**Liver and Gallbladder Flush**

What you will need to complete this program:

* **Malic Acid** (softens gallstones and loosens the bile ducts) Take 500 -800 mg twice per day.
* **Any other product that is know to help bile flow: Take for 4 weeks prior to your first flush.**
* Epsom Salts (magnesium sulfate – can be found in any pharmacy)
* 1/2 cup (4 oz.) organic cold pressed extra virgin olive oil
* 2-4 organic pink grapefruits **or** organic lemons and oranges (for the flush drink)
* An additional 6 organic lemons for the Epsom salt drink
* 2 glass mason jars (1 pint) with lids

**Preparation**

*7 – 10 days before your flush: for health patients.*

*Patients that are sick, should do the preparation with supplements and malic acid for a minimum of 4 weeks before the flush.*

Reduce the intake of fatty meats, excessive oil, fried foods and high fat dairy products. Also remove all sugary foods (pastries, candy, ice cream, etc.)

Begin taking **malic Acid** daily: 500 to 800 mg / twice per day with food.

***The day before your flush:***

On the day before your flush eliminate all animal flesh foods (red meat, poultry, fish, etc.) and reduce the amount of fatty foods to a minimum. Do not consume any dairy products unless they are ‘fat free’. Eat as many fresh vegetables and fruits as possible.

Examples of some foods you can eat the day before your flush:

* All vegetables and fruits
* Rice
* Oatmeal
* Salads with nonfat dressing
* Egg white omelets cooked without butter or oil
* Loaded baked potato with veggies and fat-free sour cream
* Vegetable soups and stews
* Fruit smoothies with non-fat protein powder or fat free yogurt

***The day of your flush:***

Do not eat any foods that contain protein or fats or you may feel ill during the actual cleanse.

Eat a light breakfast such as hot cereal or oatmeal. Fruit is fine during the morning to mid-afternoon hours. Apples are a good choice but should be peeled. For lunch eat plain cooked steamed vegetables with white rice (preferably basmati rice) and flavor it with a little unrefined sea salt. After lunch you may only eat fresh grapefruit if you are hungry. Do not eat anything after 5:00 p.m. and drink plenty of water throughout the day.

***Prepare your Epsom salt drink before 6:00 p.m.***

In a one quart mason jar combine 24 ounces of purified water and 4 tablespoons of Epsom salts. Stir or shake the mixture until the salts have dissolved. Leave this jar out so that it is room temperature. This makes four (6-oz.) servings.

**\*\*\*Remove your citrus fruit from the refrigerator so it may warm to room temperature.**

**The Actual Cleanse**

6:00 p.m.

Mix your first six ounces of the Epsom salt solution with 1/4 to 1/2 cup of fresh squeezed lemon juice. Hold your nose and drink this mixture. Rinse your mouth and/or brush your teeth to help remove the bitter taste. The main action of the Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass.

8:00 p.m.

Drink your second six ounce serving of Epsom salts with lemon juice.

9:45 p.m.

Prepare your flush drink. Grapefruit works best but if you are allergic to grapefruit you may substitute with lemon and orange juice. Thoroughly wash your fruit, squeeze them by hand and remove the pulp. You will need 3/4 to 1 cup of fresh juice. Pour the juice and 1/2 cup (4 oz.) of olive oil into your second mason jar. Close the jar tightly and shake hard. Ideally, you should drink this mixture at 10:00 p.m. but if you still need to visit the bathroom this may be delayed.

10:00 p.m.

Have everything ready for bed; you do not want to walk around your house after you drink the mixture. Stand next to your bed (do not sit down) shake the jar once more and drink the oil mixture. Some people prefer to drink it through a large plastic straw. Do not take more than 5 minutes to consume the entire drink.

PLEASE LIE DOWN IMMEDIATELY!

This is essential for helping to release the gallstones. Turn off the lights and lie flat on your back with one or two pillows propping your head up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled toward your head. Lie perfectly still for at least 20 minutes and try not to speak. Go to sleep if you can, if not you may lie still in this position and read for awhile. You may wake in the middle of the night to use the bathroom.

The next morning:

Upon waking, but not before 6:00 a.m., drink your third 6 oz. serving of Epsom salts with lemon juice. If you are thirsty drink a glass of warm water before taking the salts. Rest, read or do other relaxing activities this morning. No heavy manual work. Yoga (at home) would be excellent.

10:00 a.m.

Drink your fourth and last glass of Epsom salts with lemon juice 2 hours after you took the first glass. One half hour later you may start eating fresh fruits. One hour after that you may have light foods. By dinner you may start back on your regular foods. Continue to eat light meals during the following 2-3 days.

**The Results You Can Expect**

During the morning and perhaps afternoon hours following the liver cleanse you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water and bile. Most of the gallstones are pea-green and float in the toilet because they contain bile compounds and cholesterol. The stones will be in different shades of green and may be bright-colored and shiny like gemstones. Only bile from the liver can cause this green color. If you would like to see an example of this, simply type “gallstones” into *Google* images search.

There are many benefits to performing water and/or coffee enemas 2-3 days after a liver/ gallbladder flush. This procedure is not mandatory. For more information ask the Alenov Wellness staff for procedures and notes. It is a good idea to count or estimate the number of stones passed and keep a record. During successive flushes it is good to know if the numbers are increasing or decreasing.