

The liver needs to be recognized as a master organ and gland performing hundreds if not thousands of functions such as:

- ☞ Manufacturing many thousands of metabolic enzymes that support all body functions.
- ☞ Filtering: waste from dying cells, chemical pollutants and non foods out of the bloodstream and into the colon for elimination.
- ☞ Secreting healthy alkaline bile to breakdown proteins and fats before they enter the small intestine from the stomach.
- ☞ Creating building blocks or starter hormones for the endocrine system.

The main fuel for proper liver function is complete amino acids, which are only supplied from easily accessible raw protein in the diet. When protein is cooked, it is damaged and cannot be converted into amino acids. Eating too much un-utilizable protein requires great amounts of pancreatic and stomach enzymes. It causes strong acid formation, liver congestion, kidney stress, adrenal gland fatigue, vitamin and mineral deficiencies and an overall depletion of health. See “Conscious Health” by Ron Garner for more details.

Acid wastes that are stored in tissues, joints and fat layers cannot be disposed of as long as the colon and liver are congested and under-functioning. As liver function improves, mucous, accumulated poisonous toxins, parasites tumors and other growths from the rest of the body can also be released and eliminated.

It is easy to see that by the environment we have created at this time on earth that cleansing the liver and gallbladder is extremely important for overall health.

The liver and gallbladder should be cleansed several times to increase its overall efficiency and at least once per year for maintenance.

This liver / gallbladder detox and flush has been gleaned and compiled from the finest ingredients and processes used by the Essenes, master herbalists, naturopaths and healers around the globe. It is recommended you seek advice from your health care professional and practice the buddy system so that you have someone to assist you through this process. Strive for peace and calm.

During this intense 4 day cleansing process, you may experience fatigue, dizziness, weakness, mental fog and other discomfort as part of the healing process. As the body throws off waste from your system you may notice excess mucous, loose stool, foul odors and even gallbladder stones released.

Important: In order to do the liver / gallbladder flush properly, you must prepare the liver days before with the teas, green drink and apple juice as listed below or you will not have the same effect.

It may seem as though there is a lot of liquid to drink each day and there is, however do your very best to get it all down. This may mean many more trips to the bathroom but it is extremely important to follow this schedule. The more you can stick to this regime, the more successful your detoxification will be, giving your organs and digestion a chance to slow down and start sloughing off some of the hard crusty toxins that are embedded in your liver and gallbladder, also softening and loosening the hard fecal matter on your intestine wall.

RECIPES

Detox Tea

Combine in a plastic container: 3 tsp of each: comfrey, golden seal, cinnamon, and 2 tsp of each: slippery elm, peppermint, marshmallow.

To make detox tea: add 3 tsp of mixture to 1 liter of boiling water and let steep for several hours. Do not boil herbs. Do not remove the loose herbs from the tea as you want the tea to get stronger. Keep in fridge. You may have enough detox tea for part of Day 2. Make another liter for Day 3 and a liter for Day 4.

Liver Tea

Combine in a plastic container: 2 tbsp of each: dandelion, burdock, fennel, ginger, and 1 tbsp of each: chaparral, cascara sagrada, echinacea, red clover and 1/2 tsp cayenne.

To make liver tea: add 4 tbsp of mixture to 2 liters of boiling water and steep overnight or for several hours. Do not boil or strain tea. Keep in fridge. Try to drink as much as possible of the 2 liters of liver tea each day. You may not get through 2 liters the first day however the goal is to do your best to drink 2 liters a day.

Apple Juice

Make this one fresh each time

3 organic juiced apples or if you do not have a juicer, add chopped unpeeled apples to a high powered blender and blend thoroughly. Drink it 1 hour before each meal.

Green Drink

Make this one fresh each time

Leafy greens in a high powered blender. Wheat grass is excellent. Suggestions for leafy greens: Spinach, swiss chard, beet greens, parsley, collard greens, dandelion greens, celery, cucumber. Only add 2 or 3 greens to your blender at a time and rotate the greens daily. You may add fresh lemon, lime juice, ginger juice, mint leaf, fennel bulb and stevia to sweeten. Do not sweeten the teas although.

Day 1 - 4 Routine

1. Every morning begin your day with 1 large glass of water, a tablespoon of Genesis and a green drink. Dilute the green drink if it is too strong for you.
2. Meditation and setting intent for the day.
3. Sip Detox Tea.
4. Apple Juice 1 hour before meals.
5. Sip Liver Tea throughout the rest of the day.
6. Eat very lightly, mostly vegetables and a few alkaline grains and sprouts. When eating, chew your food thoroughly until it is liquid. Ideal is to fast.
7. Take 2-5 CATALYZE enzymes with and between meals.
8. Half hour of fresh air walking, exposure to sun & rebounding (bouncing movement) daily to move circulation.
9. Lots of rest
10. Take 3-6 COLONYZE probiotics at bed time.

Remember to come off this cleanse slowly, incorporating fresh pressed juices, vegetable broth, raw soups, fruits, steamed vegetables and alkaline grains such as quinoa for at least a few days.

On the Evening of the 3rd Day

1. Prepare 4 oz of fresh squeezed organic lemon juice and 4 oz organic, cold pressed olive or hemp oil.
2. Shake well in a glass jar and drink fast.
3. Go to bed and lay on your right side. You may not feel so good, but try to lay still and breathe deeply to fall asleep.

On the Morning Of the 4th Day

1. Prepare an Isotonic drink consisting of 3 – 4 liters of warm water with 1 tablespoon of Raw Celtic Sea Salt per liter.
2. Drink 2 large glasses as fast as you can. Rest for few minutes. Do the light exercises from the diagrams as shown below in between drinks.
3. Continue with the salt water. By your 4th or 5th glass of water you may find your body starting to flush out old fecal and gallbladder stones and water.
4. Keep drinking the Isotonic salt water (8 to 12 glasses) until you are passing clear liquid out your rectum.
5. Take 15-20 COLONYZE probiotics over the next few hours, get plenty of rest and remain peaceful for the rest of the day.





Congratulations – you have successfully cleared your eliminative system and prepared for the next level of health to be experienced.

Try to resume a diet of: 80% or more - alkaline living food to: 20% or less - acid or cooked foods and “feel better than you have ever felt before.”

There are varying results, however most people will experience some level of release of dozens to hundreds of “Gall and Liver stones” as seen here in these pictures:

