

Importance of the **LIVER & GALLBLADDER** in **Detox**

by Linsey McLean

The liver functions in daily metabolism to clarify the blood from metabolic by products and wastes, as well as provided valuable digestive aid in the form of bile. Bile is the emulsifier (or solublizer) of fats, so that they can be digested completely and properly. The liver also controls the blood sugar levels in the body, so that it remains stable and does not roller coaster up and down. When the liver becomes compromised and cannot do its job, it is not able to regulate blood sugar from within and so the body will crave sugars and simple carbohydrates from the outside. This is why we want to eat “everything but the drapes,” craving carbs, only to experience the extreme highs and lows of blood sugar, mood, energy levels, foggy thinking, indecision, irritability, and inability to deal with them in a calm, sensible and effective manner.

With a compromised liver function also comes inability to regulate blood fats and hormones too. Saturated fats and cholesterol elevate in the blood, clogging blood vessels, and further slowing the support to the brain and thinking as well as contributing to hormone imbalances of all kinds.

So what causes this compromise of the liver? There are several general categories of environmental toxins that we are exposed to every day in our air, water and food that are well known to cause liver compromise. Pesticide, herbicide, solvent, artificial flavor, artificial fragrance, synthetic cleaners, vegetable oils high in inflammatory poly unsaturates such as corn, soy or safflower; preservative and plastic residues are not able to be broken down and digested or detoxified by the liver. These toxic residues build up over time, and by permanently binding with bile and other liver enzymes, cause stones to form and block the ducts of the liver, further compounding yet more retained toxins.

With more and more stones blocking the flow of both stones and bile, the liver will slow down bile production to accommodate the restriction of flow. Stones will slowly grow over time and then begin to dump into the gallbladder

where they will collect. When there is a draw for bile after eating a fatty meal, and the flow of bile is blocked, a painful gallbladder attack can occur.

Conventional medicine’s answer to this situation is surgery to remove the gallbladder, but that does not address the cause of the cause of the problem at hand. It is simply a temporary diversion to the actual problem, and you loose functionality of your very own gallbladder. Hopefully, if you are reading this message and have already been diagnosed with a gallbladder syndrome, also you are not the throes of an attack, then it is not too late to clear your liver and gallbladder while changing your living habits so that fewer liver stones will form in the first place.

On the following page is a recipe (and procedure) that will help you clear toxins and stones from your liver and also to help you with other syndromes that are commonly associated with a compromised liver. In traditional Chinese medicine, stagnated liver Qi (pronounced Chi) or life force is associated with emotions of anger, frustration, irrational thinking, violence, cruelty, foggy thinking, violence, and hyper or nervous energy. One should look every day, that have dramatically increased in the last decade of every sort of “rage” to understand that something is effecting all, or at least most part, of society today. And those living in the most compromised areas, suffering the highest exposures to toxins are manifesting the highest statistics of dysfunctional behaviors.

Some of the effects people have reported after following the protocol are:

- Reduced allergies
- More energy for chronic fatigue sufferers
- Reduction of chronic back pain, especially between the shoulder blades
- Relief from stiff neck
- Reduction of upper arm inflammation and pain
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Liver and Gallbladder Flush Instructions:

I have adapted Hulda Clark's liver and gallbladder cleanse and it would help you greatly! Try this...you will need a day to relax and sleep as it tires you out...plan 2 days at home alone to sleep and rest...

You will need:

- 1 bottle of 100% pure malic acid capsules or with magnesium but also contain 600 mg of malic acid
- 4 Tablespoons Epsom salts
- 2 quarts of 100% pure grapefruit juice -preferably organic OR tart cherry juice, preferably organic - cherry is much more powerful for this
- 1/2 cup canola oil - preferably organic
- * vaseline to coat the rectum and protect from the acid that will be dumped from the liver.

Instructions:

Days 1-7: Eat a low fat diet, and take 3 capsules of malic acid in the AM and PM with food, or 2 capsules with each meal, for a total of 6 capsules per day. Capsules are 600 mg. some commercial brands contain magnesium as well and that is fine if there is 600 mg of malic acid too.

Day 8: Eat no fat or oil at all

Do not eat after 2PM, water only.

At 6 PM, mix 1 Tablespoon epsom salts in a glass of juice, cold is best. Some of the epsom salts will settle to the bottom, so stir and drink, stir and drink and you can add more juice if necessary. Amount of juice is not crucial over 12 oz.

Take a fingerful of vaseline and coat your rectum to protect from the acid that will be dumped from the liver.

You will start to clean yourself out in 1 to 2 hours.

At 8PM, do the same again.

At 10 PM, get yourself ready for bed, so that when you take the next dose you go straight to bed. Take another glass of juice again, but NO epsom salts this time. Instead, mix 1/2 cup of the canola oil into the juice with a fork. It does not taste bad if you stir and drink, stir and drink. Do not shake them together. Then go straight to bed. Take some ginger if you like, if you have a tendency towards nausea. If you get sick, then try taking the juice again with only 1/3 cup canola oil. Lie down immediately on your right side in a fetal position. Ginger will help a lot. Try to keep the mix down.

Stay in bed for the night and try to sleep.

Do not eat anything, you likely won't be hungry either.

Most people find that they sleep better than they ever did, even if they have sleep problems.



Next AM, not before 6 AM, repeat the epsom salts and juice again when you get up, same as you did the night before. and again in 2 more hours... then after a short time if you want to eat, you can... You are done! You may want to sleep ... your liver has been working hard! You will also likely drop your cholesterol up to 50 points as well as 2 to 5 lbs of body weight, and some toxic bloat from your belly.

DO NOT stop with the cleanse the next morning as this is the most important! After the first epsom salt and juice in the morning, you will start passing the bulk of the stones and they will float on the top of the water.

You will start to pass gallbladder and liver stones possibly later that night or next morning after you take the first dose in the morning. You will be amazed! It clears the gall bladder well, and the liver too. Gall stones are tan to brown, sometimes black, but liver stones are green. They can be up to the size of a quarter or a small lemon. There is usually no pain other than a bit of cramping from the purge. You will see the stones float on the surface of the toilet water. You will pass stones for a day or even 2 days after.

If you pass a lot of acid, you may see few to no stones because the acid has dissolved them. You will see chaf, which is debris from the liver that also needs to be cleared. It will look like thick bile and brownish grass clippings.

You will pass more acid if you have been taking meds for a time, have high toxic exposures, lived on junk food or have high levels of inflammation or inflammatory illness. After several cleanses, this acid will pass and more stones will be seen. Normally, to start this healthy protocol, I recommend 5 to 10 cleanses, one every 10 days to 2 weeks and then once per mo. for maintenance. You will know when you need to do them....your body will tell you!

Gallbladder and liver, in traditional Chinese medicine, holds fear, anger, frustration, guilt, anxiety, panic and frequent sighing. Those emotions are purged as well. Allergies are alleviated as well as shoulder pain, low back pain, pain in upper arms and between shoulder blades in upper back and neck. Helps with stamina and chronic fatigue as well as fibromyalgia.

You can repeat the flush in a week to 2 weeks, and often more stones are passed the second time as the biliary ducts have already been opened. Digestion will be improved too. It is recommended to keep doing them until fewer and fewer stones are passed, at least 4 times per year anyway, after the first few to clear. There will also be a heavy amount of chaf, looking like brown grass clippings, that will smell very bad from the liver too.

NOTE: If a large stone gets stuck in the ducts during passage,

Images of Stones

on the Final Page

you could feel pain like a gall bladder attack and perhaps vomit a small amount of bile. If this happens, immediately take the dosage of grapefruit juice and Epsom salts again, and again two hours after, as this relaxes the biliary ducts, followed by another juice and oil dose 2 hours from that, as you did before. Lie down on right side again in a fetal position, continue as before.

If pain still progresses, consult your physician. In 35 yrs of recommending this procedure, no one has had a problem like that. However unlikely, we still have to give you this warning.

What to Notice:

A healthier, better functioning liver, and believe it or not, many report a happier outlook on life. If you've never done it before, just wait until you see what's been clogging up your liver and gallbladder for who knows how long?

Why You Should Cleanse and Actively Maintain Your Liver & Gallbladder:

The liver functions in daily metabolism to clarify the blood from metabolic by products and wastes, as well as provided valuable digestive aid in the form of bile. Bile is the emulsifier (or solublizer) of fats, so that they can be digested completely and properly. The liver also controls the blood sugar levels in the body, so that it remains stable and does not roller coaster up and down. When the liver becomes compromised and cannot do its job, it is not able to regulate blood sugar from within, and so the body will crave sugars and simple carbohydrates from the outside. This is why we want to eat "everything but the drapes," craving carbs, only to experience the extreme highs and lows of blood sugar, mood, energy levels, foggy thinking, indecision, irritability, and inability to deal with them in a calm, sensible and effective manner.

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ease, nausea and vomiting. Stones can also

block the common bile duct that services the pancreas, causing a limited flow of pancreatic digestive juices. This blockage can then precipitate pancreatitis and even pancreatic cancer, sine part of that common duct carries both bile and pancreatic juices.



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**Weight loss of stubborn weight that has been resistant to dieting, from 2 to 5 lbs each cleanse*

**Reduction of total cholesterol and particularly improved LDL/HDL ratios. Lowering of the bad fats, LDL.*

**Increased efficiency of digestion*

These statements have not been evaluated by the FDA. The products and protocol above are not intended to treat, diagnose, cure or prevent any disease.

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Liver/Gallbladder Stones from Cleanse done with **Cherry Juice**

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