

## **Liver Flush by Hulda Regehr Clark Ph.D, N.D.**

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You will have more energy and increased sense of well being.

Cleansing the liver bile ducts is the most powerful procedure that you can do to improve your body's health. Best results are when a parasite program cleanse is followed by a kidney cleanse.

For many persons, including children, the biliary tubing is choked with gallstones. Only calcified gall stones will show up on an X-ray. There are over one half dozen varieties of gallstones, most of which have cholesterol crystals in them. Some are black, red, white, green or tan colored.

As stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles.

**WITH GALLSTONES, MUCH LESS CHOLESTEROL LEAVES THE BODY AND CHOLESTEROL LEVELS MAY RISE.**

No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

### **CLEANSE YOUR LIVER TWICE A YEAR**

Ingredients: 4 Tablespoons of Epsom salts  
3 cups of water - mix these and refrigerate

Fresh pink grapefruit  
4 oz. olive oil  
Pint jar with lid to mix the olive oil and grapefruit juice  
Ornithine 4 -8 to be sure you can sleep

On day one of cleanse, eat light food with no fats at all till 2.p.m.  
**DO NOT EAT OR DRINK AFTER 2 P.M.**

6.p.m. drink  $\frac{3}{4}$  cup of Epsom salt/water mix

8.p.m. drink  $\frac{3}{4}$  cup of Epsom salt/water mix visit the bathroom several times before you are ready to drink the evening potion of olive oil/grapefruit juice

10p.m. drink the olive oil/grapefruit mixture that has been well shaken

If you don't breathe through your nose, you will not taste this mixture. A saltine cracker afterward removes the taste.

Go immediately to bed (within 5 minutes) and lie on your back for 20 minutes and stay in bed. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!) You will have diarrhea maybe before bed, but definitely the whole next day and the stones will float to the top of the toilet. Get a flash light and check it out.

6.a.m. take another  $\frac{3}{4}$  cup of the Epsom salt mixture

8 a.m. take last  $\frac{3}{4}$  cup of Epsom salt mixture

2 hours later start with fresh juice and or fruit and resume normal eating keeping it on the light side.

I have completed this cleanse several times and I am amazed to discover hundreds of green bile stones and very small tan ones. Dr. Clark says that you will need to clean the gall/ liver of 2000 stones to rid you of allergies or bursitis or upper back 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 two week intervals.

### **Never cleanse when you are ill.**

How safe is the liver cleanse? It is very safe. Dr. Clark's opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. I felt no pain or discomfort afterwards, but a great feeling of enhanced health.

However, this cleanse can make you feel quite ill for one or two days afterwards if you have not first cleansed the parasites and kidneys. Because no doctor believes that this is possible, I have saved some of my stones as proof. I believe the gallbladder is the seat of emotions and this cleanse has many benefits for the emotional body.

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