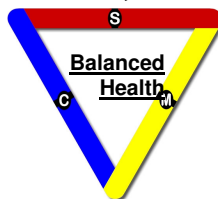


Natural Health Center

The Art & Science of Natural Healthcare



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LIVER/GALLBLADDER FLUSH

“Cleansing the liver [and gallbladder] of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm and upper back pain. You have more energy and increased sense of well being.”

-*The Cure for all Diseases*, 1995, Hulda Regehr Clark, Ph.D., N.D.

BACKGROUND

The liver-gallbladder flush is the quickest, most potent way to cleanse the liver – especially if you drink a lot of beer and alcohol. With that said, the liver has over 400 different functions in the body. Creating energy and detoxification rank in the top ten. In particular, the liver creates between 1 and 1.5 quarts of bile per day. Bile is primarily composed of waste products from the blood and cholesterol. The liver is full of small tubes called *bile canaliculi*. Like tributaries flowing towards a river, bile passes down these small tubes and flows into the *common bile duct*. From here bile is concentrated in a storage pouch called the gallbladder. Eating a meal containing fats or proteins causes the gallbladder to squeeze itself empty within about 1 hour. This concentrated bile empties into the small intestine and aids in digestion of fats and promotes motility of the colon.

For many, the gallbladder never completely empties. This situation occurs when the gallbladder contains stones that block bile from being completely secreted out of the gallbladder. Gallstones are layered like an onion. The layers are composed of cholesterol. There is usually a clump of bacteria at the center of each of these stones, which suggests that stones may originate from a bacterial or parasitic infection. Gallstones are visible on x-ray if they are calcified; however, many stones are not calcified and, therefore, not seen on x-ray.

The longer stones remain in the gallbladder, the larger and more numerous they become. Eventually, they may begin to cause bile to back up into the liver, which can cause damage to the liver and cholesterol levels to rise. Additionally, most gallstones are very porous, like a sponge. Because of their porous nature they can pick up bacteria, viruses, parasites and cysts passing from the liver and become a breeding ground for “hidden” infections.

ITEMS NEEDED

- 1/2 cup of extra virgin olive oil
- 4 tablespoons of Epsom salts
- 2 gallons of fresh organic apple juice OR 2 gallons of distilled water
- 24 small lemons or limes
- 3 cups of purified water
- A few teaspoons of baking soda
- One 32-ounce (1 liter) container
- Lipo-Gen (supplied at Natural Health Center)
- Choleplex (supplied at Natural Health Center)
- Super Phosphozyme (supplied at Natural Health Center)

Liver/Gallbladder Flush Procedure

This is a 6-day program from beginning to end. It can be started on any day as long as you follow this procedure for 6 consecutive days. We suggest Monday through Friday or Tuesday through Saturday for most patients because on day 6 you will go to the bathroom very frequently.

There are two programs to choose from. Either program can be followed and is equally effective:

- Program #1: This is the traditional approach using diluted apple juice.
- Program #2: This program is just as effective but the apple juice is replaced by Super Phosphozyme. It is preferred for anyone concerned with consuming the high amount of sugar that is in apple juice or someone that has complications with yeast overgrowth.

DAYS 1-5 – PROGRAM #1: (Apple Juice)

1. For days 1-5 eat a low to no fat diet.
 - a. **Do not eat the following:** red meat, pork, oiled salad dressing, butter, anything fried or deep fried, egg yolks, cheese, avocados, olives, fish oil supplements, flax seed oil, bread, rolls, pastries or vitamin E supplements.
 - b. **The following foods are acceptable:** fish, chicken, turkey, wild game, all vegetables and fruits, cooked cereals, and egg whites. Eat your food raw, baked, steamed, broiled, grilled or smoked.
2. Dilute organic apple juice 50% by combining one gallon of filtered/purified water to 1 gallon of apple juice.
3. Drink ½ gallon of the diluted apple juice per day. This helps to soften gall stones. If fresh organic apple juice is not available, purchase the best quality organic apple juice available at the health food store or co-op.
4. Take 1 full dropper of Choleplex 6 times per day
5. Take 2 Lipogen per meal

DAYS 1-5 – PROGRAM #2: (Diluted water & Super Phosphozyme)

1. For days 1-5 eat a low to no fat diet.
 - a. **Do not eat the following:** red meat, pork, oiled salad dressing, butter, anything fried or deep fried, egg yolks, cheese, avocados, olives, fish oil supplements, flax seed oil, bread, rolls, pastries or vitamin E supplements.
 - b. **The following foods are acceptable:** fish, chicken, turkey, wild game, all vegetables and fruits, cooked cereals, and egg whites. Eat your food raw, baked, steamed, broiled, grilled or smoked.
2. Add 3 full droppers of Super Phosphozyme to ½ gallon of **distilled water** (you must use distilled water only for this part of the program. This is because the purpose of the Super Phosphozyme is to soften the mineral content of the gall stone. If Super Phosphozyme is added to non-distilled water it will react with the minerals in the water and not as effectively soften gall stones.)
3. Drink ½ gallon of the distilled water/super phosphozyme mixture per day. This helps to soften stones just as effectively as apple juice.
4. Take 1 full dropper of Choleplex 6 times per day
5. Take 2 Lipo-Gen per meal

DAY 5

This is usually Friday or Saturday, but can be any day that you have to yourself. The reason for this is because you will go to the bathroom very frequently. **On day 5 eat only the following types of foods:** cooked cereal, fruits or vegetables. These foods provide absolutely no fat, and will ensure that the gallbladder gets completely filled with bile, which will later assist your body in pushing gallstones out.

2:00 PM:

1. Discontinue eating (breaking this rule can cause you to feel quite ill later on).
2. Discontinue taking and vitamins, pills or supplements after this time as well. **Note:** you must talk to your prescriber before discontinuing any medications.
3. You may drink as much filtered/purified water as needed.
4. Prepare the Epsom salt mixture by mixing 4 tablespoons of Epsom salt and 3 cups of filtered/purified water in a 32-ounce (1 liter) container.
5. Place the Epsom salt mixture into the refrigerator (for convenience and taste only).

6:00 PM:

1. Prepare 1/3 to 1/2 cup of freshly squeezed lemon/lime juice (5 to 6 small lemons/limes) in a glass.
2. Pour 3/4 cup of the refrigerated Epsom salt mixture you made into another glass.
3. **Hold your nose** and drink the 3/4 cup of the Epsom salt mixture.

Note: If the taste of the Epsom salt mixture is too strong to tolerate, you may mix the lemon/lime juice with it and drink the combined mixture in one drink.

4. **Continue holding your nose** and swish the freshly squeezed lemon/lime juice around in your mouth before swallowing, then swallow.
5. **Release your nose.**
6. Combine 1-2 teaspoons of baking soda into a glass with a small amount of water. Use this to swish around in your mouth and brush your teeth with. This helps to neutralize the acid from the lemon/lime juice. Rinse your mouth with fresh filtered/purified water when done.

8:00 PM:

1. Repeat the 6:00 PM process. Timing is important for success so don't be 10 minutes early or late.

9:45 PM:

1. Pour 1/2 cup of extra virgin olive oil into a glass.
2. Prepare another 1/3 to 1/2 cup of freshly squeezed lemon/lime juice (5 to 6 small lemons/limes) in another glass.
3. Before drinking the mixture (which will be done at 10:00 p.m.) try to use the bathroom once or twice.

10:00 PM:

1. **Hold your nose** and drink the olive oil or the olive oil mixed with lemon/lime juice while standing up.

Note: If you have difficulty with the texture or taste of the olive oil, a large straw can be used to drink it. Most people report that the taste is terrible. However, the end result of the flush is worth the bad taste of the olive oil. Either way, drink the oil standing up.

2. Follow with the glass of lemon/lime juice, swishing the lemon/lime juice around in your mouth before swallowing, then swallow.
3. **Release your nose.**
4. Combine 1-2 teaspoons of baking soda into a glass with a small amount of water. Use this to swish around in your mouth and brush your teeth with. This helps to neutralize the acid from the lemon/lime juice. Rinse your mouth with fresh filtered/purified water when done.
5. Get to bed immediately (within 15 minutes at the latest) after drinking the lemon/lime juice.
6. Lie very still on your right side with your right knee pulled up close to your chest for 30 minutes before falling asleep. If this is uncomfortable you may assume fetal position by pulling both knees up to your chest.

DAY 6

If, early the next morning, you have indigestion or nausea wait until it is gone before continuing. You may go back to bed if needed. Expect diarrhea on this morning.

Anytime after 6 AM:

1. Prepare another 1/3 to 1/2 cup of freshly squeezed lemon/lime juice (5 to 6 small lemons/limes) in a glass.
2. Pour 3/4 cup of the refrigerated Epsom salt mixture you made into another glass.
3. **Hold your nose** and drink the 3/4 cup of the Epsom salt mixture.
4. **Continue holding your nose** and swish the freshly squeezed lemon/lime juice around in your mouth before swallowing, then swallow.
5. **Release your nose.**
6. Combine 1-2 teaspoons of baking soda into a glass with a small amount of water. Use this to swish around in your mouth and brush your teeth with. This helps to neutralize the acid from the lemon/lime juice. Rinse your mouth with fresh filtered/purified water when done.

2 Hours later:

1. Prepare another 1/3 to 1/2 cup of freshly squeezed lemon/lime juice (5 to 6 small lemons/limes) in a glass.
2. Pour 3/4 cup of the refrigerated Epsom salt mixture you made into another glass.
3. **Hold your nose** and drink the 3/4 cup of the Epsom salt mixture.
4. **Continue holding your nose** and swish the freshly squeezed lemon/lime juice around in your mouth before swallowing, then swallow.
5. **Release your nose.**
6. Combine 1-2 teaspoons of baking soda into a glass with a small amount of water. Use this to swish around in your mouth and brush your teeth with. Rinse your mouth with fresh filtered/purified water when done. This helps to neutralize the acid from the lemon/lime juice.

Things to look for:

- **Stool:** Your bowel movements over the next 24 hours will tend to be very watery and greenish in color. Bile from the liver is pea green. Stool will sink. Look for green gelatinous objects in the stool. This is indicative of cholesterol sludge build up that has been released from the liver and gallbladder.
- **Stones:** Stool will sink but gallstones will float because the cholesterol and fatty deposits inside the gallstone float on water. The color of the stones may be tan to dark green in color, range in size from very small to up to 1 inch in diameter and may appear to have rough and jagged edges or be smooth.
- **Chaff:** Stringy greenish looking fibers that float are known as chaff. These are debris that is purged from the ducts of the liver.

2 Hours later:

1. If you are feeling hungry you may eat a lighter than normal breakfast starting with fresh fruit juice and fruit.
2. One hour later you may eat regular food but keep it light.
3. By supper you should feel fully recovered.

FOLLOW UP

Plan to repeat the liver/gallbladder flush especially when large gallstones (1/2 to 1+ inches across) are expelled – or when there is a large volume of stones released (more than about 1/4 cup). If few (or no) gall stones are seen, this is OK – however this is usually a false negative flush, especially if this is the first gallbladder flush you performed. Repeat the flush in 2 – 4 weeks and make sure you didn't unknowingly have a source of fat in you diet during the 5 days while preparing for the flush.

Generally, the liver/gallbladder flush is repeated at 2 – 4 week intervals until the volume of gallstones seen (each time) has been greatly reduced. When a large volume of gallstones is seen, the liver/gallbladder flush should be repeated in 2 weeks. This may require up to 10 – 15 flushes or more, because your liver will be "pulling" cholesterol out of your body, where it may have accumulated for many years or decades.

Once you have a follow up flush where the amount of stones released is minimal to none, repeat the liver flush 2 – 4 times per year in order to maintain your gallbladder free of stone.

The gallstones displayed in the picture to the right were the result of Dr. Kolodjski's 2nd flush using the apple juice method. As you can see the size, shape and color of the stones can vary greatly.

