

Liver & Gallbladder Flush Cleanse - Hulda Clark

After cleaning your kidneys and killing the parasites off your lungs, liver, pancreas, intestines etc. you need to cleanse your liver, gallbladder and bile ducts from gallstones and your large intestine from all residues to flush out all dead parasites and improve your overall health. You can expect your allergies to disappear; too, it eliminates shoulders, neck, upper arms, & upper back pain. You will have more energy & well being.

Ingredients: Epsom salts 4 tablespoons
Olive Oil (cold pressed) ½ cup
Fresh Pink Grapefruit 2/3 to 3/4 cup of freshly squeezed juice
Ornithine 4 to 8 to be sure you can sleep. Don't skip this.
Large plastic straw & Pint jar with lid To help drink potion

Preparation:

• **Drink 32 oz. of Packaged Apple Juice per day for a period of six days before Flush.** The **malic acid** in the apple juice softens, the gallstones and makes their passage through the bile ducts smooth and easy and has a strong cleansing effect. If you have diarrhea much of it is actually stagnant bile, released by the liver and gallbladder. The fermenting effect of the juice helps widen the bile ducts. You can dilute the apple juice with any amount of water, or use other options described later. Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before, and in the first two hours after meals, and in the evening). Use organic apple juice, concentrate, or apple cider.

• Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney and liver herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves & honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 pm Do not eat or drink after 2:00 pm. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water and pour this into a jar. This makes 4 servings, 3/4 c. each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 pm Drink 1 serving (3/4 c.) of the Epsom salts. If you did not prepare this ahead of time, mix 1 tbsp. in ¾ c. water now. You may add ½ tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out to warm up.

8:00 pm Repeat by drinking another 3/4 c of the Epsom salts. You haven't eaten since 2:00, but you won't feel hungry. Get your chores done. The timing is critical for success; don't be 10 min. early or late.

9:45 pm Pour ½ C. (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork and you should have at least ½ C., more (up to ¾ C is best). Add this to the olive oil. Close the jar lid tightly & shake hard until watery (only fresh grapefruit does it).

10:00 pm Drink the potion you have mixed. 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. Drinking through a large plastic straw helps it go down easier. Take it to your bedside, but drink standing up within 5 min.

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 min. You may feel a train of stones traveling along the bile ducts. There is no pain because the bile duct valves are open (the Epsom salts). Go to sleep right away.

Next morning. Upon awakening take your 3rd dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking Epsom salts. Go back to bed. **Don't take this potion before 6 am.**

2 hours later. Take your 4th dose of Epsom salts. Drink ¾ C of the mixture. You may go back to bed.

After 2 more hours. You may eat. Start with fruit juice. Half an hour later eat fruit. 1 hour later you may eat regular food but keep it light. By supper you should feel recovered.

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but the gallstones float because of the cholesterol inside. Count them all roughly (tan and green). You will need to total 2,000 stones before the liver is clean enough to rid you of allergies or upper hack pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at 2 weeks intervals. Never cleanse when you are ill.

• From Hulda Clark Ph.D., N.D. *The Cure For All Cancers* - ProMotion Publishing 1995