

# Liver Flushing & Cleansing

## DO AN ELF

Posted on [October 18, 2012](#) by [Dara](#)

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:

Skillet  
Castor Oil  
Flannel Material  
Press & Seal Wrap  
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**

It is best to prepare the Castor Oil Pack and apply over the Liver before consuming the liver flush drink. To do this:

- 1) Cut a piece of flannel that will fit over the liver area when folded once. Two layers of Flannel cut to fit from under the breast to the pubic area and from just before the belly button to a little around the side on the right side of the body.
- 2) Pour 1 to 2 cups Castor Oil into a shallow pan and warm slightly (Very slightly)
- 3) Add Flannel to soak up warm castor oil
- 4) Lay press & Seal Wrap on counter sticky side up. You will need a piece large enough to completely cover the flannel
- 5) Lay the saturated Flannel on the Press & Seal, Pick up The wrap and flannel together and apply to the body over the liver.

6) At this point it is a good idea to have a terry bathrobe to assist in holding pack in place.  
Making the Drink

Prepare 1 oz Ginger root juice or 1 tsp digestive tonic & 1 tsp LGVAP in 2oz water

In Blender combine 8 oz 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.

## ELF Party

Posted on [January 21, 2013](#) by [Dara](#)

Saturday night we had an ELF Party. Several of us decided to support a friend having serious gallbladder issues. Over the past year or more he had mistakenly believed the pains in his upper chest and shoulder areas originated from pulled or over used muscles. Earlier in the week when he shared his story with me I suggested he try the gallbladder attack remedy. Within minutes he was completely out of pain.

As a retired nurse he understood the varied symptoms a gallbladder attack can have. Before coming to the “light” he had spent his nursing career in Chemotherapy, mixing and administering all types of poisons. Mistaking a gallbladder attack for something else is not uncommon. Anytime you are dealing with abdominal discomfort or discomfort in the chest that arises after eating, it is not hard, with the use two specific herbal combinations, (LG/AP, Digestive Tonic) to rule out or in a gallbladder problem.

### **Bowels Must Be Moving Well**

Clearing the pain was only the beginning; he would need to clear his bowels before he could clear the gallbladder with an ELF. He had already tried using the LBF #1 unsuccessfully. As he progressed with the bowel cleansing program the pain in his chest and shoulders had become worse. When he could no longer deal with the pain he had been forced to discontinue work on his bowels. With the aid of the Gallbladder Attack Remedy he swallowed six LBF #1's without problem. For the first time in months he slept deeply thought the night not waking until well after 10:00 AM.

Before retiring for the night he had applied a castor oil pack over his bowels. The Castor oil pack is used externally over the bowel, liver, heart, lungs, or tumors to break up congestion. The use of a heating pad for an hour or two before bed had encouraged the castor oil into his bowel. A pack was applied over his colon each night that week making short work of his backed up bowel.

### **Doing the “Roto-rooter” ELF**

Saturday evening he arrived a bit apprehensive with the idea of drinking large amounts of Olive Oil, but empowered with the ability to quickly stop the painful attacks. He decided to join our ELF Party. After a bit of discussion he agreed to do the “roto-rooter” version of the ELF, sixteen ounces olive oil mixed in sixteen ounces of citrus juice.

We were ready to begin. Gloria served us each an ounce of fresh ginger juice and our glasses of oil and citrus juice mix. The citrus-oil drink is a great chaser for the hot peppery ginger juice. We hardly knew we

were drinking the oil. As soon as the drinks were down the kitchen timer was set for 45 minutes and we all laid down on our right sides on the living room carpet.

The floor time went quickly; it was fun lying around with friends. Now it was time to go downstairs and kick back in the loungers with our castor oil packs over the liver and heating pads over the packs while we watch a movie. Our detox tea continued to prevent upset tummies. We each drank a good sized glass while we watched our movie. During a break in the movie we all got up to stretch our legs and moved around a bit. We quickly discovered walking around made us sick to our stomachs, so we returned back to our loungers to watch another movie before heading to bed.

Our nurse friend did very well all evening. He had no more discomfort than anyone else, even though he consumed twice as much olive oil. The next morning he reported another good night's sleep and everyone reported passing gallstones by noon.

All in all no one was any worse off for having come to our ELF Party. A good time was had by all.

## **Liver flushing**

Posted on [January 23, 2013](#) by [Dara](#)

When you can smack your lips over a glass of apple juice and olive oil with a little garlic and ginger thrown in for good measure, you must be doing a liver flush. This week a friend and I are flushing our livers together. All year I've been trying to talk myself into a good cleansing season. Several months would be great. Just having someone here who is doing the same work is so encouraging.

My tail has been dragging all year. I thought it would pass but improvement has not come. Monday morning we began and managed to do one flush and juice all day. Trying to stay on schedule has been the real challenge. Today we have done two flushes and juiced all day. Tomorrow I want to do all three. The problem is there are not enough hours in the day to do it all.

How do I feel on day number three? Tired, though my head feels clear, I managed to do some work on our much neglected website today. I have also updated the liver-flushing E-book with the ELF instructions. All this is creative work I've not been up to for the better part of last year. Good things always come when you clear out the waste.

Onward and forward, it's time for my Detox Tea!!! And then Superfood, and then a little more juice.....

## Foot Pain

Posted on [January 27, 2013](#) by [Dara](#)

Our first week on the incurables program has finished and we are looking forward to our second week which will consist of kidney flushing. We have decided we want to eat raw this coming week instead of doing the more intense juice fast program. I'm looking forward to a week of interesting new food ideas while we flush our kidneys.

Last week's liver flushing was lighter than I had hoped. With everything we needed to do in the day we only managed one or two flushes each day. The next week of liver flushing, (which will follow on the heels of this weeks kidney flush) we will juice for our early morning liver flush the night before. This way we can get an earlier start with that first flush and hopefully get three done each day. Storing fresh juice in the fridge for more than twelve hours is not the best plan, but juicing just before bed so you can have your juice ready for the next morning is acceptable. Store each portion in a canning jar filled to the very top with the lid securely in place. This will keep your juice fresh until morning by preventing the air from destroying the enzymes.

I have found I can juice once in the morning for the entire day by storing my juice in the sixteen ounce or the thirty-two ounce canning jars. The important part of this storage process is to be sure the jars are completely filled and the lids are on well, otherwise the air will have destroyed a good deal of the value by the end of the day.

## Foot Pain

An interesting post script to last week's liver flush. On Thursday I developed a discomfort in my left foot, by Friday morning I was limping a bit. The discomfort is not from pressure but when I raise my foot to take a step. Standing or stepping down does not cause any pain; it is when I raise my foot to take a step that I feel a strong gripping pain on the left side and over the top of the foot. My right foot is trying to mirror the issue, not as intense but the discomfort is there.

I have also noted a large amount of swelling around the outside and back of my left ankle. The swelling does not extend to the right or top of the ankle area. My right ankle just has a touch of swelling on the outside area. It appears lymph fluid has become trapped in this area and might be the reason for the discomfort.

I tried a BF&C pack the first night with no results. So Friday night I applied a pack with the M&L Salve. About fifteen minutes after I laid down my feet stopped throbbing. They just quit hurting. When I got up in the night to use the bathroom I noted there was no pain. Saturday morning my first few steps were

comfortable and I thought I'd cleared the issue but after being up and about a few minutes the pain returned. I applied more salve under my cotton socks and put my shoes on. This seemed to be a big help initially, but did not last very long. I did find I could walk through the discomfort and as long as I was moving about I could be comfortable. I also used one teaspoon of the NF formula in a cup of hot water with honey in the afternoon with really good results. (The Nervine Herbs in the NF Formula can be helpful with pain at times.)

This is Sunday morning and I did another M&L pack last night. My feet are a bit sore this morning but the intense pain has not started up again. We shall see as the day wears on. The swelling around my ankle is still present all the way around the back of the left ankle and just a bit on the outside of the right ankle. This is a strange place for me to have fluid trapped. My feet don't tend to swell and are not swollen at this time. The only swelling is what looks like an inner tube around the outside of the ankle and wrapping around the back area only; the inside of the ankle is not swollen. The M&L is a glandular formula and the lymph system is part of that system I have seen this salve work wonders on lymph nodes and other accumulations of fluids in the body. I shall keep up the packs and see how long it takes to get this cleared up.

I do believe this next week of Kidney flushing is just what my body is wanting right now. There is always something. No it is not unusual for the body to do weird things when cleansing and healing. Toxins are being moved up and out, anytime you have movement of toxins you will have drama. Stay with the good stuff, it will all pass and you will be better for having done the work on yourself.

# Kidney Flushing Week is History

Posted on [February 3, 2013](#) by [Dara](#)

Raw Or Juicing, Which is best?

Friday Morning, the end of another week of cleansing. Our kidney flushing went well this week. We ate raw food while doing this flush. In all honesty I must admit to not being as pleased with the outcome as other Kidney Flushes where I juiced fasted. I've never eaten raw for a Kidney Flush before. Yes, I could see good work being doing for my kidney's but at the same time I did not feel the deep down cleansing work getting done. There is so much value in juice fasting. My mind becomes clear; I sleep so well at night, all the little issues my body picks up from just living clear up.

Foot Pain Improving

Next week we will do another Liver Flush and juice fast. I'm looking forward to this. My sore foot has cleared up about 50%. Each day it has felt a bit better. I've been using the BF&C Salve across the top of the foot and the M&L Salve over the swollen area on the outside ankle. The discomfort has been from lifting my foot not stepping down on it. Because of this I have been treating the area that supports the weight of the foot when it is lifted with the BF&C Salve and the entire foot with HOT & COLD hydro therapy.

The Morning's I've faithfully done the Hot & Cold on my foot the improvement has been evident throughout the day. I'm always amazed at the healing power in the simplest of God's gifts, water. Taken internally or applied externally healing will not happen without water.

## Why Flush Your Body?

Posted on [March 10, 2013](#) by [Dara](#)



Once the [Foundational programs](#) have been established the process of flushing the body can begin. To better understand how to cleanse the body it is necessary to understand the internal process of cleaning constantly at work in us. Our bodies have an excellent system already in place that, when properly cared for, can remove disease and restore health. That said, even the best filter must be flushed periodically if it is to continue to function as a filter otherwise the best filter becomes an

excellent plug.

Anyone who works on cars knows if you don't change out the gas filter it will eventually become a plug in the gas line. All the crud and gunk blocks up the filter, the gas no longer has access to the engine, and the car dies. A dead car can be fixed, not so with the human body. All the mucous, puss and crud our liver and kidneys continually filter create the need to flush out these organs periodically.

## Liver Flush for Eczema

Posted on [March 10, 2013](#) by [Dara](#)



One of my favorite liver analogies is the vacuum cleaner. I have personally seen this powerful organ suck the toxins right out of my system in the matter of hours. Several years ago I ingested a bite of pork while eating out. I have always been extremely sensitive to pork. By bed time I was covered with small itchy red dots. The next morning I woke up to find clear liquid draining from what had become a bad case of eczema. My arms, chest, and legs were covered with

oozing, itchy, scales.

Over the next two weeks I did everything I could think of topically to clear my skin. I packed on the [BF&C salve](#), did hot & cold showers, but nothing helped. Finally my daft brain realized this was coming from the liver and I'd have to do a flush. One side note to all this is I was in a lousy mood. Not only was my skin driving me baddy but my one last nerve was frayed. I was discovering how bad a backed up liver can make you feel emotionally as well as physically. Not that I was in any mood to be taught anything at the time.

**I [did an ELF](#), if you can call what I did a liver flush.**

I came down to the kitchen at 9 o'clock in the morning and had Kathy fix me the liver flush drink. I gulped it down and went to work. I did not do it at the right time; (between 6-10pm) I did not lay on my right side for 45 minutes. In fact I did not do anything correct.

Regardless, by that evening my skin was 80% clear. All I had left were a few dry patches on my arms and chest. I did another flush the next morning and by evening of the second day I was all better. With the clearing of my liver my mind also calmed and I realized I need to do some intense work on myself.

This story illustrates in no small way the power of the liver to clear waste from our body. Until I changed the bag on my internal vacuum cleaner my body had no ability to clear the waste out. Once the liver was flushed it began to pull the waste from everywhere, making short work of the Eczema covering my arms, legs, and chest.

# Understanding Liver Flushing

Posted on [March 14, 2013](#) by [Dara](#)



## Liver Flushing

The reasons for doing a liver flush are varied and many. In this edition of our Body Cleansing Series we will look at several good reasons to do an ELF (Emergency Liver Flush) and when to do a more in-depth Five day Flush. The acute or emergency reasons for doing a liver flush are a good place to begin any discussion of this sort.

The first and most serious reason to do an ELF would be to clear a [Gallbladder attack](#). There are instructions all over the member's area on this subject. Our [Liver-flushing E-Book](#) also contains detailed instructions for doing an ELF.

The second reason to clear the liver (do an ELF) would be to clean up an acute onset of any situation that has taken over the system. This can be anything from a serious case of the flu to an injury that is not healing as expected. **The bottom line:** If you are doing everything right and the situation is just not responding it is time to clear your liver. The liver is your bodies vacuum cleaner and since its job is to clean you up when you get sick, if it is not working well it's time to flush it out, (change your internal vacuum bag).

## Understanding skin rashes & Hives:

Any time the skin is acutely affected from the inside out as in the case of hives one only needs to clear the liver and the hives disappear. Trying to treat them topically is a huge waste of time and money. Go to the source (the liver) and you will quickly be rid of them.

When the liver is unable for whatever reason, to dispose of waste through the proper channels (colon & Kidneys) it will attempt to process its highly toxic waste out through the skin. The skin is not able to deal with this type of caustic acidity and quickly breaks down. The first sign will normally be the appearance of patches of red, itchy pimples which can quickly become blistering hives.

## After Care

Once the emergency condition has been cleared it's time to do one or two weeks of flushing. The ELF has cleared the worst of your case but it will be back if you do not finish clearing the waste from your system. All you have accomplished by doing the ELF is buying yourself some time; you still need to do the in-depth work on your body. That's ok; you don't have to take my word for it. You feel fine again and will wait until the next crisis to really get serious with yourself. A word of caution: When the issue returns, and there is a better than good chance it will, it will not be so easy to clear the second time around. It is best to completely clear your system before the issue has the opportunity to move in and resurface.

### Healing the Serious Disease



Flushing the Liver is a big part of our Incurables Program. This program is a full time job. When you have been told you are going to die by a doctor it is time to get seriously down to the business of clearing the



waste and rebuilding your body. Cancer and tumors do not appear in the body until there has been a serious degrade in the bodies organs. This was seen in the 1958 published study done on cancer. Yes, it was an animal experiment. Rabbit's ears were smeared with tar from cigarettes. The study extended over a six year period. It was noted the rabbits did not develop tumors until the inner systems of the body had been seriously degraded by the constant absorption of the toxic substance being administered. Understanding that a body which has developed tumors must be nourished and rebuilt is as important as understanding the need to support the liver in flushing out the waste.

When the body has been degraded to the point that an "incurable" disease has been detected there is a lot of rebuilding to be done as well as cleansing out the toxins. Cleanse & Feed, this is what must be done to heal a sick body. Cleanse out the waste, Feed and rebuild the broken down systems that are the body.

# Three Ways to Flush the Liver

Posted on [March 19, 2013](#) by [Dara](#)

HEAL has supported three levels of liver flushing over the years. The most intense flush can be done by anyone with the time and will to do a thorough cleansing of the body.

## The One Time “ELF”



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.

[The ELF](#) is a one day, one time intense flush. This is the one you want to do when dealing with a [gall bladder attack](#). Once the gall bladder has been cleared seriously consider doing an entire week of liver flushing.

Elf Instructions can be found at my blog: [Do an ELF](#) or in our [Liver Flushing E-Book](#)

## Liver Flush/Juice fasting

The intense liver flushing [interactive schedule](#) is available in the member's area. This is a full time job and can be done by anyone who truly wants to do a deep cleansing work in their body. The fresh juices are packed full of nutrition providing the cells the highest quality food and greatest alkalinity for cleansing. This is also the program to follow when dealing with a life threatening disease. Cleanse & Feed....

An excellent resource for juice fasting is the DVD '[Fat Sick & Nearly Dead](#)' this is an extremely inspiring documentary. After viewing you might find yourself juice fasting for no reason at all.

HEAL suggests doing an ELF Flush on the evening of Day Five and if desired for a more intense program the ELF can be done as often as tolerated throughout the week. Always give thoughtful attention when doing any cleansing program that the body is given plenty of support and time to clear the waste being brought forward for elimination.

## Moderate Liver Flush

Our Moderate Flush is designed for a person who does not have the time or ability to stop the merry-go-round of life for an entire two weeks or more of intense work. They want to do something good for themselves but just can't allocate the time for the intense liver flush. The moderate flush can also be used as a touch up cleansing program whenever you are feeling run down.

While doing the moderate flush fresh juices and raw foods are used. A [sample daily schedule](#) is available. The Liver Flush is prepared the same each morning as when doing the intense juice fasting flush. The difference being only one flush is taken each day instead of the three normally consumed during the juice fasting program.

HEAL suggests doing an ELF Flush on the evening of Day Five and if desired for a more intense program the ELF can be done as often as tolerated throughout the week. Always give thoughtful attention when doing any cleansing program that the body is given plenty of support and time to clear the waste being brought forward for elimination.

### **Follow Up with Kidney Flush**

Always finish what you begin. How many times have we heard this admonition? Liver Flushing is only the beginning of the process. During the week of liver flushing the body has been pulling waste from all areas. The liver has been encouraged to detox in high speed. To stop your cleansing program abruptly at the end of five days will likely leave a good amount of work unfinished.

Kidney flushing does not create die-off. During this week you will remain on your food program, (either raw or Juicing) while you continue to flush the body with healing herbs. The Flush & teas used with the kidney flush do not pull more toxins from the tissues & organs, these herbs support the flushing out of what was already brought forward for removal.

Once you have done five days of kidney flushing you can choose to flush the liver again or decide you have done enough for now.

# Liver Flush Day One

Posted on [April 15, 2013](#) by [Dara](#)

It is important to do good for yourself. People in your life need you to be there. To not take care of your health is to prematurely remove your presence from the lives of those who need and care for you.



Today Tanner and I began our liver flush. We will be doing the incurables program until we don't want to do it any longer. Tanner is working on a major health issue; I on the other hand am thrilled to have a cleansing partner.

We started our day with the day 1 liver flush drink followed by a large cup of the detox tea and the two shots of LG/AP & Detox drops. This was followed by our breakfast Superfood. Lunch was pretty much the mirror image of breakfast. We had our liver flush followed by another glass of Superfood. This evening we will change it up for dinner by doing an ELF.

How do I feel? Except for a mild head ache I feel great.

It is now 4pm and I'm in the middle of slowly drinking my carrot, beet, and cabbage juice. I've been sipping on a large glass of the juice for the past half hour and my headache has completely cleared. How amazing to see the power of nutrition at work. What a lift this glass of juice has been.

Tanner and I will keep you posted on our progress. We are doing a very aggressive program this month. I expect good things for both of us.

## Liver Flush Day Two

Posted on [April 16, 2013](#) by [Dara](#)



My energy is up, my head feels clear, and it's all good. On day two of our juice fasting liver flush we still agree it is a good idea. One day at a time is the only way to get through any fast. The promise I always make to myself is that if I really want to stop I can. I never force a fast upon myself or allow guilt to mar the good work I've done. I agree to continue until I don't want to do it anymore.

The hum of the juicer began at 8 am shortly after Jessica arrived. She presented us with our first liver flush of the day about fifteen minutes later. Day two liver flush is double the garlic, ginger & Olive oil from day one.

Yesterday ended very well. Except for incessant runs to the washroom, the day was a huge success. Even the washroom pee breaks proved to be a bit of comic relief. Tanner and I would be doing our own thing but invariably would appear at the bathroom door at the same moment both needing to be there very badly. This morning Tanner shared with us that he began checking out the look on my face before committing to a bathroom run. Smart guy!



## Liver Flushing Day Three

Posted on [April 17, 2013](#) by [Dara](#)



Day three juice fasting, liver flushing is still going strong. I've got to run out this morning to pick up more fruits and veggies for juicing. It is amazing how much produce is used when juice fasting. I feel great this morning, lots of energy. Last night we did an [ELF](#) for our last [Liver Flush](#) of the day. After we drank the flush we went downstairs to watch a movie while we laid on our right sides for the 45 minutes. One of our employees suggested "[The Kings Speech](#)" as something I'd

like. She was right I thought it was an excellent movie.

Today our liver flush contains ½ cup olive oil, a lot of garlic and ginger root. Pretty strong stuff; this will get the liver moving very well, all the garbage is moving out. On that note I have noticed a need to increase the LBF #1's. My bowels have slowed up a bit with all the liver dumps and heavy detoxing waste passing out. This is to be expected when doing a strong program. I think I'll do a [Prune Juice Flush](#) Tomorrow. That should really clean me out. I'll see if Tanner wants to do one too.

I'm sleeping much better even though I'm up several times during the night to empty my bladder. Yesterday I slowed down my drinking after 7pm and was only up one time during the night. Anyone who is juicing might want to consider drinking a bit less in the late afternoon and evening, if possible, when nighttime runs to the bathroom become excessive. If hunger or blood sugar is an issue, have an extra glass of Superfood before bed.

## Liver Flushing Day Four

Posted on [April 18, 2013](#) by [Dara](#)



Today we begin stepping down the strength of the flush, easing off the olive oil, garlic, and ginger. Tomorrow will be a walk in the park compared to Wednesday's flush, only 2 tablespoons Olive oil, a couple pieces garlic and thumb size piece of ginger.

Wow, the drama has begun. Yesterday afternoon my hands went south. I began having a bit of discomfort in my fingers around lunch time, by late afternoon I had no strength in my left hand and the pain was all but unbearable. I felt washed out all over. Surprisingly, no headache, normally a detoxing crisis will bring on a real banger.

Deciding to use my own advice I took an extra ounce of Echinacea in the evening. Within a couple of hours the discomfort in my hands was clearing and this morning I feel great again. There is still a little stiffness in my right hand but no real pain.

When detoxing remember to dose up the Echinacea when any part of you begins to deteriorate. As the toxins are processed out your immune system must be able to neutralize the waste or you will become symptomatic. (Begin feeling bad)



Tanner did all three liver flushes yesterday; he is feeling a bit off today. I decided to skip the dinner flush and just have my glass of Superfood. Wednesday's flush is the biggest one of the week and does a huge amount of work in the body. That said, No one is benefited by over doing the good stuff, the body can only process so much waste at a time. Detoxing is a great way to clear any issue but it is important to do the work wisely. If you begin feeling toxic slow down the flushing and do an extra dose of Echinacea.

## Liver Flushing Day Five

Posted on [April 19, 2013](#) by [Dara](#)



The last day of any juice fast is always a good day. I feel really good this morning. No lasting effect from the detox crisis on Wednesday. Tanner and I are looking forward to a nice big green salad tomorrow. We are both completing a full week of liver flushing and juice fasting today. Starting Monday we will do a week of Kidney flushing. Tanner has opted to eat raw during his kidney flushing week.

I woke up this morning feeling so grateful to my husband for all the work and time he has put in on our new office space. I know how much he dislikes drywall work, all that mudding, sanding and mess. As I have traveled through this life I have been blessed with two loving companions, my heavenly Father who has been with me every step of my journey, and my husband who fell in step beside me nearly 30 years ago. Of all women I have been truly blessed to have been cared for and loved so well.

Friday is my favorite day of the week. We are not staffed on Friday so this gives us a chance to work on personal projects as well as get all our running around done. The day does seem to fly by. Today I want to pick up a new laptop; the one I'm currently nursing along was purchased in 2003 when I began work on my book, ["Whatever Good May Come."](#) Even with all the sentimental attachment I have to that laptop it is on its last leg. The one thing I have learned is there is only one consistent unchanging truth in life. Change is inevitable.

## Kidney Flush Week in Review

Posted on [April 25, 2013](#) by [Dara](#)



Day four of our Kidney flush raw food week. No real excitement to report. Kidney flushing tends to be a fairly benign program. Tanner has been thrilled to be able to eat. The biggest issue all week has been getting the raw juices down. Aside from the three kidney flushes we have not been very faithful drinking our afternoon portion of fresh juice. When the tummy is full of yummy salad, who wants to drink anything more? I must admit our lunch time salads have been fabulous.

Next week we will do another 5 day liver flush and juice fast. The healing work accomplished during the liver flushing week is huge; even so a full week of intense liver flushing needs to be followed by a week of kidney flushing. This process allows the body to stay on top of the healing work, keeping the discomfort which can accompany any healing program down to a minimum.

Last Wednesday, the most intense day of our flush, I developed a serious pain in my left wrist and hand. The detoxing pain had cleared by the next evening. I did take an extra dose of Echinacea Wednesday evening, by bedtime the pain had greatly subsided. The most important part of cleansing is to not freak out when weird pains, swellings or feelings appear in the body. This is likely the mass movement of toxins and a great healing happening. Support the process as much as possible with topical applications and extra doses of Echinacea.



# Making the Hard Choices

Posted on [May 7, 2013](#) by [Dara](#)



Today is Monday and the start of our second week of Kidney flushing. Tanner and I are eating raw this week. A lot of sharing has been going on in my household. Someone shared their cold with my husband who has now shared it with me. This type of sharing I can live without. Tanner is drinking the Flu-Buster today while I opted to do the Herbal Antibiotic.

Doing a strong Incurables program with Tanner has given me the opportunity to reflect on the excuses I've heard over the years from members who opted not to do the hard work. The story has been repeated way too many times.

## The Excuses:

- I'm too busy to do the program right now. When things slow down a bit I'll set some time aside.
- **My family is so concerned for me. I don't want to let them down so I will do what they and my doctor thinks is best.**  
(Drugs, Cutting . . .)

The end of these stories is never good. Sometimes when the doctor has finally given up I will hear from the member again but sadly there is seldom enough time or strength to heal before the body is overcome by disease and dies.

## A Better Story:

The tests have all been done. The doctor has given his best prognosis and the outcome is not an acceptable one. The time is here, the motivation could not be higher for doing the hard program.

Staying focused while doing a strong program can be difficult. The work you are doing will benefit your entire life. The health created while following a strict program ensures a quality of life impossible to achieve any other way.

Putting off the program until a more convenient time could cost more than you are willing to pay. Today is the day now is the time; the opportunity is proffered for you to make a life changing decision.

To begin well and continue well is building strength of character as you travel the road laid out before you. Each decision you make is defining who you are, building a stronger you from the inside out. The opportunity to grow beyond your current circumstances has presented itself. Grab it with both hands; this is your time. It's all good.

# Fear of Liver Flushing

Posted on [August 13, 2013](#) by [Dara](#)



Over the years many members have expressed a reluctance to do the liver flushing part of the cleansing programs. The common excuses have been:

*“I can’t get the oil down.”*

*“I already feel so bad; I don’t want to feel worse.”*

*“I can’t afford to take off time from work if I get sick.”*

*“Way too much work. There must be an easier way to get well.”*

Everyone underestimates the power of the Liver Cleanse. Failure to do all the [cleansing programs](#) rigorously and repeatedly can cause you to **NOT GET WELL**. Members believe they are on the Incurables program, yet they are not regularly [flushing their livers](#). They fail to understand how critical it is to repeatedly clear the waste from the liver.

We would all like to be handed some herbs in a bottle that will reverse, in a day or a weekend, all the damage, heal our diseases, and fix 30 years of unconscious living. There is no magic herb.

## No Back Lash

The truth is there is no back lash to doing a liver flush. Cleansing the liver is simply flushing the excess waste from the liver into the bowel for elimination from the body. The liver is our internal vacuum cleaner; it is the organ all the waste must process through. Clearing a major or minor issue can cause this filtering organ to become gummed up, unable to properly function.

[Doing an ELF](#) (Emergency Liver Flush) will not cause your issues to become worse or create more discomfort in the body. Liver flushing will greatly reduce the discomfort regardless the reason. Flushing the liver allows this mighty internal vacuum to begin pulling waste from every corner of the body and can break up congestion, clear hives and break-outs... as quickly as several hours.

## The Healing Crisis

Any healing crisis will be brought on when the liver is too over loaded and unable to process waste out through normal channels. This is when doing an ELF would be most beneficial. Let's look at a common issue. A body is going along doing what it does every other day when suddenly out of the blue hives develop. Large patches of hives covering the arms, legs, tummy and back. Why? Nothing was different today than yesterday.

The day may appear ordinary on the outside but on the inside the liver has become so congested it can no longer process waste properly. When this happens the liver looks toward the skin as another avenue for waste removal. The skin is not able to handle such toxicity and quickly breaks down.

Other issues that can occur are a buildup of congestion around the body over injured or weakened areas. I discovered when my liver is backed up the pain in my knee returns. Applying [BF&C salve](#) over the affected area is an excellent healing support but will only go so far in clearing this issue. Failing to flush the liver will prevent the congestion from clearing and the issue will not heal.

## Flushing to Heal Damaged Joint

Over the past month or so my younger brother has been working on trying to clear the pain from his thumb joint. He works in construction which takes a toll on the hands. I'd sent him some [BF&C Salve and Extract](#) which he was using. I'd expected the issue to clear quickly but it was dragging on. Finally I suggested he do a liver flush. Within a day or two of his flush he called to share that his thumb was completely healed. He had continued to use the BF&C Salve over the area and had not put the two together. When brought to his attention he realized the pain had cleared immediately following flushing the liver.

Disease or injury in any form comes down to blockage or congestion. Clearing this blockage or congestion from the body is the only true healing. A body cannot be poisoned back to health. Massive amounts of nutrition for rebuilding a broken down system along with repeated flushing of the eliminative organs is how to truly be well.

# Planning an ELF Party

Posted on [August 18, 2013](#) by [Dara](#)



2013 is fast becoming the summer of the liver flush. Our local members have discovered the fun and cleansing benefit of flushing the liver. There is a whole lot of liver flushing going on. ELF parties are popping up all over. [An ELF Party](#) can be a fun end to a beneficial week of juice fasting.

Below are a few guide lines and suggestion for planning an ELF party.

First and most important find a group of like-minded family members or friends who want to do some serious cleansing work. Two or three people will do, six or seven will round out a great party.

Plan an introductory evening get together with all your party people. At this time provide everyone with details of the adventure they are beginning. A packet containing the following items would be a huge help: [Juicing combination suggestions](#), [Liver Flushing E-book](#), [Foundational E-Book](#), and anything else you feel would be helpful.

The week before the juice fast everyone must make sure the Foundational programs are in place: **Boosting with Echinacea** and that the **bowels are open** and working well. Beginning use of the **Superfood** during this pre-fast week is also an excellent idea. Provide the party guest several good juicing combination suggestions. Provide these now before they go veggie shopping. There are many juicing recipes on line. Look around find a few that seem interesting. Below are two of my favorites.

My morning juice is a combination of:

- ½ Cantaloupe
- ¼ Honey dew Mellon
- 2 Apples
- 2 Pears
- 2 to 4 cups Dark Leafy Greens (Chard or Kale)

For Lunch I make the following Vegetable Juice:

- 4 Tomatoes

- 2 bunches of Parsley
- ¼ Red Onion
- 1 Large Cucumber
- 2 stalks Celery
- 1 Bell Pepper
- 1 Green Hot Pepper (Optional)
- 1 Lime

The last two days before the juice fast is to begin everyone is to eat only raw food. Some may want to plan a raw food menu for those fairly new to the idea of eating raw.

The night before the juice fast is to begin throw a raw food feast kick-off party. The night's entertainment, if possible, must be playing the inspirational DVD, "[Fat, Sick, and Nearly Dead](#)".

During the five to seven days juice fast stay in touch with your party guests. A daily check in time for each guest would be an excellent idea. You can also use the buddy system in larger groups.

***\*Remember to keep those bowels open and comfortable***

The last evening of the Juice Fast will be the ELF Party Night. Plan a sleep over.

- You will need plenty of Castor Oil & Flannel and a package of Press & Seal Wrap for the Castor Oil packs.
- Fresh Ginger, Olive Oil, and Grape Fruit juice for the Liver Flush Drink
- Make a large pot of Detox tea for sipping while warming the castor oil packs.
- Everyone will need to bring their own heating pad.
- Plenty of Digestive Tonic & LG/AP Formula for anyone who develops an upset stomach

*When dealing with nausea during a liver flush I would suggest 1 tsp. Digestive Tonic and 1 tsp. LP formula mixed together in an ounce or two of water. Knock this mix back. (Drink all in one swallow, DO NOT SIP) This will settle any system where the bowels are open and working well.*

Follow direction for doing an ELF provided on the last two pages of the [Liver Flushing E-Book](#).

Eat Raw for two days then introduce cooked food. IF you do okay eating your cooked food proceed with a normal food plan. IF cooked food is not agreeing with you eat raw a few more days before resuming a regular food plan.

# Mild, Moderate & Intense Cleansing Programs

Posted on [October 13, 2013](#) by [Dara](#)



Today I will provide several cleansing options to choose from depending on the degree of work needing to be done. We will start with a mild seasonal cleansing program. I have heard this called a **Seasonal Oil Change for the body**. This is the mildest flushing program intended to seasonally cleanse someone who normally maintains a healthy <sup>(vegan)</sup>lifestyle.

We are currently supporting several members actively working to clear major diseases. This past week I spoke with a new member who had just finished a full month juice fasting while doing what he thought was a strong four week incurables program. After which he received a disappointing report from his doctor. A friend suggested he call HEAL. After speaking with him I realized he had done a fairly weak program.

## 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. Complete Instructions are provided in the [Liver Flushing E-Book](#).

## 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.

## Further Reading:

- [Intense Cleansing Program: The Preparation](#)
- [Thought on Bowel Cleansing](#)
- [Understanding Bowel Cleansing](#)
- [Detoxing With Echinacea](#)

## 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 may 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. Follow the directions in our Liver Flushing E-book. 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.

### Full Strength Kidney Flushing

Follow with the Five Day Kidney Flush program. Follow the Direction in our Kidney Flushing E-Book. Do Three Flushes each day.

**Food Program:** Juices Only; you may add a tablespoon Flax oil to your Superfood drinks if desired

Remember there is no limit on the amount of Juice you may consume. Drink all you want. If you become hungry drink more.

Continue the Kidney & Liver Flushing Routines until you have cleared your condition. This may take anywhere from 3 months to a year depending on how much work needs to be done. After several months on this intense program you may want to take a little break but not stop the program completely. Try stepping down to the moderate level of cleansing for a little while.

### Hydro Therapy: [Cold Sheet Treatment](#)

It is suggested doing a Cold Sheet each week you are working a major program. Follow the direction in the Hydro Therapy E-Book.

## Starting Intense Liver Flush Week

Posted on [November 11, 2013](#) by [Dara](#)



This week I have decided to do a really BIG Liver Flush program. In his incurables manual Dr. Schultze says the Large (ELF) Liver flush can be done five days in a row. He recommends this for really serious conditions. I have decided to do this intense program to discover for myself the effects of doing an ELF five days in a row.

My liver is a bit sore right now. I've been doing a strong program for Candida this past month which has put a lot of stress on my liver.

I was looking for something to read this past week and came across "The Amazing Liver and Gallbladder Flush" by Andreas Moritz. This is the absolute best book I've ever read on liver flushing. (So far, as I'm still reading) Anyone who wants to understand why you would flush the liver and how the body is affected by a backed up liver, this book has some great answers.

After reading the first couple of chapters I decided to really clear out my liver this week. This ought to be interesting. Let's see if I'm still standing after a whole week of ELF's.

## Day One-Week of ELF's

Posted on [November 12, 2013](#) by [Dara](#)



Day one of my ELF week went well. I was not able to do the Flush Drink until 9pm last night. After drinking the lemon juice and olive oil I laid on my right side for 45 minutes on the carpet in our upstairs family room. Michael is working on another of his huge puzzles. He is the puzzle king. This one is only 9,000 pieces. Pretty easy stuff compared to the 24,000 piece puzzle now secured to our wall.

Anyway back on Subject, I decided to try lemon juice last night. Normally I use grapefruit juice with the 8 ounces of olive oil. Also instead of juicing an ounce of ginger juice to keep my stomach settled I used 1 tsp. each Digestive Tonic and Liver/Gallbladder Formula. I have found this combination to work nearly as well as the ginger. I experienced no nausea issues.

Yesterday my one meal at 3pm was raw. I didn't feel like much so I settled for a large salad with a few spices, lemon juice and olive oil dressing. I had Superfood in the morning and with my LBF #1's around 6pm. Today I will have several glasses of Fresh juice in addition to my Superfood. I am thinking I will still do a raw salad today.



How do I feel this morning? Really well over all, I don't feel the least bit boggy or sluggish. I seldom do after an ELF. I'm elimination well. I must admit to feeling a bit out of sorts until my bowels moved early this morning. I was actually feeling a bit sick to my stomach at 6am when my feet first touched the floor. After emptying by bowels I felt really good, all the discomfort had passed.

Will that pretty much sums up day one of this experiment. I plan to experience five days of intense liver flushing. I want to do five ELF's, one a day for five days. You can read more about How to do an ELF on my blog or in the Members Area.

## Day Two-Week of ELF's

Posted on [November 13, 2013](#) by [Dara](#)



Day two of my Super Liver Flush week ended well. I eliminated well all day. Down side was I got too busy and forgot to drink. By the end of the day I was a bit dehydrated. Trying to play catch up on drinking water is never good when flushing the system.

I consumed the oil and lemon juice around 8:30pm. Laid on my right side for 45 minutes, then applied a castor oil pack over my liver for a couple of

hours before going to bed.

Today my bowels are not moving very well. I do feel well overall.

I decided to have a bowl of Homemade Veggie soup for lunch today. I'm still planning to do another Elf Tonight. I have been seeing good results I'm just a little concerned I might not be able to do this if I can't get myself open and moving today.

I feel a lot of movement in my liver and the discomfort I felt over the liver area is completely gone.

## Day Three-Intense Liver Flush

Posted on [November 14, 2013](#) by [Dara](#)



Yesterday was a disappointment. I felt a bit backed-up all day. I decided to skip the ELF last night as I could not be sure I was really open and moving well. All the work I did yesterday has paid off this morning. WOW, did not know I had that much “\*%&#” in me. So good to get it out.

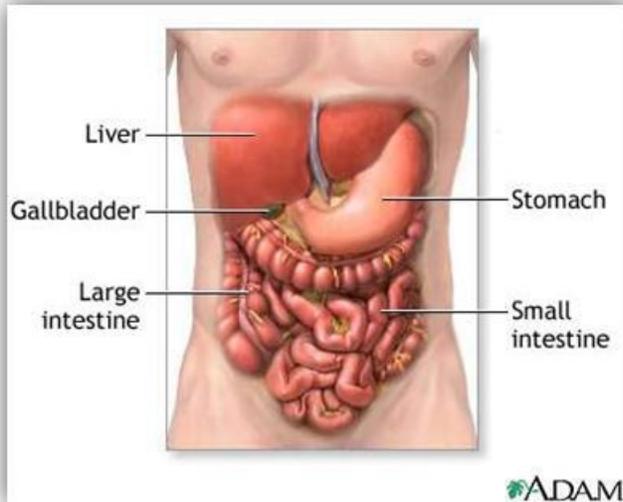
I feel great today!! I will do another ELF tonight. It is always important to allow your body space to be human. I would only have made myself sick last night so I skipped the flush. It bummed me out but better to be bummed than puking your guts out and feeling miserable.

My energy is up today. After all this I think I'll do a kidney flush for a few days.

# Effect of Gallstones on the Liver

Posted on [December 11, 2013](#) by [Dara](#)

## Healthy Liver Function



Over the next few weeks I want to share some great information on how important flushing the liver is and how a backed up liver affects every system of the body. The health of the body and quality of life depend to a large degree on how well the liver is functioning.

The liver acts as a filtering or cleansing device for the blood; it even deactivates a limited amount of hormones, alcohol, and medicinal drugs. Its task is to modify these biologically active substances so that they lose their potentially harmful effects—a process known as

detoxification. Specialized cells in the liver's blood vessels (Kupffer cells) mop up harmful elements and infectious organisms reaching the liver from the gut. The liver excretes the waste materials resulting from these actions via its bile duct network.

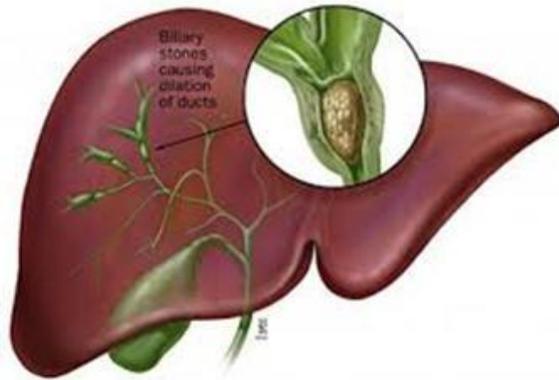
A healthy liver receives and filters 3 pints of blood per minute and produces 1 to 1.5 quarts of bile every day. This ensures that all the activities in the liver and in the rest of the body run smoothly and efficiently. Obstructive gallstones in its bile ducts greatly undermine the liver's ability to detoxify any externally supplied and internally generated harmful substances in the blood. These stones also prevent the liver from delivering the proper amounts of nutrients and energy to the right places in the body at the right time. This upsets the delicate balance in the body, known as homeostasis, thus leading to disruption of its systems and undue stress on its organs.

## Effect of Gall Stones on the Liver

A clear example of such a disturbance is an increased concentration of the endocrine hormones estrogen and aldosterone in the blood. These hormones, produced in both men and women, are responsible for the correct amount of salt and water retention. When stones congest the gallbladder and the liver's bile ducts, these hormones may not be broken down and detoxified sufficiently. Hence, their concentration in the blood rises to abnormal levels, causing tissue swelling and water retention. Most oncologists consider elevated

estrogen levels to the leading cause of breast cancer among women. In men, high levels of this hormone can lead to excessive development of breast tissue and weight gain.

## Obesity and Liver Congestion



Over 85% of the American population is overweight or obese. Men, women, and children in this condition suffer mainly from fluid retention (with relatively minor fat accumulation). The retained fluid helps trap and neutralize noxious substances that the liver can no longer effectively remove from the body. This unsightly side effect, however, helps the overweight or obese person to prevent or even survive a major toxicity crisis that could otherwise lead to a heart attack, cancer, or massive infection.

The problem with prolonged fluid retention in the tissues, though, is that it causes these toxins and other harmful waste matter (metabolic waste and dead cell material) to accumulate in various parts of the body and further congest the pathways of circulation and elimination. Whenever in the body that storage capacity for toxins and waste is exceeded, symptoms of illness begin to show up. These symptoms merely indicate that the body is desperately trying to correct these imbalances and heal itself.

## Stones inside the Liver: Intrahepatic gallstones

Gallstones in the liver, which John Hopkins University and some medical schools referred to as intrahepatic biliary gallstones or biliary stones, tend to cluster together and form large obstructions that can lead to dilation of bile ducts. Intrahepatic gallstones are composed of mostly cholesterol and other bile constituents.

## What makes bile so important?

One of the liver's most important functions is to produce bile, about 1 to 1.5 quarts (0.95 – 1.4 liters) per day. Liver bile is a viscous, yellow, brown, or green fluid that at a pH of 9.5 is highly alkaline and has a bitter taste. Without sufficient bile, hydrochloric acid entering the small intestine from the stomach can cause burns throughout the gastrointestinal tract. Also, ingested foods will remain undigested or only partially digested. For example, to enable the small intestine to digest and absorb fat and calcium from the food you eat, the food must first combine with bile.

## **Bile Needed for Calcium Absorption**

When bile secretion is insufficient, fat is not absorbed properly. The undigested fat remains in the intestinal tract. When undigested fat reaches the colon along with other waste products, intestinal bacteria break down some of the fat into fatty acids or excrete it with the stool. Since fat is lighter than water, having fat in the stool may cause it to float. When fat is not absorbed, calcium is not absorbed either, leaving the blood in a deficit. The blood subsequently takes its extra calcium from the bones.

Most bone density problems (osteoporosis) actually arise from insufficient bile secretion and poor digestion of fats, rather than from not consuming enough calcium. Few medical practitioners are aware of this fact and, hence, merely prescribed calcium supplements to their patients without addressing the underlying reason for the calcium deficiency.

## **Bile Needed For Proper Digestion**

Likewise, the body also requires fats to help digest and make use of proteins and carbohydrates. To digest these fats, the liver and gallbladder must release sufficient amounts of bile. Poor bile secretion leaves these foods largely undigested, which subjects them to decomposition by bacteria. Persistent abdominal gas, discomfort, and bloating are among the first indications to show that this important liver function has been seriously compromised.

Besides breaking down the fats in our food bile also removes toxins from the liver. The liver is the most important organ of detoxification, and the health of every cell depends on how efficiently it rid itself of these toxins.

The bile constituents, bilirubin and biliverdin, possess significant antioxidant and anti-mutagenic properties. Higher concentrations of bile pigments in the body have been linked with reduced prevalence of cancer and cardiovascular disease.

## **Bile: Natural Laxative**

One of the lesser-known but extremely important functions of bile is to deacidify and cleanse the intestines. Bile serves as the body's natural laxative. Constipation and sluggish bowel movements are the commonest consequences of impeded bile secretion.

When gallstones in the liver or gallbladder have critically obstructed bile flow, the color of the stool will be tan, orange-yellow, or pale as in clay, instead of the normal brown.

Gallstones are a direct product of an unhealthy diet and lifestyle. Even if someone has successfully dealt with all other causes of chronic illness, if gallstones are still present in the liver or gallbladder, recovery may be short-lived or impossible.

### **Gallstone's detrimental effects**

Gallstones pose a considerable health risk and may lead to illness and premature aging. Over the next few weeks our newsletter will carry a description of some of the detrimental effects of gallstones on the different organs and systems in the body. When these stones are removed the body as a whole can resume its normal, healthy activities.

## **What are Gallstones?**

Posted on [December 19, 2013](#) by [Dara](#)

### **Borrowed From: *The Amazing Liver and Gallbladder Flush* by Andreas Moritz**

Gallstones are soft or hard stones that only form in gall (bile). Gallstones in the gallbladder may be formed primarily of cholesterol crystals, calcium, long – chain fatty acids, and pigments such as bilirubin. Although cholesterol makes up only 5% of bile, it is the commonest component in at least 75% of all gallstones. Nevertheless, many of the stones are of mixed composition. Besides the above ingredients, gallstones may contain bile salts, water, mucus, as well as toxins, bacteria, and sometimes, dead parasites, as well as lecithin (a fat known as phospholipid).

In the liver, cholesterol is normally kept in soluble form, suspended in fluid. This is made possible through clusters of bile salts, called micelles. However, if the concentration of bile salts in bile diminishes, the bile fluid turns to thick sludge. Bile sludge consists of mostly cholesterol crystals, mucus and calcium bilirubinate (calcified bilirubin). Once cholesterol crystals reach a point of super saturation, cholesterol stones begin to form.

Cholesterol stones are more readily formed when liver bile ducts have already accumulated some stones. Bile duct congestion causes the liver to accumulate bilirubin, which in turn may increase the incidence of cholesterol stones.

Some other types of stones consist of 50-100% amorphous materials, according to research published in *The World Journal of Gastroenterology*. They are resistant like solids but, like liquids, lack a crystalline structure. Ultrasound and other diagnostic methods do not detect them.

Gallstones can range in size from a pinhead to a golf ball.

Calcified gallstones in the gallbladder can be of varying consistency and are usually made of calcified bilirubin called bilirubinate. They can be light brown or black, or any color in between, depending on bilirubin concentration. People with hemolytic anemia (a relatively rare type of anemia in which red blood cells are being destroyed), or cirrhosis (scarring liver), tend to have black stones of calcified variety. Brown stones contain more cholesterol and calcium than black stones.

Gallstones can be formed in both the liver's intrahepatic bile ducts and the gallbladder. Stones in the liver are rarely recognized. Likewise, most people with gallstones in the gallbladder are unaware that they have them. However, in some cases a stone may irritate or inflame the gallbladder wall, resulting in painful spasms, infection, and other complications. Occasionally, gallstones can also form in the extra-hepatic bile ducts, such as the common bile duct. This condition is called choledocholithiasis. It occurs only in about 10% of patients with gallstones. Most hard stones originate in the gallbladder.

Not all gallbladder diseases are directly caused by hard gallstones. In a condition called acalculous gallbladder disease, a person has symptoms of gallbladder stones, yet there is no evidence of hard stones in the gallbladder or biliary tract. However, bile sludge or soft bile stones impacting the gallbladder or common bile ducts can cause this phantom symptom of gallstone attack. Altersound scans tend to miss the obstruction since it consists merely of congealed bile, and the sound waves go right through it. The symptoms can be acute or persistent, depending on the severity of the obstruction. They can also occur when the blood supply to the gallbladder is inadequate or the gallbladder is unable to properly eject bile.

In the German medical text book, *Pathologie der Leber und Gallenwege* (Pathology of the Liver and Bile Ducts), on page 1067, the authors explain that gallstones can occur in the bile ducts of the liver for many months or years without any symptoms or apparent abnormal liver performance tests. They state that it can be very difficult to detect these stones with ultrasound, routine x-rays, or computer tomography (CT scans). This is a very important finding which explains why intrahepatic gallstones are so rarely diagnosed and why most medical doctors are not even aware of their existence.

The bottom line is that the occurrence of intrahepatic gallstones can be extremely common, unbeknownst to the vast majority of medical professionals.

Usually, stones in the gallbladder keep growing in size for about eight years before noticeable symptoms begin to appear. Larger stones are generally calcified or semi-calcified and can be detected easily through radiological means or by using ultrasound. Some 85% of the gallstones found in the gallbladder measure about 3/4 inches across, although some can be as large as 2 to 3 inches across. Such stones form when bile in the gallbladder becomes too saturated and its unabsorbed constituents begin to harden.

If a gallstone slips out of the gallbladder and becomes impacted in the cystic duct, it is called the **biliary** colic. Cholecystitis results from obstruction of the cystic duct with inflammation of surrounding tissue. There may also be superimposed microbial infection. It is quite common to encounter ulceration of the tissues between the gallbladder and the duodenum or colon, with fistula formation and fibrous adhesions.

If a stone gets trapped in the common bile duct, choledocholithiasis results. All biliary tree obstructions that include stones are usually associated with colicky pain. The strong spasmodic and painful contraction helps to move the trapped stones onward.

Biliary colic is accompanied by considerable distension of the gallbladder. If the gallbladder is packed with gallstones, it can suffer extremely painful spasmodic contractions.

Gallbladder disease generally originates in the liver when the occurrence of gallstones in the bile ducts of the liver and, eventually, the development of fibrous tissue, distort the structure of liver lobules, venous blood pressure starts to rise in the portal vein. The incomplete elimination of waste products through the cystic duct causes a backup of acidic waste in the tissue composing the gallbladder. This gradually reduces the stamina and performance of the gallbladder and also decreases the ability of the gallbladder to expel bile (gallbladder ejection fraction). This results in increasing amounts of bile remaining in the gallbladder and becoming stagnant. Subsequently, the formation of mineralized gallstones is just a matter of time.

Gallstones in the gallbladder are usually formed in the gallbladder. It is possible, though, that some stones may pass from the liver into the gallbladder if the common bile duct is clogged up and there is no other way for the stones to go. In this situation, there would also be jaundice.

# Comparing Liver Flushes

Posted on [February 5, 2014](#) by [Dara](#)



Today I want to compare two different ways of flushing the liver. Over the past 20 years I have done hundreds of flushes using the [basic Liver Flushing](#) program advocated by [Dr. John Christopher](#).

Recently I became aware of an excellent book written by, Andreas Moritz, titled: *The Amazing Liver and Gallbladder Flush*. After reading what he had to say about intrahepatic stones, I decided to give the [flush he was advocating](#) a try. This is not a new way of flushing; it has been around for years. Hilda Clark also advocated the use of Epsom salt to

dilate the bile ducts.

After having done this new liver flush twice I'm ready to say what I think of it. The real test of any flush are the results achieved in passing gallstones. The other result I look for is physical improvements. Everything from decreased pain in an injured area of the body to skin problems such as hives has reacted well to liver flushing. I would expect the issue to show significant improvement within a day or two of a good liver flush.

## Andreas Moritz's Flush

After a week of preparation I was ready to do the actual liver flush. The directions say to drink four portions of Epsom salt in water during the liver flush. Beginning at 6pm I consumed 6 oz distilled water containing 1 tablespoon Epsom Salt. This was repeated at 8pm followed by the Olive oil and juice at 10pm. The Epsom Salt used with this new flush caused my bowel to become liquid.

By 8pm I was passing so much liquid bile from my bowels it was hard to leave the bathroom. I continued making frequent runs to the bathroom until nearly 3AM. I did not notice any stones during the night or the next morning when the flush directions said to take the last two portions of the Epsom Salt at 6AM and 8AM. My bowels stayed liquid until nearly 3pm.

The drama and bad tasting Epsom Salt drinks were not all that bad. I would gladly do them again if I had gotten any real results. My big concern was dehydration. I was amazed at the amount of liquid flowing from my bowels. Normally I would have wanted to do something to stop the loss of so much fluid. Since this was a liver flush and the fluid appeared to be bile I allowed the process while attempting to stay hydrated.

Since no stones to speak of appeared for me I was concerned I had not prepared well enough and decided I'd do the flush one more time. This past weekend I again repeated the process with nearly the exact same outcome. No stones appeared at any point in the process. This was a bit disappointing.

## Doing an ELF

Contrasting the above experience with the drama and results from the liver flush I've done for years. Around here we call it doing an "ELF" (Emergency Liver Flush). The Bowels must be open and working well. The last one I did in December went something like this. At 6PM I drank my 16 oz liver flush drink then retired to my bed to lay on my right side for 45 minutes. After the timer dinged I applied a castor oil pack and heating pad over my liver. At that point I burped up a little oil which tweaked my stomach so I consumed 1 tsp Digestive Tonic & 1 tsp Liver Gallbladder formula in 2 oz water. My stomach settled very quickly. I watched a video and went to bed with the castor oil pack still in place.

The next morning around 11am I passed several very large gall stones. Over all I felt very good after the flush. This flush experience was positive with very little drama.

## Conclusions

Epsom salt is to support the bile flow which is to remove stones from the gallbladder and liver. My concern is with so much fluid loss in such a short time upsetting the electrolytes, and causing serious issues. Using the potassium broth and or apple juice can greatly off-set this danger. In all honesty I did feel physically better. Clearing the bile even without the stones seemed to provide increased energy and vitality to my system. My spirits lifted and I do feel physically stronger. Will I do another Epsom Salt type liver flush? I can't say. They are a huge amount of work and drama. This is Tuesday evening and my bowels are still a bit loose. I would love feedback from anyone who has done this type of liver flush.

# Liver Flushing: The Healing Program

Posted on [May 8, 2014](#) by [Dara](#)



Hardly a day goes by without the subject of liver flushing popping up. Either someone needs to do the incurables program for a major issue or their program was working very well but has stalled and they want to know why. A good understanding of flushing the liver is important for anyone wanting to hold onto or regain their health. The liver is the vacuum of the body. No infection, disease or condition is healed or cleared from the body without the aid of the liver. The Liver is the more important detoxing organ in the body.

## Backed Up Liver Needs to Be Flushed

Many members start a program to heal an issue and are thrilled during the first few weeks to see their symptoms disappearing and their energy rebounding. Then about a month or two into their healing or rebuilding programs they begin slipping backwards. I get a call or email asking for help because the herbs are no longer working. Since I know the herbs do not stop having the nutrients needed to heal the body the real question is what has stopped working. The answer most often is, the Liver is full and needs a bit of attention. A nice week of liver flushing and the program is back on track.

## Liver Flush Once A Month

When doing a good healing program of any kind it would be advisable to flush the liver at least once a month if not more often. While clearing an infection or some other system wide issue it might be necessary to do an ELF every week. Flushing the liver is a safe simple way of supporting this important filter to work more effectively as it clears the issues from your body. I have personally seen stubborn knee pain cleared by a week of juice fasting and liver flushing. Anyone choosing to eat unprocessed natural foods can expect to feel better. The body is being nourished and supported with the needed nutrients for building healthy flesh and blood.



## So why do so many feel so bad when they first begin to clean up their food program?

Several reasons factor in. The first place to check out is the bowels. Make sure this important organ is open and working well before beginning any healing program or cleanse. A healing crisis can be triggered by

something as simple as adding a glass of fresh fruit or vegetable juice to your food program. The body receives a healthy dose of alkaline rich food and will not need permission to begin cleaning house. A good example of this would be to throw soapy water on a dirty floor. The water will immediately cut the filth and absorb all it can carry away. The moment the clean soapy water touches the floor it begins dissolving curd and breaking down the grim.

### Alkaline; the Body's de-grimer

This is how alkaline nutrition works in the body. All fresh, unprocessed, uncooked foods are alkaline rich. Toss fresh juice into a toxic system and watch the waste rise to the surface. Sometimes the reaction will be so strong the drink will come right back up. This is because the system is backed up and the waste being released cannot find an open door through the normal channel so all the toxins suddenly released into the



stomach must go somewhere. Don't be deterred, get the bowels moving well and the body will be able to process the waste out normally.

### Immune Boosting with Echinacea

Boosting the immune system is another important part of any healing or building program. There must be enough immune cells to attach and neutralize each piece of waste, toxins ect... flushed out. If the immune system is unable to neutralize the waste then it will be reabsorbed back into the organs and tissue it was drawn from. When the toxins are reabsorbed the body will begin to feel toxic and sick. The saying "run over by a mac truck" comes to mind. The head can ache, muscle and joint pain, nausea, loose bowels, mental confusion, depression ect...This is the healing

crisis.

### Foundational Programs

The best way to begin any new health building program is to start at the beginning. The three **Foundational Programs** are for everyone. 1) Bowel Cleansing; 2) Immune Boosting with Echinacea; 3) Superfood & Fresh Juices.

Once these programs are established the sky is the limit. You can begin the health building programs without fear of "the healing crisis" normally expected during the first few days of any good program.

# Hydro-therapy / Castor Oil Packs

Posted on [June 29, 2014](#) by [Dara](#)



## The Water Therapy Programs

### High Enemas:

You must use a high enema every other day with an implant afterwards. Use only distilled water for the high enema.

A soothing Implant can be eight ounces of Aloe Vera gel and 8 oz of distilled water.

A good detoxifying Implant can be two ounces of wheatgrass juice with 16 ounces of water.

An Implant that is anti-bacterial, anti-viral, and anti-fungal is: 1-2 cloves of garlic blended into eight ounces of raw apple cider vinegar and eight ounces of distilled water. The garlic implant is an excellent healing aid but it can be very intense.

Any of the healing herbs and foods available can be used as implants, use your imagination: An excellent blood-cleansing tea implant is red clover, or use Echinacea root tea for its immune-enhancing abilities

### Hot and Cold Showers:

This is the most effective way to move the blood and create circulation. This should be done at least twice daily, and for some people, up to four times a day. Do the complete hot and cold shower. Start with hot water for one minute, then cold for one minute. Repeat this seven times, so the shower should last about fifteen minutes.



Apply the hot and cold changes directly to the affected area, such as the breast, or the head, or the genitals. Massage the area vigorously while you do the hot and cold showers.

**Castor oil packs nightly are critical. There's no excuse for skipping them.**



Every evening, do a [castor oil](#) pack over the affected area and leave on all night long. You can do multiple castor oil packs over different parts of the body. They can be kept warm with a hot water bottle. Soak a minimum one-foot square piece of flannel. [Heat the castor oil pack](#) before you put it on.

Don't be stingy with the size of the castor oil pack, or with the amount of oil you put on it. It is better to cover more of the area of your body than less. If you use more, you're

cleansing the nearby areas which are probably infected or congested also.

Go to your local fabric store and get some cotton muslin that's used for making baby diapers. Buy a good amount and cut it up as needed."

#### Here are a few suggestions for making thicker pads.

If you want a thicker pad buy heavier weight cotton and put it on, and kind of sandwich it in-between two pieces of the cotton muslin. This makes a really nice, thick pack. If you have the time you can sew multiple layers of Cotton Muslin together with cotton batting inside. Buy some good cotton batting or cotton felt, and put it inside, one layer of cotton batting and one of muslin on each side and stitch together around the edges. This will hold a lot of castor oil. Using more castor oil available over the affected area will allow the effect to go deeper and be more effective.

Cover the pack with plastic to keep it from soaking into your blankets and sheets—which may get stained anyway. Cover the castor oil pack with plastic wrap, and then put on a thick, terry cloth robe. To protect your sheets and mattress use the blue bed liners.



Baking soda, in addition to soap, is helpful in getting the oil off the skin in the morning. The baking soda seems to soak up the oil.

When the pack becomes stained with colors from drawing out toxins it is time to throw it away and replace it with a fresh pack. **It is not necessary to refrigerate the castor oil pack during the day.**

A full body pack can be done by soaking a sleeping bag in castor oil and sleeping in it. If you plan to do this you will need to purchase a large amount of plastic sheeting to lay the bag on.

Be careful with castor oil, because it can spoil all your bedding and furniture. Use huge plastic garbage bags laid out flat underneath the the sheets. When I do a castor oil compress on my head, I cover the whole pillow, and the headboard of the bed, with plastic. When doing castor oil packs, use underwear and T-shirts that you keep separate from your regular underwear. Castor oil can leak into your undergarments, and you will never really get all of it out.

**The Cold Sheet Routine Must Be Done if you want to get well.**

The cold sheet treatment, also known as the artificial fever routine must be a part of any healing program. Do the cold sheet treatment once or twice a week. You will become more comfortable with this procedure by the second or third time around. Complete detailed instructions are available on-line in our [Hydrotherapy E-book](#).

**Do NOT skip the cold sheet routine and do everything else.**

There is NO herb or physical exercise that substitutes for this treatment. If you wimp out, your body loses.

# Cleansing Food Programs

Posted on [March 10, 2015](#) by [Dara](#)



Last week we began a discussion on Food. Let's dig a bit deeper by addressing the various food programs combined with good detoxing routines. There is no magic here; the various ways available for detoxing the liver are all aimed at supporting the liver in the function of clearing waste from the body. We can all understand the value of emptying the vacuum cleaner's bag when full, if left unemptied the machine becomes useless. Opening the channels so waste can flow

from the body's vacuum cleaner enables better function of the liver which includes better utilization of all the good nutrients taken in.

With this understanding in place establishing an acceptable detoxing program is vital. A beginner at detoxing the body will do well to begin slowly. Coming at a body that has never experienced the "joys" of a good detox can create a degree of discomfort. The preparation before and during the detox will make all the difference in how well the procedure is tolerated.

Once the bowels are opened and the **Foundational Programs** have been established a good first time **Liver Detox** could go like this:

- Do one **Mild Liver Flush** each morning for five days while consuming a **Raw Food Program**.
- Follow with a **Five Day Kidney Flush** while continuing a **Raw Food Program**.
- Drink one or two glasses of **Fresh Juice** each day.

The above program is a mild way to begin any cleansing journey. Anyone fearing the discomfort often associated with a good detox would do well to begin here.

Stepping up to a deeper level of cleansing during the second week of liver flushing might look like this:

- Do Two to Three **Mild Liver Flushes** each day while consuming a **Raw Food Program**
- Follow with a **Five Day Kidney Flush** while Continuing a **Raw Food Program**
- Drink Three or Four glasses of **Fresh Juice** each Day.

The amount of food desired during the day often decreases with the increase of juices and flushes. If desired replace the meal with Superfood mixed in Fresh Juice.

The body is now ready to really get down to the business of clearing out the old while rebuilding for a better tomorrow. After following the above suggestions a body can step securely into a strong liver detox program. Here is what a strong week of detoxing might look like.

- Three **Liver Flushes** each day while enjoying a revitalizing week of **Juice Fasting**.
- On day five replace the three daily flushes with an **E.L.F.** in the evening.
- Follow with a **Five Day Kidney Flush** while eating a Raw Food Program

For those who want to increase their detoxing experience beyond even this intense program, **The E.L.F.** can replace the daily liver flush drinks for one, two or for the entire Five Days during the liver flushing program.