

The Amazing Liver & Gallbladder Flush

By Andreas Moritz

Ridding your Liver and Gallbladder of gallstones is one of the most important and powerful approaches to improve your health.

Please take note if you are on medications...taking medications while doing a liver flush, may alter the drugs concentration in the blood to undesirable levels. Once off of pharmaceutical drugs, you can safely do liver flushes.

The flush requires 6 days of preparation, followed by 16-20 hours of actual cleansing. To remove gallstones, you will need the following items:

- Organic, unsweetened, Tart Cherry juice in glass jar. A total of 48oz is needed. You will drink 8oz/day for 6 days.
- Epsom salt. Buy the unscented Epsom salt (magnesium sulfate), confirm the brand you're buying is ok for internal use. You will dissolve 4 tablespoons of Epsom salt in 24oz of filtered water. Put the mixture in a container that you can measure 6oz at a time to drink.
- Organic, extra virgin olive oil. You will measure 4oz to mix with the fresh grapefruit juice.
- 2 each fresh organic pink grapefruit. You will need to squeeze out 6oz to mix with the 4oz of olive oil.

Preparation

Start on a Monday drinking 8oz of the tart cherry juice in small portions throughout the day between meals. Avoid drinking the juice during, right before or within 2 hours after your meals. Avoid drinks that are ice cold. Food and drinks during the week should be warm or at least room temperature. **Finish the tart cherry juice by 6pm each day.**

During this week, avoid animal sourced foods, this includes meat, fish, poultry, eggs, dairy products (except butter is ok), fried foods, refined sugars or foods that contain it. Avoid overeating.

Eat foods that contain salads, cooked veggies, grains, legumes, nuts, seeds, natural fats & oils, herbs, spices, and fruits during this preparation week.

The dietary instructions for the Day 6 change, I will list those below.

Saturday (Day 6)

Drink all 8oz of the cherry juice throughout the morning, finish it by noon. You can eat a light breakfast of oatmeal and fruit **or** a light lunch of rice and steamed veggies before 1:30pm. Avoid the foods listed above, and now also avoid nuts, seeds and butter too. You can drink water after 1:30pm.

Avoid protein foods, nuts, avocado, butter & oil or you may feel ill during the actual flush.

The Actual Flush

6pm: Add 4 tablespoons of Epsom salt to 24oz of filtered water in the glass container, shake or mix and pour out 6oz and drink your first portion at this time.

It will have a bitter taste, but you whisky drinkers should be able to choke it down quickly without any problem. You can drink a few sips of water afterwards to wash the taste out of your mouth. If you just can't handle the bitter taste, add a small amount of lemon juice and/or drink it through a straw.

Set out the pink grapefruit now to warm to room temperature.

8pm: Drink your second serving of 6oz of Epsom salt mix.

9:30pm: If drinking the Epsom salt mixture hasn't produced a bowel movement by this time, you will need to do an enema flush with warm filtered water at this time.

Note: Constipation/congestion can prevent the proper opening of the gallbladder and reduce the flushes effectiveness. If you don't already own an enema kit, call me and I can suggest an easy-to-use enema kit to purchase from Amazon.

Also, you may want to do a couple days of enema flushes in the following days before and/or after the flush. Especially, if gallstones are still flushing out at the end of your watery bowel movements on Sunday. These gallstones are toxic and once they enter your colon, you want them out asap.

9:45pm: Squeeze out the 6oz of grapefruit juice and pour the juice into a mason jar large enough to hold 10oz. Add the 4oz of olive oil and shake to mix up thoroughly.

10pm: Stand next to your bed and drink the grapefruit juice/olive oil concoction rather quickly. Again, a straw may help.

Once finished, **immediately lie down on your back in bed with your head propped up well above the level of your stomach. Lie perfectly still for 20 minutes and focus your attention on the gallstones traveling out of your gallbladder and liver.** You may feel the stones traveling along the bile ducts like rolling marbles, but there will not be any spasms or pain.

The magnesium in the Epsom salt keeps the bile duct valves wide open and relaxed, and the oily bile that is discharged along with the stones, keeps the bile ducts well lubricated.

After the first crucial 20 minutes, you may remove any extra pillows and go into our normal sleeping position; However, avoid sleeping on your stomach.

Sunday (Day7)

6am: Upon waking, drink a glass of warm water. Shortly after, drink your third portion of the Epsom salt mixture. You can go back to bed or sit and read, but relax, nothing to strenuous.

You can expect 10-20 watery bowel movements throughout the day. Your bowel movements will now be producing gallstones each time. Most will float in the toilet for easy viewing and will range from light tan to dark/bright green and even red or black in color. Some may sink to the bottom of the toilet; those are calcified stones.

You may also release parasites and/or a foam that consists of tiny white cholesterol crystals. All really good to flush!

8am: Drink the fourth and last portion of the Epsom salt mix.

10am: You can drink some freshly squeezed fruit juice at this time.

10:30am: You can eat a couple pieces of fresh fruit.

11am: You may eat a light meal of easy to digest foods, like you have been eating the past week...do not overeat though.

Evening: You may eat another light meal. Remember, you just put your liver through surgery, give it time to recover and reset.

Repeat the process in 3-4 weeks:

Repeating every 3-4 weeks allows for the liver to release the toxins held in the bile ducts. Your liver will recognize what is happening and move new stones to the front of the liver for release. You can expect to flush thousands of stones.

It may require 10-12 flushes, (or more in cases of chronic overeating, drug use and/or alcohol abuse), to reach the point you are only flushing 15-20 small stones during a flush. That is when your liver is clean and will be able to complete significant healing.

You can expect many chronic ailments to clear up as your liver will now be able fully do its job of filtering & cleaning your blood of pathogens.

Going forward...unless you are going to eliminate all processed foods, refined sugars, alcohol and animal sourced foods, you should repeat this process once a year for the remainder of your now, longer life.

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