

Liver (and Gall Bladder) Cleanse

(Designed for proprietary use. Not for sale.)

Feb 22, 2024 (Sources: Hulda Clark, Calvin Dence, Billy and Helen Burks, and others)

1. Prior to the liver cleanse you want to be free of parasites and have your kidneys and bladder functioning properly. Consider *parasite* and/or *kidney* cleanses. Also consider the “Cleanse-Salt Water Flush, 7-day” program which is recommended preparation anyway.¹
2. **Starting Day 1 (e.g., Thursday):** Take the regular “Supplemental-Parasite, 1-day” program. EXCEPTION: If you have recently (within two weeks) completed the “Cleanse-Parasite, 21-day” program, or if longer than two weeks and are on the “Maintenance-Parasite DAILY” program and have recently completed the “Cleanse-Salt Water Flush, 7-day” program you may omit the “Supplemental-Parasite, 1-day” program.
3. **Starting Day 2 (e.g., Friday), take no medicine or herbs you can do without for 2 days (even parasite or kidney herbs).**
4. **Starting Day 3 (the “big” day) (e.g., Saturday), eat a low-fat breakfast and dinner to build up bile in the gall bladder (e.g., cooked cereal, fruit, fruit juice, bread and all-fruit or honey —no dairy, flesh, eggs, sputter, soymilk, carob chips, tofu, nuts, or oil). Eat foods with little or no oil or fat in the food, avoiding nuts and tofu, even as ingredients — to be on the safe side, it wouldn’t hurt to eat all raw (optional).**
5. **Take no water or food after 2:00 PM².**
6. Mix 4 tablespoons of Epsom salt in 3 cups of water. May place in refrigerator for taste.
7. 6:00 PM _____ drink $\frac{3}{4}$ cup of Epsom salt. May drink a few mouthfuls of water to rinse. Get out olive oil and grapefruit to warm up.
8. 8:00 PM _____ drink $\frac{3}{4}$ cup of Epsom salt. May drink a few mouthfuls of water to rinse. Do your bedtime chores now and be ready for bed.
9. 9:45 PM _____ prepare $\frac{1}{2}$ cup of olive oil with $\frac{1}{2}$ - $\frac{3}{4}$ cup hand-squeezed fresh red grapefruit juice (may use lemon also).³ Break open 1 capsule of black walnut hulls and add the powder to the olive oil mixture. Shake until watery. Visit the bathroom at least once.
10. 10:00-10:15 PM _____ - _____ drink the olive oil mixture standing up.
 1. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. (If you don’t do this, you may suffer the worst night of your life!) Drinking with a large plastic straw helps it to go down easier.
 2. Take no more than 5 minutes to drink the mixture.⁴
 3. Go to bed immediately⁵, lying still on your back with your head up high on a pillow.
 4. Try to keep perfectly still for at least 20 minutes and feel free to go to sleep: that will help get the stones out.⁶
11. **Starting Day 4 (e.g., Sunday),** about 6:00 AM or later⁷ _____ (write down the time). After any feelings of indigestion or nausea have passed drink $\frac{3}{4}$ cup of Epsom salt. May drink a few mouthfuls of water to rinse. (You may go back to bed again.)
12. About 8:00 AM _____ (two hours later) drink $\frac{3}{4}$ cup of Epsom salt. May drink a few mouthfuls of water to rinse. You may go back to bed again.
13. About 10:00 AM _____ (again, two hours later) drink a glass of water.
14. About 10:30 AM _____ you may eat. Start with fruit juice. Half an hour later (11:00 AM) eat fruit. One hour later (after the juice, 11:30 AM) you may eat regular food, but keep it light. By supper you should feel recovered.
15. Expect diarrhea in the morning. In the commode there should be green stones floating on top of the water. There may also be tan colored “chaff” floating on top also. Cleansing this is also important for they are stones not yet formed.
16. If the *kidney and parasite cleansing programs* are not done first, you may feel sick for a couple of days after the liver cleanse. It takes about 2000 stones to be removed before the liver is fully cleansed and your allergies or bursitis or upper back pains are gone permanently. It will probably take several (up to about 50) of these cleanses to accomplish this. These cleanses should not be done more often than at two-week intervals, but every 3-6 months or so is the norm for people with a healthy liver and gall bladder. A good general maintenance program would be to close the “Cleanse-Salt Water Flush, 7-day” with this liver cleanse, having already been on the parasite (and, if necessary, kidney) programs.
17. Ingredient list: Epsom salts, olive oil (extra virgin, first cold pressing), fresh pink grapefruit, ornithine, large plastic straw, pint jar with lid, fork, black walnut capsule.

¹ The 7-day salt water cleanse would be helpful to kill parasites and cleanse the kidneys as well as help the liver and gall bladder and would probably be sufficient preparation if you are a total vegetarian, not using carbonated beverages, and already on a parasite maintenance program.

² If you want a different bed time, you can use a different starting time as long as you move all the other times the same amount.

³ Wash the grapefruit twice in hot water (or in “Veggie Wash”) and dry; squeeze by hand into the measuring cup. Remove the pulp with a fork and then add the juice to the olive oil.

⁴ Fifteen minutes for elderly or weak persons.

⁵ Be ready for bed ahead of time and do not clean up the kitchen.

⁶ Try to think about what is happening to your liver. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the Epsom salts have opened the duct valves.

⁷ But not before, even if adjusted yesterday’s times.