



Liver and Gall Bladder 6-Day Flush

Recommendation: with the approval of your physician, it is recommend that you perform the LGB Cleanse 2-3 times a year, even if you no longer have a gall bladder, as it is believed to be helpful to the liver as well.

The purposed of this procedure is to assist your body in its efforts to maintain free-flowing bile and to help keep the gall bladder free of debris. It is a very simple and natural procedure that at once time was used at the renowned Lahey Clinic in Boston, Massachusetts.

The principles involved are really quite simple. The general idea is to cause the liver and gall bladder to naturally expel and accumulated matter, including toxins, stones and pre-stone sludge believed to be composed of stagnant bile, calcium, cholesterol and toxins. Here's how it works...

- First natural acids are employed to cut the sludge or hardened bile, to allow for it to be readily expelled from the gall bladder, through the bile duct into the small intestine and out of the body.
- Second, adequate amounts of magnesium are ingested, allowing for a relaxation of the smooth musculature, which includes those muscles controlling the relaxation and contraction fo the bile duct. (The bile duct leads from the gall bladder to the colon).
- Third, a natural oil (preferably high quality olive oil) is ingested, which if taken in sufficient quantity will cause the gall bladder to contract, forcing the expulsion of the bile sludge out of the gall bladder and into the (now relaxed) bile duct where it is dumped into the colon for elimination
- Finally, coffee enemas or colon hydrotherapy are employed that stimulate the release of waste from the liver into the bile duct, and that increases the rate of bile released from the liver

Items Needed:

- Liqui-Phos or Ultra-Phos Drops
- Malic Acid Tablets
- Mag-Citrate or Epsom Salts
- Organic, Cold-Pressed Olive Oil
- Fresh Ginger, Ginger Tea or Ginger Chews
- Organic Apple Juice (optional)
- Fresh Fruit with Coconut Milk Whipping Cream OR Fresh Veggies with High Quality Oil
- Castor Oil Pack
- Coffee Enemas OR Colon Hydrotherapy

Instructions:

- Days 1-5
 - Follow you metabolic type diet and routine as usual
 - Take 3 Malic Acid Tablets 4 times a day (with or without food)
 - OPTIONAL- ingest as much apple juice as comfortable for you (this step may be done unless you are advised by your physician to not use the apple juice on account of blood sugar problems, or unless the apple juice causes you discomfort. Be certain to use only organic apple juice that is free of preservatives. Fresh is always best choice, then frozen and lastly cooked bottled)
 - Add a total of 90 drops of the Liqui-Phos or Ultra-Phos to the apple juice or any other liquid of the day (this may be taken all at once or as 45 drops twice or 30 drops 3 times)
 - Do a castor oil pack over the right side of your abdomen for a minimum of 45 minutes each night before bed, or another time if more convenient
- Day 6
 - Eat a normal breakfast and lunch and take supplements as usual
 - Two hours after lunch, dissolve 2 tablespoons of Mag-Citrate or Epsom Salts in ½ cup warm water and drink (if you find the taste intolerable you can chase it with some citrus juice of your choice)
 - Four hours after lunch, take a coffee enema or colon hydrotherapy
 - Five hours after lunch, dissolve 1 tablespoon of Mag-Citrate or Epsom Salts in ½ cup warm water and drink it
 - Six or Seven hours after lunch, you have a choice of...
 - Fresh fruit and coconut milk whip cream

- Fresh veggies steamed/cooked with high quality oil
- At bedtime, drink ½ cup of high quality olive oil (you may blend with an equal amount of fresh squeezed grapefruit, orange or lemon juice. If you feel nauseas, it can usually be prevented by also taking some digestive enzymes or ginger raw/tea/chews)
- Immediately after consuming the oil go to bed (it is best to lay on your right side with your right knee drawn up to your chest)
- In the morning if you feel the need you can do another round of 1 tablespoon of Mag-Citrate or Epsom Salts and ½ cup warm water
- Resume your normal diet (unless you have a strong appetite it is best to eat light the first day after the cleanse)

Expected Results & Reactions:

On the 7th day, the morning after the consumption of the cleanse, you may find many greenish objects expelled in your bowel movement. These may be numerous and may range in size. Most tend to be quiet soft, while others may be very hard and stone-like. Sometimes they may continue to show up in your bowel movements for several days after the cleanse. The particles, composed of mostly coagulated bile, are believed to come directly from the gall bladder (or liver, if your gall bladder was removed) and indicate a successful cleanse. Most people do not experience any discomfort from doing the cleanse, other than disliking the taste of the Epsom Salts and straight olive oil. However, it is possible that you may feel some temporary nausea or other discomfort. This is not cause for worry or concern, but rather is due to the contraction of the gall bladder and the process of eliminating toxins. As a result of the cleanse, usually a person feels an improvement in well-being.

Source: Healthexcel's Detox Information Pak- LGB Cleanse

**This is not recommended for treatment of any disease and/or condition but only for therapeutic cleansing purposes. It is recommended that you consult with your doctor or physician for any medical concerns before doing this flush.