

H.E.A.L.'s Incurables Series:

Liver Flushing



Health Through Nutrition Series

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H.E.A.L. Marketplace is owned and operated by Dara & Michael Dietz. Who believe together we can make a difference and create a brighter happier tomorrow for all of us.

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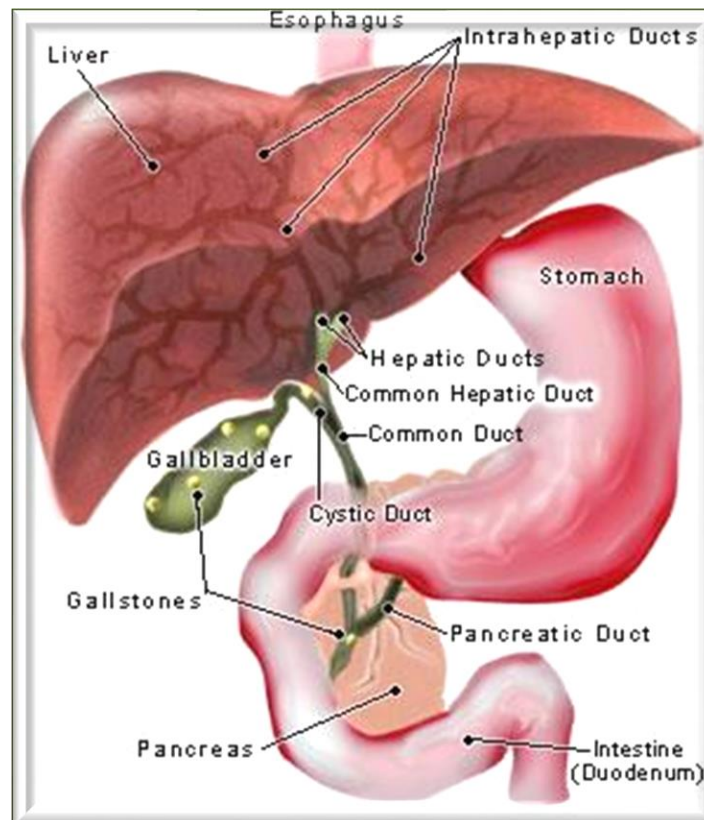
Cleansing the Liver

Everyone under estimates the power of the cleansing programs. Failure to do the cleansing programs rigorously and repeatedly can cause you to **not get well**.

I've spoken with members who swore they were on the Incurables program, **yet they only cleansed their liver once in a while**, every few months. They did not seem to regard it as critical. It is.

The Liver Cleansing Routines support the liver in the work of healing your body. It does not matter what the disease or injury, **if the liver is not actively doing the work of waste removal, you will not have a healing experience.**

Everyone wants a **"silver bullet"**, they hope H.E.A.L. will provide them some herbal remedy in a bottle to reverse all the damage, heal their diseases and fix decades of unconscious living in a weekend. This just can't be done. *Anyone who claims they can do this is lying.*



MY LIVER CLEANSING TESTIMONY

I began liver flushing when my knee failed to respond to any of the normal healing routines I had been doing. The fire-ball of pain in my knee sent me looking for answers. While researching in Dr. Christopher's material I happened across this simple sentence, "nervine herbs can be helpful in cases of nerve pain." That was all I needed to read. I secured a bottle of the General Nervine Tonic and quickly applied the liquid solution right on my knee. Instantly the flames of pain were quenched. The relief lasted nearly three hours before needing a reapplication.

Even though this proved to be the turning point in my healing a rapid return to health did not occur. I seemed to be settling into a chronic condition of knee pain. Some days I felt pretty good, but there was always the awareness that my knee was not healthy. ***This is not an acceptable way to live.*** I continued to do **hot and cold** on my knee, **BF&C packs**, anything I could think of to focus the healing powers of my body on this area. Nothing helped, for unknown reasons healing had stalled.

The time had come to get serious; **when nothing is working it is time to liver flush.**



The first week of flushing I noticed a huge relief. The amount of pain I felt dropped about 60%. I removed the stool I had been using to keep my knee stable from beneath my desk. I also stopped using ice packs, and begin strengthening the knee by exercising with light weights.

The next week I did a light kidney flush and raw food program. By Friday of that week I was hurting again, it seemed I'd regressed a bit.

Week three, Monday morning I began another week of liver flushing. By Thursday I knew I had made tremendous progress, I was practically pain free. I had been juice fasting since Sunday night.

Friday morning I decided to end my juice fast and have a favorite dish I'd been dreaming of all week. Except for the French bread the meal could be considered raw. To make a long story short, **I crashed, big time.** Friday night I was in a world of hurt, again. It was a horrible set back. *I had broken an important rule for coming off a juice fast. **There must be at least one day of eating raw before using cooked foods again.*** The bread was more than my system could handle.

The next week of liver flushing provided some relief but did not bring me back to the nearly pain free place I had experienced. **It took two more weeks of liver flushing, an entire month, (each week of liver flushing must be followed by a week of kidney flushing) before I regained the pain free condition I had experienced at the end of my second week of serious liver flushing work.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	Liver Flushing & Juice Fasting Monday-Friday					
Week 2	Kidney Flushing & Raw Food Program Monday-Friday					
Week 3	Liver Flushing & Juice Fasting Monday-Friday					
Week 4	Kidney Flushing & Raw Food Program Monday-Friday					

I found liver flushing the only herbal therapy that would move my case forward. I've seen this in other cases I've advised on.

When nothing seems to work, do a liver flush. *Cleansing the liver is always a good idea,* when you are ill, injured or just emotionally down, do a liver flush. If you do not like the way your life is going, do a liver flush. **Clean up the inside and the outside will take care of itself.**

Mild, Moderate & Intense Cleansing Programs

There are several cleansing options to choose from depending on the degree of work needing to be done. The mild seasonal cleansing program, also called **the Seasonal Oil Change for the body**, is the mildest flushing program. This level of cleansing is intended to seasonally cleanse someone who normally maintains a healthy ^(vegan)lifestyle.

A Mild Seasonal Cleansing Program

Begin by establishing the three [Foundational Programs](#)

- Boosting with Echinacea: an ounce a day for 4 days each week.
- Superfood & Juicing
- Bowel Cleansing

This will take only a few days for those who maintain a healthy lifestyle. Once the bowels are open and working well it is safe to begin your selected flush.

- **Fall & Spring:** [Liver Flushing](#)
- **Summer & Winter:** [Kidney Flushing](#)

Follow the instructions as provided in the E-books on Liver & Kidney flushing doing **ONLY ONE** flush drink first thing each morning for five days along with a raw food program.

For a more intense cleansing follow a juice fasting food program during your five day flush.

For those wanting to seasonally flush both the Liver & Kidneys, plan to set aside **two weeks**. Begin with Liver Flushing and end with a week of Kidney Flushing.

Special Note: Each week of Liver Flushing, Do an ELF the evening of day five.

Moderate Cleansing Programs

Here is a program to follow when you want to continue working on an issue but with a little less intensity. Maybe you have done a strong incurable program for several months, there is still a good deal of work to do but it is time to relax a little. This is also an excellent seasonal cleansing program for those who want a stronger cleanse.

Begin by establishing the three [Foundational Programs](#)

- **Boosting with Echinacea:** Start with an ounce a day for 4 days each week.
- Superfood & Juicing
- Bowel Cleansing

Liver Flush: When the Bowels are open and working well begin with the Liver Flush. Follow the directions in our Liver Flushing E-book. Do three flushes each day during your five day program. End each Liver Flushing week with an ELF. The Food program for this week is **Juice Fasting Only**.

Kidney Flush: Follow with the Five Day Kidney Flush program. Follow the Direction in our Kidney Flushing E-Book. Do Three Flushes each day. You may eat a **Raw Food Program** during the Kidney Flush week.

Note:

Remember your current state of health did not occur overnight, don't expect to clear 20 or more years of unconscious living in a month. The 30 day incurables program is only the beginning. Depending on your state of health you may need to repeat the 30 day cycle many times before your condition has been restored.

The Full Strength Incurables Program

Here is a strong program intended for those needing to clear major conditions from their bodies. Below I will describe a strong basic Incurables Program. This is what everyone will be doing regardless of disease or condition. Other program may need to be added to this basic program an example would be, someone with heart issues would also need to be using the Heart Tonic ect... Feel free to call the office for support establishing any additional programs you may need to be doing.

Begin by establishing the three [Foundational Programs](#)

- **Boosting with Echinacea:** Start with an ounce a day for 4 days each week.
- **Superfood & Juicing:** There is no need to be hungry while doing this program. There is no limit to the amount of juice you many consume each day.
- **Bowel Cleansing:** The LBF #1 & #2 will be established and continued as long as you are doing a healing program.

Full Strength Liver Flushing

When the Bowels are open and working well begin with the Liver Flush. Do three flushes each day during your five day program. On Day five of your first week liver flushing we suggest you do an ELF.

Beginning with your **second week** of Liver Flushing you may do an ELF daily or as often during the week as can be tolerated. The value of the ELF is to turn your internal vacuum (the liver) way up. Every time you do an ELF the liver is flushed out allowing it to pull toxins from everywhere. Doing an ELF is equivalent to changing your internal vacuum bag.

Food Program: Juice fasting only; those needing more calories may consume a tablespoon Flax oil with your Superfood drinks.

Herbal Support for Nausea: 1 tsp. LP Formula/ 1 tsp. Digestive tonic in 2 ounces water; Drink all at once.

Follow each week long liver flush with a week of Kidney flushing. During your week of liver flushing huge amounts of toxins are being processed for removal from your system. This work will not be completed during this five day period. During the week of Kidney flushing the body will have opportunity to complete the work began during the week of liver flushing while also supporting the renal system.

Prerequisites

Everyone, who wants a healing experience, I MEAN EVERYONE, needs to start with the same basic programs for the first TWO MONTHS. They may need to add some of the [specific herbal Formulas](#); listed on our website, but nobody escapes doing ALL of these Foundational Programs.

BOWEL CLEANSING BOOSTING WITH ECHINACEA JUICING & SUPERFOOD

These programs must be established and continued throughout the week of liver flushing. Here is why.

The Bowel is the largest elimination organ in the body. If it becomes backed up or is not working properly for any reason, all the toxic waste you are stirring up for elimination will be reabsorbed. This can cause you to experience what is sometimes called 'crashing'. When this happens a person can feel as though they are coming down with the flu. They can experience muscle aches all over. Mental depression can set in. All of this is because they have overloaded their system with toxins.

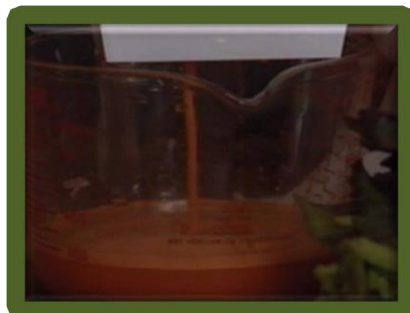


A second reason for using the bowel cleansing program is to absorb the toxic waste the liver is dumping into the bowel, which can burn when eliminated. The charcoal and Clay absorb the toxic waste and bind the contents of the bowel making elimination much more comfortable.

Boosting with Echinacea also prevents the ‘crash’ from happening. When you boost your immune system you are providing more agents to aid in the removal of toxins from your system. This will enable you a shorter recover period from any illness and quicker elimination of toxins for a faster over all healing time.



Superfood & Juicing provide the raw nutrition your body needs to rebuild its damaged system with. The master herbs you are using do not contain all the nutrition needed to do the work they are capable of doing. The raw nutrition provided by juicing and using Superfood goes directly to cellular level and is available for your body as material for your healing process.



	S u n d a y	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y	S a b b a t h	S u n d a y
Name:								
7:00— Warm Water								
TEA								
7:15— #2								
7:20— Enema								
7:40— Hot & Cold								
8:00— Flush								
8:15— Teas for Flush								
8:30— Juice with Superfood								
9:00— 20 Minute Walk								
10:00— TEA								
10:15— #2								
11:00— Juice								
12:00— Flush								
12:15— Teas for Flush								
12:30— Juice with Superfood								
1:00— TEA								
1:15— #2								
2:00— Exercise 20 minutes								
2:30— Juice or Potassium Broth								
3:00— Juice or Potassium Broth								
4:00— TEA								
4:15— #2								
5:00— 20 Minute Exercise								
5:45— Flush								
6:00— Teas for Flush								
6:30— Juice With Superfood & #1								
7:00— TEA								
7:15— #2								
8:00— Hot and Colds								

Incurable Program

Raw Food Schedule

Sample Daily Schedule for 5 day Programs

7:00am	Take LBF#2 then Drink 8-16oz warm distilled or purified water .
7:10am	Skin Brush , then take hot & cold shower – 7 repetitions.
7:45am	Drink Liver Flush or Kidney Flush Drink.
8:00am	Drink 2 cups of Detox Tea with Extracts
8:15am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
9:00am	Morning Fresh juice with Nature's SuperFood . – optional; fresh fruit blended in drink.
9:30am	Morning walk.
10:30am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
11:30am	Take LBF#2
12:00pm	Lunch: fresh juice or salad or fruit.
1:30pm	Drink 2 cups of Detox Tea with Extracts
2:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
3:00pm	Take LBF#2
4:00pm	Fresh juice with Nature's SuperFood .
4:30pm	Drink 2 cups of Detox Tea with Extracts
4:45pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
5:30pm	Take LBF#2
6:00pm	Dinner: fresh juice or salad or fruit. Take L.B.F.#1 .
7:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
8:30pm	Take LBF#2

Liver Flush Shopping List:

- 20 lbs Golden Delicious Apples
- 20 lbs Carrots
- 2 lb Fresh Ginger Root
- 1lb Fresh Garlic
- 16 oz Extra Virgin Olive Oil

Optional Veggies to juice (use what is best for you)

- Celery
- Cabbage
- Onions

Fresh Fruit and Veggie Juice is a requirement for a proper Liver Flush. You may also want to make batch of Potassium Broth for use during your week of Juice Fasting.

Potassium Broth Recipe:

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Fill a large pot with:

- 25% *potato peelings,
- 25% *carrot peelings and whole chopped beets,
- 25% chopped onions including 50 cloves of garlic,
- 25% celery and dark greens.
- Add hot peppers to taste.
- Add enough distilled water to cover vegetables

Simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth.

Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

** If you have no use for a large amount of peeled potatoes or carrots you can use the entire vegetable instead of just the peeling. Use 25% potatoes & 25% carrots unpeeled & chopped.*

Five-day Cleansing and Detoxification Program for Liver

IMPORTANT NOTICE: You must complete the 2-week bowel detoxification and rebuilding program using Lower Bowel Formula Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Then you may either do this 5-day Liver Cleanse, or the 5-day Kidney Cleanse. Or you may do both! The liver usually is detoxified before the kidneys, but you may reverse this if desired.

Upon arising drink 8 ounces of distilled water with lemon juice.

This is a great way to start your day. The lemon-water rinses and flushes your digestive tract of any leftover food and digestive juices.



Within 1 hour prepare the following Liver & Gallbladder Flush:

Mix in a Blender:

(Spring and Summer) 8 ounces of fresh a citrus juice combination

or

(Fall and Winter) 8 ounces of fresh apple and/or grape juice

With 8 ounces of Distilled Water



Liver Flush Day 1:

- ✓ 1 or 2 cloves of garlic (and increase daily)
- ✓ 1 or 2 tablespoons of organic virgin cold-pressed olive oil (increase daily)
- ✓ 1 small piece of fresh Ginger Root (about 1 inch long)



Day 1

2 cloves Garlic
1 tablespoon Olive Oil
1 Sm. piece Ginger Rt.



Day 2

4 cloves Garlic
2 tablespoon Olive Oil
2 Sm. piece Ginger Rt.



Day 3

6-8 cloves Garlic
2 oz (4 Tbs) Olive Oil
2-3 Sm. piece Ginger Rt.

Note:

Day 4 is to be the same as Day 2

Day 5 is to be the same as Day 1

For a smoother drink put the Garlic & Ginger Root through your juicer with your fresh fruit. Add the Olive oil to the fresh juice before drinking.



15-30 minutes after this drink, consume the following:

2 cups Detoxification Tea
2 dropperfuls of Liver/Gallbladder/Anti-Parasite tonic in 1 oz Detox tea
2 dropperfuls of the Detox Tonic in 1 oz Detox tea

We suggest you pour two swallows of detox tea into two small shot glasses, add 2 dropperfuls of the LG/AP to the first cup and 2 dropperfuls of Detox Tonic to the second cup. Knock back the first shot followed by a cup of detox tea, then do the second shot and cup of tea.

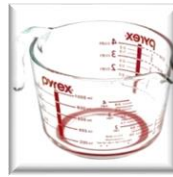


Final instructions

This completes the liver Flushing Drinks. These can be repeated up to three times a day, each of the five days the program is being done. The 2 cups flushing teas and shots with the LG/AP & Detox formulas should be done every three hours (five times a day) regardless how many flush drinks you do each day.

Instructions for Making the Detoxification Tea

Measure 2 tablespoons Detox herbs for each 20 ounces Distilled water:



To make a gallon of tea use 1 ¼ cups Detox herbs in 1 gallon distilled water.

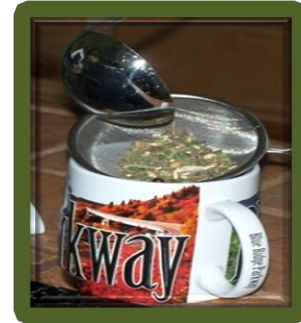


Combine in large pot:

1 ¼ cups Detox tea
1 gallon distilled water
Cover and soak all night.



In morning heat distilled water and tea to point of boil.
Remove from heat, cover and simmer for at least 15 minutes.
When ready to consume, strain into cup.



Food Programs

The two food program choices are:

***Juice Fasting for the entire Five Days, (more intense cleansing) OR
2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast (milder cleansing)***

Day #1 Breakfast

Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices.

Afternoon Snacks:

Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable food must be stopped by 6 p.m.

Day #1 Dinner

Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2, #3 and #4

Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening.

Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour!

If you get hungry, DRINK MORE!!!

Day #5:

Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva.

Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You may always eat more later, if you are still hungry.

After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts the types of food you will be eating, not the amount.

If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body.

Also remember to have a fun time.

Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian. Repeat this program until you are well and then do it at least once every 3 months.

Castor Oil pack over your liver

The Castor Oil Pack can be used nightly during the entire week of liver flushing. It will break up the congestion in the liver, allowing the waste to move out more freely. The pack is especially good when doing the extra strength liver flush.



Items Needed:

- ✓ Castor Oil,
- ✓ Plastic Wrap,
- ✓ Flannel,
- ✓ Shallow Pan



Set heat to Low



Add Oil



Fold Flannel Once



Place in warm oil



Soak up oil



Spread Plastic wrap on counter



Place warm pack in center of wrap



Pick up entire Pack



Apply on right side over Liver.

Cover with towel and heating pad. Turn off heating pad before falling asleep. Leave pack on the entire night.

Do an ELF Extra Strength Liver Flush

Members dealing with serious liver issues can use this flush daily. For the rest of us it is an excellent way to end the liver flushing week. After liver flushing for an entire week it is time to do the extra strength liver flush. The liver responds best when this flush is done between 6 & 10pm.

We have developed a saying here at HEAL, "When nothing is going right and you feel awful, Do an Elf." E.L.F. is short for Emergency Liver Flush. Over the years I have discovered the benefit of flushing the liver whenever a body is bogged down or what was working is no longer proving effective.

The logic behind liver flushing is quite simple, as are most powerful truths in this life. Doing an ELF, put simply, is equivalent to changing the bag on your internal vacuum cleaner. Anyone who has ever tried to vacuum a rug when the bag was full has discovered how useless the vacuum is until a fresh bag has been installed. The liver is our internal vacuum cleaner; it is constantly filtering toxins from our blood and tissues.

When the liver is unable, for whatever reason, to move the waste from itself and becomes about 70% toxic it will cease to function efficiently which can lead to problems. One issue I see often is eczema, psoriasis or hives, these are all conditions brought on by a malfunctioning liver. When unable to dump waste and toxins through normal channels (the bowels) the liver will begin removing waste vicariously through the skin. Problems quickly arise because the waste being forced through the skin is too toxic and the skin breaks down very rapidly. Often an acute onset of hives, psoriasis or eczema can be reversed quickly by doing an ELF, followed by a week of good liver flushing. If the condition has been allowed to remain for months or years it will take much longer and a lot more work to clear it from the body.

An excellent time to consider doing an elf would be to clear the lingering symptoms from a flu you had weeks ago that just won't end. Anytime you are not bouncing back from whatever got you down it will only help to clear the liver, allowing it to filter the waste from your body more effectively.

Anyone who no longer has a gallbladder ought to consider doing an elf at least once a month. Once the gallbladder has been removed the liver has a much harder time removing that thick waxy waste from itself.

How to Do an ELF

The Bowels Must be Open

The only prerequisite for doing a liver flush of any type is that the bowels MUST BE open and eliminating well.

Items you will want to have on hand:

Ginger Root for Juicing or Digestive Tonic
Blender or Shaker Glass

8-16 ounces Citrus Juice (I prefer Grapefruit)
8-16 ounces Extra Virgin Olive Oil

Timer or Clock
Towel or Terry Cloth Robe

Heating Pad or Hot Water Bottle

Optional Items:

Detox Tea
LG/AP Formula

Doing an ELF

The best time to do The ELF aka The Large Liver Flush or The Liver Bomb is between 6pm and 10pm. The liver responds best to the heavy flushing during these hours.

Castor Oil Pack

Prepare as directed in the previous section. The Castor oil pack can be applied over the Liver before consuming the liver flush drink if you plan to go straight to bed. The Pack can be applied after the 45 minutes laying on the right side if you plan to remain up for a few hours.

Time to Drink the Drink

Prepare one ounce ginger root juice*:

**If this is not possible you may use the following instead: 1 tsp. digestive tonic & 1 tsp. LGVAP in 2oz water*

In Blender combine 8 ounces Extra Virgin Olive Oil with 8 ounces citrus juice. Whiz for a few seconds

- 1) Knock back the Ginger Root juice or Digestive Tonic Mix
- 2) Follow immediately drinking the Olive oil citrus mix.

Lay on Right Side

As soon as you are finished downing your drinks find a place to lay down on your right side, (liver down) for 45 minutes. Set the timer and remain on your right side the entire 45 minutes.

Applying Heat to the Pack

When you have finished the 45 minutes place a Heating Pad or Hot water bottle over Castor Oil pack for 45 minutes to an hour. This will drive the Castor Oil into your system to soften up the congestion in the liver.

You are then free to go to bed. Leave the pack over your liver all night long.

Drinking the Detox Tea

If you like while you are warming the Castor oil pack over your liver you may have as much of the Detox Tea as you want. The Detox Tea will help flush the oil through your system as well as prevent any ill effects such as nausea, burping or gas.

THE AMAZING LIVER FLUSH MY WAY

Items you will need:

Apple juice	Six 1liter (32oz) containers
Epsom salts (oral)	4 tablespoons dissolved in three 8oz cups of water
Fresh grapefruit	8 ounces Juice
Olive Oil	8 oz Oil

Preparation

~Drink 1 liter of apple juice the daily in-between meals for a day or two before doing the flush. (You may drink more if it feels comfortable.) The malic acid in apple juice softens the gallstones and makes their passage through the bile ducts easy. The apple juice has a strong cleansing effect. The fermenting effect of the juice helps widen the bile ducts. If this becomes uncomfortable, mix the juice with water. Drink the juice slowly throughout the day, between meals.

Do not eat or drink anything (except water) after 2 PM, otherwise you may not flush out any stones. Follow the exact timing given below to receive the maximum benefit from the liver flush.

The Actual Cleanse

6:00 PM: Add four tablespoons of Epsom salts (magnesium sulfate) to 24oz. of filtered water in a jar. This makes four servings, 6oz each. Drink your first portion now. You can add a little lemon juice to improve taste.

8:00PM: Drink you second serving of 6oz of Epsom salts.

9:30PM: If you have not had a bowel movement until now, and not done a colon cleanse within 24 hours, take a water enema.

9:45PM: You will need 8oz of grapefruit juice. Pour the juice and 8oz of warm olive oil into a pint jar. Close the jar tightly and shake hard, about 20 times.

9:50PM: Mix 2 tsp. Digestive Tonic with 2 tsp. LG/AP formula into 4 oz distilled water, and drink it now.

10:00PM: Stand next to your bed (do not sit down) and drink the Oil, juice concoction straight. If necessary, take a little honey to chase it down.

LIE DOWN STRAIGHT AWAY! This is essential for helping to release the gallstones. Turn off the lights and lie on your right side with your knees pulled towards your head.

Lie perfectly still for at least 45 minutes! Put your attention on your liver. You may feel the stones traveling along the bile ducts. Go to sleep if you can.

If you feel the urge to have a bowel movement, do so. Check for small gallstones (pea green or tan colored ones) floating the toilet. You may feel nauseous during the night and/or early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. You may use another teaspoon each of the Digestive tonic and LGAP formula in 4 oz water if this occurs. The nausea will pass as the morning progresses.

6:00-6:30AM: Drink your third 6oz of Epsom salts. (If you're thirsty, drink a glass of warm water before taking the salts) Rest, read or meditate, or even some light Yoga. If you are very sleepy, go back to bed, although it is best if the body stays in the upright position.

8:00-8:30AM: Drink fourth and last 6oz of Epsom salts

10:00-10:30AM: You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. In an hour you may choose to enjoy a light meal. By the evening or next morning you should be back to normal and feel the first signs of improvement. Continue to eat light meals during the next few days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side effects.

For additional Benefit Do an ELF without the Epsom salt the next night.

The End

Other E-Books by H.E.A.L.

- Liver Flushing
- Kidney Flushing
- Hydro-therapy