a $\frac{3}{4}$ cup of the Epsom salt mixture. If you feel nauseous or feel bad, wait a while until you feel better and then drink the mixture. Lie down again.
- 08h00 Drink the last $\frac{3}{4}$ cup of Epsom salt mixture. Lie down again if you need to.
- 10h00 You can start eating again! Begin with fruit juice and a half an hour later a fruit. One hour later you can have something to eat, but keep it light. By dinner you should feel like yourself again!

Congratulations! - Your gall and liver won't know what hit it, being rid of gallstones without an expensive operation! Diarrhea, during and shortly after the process is normal.

The excreted gallstones contain big quantities of cholesterol and will float. Gallstones will be pea – to olive green.

Sometimes the liver's gall tubes are full of cholesterol crystals that haven't formed round stones yet. It looks like flecks and floats like gallstones. It is as important to get rid of these flecks as it is to get rid of the gallstones.

In bad cases or chronic sick conditions the symptoms can return. This happens when all the cholesterol, flecks and gallstones were rooted too deep in the tubes – they have moved forward into and through the tubes as the liver tries to get rid of the built up stones. **It is a necessity that this process be REPEATED after 4 to 7 days!!! DRINK AT LEAST 3 X, IN OTHER WORDS 1 X PER WEEK.**

For Maximum working of the liver and gall – repeat this process every six months and see how your general health improves. This recipe is also safe for children. In future drink at least 2 liters of water a day – it cleanses your whole system!

Taken from: "A Cure for all Disease"

Louise Hay – The mental causes for physical illness and the metaphysical way to overcome them.

Liver problems – Cause: Seat of anger and primitive emotions. Chronic complaining. Justifying fault-finding to deceive yourself. Feeling bad. **Affirmation:** Love, peace and joy are what I know. I choose to live through the open space in my heart. I look for love and find it everywhere.

Gallstones – Cause : Bitterness. Hard thoughts. Condemning. Pride. **Affirmation:** There is joyous release of the past. Life is sweet, and so am I.

Tina Andrews

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