Gallbladder and Liver Flush Directions

1. For at least 4 -6 days before your liver and gallbladder flush, drink 36 ounces a day of apple juice, or 8 ounces of tart cherry juice, or take malic acid supplements. This will help soften the gallstones in your gallbladder. Do this slowly over the course of the day away from meals. This will ensure you have a successful liver flush.

2. Consider a colonic or enema the night before or morning of your liver flush. This will ensure that you are cleaned out and the stones can come out unimpeded. Alternatively, add 2 teaspoons of sea salt or Redmond's salt to 4 cups of warm water and chug it down. https://draxe.com/beauty/salt-water-flush-recipe/

3. On the day of your liver flush, have a light breakfast with NO FAT. This will help the bile in your liver to accumulate and put pressure in your liver. This will help you eliminate more gallstones in your liver and gallbladder during the flush.

4. At 2:00PM that day, mix 4 tablespoons of Epsom Salts in 3 cups of water, pouring this into a sealed jar. Make sure to NOT drink or consume any foods except water after 2:00PM. This prepares your drink for later in the evening. You'll want to put the jar into the fridge, to keep it cold.

5. At 6:00PM, drink 3/4 cup (6 ounces) of the Epsom Salt mixture. It will taste disgusting… but force yourself to chug it. You can add 1/8 tablespoons of powdered Vitamin C to make it taste better. Some have even had some soda with it to help improve the taste.

6. At 8:00PM, drink another 3/4 cup of this mixture. This is helping your liver prepare for the flush. Make sure to now get all of your errands and bedtime routines complete! It's time to prepare for the flush, as you want to lay down and go to sleep right after the next part and NOT DO ANYTHING ELSE.

7. At 9:45PM, pour 1/2 cup (4 ounces) of extra virgin olive oil into a jar. Squeeze an entire grapefruit (can also use lemon or lime juice). Make sure to remove any pulp. You should now have 1/2 to 3/4 cups (4-6 ounces) of grapefruit juice mixed with the extra virgin olive oil in the jar. Close the jar and shake very hard until it is all liquid and mixes together.

8. At 10:00PM, drink this mixture and aim to get it all down within 5 minutes. I recommend bringing this next to your bed, so you can lay down immediately right after drinking it (the sooner you can lay down, the better).

9. Once you've drank the mixture, lay down immediately in bed. Do not brush your teeth or go to the bathroom (you should have done that earlier). This is VERY IMPORTANT, and most people do this incorrectly. Lay down on your back and stay completely still for at least 20 minutes and try to go to sleep. You may notice things happening in your liver, even some gallstones might feel like they are rolling out like marbles.

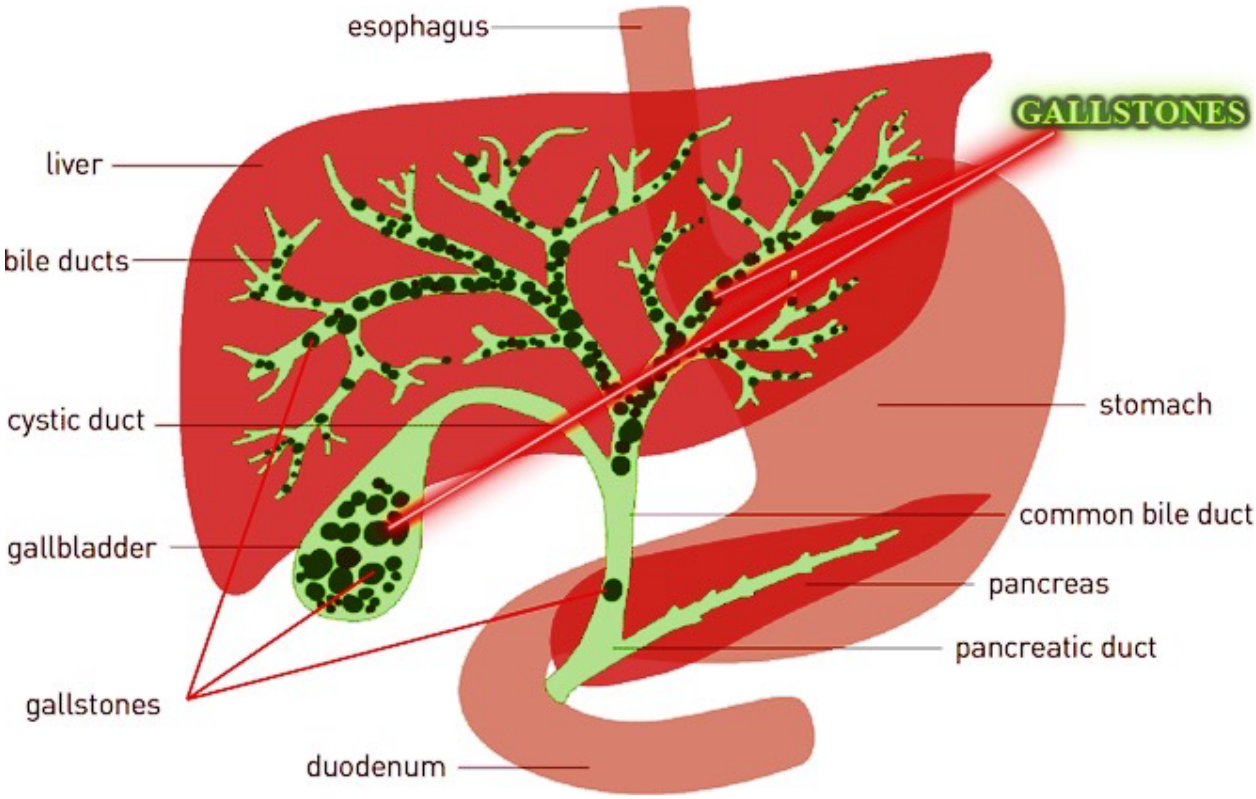
10. When you wake up in the morning, drink a 3rd dose of a 3/4 cup of Epsom salts. You can go back to sleep if you'd like. You should feel like you have to go to the bathroom, in which case, do so.

11. Two hours later, drink the last ¾ cup of Epsom salts.

12. After 2 more hours can you eat something, but do not eat solid fruits just yet. Start with liquids and slowly move to fruit.

13. If you do this correctly, you should be going to the bathroom quite a bit in the morning. Look for the gallstones to appear in your toilet. Some will float to the top and might range in the size of a small pea to the size of a golf ball. Some will also sink to the bottom (calcified).

14. You could have hundreds or thousands of stones come out over the course of several cleanses. It's recommended to wait at least 2 weeks before doing another liver and gallbladder flush, as doing it too frequently can be hard on the system.



There is some controversy out there about the legitimacy of doing a liver flush and the gallstones that come out. Some don't believe it to be true, others swear by it. I know after doing research, many people got their gallstones tested and brought them into a lab to verify that it's legit.

https://projectlifemastery.com/amazing-liver-and-gallbladder-flush/

https://www.amazon.com/Amazing-Liver-Gallbladder-Flush/dp/0984595449

Apple Juice: Preferably fresh and unpasteurized but do the best you can.

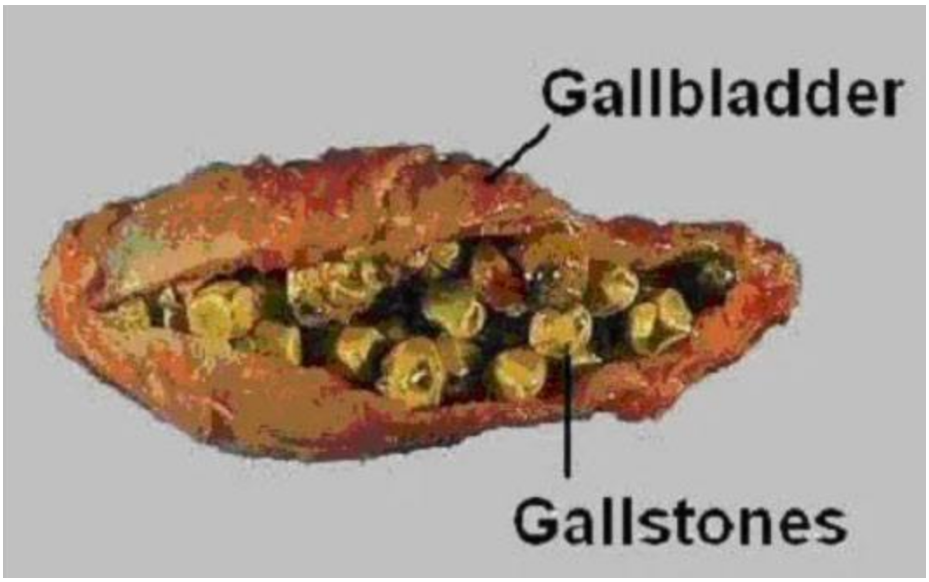
Epsom Salts: https://www.amazon.com/gp/product/B004N79BYC

Olive Oil: Get the best quality of Extra Virgin Olive Oil, preferably from Italy or Spain, in a dark glass bottle. Cheaper versions in clear glass or plastic are often not 100% olive oil, sorry to say.

Who should do a liver and gallbladder flush?

If you have trouble digesting fats, high cholesterol, heart issues, breathing issues, pain on your right side, unexplained diarrhea or constipation, high blood pressure, fatty liver, obesity, diabetes, poor circulation, or a host of other issues, then this might be right for you.




Gallbladder
Gallstones


2m
C25
STANLEY