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The Liver Cleanse (Liver Flush)

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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 have more energy and an increased sense of well being.

Cleaning the liver bile ducts is the most powerful

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procedure that you can do to improve your body's health.

**But it should not be done before the parasite program,
and for best results should follow the kidney cleanse.**

It is the job of the liver to make bile, 1 to 1 1/2 (one to one and half) quarts in a day! The liver is full of tubes (biliary tubing) (intrahepatic bile ducts) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones.

Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites - made of many smaller ones - showing that they regrouped in the bile ducts some time after the last cleanse. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting that a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. 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. Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria and parasite stages. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver. For best results, ozonate the olive oil in this recipe to kill any parasite stages or viruses that may be released during the cleanse.

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Preparation

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. **Zap daily** the week before and complete [the parasite killing program](#) before attempting a liver cleanse. If you are on the maintenance parasite program, you are always ready to do the cleanse.
- Completing [the kidney cleanse](#) before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can

efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Ingredients

Epsom salts	4 tablespoons
Olive oil	1/2 (half) cup (light olive oil is easier to get down), and for best results, ozonate it for 20 minutes. Add 2 drops HCl.
Fresh pink grapefruit	1 large or 2 small, enough to squeeze 2/3 cup juice. Hot wash twice first and dry each time.
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Large plastic straw	To help drink potion.
Pint jar with lid	
Black Walnut Tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

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 herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). 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 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eight) 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 (ozonated, if possible) and grapefruit out to warm up.

Alternative Schedule 1: Omit the first Epsom Slats dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. "The Cure For HIV and AIDS" By Hulda Clark pg.585

8:00 PM. Repeat by drinking another 3/4 (three fourths) cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

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. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

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. Be ready for bed ahead of time. Don't clean up the kitchen. 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 minutes. 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!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

"The Cure For HIV and AIDS" By Hulda Clark pg.585

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

How well did you do? 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 that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough 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 [acutely] ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a 'chaff' floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney cleanse programs first.

CONGRATULATIONS

You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly can not take credit for its origin. It was invented hundreds, if not thousands, of years ago, THANK YOU, HERBALISTS!

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This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

From "The Cure for All Advanced Cancers", p. 562.

Where to order herbs suggested by Hulda Clark? Herbal products are sold by [RBC Herbal Inc.](#)

An excerpt from a message posted on CureZone Liver Flush Forums:

Flush can remove some gallstones from some

gallbladders

<http://www.curezone.com/forums/fm.asp?i=1298598#i>

Is there really any solid evidence that Gallstones can exit gallbladder?

If there was any solid evidence that Gallstones can exit gallbladder, why would any doctor claim that gallstones CAN NOT exit gallbladder?

Fact: Some gallstones (smaller gallstones) can exit gallbladder.

Fiction: All gallstones can exit gallbladder. Anyone believing that every stone can exit gallbladder is ignorant/uninformed or irrational. Rare stones can be even larger than 2 inch (5cm) in smallest diameter.

Fiction: Gallstones can not exit gallbladder. Anyone believing that no stone can exit gallbladder is ignorant/uninformed or irrational. Stones can be smaller than 2 mm in diameter, and could easily travel through the bile ducts without any chance of causing obstruction.

Majority of gallstones starts their "life" as a microscopic crystal of cholesterol. Very few gallstones ever get a chance to grow larger than 2mm. Most are expelled while small as sand.

cholesterol = chole + sterol

The name originates from the Greek chole- (bile) and stereos (solid)

cholesterol = Greek for solid bile

How do we know that some gallstones can exit gallbladder?

It is a well documented medical phenomenon.

Obstruction of the common bile duct is often caused by gallstones that were expelled from the gallbladder:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2407039&dopt=Abstract

In patients with chronic Pancreatitis, common bile duct obstruction is reported in 3.2-45.6% of patients; however, only 5-10% of all patients with chronic Pancreatitis require operative decompression of the bile duct.

<http://www.virtualgastrocentre.com/diseases.asp?did=191>

Passage of gallstones into the common bile duct occurs in approximately 10-15% of patients with Gallstones. The incidence is thus related to the presence of gallstones, which are very common (10-20% of population).

Common bile duct stone References

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<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1119388>

Jaundice occurs in patients with gall stones when a stone migrates from the gall bladder into the common bile duct...

Acute pancreatitis

Acute pancreatitis develops in 5% of all patients with gall stones and is more common in patients with multiple small stones, a wide cystic duct, and a common channel between the common bile duct and pancreatic duct. Small stones passing down the common bile duct and through the papilla may temporarily obstruct the pancreatic duct or allow reflux of duodenal fluid or bile into the pancreatic duct resulting in acute pancreatitis.

Let us do some math here.

20% of people may develop gallstones during their life

15% of people with gallstones may experience obstruction of the common bile duct

How many people may experience obstruction of the common bile duct?

Answer: 3% of total population where 20% have gallstones.

What about USA?

Population of USA: 300 million.

How many people may experience obstruction of the common bile duct during their life?

3% = 9 million people in USA will experience obstruction of the common bile duct with gallstone(s), gallstone(s) that most likely was formed inside gallbladder, and then was expelled, only to be stuck into the common bile duct.

Question: Do all gallstones expelled from gallbladder end-up blocking common bile duct?

Answer: No, only gallstones that have specific size and/or shape.

By it's size and shape, the stone must be small enough or slim enough to pass through the cystic duct and exit gallbladder, but it should be large enough to stuck at the sphincter of oddi, and to block the flow of liquid bile and pancreatic juices into duodenum.

How many gallstones have that specific size and/or shape that would allow it to exit gallbladder, but would not allow it to pass through common bile duct or through the "sphincter of oddi"?

Nobody knows the answer to this question, of course.

But, we could estimate that less then 10% of all stones would qualify. That would be of course just an estimation.

We could estimate that 90% of gallstones (or gallbladder sand and sludge) that exits gallbladder would not stuck in the common bile duct, and will never be registered. It would become feces.

What does that mean?

It could mean that majority of people with gallstones may have expelled some of their stones (or sand) at one time or another, without ever knowing it happened. Stones pass from bile ducts into intestines ... no pain ... no obstruction ... no symptoms ... no awareness nobody knows it happened. But it could be happening every day. That is what nature (evolution) intended for gallstones.

Remember that each stone starts as a microscopic crystal. Who could count the number of microscopic crystals that are existing gallbladder every day?

Why don't all stones pass?

Why don't gallbaldder get those crystals out before they become large enough?

There could be many reasons, like: the lack of phisical activity, poor diet, stress, dehydration, being owerweight, not drinking enough water, infection, illness, hundreds of oissible reasons.

What about USA?

Population of USA: 300 million.

Number of people who will develop gallstones: 20% = 60 million.

If 90% of them expel some smaller gallstones at one time or another during their life, then we have 54 million people who are going to pass or have already passed gallstones, and are not aware of it!!!

Estimation:

54 million of people in USA may expel some smaller gallstones from their gallbladder. 9 million people in USA will experience obstruction of the common bile duct, obstruction caused by a gallstone small enough to exit cystic duct, but too large to exit sphincter of oddi..

The sphincter of oddi is situated in the upper intestine, or duodenum, at the site where the common bile duct enters intestine. Normally, this sphincter functions as a one-way valve to allow bile and pancreatic secretions to enter the bowel, while preventing the contents of the bowel from backing up into these ducts.

White Shark

<http://www.curezone.com/forums/fm.asp?i=1298598#i>

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You can comment and debate this recipe on the [Liver Flush Debate Forum](#) here on [CureZone](#).

You can get a support on the liver flushing if you access [Liver Flush Support](#)

Forum here on CureZone.

To get support on other alternative remedies for gallstones, please access **Gallbladder Remedies Support Forum** here on CureZone.

To get a support on Gallbladder Surgery, please access **Gallbladder Surgery Support Forum** here on CureZone.

If you are looking for the **frequently asked questions (FAQ)** about the **Liver Cleanse (the Liver Flush)** please **click here**.

Return back to the Main Page of Liver Flush.

For more relevant information, please read:

- **Liver flush: separating facts from fiction**
- **Gallstones can not be expelled from gallbladder! Fact or Fiction?**
- **Issue 177: Science Project: Dyeing to Know the Answer**
- **Red dye and other colors**

Liver cleanse & Gallbladder cleanse (Liver flush) (an alternative to gallbladder surgery)

WARNING!

Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt to consume 4 tablespoons.

People unable to tolerate Magnesium Sulfate may suffer negative reaction, even death.

Several people died from the results of Epsom Salt overdose.



Fatal Hypermagnesemia Caused by an Epsom Salt Enema PDF 51.2 KB



[Tampabay Nurse error spotlights drug's danger](#) PDF 12.2 KB

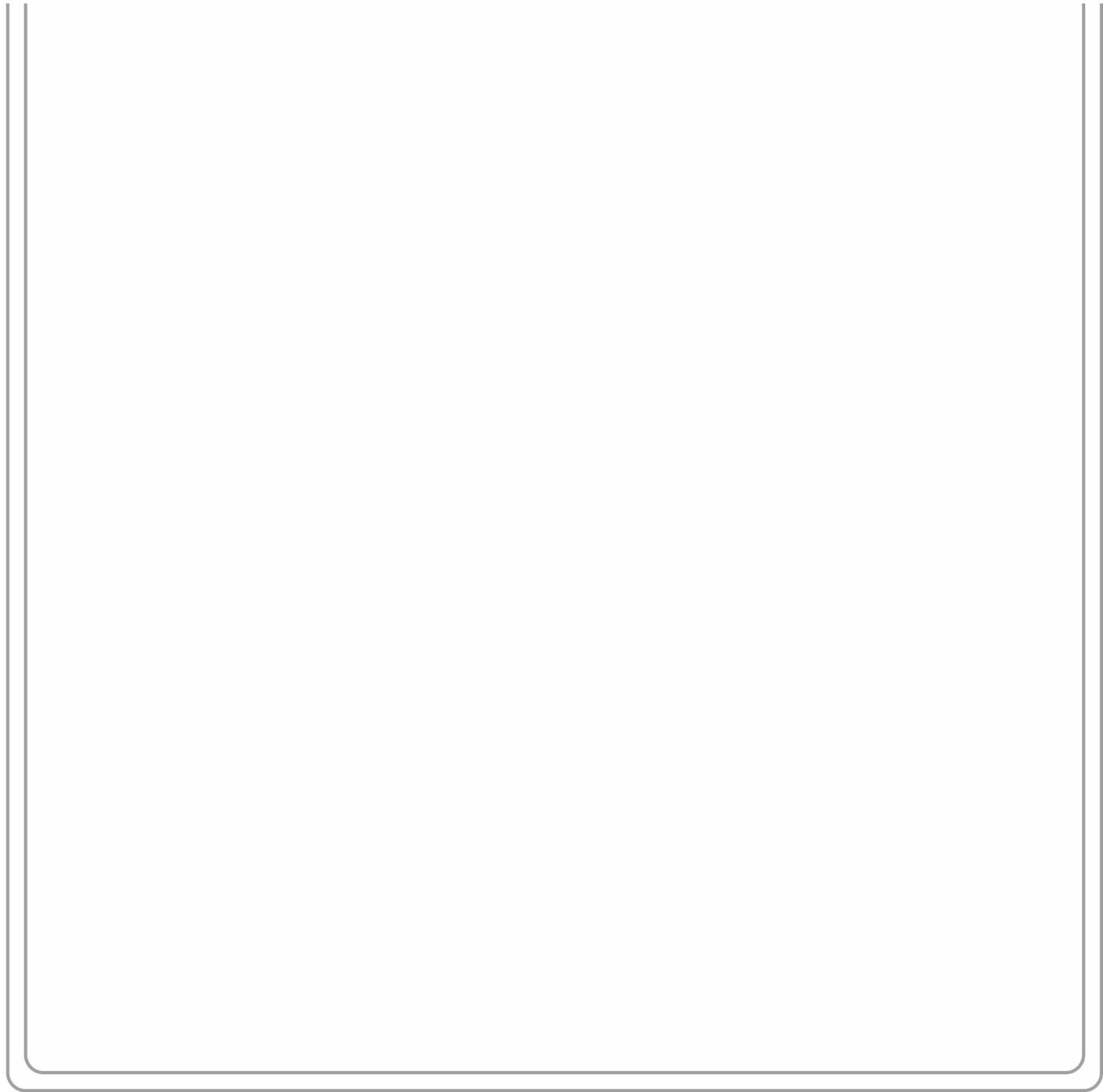


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