

What is the Liver Flush? What is the Gallbladder Flush?

Procedure of cleansing the liver by taking consecutive flushes every 2 weeks and curing the "Incurable Diseases"
The liver flush is a procedure designed for cleansing the liver and the gallbladder. It usually includes drinking some oil and some fruit juice. Beside oil and juice, different recipes are asking for taking other drinks, like Epsom Salt (Magnesium sulfate) or Magnesium Citrate or Magnesium Chloride or Coca Cola, or egg yolks. On this web page you will find 15 different recipes for the Amazing Liver Flush. If you follow [this link](#), you will find hundreds of stories left by those who cured the "Incurable Diseases" by flushing the liver. Hundreds of educational stories are to be found on [the next link](#). The liver flush usually takes only 16 hours of your evening and your night, but you are suppose to repeat the procedure every 2-4 weeks to achieve maximum benefits. A single liver flush may improve your health for the next few weeks. A series of 5-15 liver flushes done every 2-3 weeks, can improve your health for the next several months or even several years and can help you cure some of the worst "incurable diseases" like life-long psoriasis, eczema, cystic acne, seborrheic dermatitis, fatty liver, gallstones attack, Parkinson's disease, ulcerative colitis, Crohn's disease, peeling lips (exfoliative cheilitis), extreme body odor, candida fungal infection, PCOS, MS, PMS, CFS, ME, clinical depression, schizophrenia, etc. If you have any questions unanswered on this page, following the next link will bring you to the [Frequently Asked Questions on the Liver Flush](#).

The Most Simple Liver Flush and Gallbladder Flush recipe

This is the most simple recipe, and is good enough for relatively healthy kids, teenagers and relatively healthy young adults who only suffer from some less serious health problems like teen acne, child eczema, smelly sweat, child seborrheic dermatitis, peeling lips, arm pain, shoulder pain, dry skin, cracked nails, weak hair, ring worm, pinworms, etc. If you are a healthy young person, no serious health conditions, just some annoying skin, face, nail or hair problems, this recipe is good enough for you.

Ingredients (The Most Simple Liver Flush):

1. one large grapefruit or 2 smaller grapefruits, enough to squeeze 1/2 cup of fresh juice (other fruit can be used!)
2. 1/2 cup of Extra Virgin Olive Oil (or any other natural oil)

Body weight and the dose relation

If you are a small child or a small adult, you can drink half of this dose. You are considered small, if your body weight is below 30-40 kg (60 - 80 lbs).

If you are afraid to do liver flush, you can also try 1/2 of the full adult dose.

If you are extremely afraid to do liver flush, you can try 1/4 of the full adult dose.

If your body weight is between 30kg(60 lbs) and 60kg (120 lbs), you can drink 2/3 of this amount.

If your body weight is between 60kg(120 lbs) and 90kg (200 lbs), you can drink the complete 1 cup of the mixture.

If your body weight is over 90kg (200 lbs), you can drink more than 1 cup of the mixture, but not the first time you are doing the liver flush. The first time you are doing the liver flush it is more than enough to drink 1 cup of the mixture.

The procedure; The most simple liver flush

The day of the flush: eat light breakfast and a light lunch, not much fat, not much spices. Do not eat anything after 2pm (14:00).

You can drink water after 2 pm, but do not eat, and do not take any food or any pills or vitamins after 2pm.

Do not do any strenuous exercises. Choose a day like Saturday, day when you have nothing difficult to do. You can walk, but don't run.

Do not drink water or anything else after 7pm (19:00)

If you are very thirsty, you can drink small amount of water. It is important that you are both thirsty and hungry in the evening. That will make it possible to drink the juice with oil and to enjoy it.

At 9:55 pm (21:55) squeeze fresh juice from the grapefruit.

You don't need a juicer. You can squeeze the juice by using your hands and a spoon.

Blend 1/2 cup of freshly squeezed juice with 1/2 cup of Extra Virgin Olive Oil

Drink the mixture slowly at 10pm (22:00).

Walk out slowly for one to two hours making sure you are not feeling like throwing up the mixture. Try to burp, if you feel heavy in your stomach.

Make sure you do not have a lot of gas in your stomach, before you go to sleep. Around midnight go to sleep. The day after you may have loose stool or diarrhea. You may see some hard green or yellow objects in your poop. That

is hardened bile. Some of those smaller objects may have existed in your liver or your gallbladder in that size or shape, while some of the larger objects may have been formed overnight in your intestines from the bile and smaller objects flushed out by your liver and your gallbladder.

Repeat this procedure every 2-3 weeks, to completely cure food intolerance, acne, peeling lips, dry skin, seborrheic dermatitis, eczema, psoriasis, keratosis pilaris, ingrown toenails, pinworms, topical steroids addiction, alcohol addiction, etc.

Can it be done at other times? Can it be done in the morning, or during the day?

Yes, you can do it in the morning. You can drink the mixture in the morning, just make sure you are never too far away from a toilet.

You should have at least 2 hours to slowly walk after you drink the cup with oil-juice mixture. Walking helps digest the juice.

Can I use juice from some other fruit?

Yes, you can use: lemons, limes, oranges, pomelo, pineapple, granate apple, acid apple juice, grape juice etc.

Oil actually goes through intestines just alike any other food we consume, and while it is inside our stomach and inside our duodenum, it stimulates liver to produce more bile, and it stimulates gallbladder (if you still have it) to squeeze itself and to empty its content into the duodenum. But, after the oil have been digested, and fatty acids have been absorbed into the blood stream, fatty acids are carried by the blood stream (portal vein) directly into the liver, so on the long run, oil actually enters the liver, carried by blood.

The Liver and Gallbladder Flush

Ridding the liver and gallbladder of gallstones is one of the most important and powerful approaches you can take to improve your health. The liver and gallbladder flush requires 6 days of preparation, followed by 16 to 20 hours of actual cleansing. To remove gallstones, you will need the following items:

Apple juice - six 32 oz. containers (6 x 1 liter) or Sour/tart cherry juice – six 8 oz. portions (6 x 240 ml) or choose from other alternatives listed under “Alternatives to Apple Juice or Sour Cherry Juice”

Epsom salt* (or magnesium citrate) - 4 tablespoons (60 g) dissolved in 24 oz. (about 710 ml) of water**

Fresh grapefruit (pink is best) - enough to squeeze 6 oz. (about 180 ml) of juice or use the same amount of fresh lemon and orange juice combined***•Pure extra virgin olive oil, 4 oz. (120 ml)

* You can find Epsom salt in most drugstores or natural food stores. Some packaging labels describe it as a natural laxative, oral laxative, or for internal use. Do not use Epsom salt labeled not to be taken internally or for baths, since it contains impurities! If you cannot find Epsom salt, use magnesium citrate instead (same dosage, or if it comes in liquid form, take 3-4 fl. oz. (90-120 ml) at each of the four specified times).

** One tablespoon of Epsom salt equals 3 teaspoons of 5 grams each. The total amount of Epsom salt per tablespoon is 15 grams. Four tablespoons equal 60 grams. If your body weight is below normal, use a total of 40 grams; this amount will still give you frequent watery bowel movements necessary to help expel the released toxins and stones from the liver and gallbladder.

*** If you cannot tolerate grapefruit juice, you may use equal amounts of freshly squeezed lemon and orange juice instead. The effect is the same with either choice. For best results, use organically grown fruits.

Preparation

Drink 1 container of 32 oz. (1 liter) of packaged or freshly prepared apple juice (ideally from organically grown apples) or 8 oz. (240 ml) of unsweetened sour/tart cherry juice (see other options below) per day for a period of 6 days. The malic acid in the apple juice or sour cherry juice softens the gallstones and makes their passage through the bile ducts smooth and easy. Sour cherry juice has about 4 times the concentration of malic acid that apple juice has, and is usually better tolerated by those who cannot deal with the large amount of sugar contained in apple juice. Both apple juice and sour cherry juice have a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhea, while on this much apple juice. While some of the diarrhea is actually stagnant bile, released by the liver and gallbladder (indicated by a brownish, yellow color), it may also be due to fermentation

of the sugar in apple juice. If this becomes somewhat uncomfortable, you can dilute the apple juice with any amount of water, switch to sour cherry juice, or use any of the other options described later. I found that apple juice and sour cherry juice are equally beneficial in preparing your liver and gallbladder for an effective flush. Drink either of these juices slowly and in small portions spread throughout the day, between meals. You want to make sure there is a continuous supply of malic acid almost throughout the day, which is required to help soften the stones. Avoid drinking the juice during, just before, and in the first 1-2 hours after meals, and in the evening past 6 p.m. This is in addition to your normal daily water intake of 6 to 8 glasses. Note: During Day 6 of the preparation, drink the entire amount of juice during the morning hours only.

What you need to know about apple juice:

If you choose apple juice as your preparation method, use organic juice; freshly pressed apple juice from organic apples is ideal. Although for the purpose of the flush, any good brand of commercial apple juice, apple concentrate, or apple cider works well, too; commercially produced apple juice may contain high amounts of inorganic arsenic - a naturally occurring mineral that can be toxic in high concentrations.

It may be useful to rinse your mouth out with baking soda and/or brush your teeth several times per day to prevent the acid from damaging your teeth. The same applies to the alternative options.

Some people should not drink apple juice in the large quantities required for the liver flush. These include those who suffer from diabetes, hypoglycemia, yeast infection (Candida), cancer, and stomach ulcers. ***

What you need to know about sour/tart cherry juice:

Tart cherries should not be confused with the sweet, black cherry variety.

Sour cherries contain 4 times the amount of malic acid than found in apples. Hence, you only need a fourth of the quantity, i.e. 8 oz. cherry juice versus 32 oz. apple juice during each of the 6 days of the cleanse preparation.

Make certain to only buy sour cherry juice in glass bottles! Most health food stores stock organic, preservative-free tart cherry juice.

Studies suggest sour cherries may help reduce risk factors for type 2 diabetes, which makes tart cherry juice a good option for diabetics who wish to do the liver flushes and cannot use apple juice because of its high sugar content.

The juice has also shown to help reduce inflammation of joints and inhibit tumor growth, improve blood flow, lower blood pressure, and increase heart and brain health.

It can be used by those suffering from Candida problems.

Dietary recommendations (for the first 5 days):

During the entire week of preparation and cleansing, avoid foods or beverages that are ice-cold; they chill the liver and, thereby, reduce the effectiveness of the cleanse. All foods or beverages should be warm or at least room temperature. If you are used to eating only raw foods, you may continue doing that. To help the liver prepare for the main part of the cleanse, try to avoid foods from animal sources, including meat, fish, poultry, eggs, dairy products (except butter), fried food items, and refined sugar or foods that contain it. Otherwise, eat normal meals, but avoid overeating. It is best to consume fresh salads, cooked vegetables, grains, legumes, nuts, seeds, natural fats and oils, herbs, spices, and fruits during the preparation time. Please note the important dietary instructions for Day 6 of the preparation phase below.

The best times for cleansing:

The main and final part of the liver flush is best done over a weekend, or when you are not under any pressure and have enough time to rest. Although the liver flush is effective at any time of the month, it should preferably coincide with a day between full moon and new moon, or new moon and full moon. If possible, avoid doing the actual flush on full moon day when the body tends to hold on to extra fluids in the brain and tissues and is, therefore, more reluctant to release toxins 190. The days around new moon are the most conducive for cleansing and healing.

Please read this if you take any medication!

While some people on prescription medication have done liver flushes successfully, others have reported that they did not release any stones, or felt very sick for a day or two. In 99 percent of all cases, pharmaceutical medications are merely symptom-suppressive and non-cause-oriented, and therefore, useless, unnecessary, and increasing harmful, especially if taken long-term.

For instance,

blood pressure medication is now known to cause congestive heart failure, hypertension, and kidney disease;

arthritis medication damages the liver and kidneys and causes more pain and more arthritis;

statins increase the risk of heart disease, stroke, and liver damage;

anticancer drugs cause more cancers and spread them in the body, etc. (for more details, see Chapter 3)

There are numerous simple, proven, and completely natural methods of restoring balance in the body that are far more effective and also void of any harmful side effects.

For instance, vitamin D alone, which the body produces in response to regular sun exposure, can balance blood pressure, normalize blood sugar and cholesterol, prevent and reverse cancer, stop infections such as tuberculosis, heal skin diseases, and help with almost every other illness.

In many cases, hypertension is just due to chronic dehydration and can be corrected in a matter of days. This book contains plenty of information you can use to make the necessary changes to your diet and lifestyle and escape the vicious cycle of taking toxic drugs that only further the occurrence of illness and debility and which, in turn, requires new drugs that cause further symptoms of disease.

If you have already become drug-dependent, I recommend you work under the supervision of a naturopathic doctor to gradually wean yourself off the medication while you also follow the guidelines for diet and lifestyle outlined in this book, or in greater detail, in my book *Timeless Secrets of Health and Rejuvenation*.

While liver flushes help the body to detoxify and heal itself, medications like antidepressants, anti-inflammatory drugs, or antibiotics do the exact opposite. It is risky for the body to undergo two incompatible and opposing processes at the same time. In fact, taking medication while doing a liver flush, may alter its concentration in the blood to undesirable levels; hence, the warning.

Once off pharmaceutical drugs, you can then safely do liver flushes.

Cautionary note about cancer drugs

Those who have undergone chemotherapy and wish to do liver flushes need to wait 6-8 months after the last round of treatment. Chemo drugs produce an excessive amount of intrahepatic gallstones because of their high toxicity, but it takes a while before all the chemical toxins are absorbed by bile and formed into stones. Doing a liver flush too soon after receiving these drugs would release much of the unbound poison into the intestinal tract and literally burn holes through it.

A Note on thyroid medication

Those who have had their thyroid removed (or have an underactive thyroid) and are taking thyroid medication will need to continue taking the medicine when doing the liver flushes. It is one of the few exceptions to the rule. I have not seen any diminished effectiveness of the liver flush when taking thyroid hormone.

Food supplements

If you take natural food supplements, such as minerals and nonsynthetic vitamins, you may continue taking them, but it is best to avoid taking any supplements or medicines during the actual liver flush, unless they are absolutely essential. Besides, they are wasted as they are flushed out with the bile and Epsom salt.

Age Considerations

Children as young as 9 or 10 years old can do liver flushes, but they should only take half the amounts of cleanse ingredients (see separate instructions below). I have also had people in their 90s who also had excellent results with liver flushing.

Cleanse your colon BEFORE and AFTER you do a liver flush

Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing, done either a few days before or, ideally, on Day 6 of preparation, helps to avoid or minimize any discomfort or nausea that may arise during the actual liver flush. It prevents back-washing of the oil mixture or waste products from the intestinal tract into the stomach and it also assists the body in swiftly eliminating the released gallstones.

Most cases of nausea during liver flushes are due to not properly cleansing the colon beforehand. Colonic irrigation (colon hydrotherapy) is the most thorough method to prepare the colon for the liver flush. Colema-board irrigation is an almost equally effective method, followed by water enemas (see details in the section *Keep Your Colon Clean* in Chapter 5).

This is what you need to do on Day 6 of the preparation:

Drink all the 32 oz. (1 liter) of apple juice or all the 8 oz. of sour cherry juice, or any of the other chosen options, in the morning. You may start drinking the juice soon after awakening. If you feel hungry in the morning, eat a light breakfast, such as fruit or a hot cereal like oatmeal. Avoid regular sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold packaged cereals, and other processed foods. Freshly-pressed fruit juices or vegetables juices are fine. For your lunch meal you may eat plain cooked or steamed vegetables with rice (preferably white basmati rice), buckwheat, quinoa or similar grains, and flavor it with a little unrefined sea or rock salt. If you prefer to eat fruit or raw vegetables, that's fine, too. Please do not eat any protein foods, nuts, avocado, butter, or oil, or you might feel ill during the actual flush. The main thing is to save as much bile as

possible for the liver flush, which is required to remove as many stones as possible from the liver and gallbladder. Eating fat or oil-containing foods would use up that bile and render the liver flush ineffective. Also, do not eat or drink anything except water after 1:30 p.m., otherwise you may have difficulty passing stones! Follow the exact schedule below. Please do not attempt the liver cleanse until you have carefully read the rest of this chapter!

The Actual Flush

Evening

6:00 p.m.: Add 4 tablespoons (a total of 60 grams) of Epsom salt (magnesium sulfate) to a total of 24 US-fluid oz. (710 ml) of filtered water in a glass jar. This makes four 6-oz. (180 ml) servings. Drink your first portion of 6 oz. (180 ml) now. You may take a few sips of water afterward to neutralize the bitter taste in your mouth, or add a little lemon juice to improve the taste. If you still cannot stand the taste, you may add a small amount of apple juice. Some people drink it with a large plastic straw to bypass the taste buds on the tongue. Closing the nostrils while drinking it works well for most people. It is also helpful to brush your teeth afterward or rinse out the mouth with baking soda. One of the main actions of Epsom salt during the liver flush is to relax and dilate (widen) the bile ducts, as well as the sphincter of Oddi¹⁹¹, thereby making it easy for the stones to pass. Epsom salt also causes the gallbladder to contract to a third of its original size, according to published research¹⁹². This effect greatly assists in the removal of stones from the gallbladder. Moreover, Epsom salt clears out waste that may obstruct the release of the stones. If you are allergic to Epsom salt (which is rare), or if it makes you feel nauseated or you are just not able to get it down, you may instead use the second best choice, magnesium citrate (see details below). Set out the citrus fruit you will be using later, so that it can warm to room temperature. 8:00 p.m.: Drink your second serving of Epsom salt. 9:30 p.m.: If the Epsom salt has not prompted at least one bowel movement until now, it is usually because you have already done a thorough colon cleanse (colonic irrigation, Colema, or water enema) within the past 6-8 hours. However, this may also be because you have not cleansed your colon beforehand; in this case, take a water enema at this time (see instructions on how to perform a water enema in chapter 5). This will trigger a series of bowel movements and also make it easier for the liver and gallbladder to release stones. Note: Congestion in the colon can prevent the proper opening of the gallbladder and reduce the flush's effectiveness.

9:45 p.m.: Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and extract the juice. You will need about 6 oz. (180 ml) juice. Pour the juice and 4 oz. (120 ml) olive oil into a glass jar that has a lid. Close the jar tightly and shake hard, about 20 times or until the solution is watery. For best results, drink this mixture at 10:00 p.m., but if you feel you still need to visit the bathroom a few more times, you may delay this step for up to 10-15 minutes.

10:00 p.m.: Stand next to your bed (do not sit down) or near there and drink the mixture, if possible, without interruption. Closing the nostrils while drinking it and without taking a breath seems to work best. Some people, though, prefer to drink it through a large plastic straw. If necessary, use a little honey between sips, which helps the mixture go down more smoothly. Most people, though, have no problem drinking in one go. It's best not to take more than 5 minutes for this. You may wish to quickly brush your teeth to get rid of the taste of the concoction. **PLEASE LIE DOWN IMMEDIATELY!**

This is essential for helping to release the gallstones!

Turn off the lights and lie flat on your back with one or two pillows propping your head up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled toward your head, but also keep your head elevated. Lie perfectly still for at least 20 minutes, and try not to speak! You want to use all the available energy to release stones and not divert it elsewhere.

Close your eyes and put your attention on your liver.

(Note: To relax the bile ducts further, you may place a piece of cloth soaked in castor oil or warm apple cider vinegar over the liver area. This is not necessary, but some people find it to be beneficial)

You may feel the stones traveling along the bile ducts like marbles. There won't be any spasms or pain because the magnesium in the Epsom salt keeps the bile duct valves wide open, dilated, and relaxed, and the oily bile that is discharged along with the stones keeps the bile ducts well lubricated. (The situation is very different in the case of a gallstone attack where magnesium is not present and bile concentration is relatively low) After the first crucial 20 minutes, you may remove the extra pillows and go into your normal sleeping position; however, avoid sleeping on your stomach. It is best to remain in bed, but if at any time during the night you feel the urge to have a bowel movement, do so. Check if there are already small gallstones (pea-green or tan-colored ones) floating in the toilet. In

the rare case you feel sick at any time during the liver cleanse, please follow the instructions provided under “Feeling Sick During The Flush” in this chapter.

The Following Morning

6:00–6:30 a.m.: Upon awakening, drink a glass of warm water. Shortly after, drink your third portion of Epsom salt. Rest, read, or meditate. If you are very sleepy, you may go back to bed. However, it is best if the body stays in an upright position. Most people feel fine, but low in energy until later in the morning.

8:00–8:30 a.m.: Drink your fourth and last portion of Epsom salt. 10:00–10:30 a.m.: You may drink freshly pressed fruit juice at this time. One half-hour later, you may eat one or two pieces of fresh fruit. One hour later, you may eat regular (but light) food, preferably vegetarian. Make certain you don’t overeat, and stop eating when you still feel a little hungry. By the evening or the next morning you should be back to normal and feel the first signs of improvement. Continue to eat light meals during the following 2-3 days. Remember, your liver and gallbladder have undergone major surgery, albeit without the harmful side effects or the expense.

Drinking Enough Water During the Cleanse

During the entire process of liver cleansing, including the 6-day preparation, make certain to drink enough water, especially when thirsty. However, avoid drinking water right after taking Epsom salt (allow 10-15 min) and for the first 2 hours after drinking the oil mixture. To produce enough bile and to remove stones from the liver and gallbladder during the liver flush, the body has to be well hydrated. Dehydration can, in fact, render the liver flush ineffective.

Contraindications

(When the liver flush is not recommended):

Bowel obstruction:

If there is an obstruction in the small bowel, the liver flush should not be attempted. A small-bowel obstruction (SBO) is caused by a variety of pathologic processes. These include postoperative adhesions, followed by malignancy, Crohn’s disease, and hernias. Surgeries most closely associated with SBO are appendectomy, colorectal surgery, and gynecologic and upper gastrointestinal (GI) procedures.

Weakness:

Individuals who are very weak and emaciated (underweight) should not attempt liver flushes. If this applies to you, regaining your strength and stamina through the other recommendations made in this book, should be your first priority. Once your body has regained a more healthy weight and feels stronger, you may attempt your first liver flush.

Bowel Diseases:

If a part of the large bowel has been removed, it is still possible to do the liver cleanses. However, they should be avoided if there is any inflammatory disease, such as ulcerative colitis, Crohn’s disease, diverticulitis, diverticulosis, numerous polyps, and large hemorrhoids.

Please refer to my book, *Timeless Secrets of Health and Rejuvenation*, to address the dietary and lifestyle causes for these disorders. Once healed up, you can safely do liver flushes.

Acute Infection, Prescription drugs:

Do not cleanse your liver when you suffer an acute infection; take prescriptions drugs (except mild thyroid medication); have fissures or large hemorrhoids; experience strong abdominal pain, nausea or vomiting; are dehydrated; or have frequent diarrhea or bloody stools.

Constipation and Hemorrhoids:

Hemorrhoids, which are congested, varicose veins in the lower intestinal tract, usually result from chronic constipation. If you are constipated and still attempt to do the liver flush, the oil mixture may back up or remain in the stomach unduly long. Eventually, the esophageal valve opens and you may feel nauseous, feel faint and throw up. If you still pass stones, the stone material and/or liver toxins may cause any existing hemorrhoid(s) to rupture and bleed. Although passing some blood may appear to be scary, it actually helps remove the toxins these varicose veins harbor. This can greatly improve intestinal health. However, it is still best if you can do everything you can to avoid constipation, so that hemorrhoids won’t develop. Then you can also do the proper colon cleanse before the liver flushes, and thereby avoid the undesirable nausea and potential vomiting of the oil mixture. To improve constipation, go to sleep before 10 p.m., drink enough water, and eat the main meal of the day at around noon. When choosing foods, eat more water-containing foods and less dry foods, more fat and oil, sea salt, and sour food items.

Also spend more time relaxing, listen to music, go for walks (which massages the bowels), and spend enough time in the sun to obtain vitamin D which is required for maintaining optimal digestive functions.

Pregnancy and Nursing:

Although many pregnant women and nursing mothers have successfully done liver cleanses, for legal reasons I cannot make a recommendation to that effect. If you are pregnant and still wish to do a liver flush, make certain you are not constipated, and thoroughly cleanse the colon before and after each liver flush (also see Chapter 5).

Menstrual Cycle:

Although the liver flush may still be effective when done during menstruation, it is more convenient and comfortable for women to flush their liver before or after the monthly cycle. Besides, menstrual bleeding is another form of cleansing the body, and it is best for the body not to cleanse on two fronts at the same time. Menstrual cleansing takes much energy, and doing the liver flush at the same time could reduce its effectiveness and also interfere with removing menstrual waste products.

Chemotherapy:

I strongly advise against doing liver flushes until 6-8 months after the last chemotherapy treatment. It can take this long for the highly toxic chemo chemicals to become thoroughly absorbed and encapsulated in biliary stones, which in this case is desirable. Otherwise, doing liver flushes too soon after chemotherapy may leak chemo poisons via bile into the intestines, causing multiple perforations and inflammation in the intestinal walls. In other words, cleansing the body after chemotherapy can be life-endangering; in this case, it is best to be in a state of congestion for the suggested duration and first focus on the other health-enhancing approaches suggested in this book.

Stent in biliary duct:

The problem with having a plastic or metal stent inserted into the bile duct is that it cannot dilate like normal bile ducts do during liver flushes (in response to taking Epsom salt). So when stones are being released, they may not be able to pass through the stent. This can cause a blockage, especially if the stones are larger than the diameter of the stent. Most people with stents have to have them replaced on a regular basis. If I were in this situation, I would have the stent removed and do liver flushes, or at least use Epsom salt and some of the other suggestion made in this book to prevent the bile ducts from constricting again. I know of some people who have had their stent removed, and they were able to do liver flushes successfully

Diabetes:

I know of many diabetics who have done liver flushes successfully, but if you have diabetes you may need to modify the procedure outlined in this chapter. Keeping your blood sugar balanced at all times is a legitimate concern. Fasting may, of course, upset blood sugar levels, but all the same, not eating food on Day 6 of the preparation is important to avoid feeling sick and to allow for maximal release of stones during the liver flush. Yet, strangely and much to my own surprise, I have found that most diabetics were able to follow the normal regimen without any problems at all. Perhaps, this was due to the colon cleansing before the actual liver flush, the effect of Epsom salt, the drinking of the oil mixture, or a combination of the above. In some few cases, though, having 1-2 teaspoons of raw honey or eating a few soaked, dried figs in the mid-late afternoon and again in the early morning helped them get through the cleanse without any major issues. You may need to find out what works best for you, but I strongly recommend you do not eat any protein foods, for they can make you feel so sick that the liver flush will be of no benefit at all.

To understand the underlying causes of type 2 diabetes, you may wish to read the diabetes chapter of my book, *Timeless Secrets of Health and Rejuvenation*. In my work with type 2 diabetes over the past three decades, I have found that animal protein consumption is its leading cause, followed by the consumption of refined sugars and artificial sweeteners, and vitamin D deficiency due to lack of regular sun exposure.

Simply by adopting a balanced vegan diet and getting regular sun exposure and exercise, I have seen diabetes vanish within as little as 6-8 weeks. So if you are not able to do a liver flush right away, I recommend you first implement the necessary dietary and lifestyle changes and start doing the liver flushes once your blood sugar has naturally stabilized itself.

(Note: Unless there is an existing small-bowel obstruction (SBO), stones will not accumulate or get caught in the small intestine. The high water, oil and bile content in the small intestines acts like a super-efficient toilet flush. The situation is different in the large intestine which absorbs water, compacts feces and stores it in the rectum until it is being removed via the anus in defecation. However, if the colon is not cleansed before doing a liver flush, especially if there is constipation, stones may not pass from the small intestine and remain there until the colon opens up again. This must be avoided, or otherwise it may lead to toxemia. Hence the importance of cleaning out the whole colon before and after each liver cleanse (see details under Follow the Liver Flush Protocol for a Safe Flush)

Footnotes

190 For a detailed explanation about lunar influences on the body, see my book Timeless Secrets of Health and Rejuvenation

191 Sphincter of Oddi is a muscular valve that controls the flow of digestive juices (bile and pancreatic juice) through the ampulla of Vater into the intestinal duodenum.

192 Correlation Between Gallbladder Size and Release of Cholecystokinin After Oral Magnesium Sulfate in Man
Kazutomo Inoue, Isidoro Wiener, Charles J. Fagan, Larry C. Watson, and James C. Thompson; Ann Surg. 1983 April; 197(4): 412–415

Preparation

You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. [Zap daily](#) the week before and complete [the parasite killing program](#) before attempting a liver cleanse. If you are on the maintenance parasite program, you are always ready to do the cleanse.

Completing [the kidney cleanse](#) before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Ingredients

Epsom salts	4 tablespoons
3 cups of water	3 cups water (=750 ml = 7.5 dl) (P.S .!! 1 cup = 250 ml = 2.5 dl = 0.25 l)
Olive oil	1/2 (half) cup (light olive oil is easier to get down), and for best results, ozonate it for 20 minutes. Add 2 drops HCl.
Fresh pink grapefruit	1 large or 2 small, enough to squeeze 2/3 cup juice. Hot wash twice first and dry each time.
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Large plastic straw	To help drink potion.
Pint jar with lid	
Black Walnut Tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

You can substitute 3 cups water used in this recipe to dissolve Epsom salt with 3 cups freshly pressed grapefruit or orange or freshly pressed apple juice. That way you will not feel unpleasant taste of Magnesium Sulphate

6:00 PM. Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eighth) tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

Alternative Schedule 1: Omit the first Epsom Salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. "The Cure For HIV and AIDS" By Hulda Clark pg.585

8:00 PM. Repeat by drinking another 3/4 (three fourths) cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 [ornithine](#) capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

"The Cure For HIV and AIDS" By Hulda Clark pg.585

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement.

INSTRUCTIONS

(Required items are capitalized.)

Preparation: Drink as much Organic (or 100% pure) APPLE JUICE as comfortable, for 5 - 6 days before the liver flush, in order to soften gall stones. For maximum softening, add PHOSFOOD drops (ortho-phosphoric acid) to the apple juice, for a total of 60 drops per day.

Rinse your teeth after taking the ortho-phosphoric acid: Brush them briefly with a BAKING SODA solution (or Milk of Magnesia), to neutralize the acid.

"Phosfood Liquid" is from Standard Process Inc., Palmyra, WI 53156 (<http://www.standardprocess.com>).

It is sold by some homeopathic pharmacies, vitamin suppliers, and by some health practitioners. "Super Phos 30" is a similar product.

START -> 3 hours following dinner, and 7 hours before bed, typically on a Saturday. (For an 11 pm bedtime, finish eating dinner by 1 pm.) Take 2 Table-spoons (1 oz.) EPSOM SALTS, dissolved in 6 oz. cool water. Then rinse your mouth with water. (Use a "shaker jar" to dissolve the Epsom salts. The taste is much less objectionable with cool water.) Drink more water, as desired... Epsom salts are MgSO4 -- magnesium sulfate -- an intestinal purge, and also a muscle relaxant for the bile ducts and the gall bladder, to prevent cramps and retention of gall stones. Epsom salts are available in drug stores.

Hour 2 -> Optional, but always to be used if "stomach cramps" should occur during the liver flush. (This is rare when using epsom salts. Cramps would indicate that stones are lodged in, and blocking liver ducts.) However, this step is very beneficial in ALL cases, to stimulate the liver's release of waste and bile. Begin with several plain, warm-water enemas - then follow with a 4 cup ORGANIC COFFEE enema. Use 1 Table-spoon (1/2 oz.) coffee per cup, drip-filtered. Dissolve 1/2 cup (4 oz.) EPSOM SALTS into the hot coffee, then cool the coffee down to 98 - 100 degrees F. (body temperature) before using. (You can rapidly cool the pan in a sink of cold water.) Retain the coffee enema for 10 - 15 minutes, while relaxing in a reclining position on a floor mat.

Hour 3 -> Take 1 Table-spoon (1/2 oz.) EPSOM SALTS, dissolved in 4 oz. cool water. Then rinse your mouth with water. Drink more water, as desired...

Hour 4.5 -> (Optional) This step is used to increase bile flow, which helps dislodge stones deep in the liver ducts. This step also helps to eliminate hunger. Eat: 8 oz. CREAM on fresh berries or FRUIT, mixed. (organic heavy cream, without carrageenan) (frozen berries are optional if necessary)
or: These variations have also worked: 8 oz. CREAM and 6 - 8 oz. fruit KEFIR, mixed.
or: 16 - 32 oz. vanilla HIGH-FAT ICE CREAM. (quality ice cream, without carrageenan)

Hour 7 -> Bedtime -- Have the required items prepared : Have a TIMER handy, and also ALKA-SELTZER "GOLD".

Take 4 oz. (1/2 cup) room-temp. Organic OLIVE OIL, followed by 4 oz. fresh-squeezed LEMON JUICE. Olive oil, taken following the above procedure, causes the liver ducts and the gall bladder to forcefully contract, and expel their collection of gall gravel and gall stones. (The acid lemon juice speeds the transit of the olive oil thru the stomach and into the duodenum, which helps prevent or minimize nausea.) Next: Rinse your teeth: Brush them briefly with a BAKING SODA solution (or Milk of Magnesia), to neutralize the acid of the lemon juice.

*** Go Immediately to Bed, "face down." Pull your right knee fully upwards, towards your right shoulder. A pillow under your left shoulder will help. Now relax into this position, and then shift your weight to your right side. Keep your right knee held fully upwards, to your chest. Using a TIMER, hold this position for 30 minutes. (You can briefly stretch your right leg, if necessary.) Gall bladder contractions and expulsion of stones will occur at this time. These can often be felt and heard. Optional, but helpful: Massage your gall bladder with your finger tips, up under your right ribs. After 30 minutes - relax, stretch out, and go to sleep.

If any nausea or acid-reflux is felt during the night, get up and immediately take ALKA-SELTZER "GOLD" in water (the "Gold" type contains no aspirin). This is safe and effective.

The following morning, immediately do the following : Take 2 Tea-spoons (1/3 oz.) EPSOM SALTS, dissolved in 3 oz. cool water. Next, drink 8 - 12 ounces of water. Later, drink more water or orange juice, as desired. Wait 2 - 3 hours before eating a light breakfast.

Plan to repeat the liver flush at least 6 times, especially when large gall stones (1/2 to 1+ inches across) are expelled -- or when there is a large volume of stones (more than about 1/4 cup).
If few (or no) gall stones are seen, this is OK -- however this is usually a false negative. Repeat the flush in 4 - 6 weeks.

When a large volume of gall stones is seen, the liver flush should be repeated in 2 weeks.

Generally, the liver flush is repeated at 2 - 4 week intervals until the volume of gall stones seen (each time) has been greatly reduced. This can require 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.

After the initial series, repeat the liver flush 2 - 4 times per year, for "maintenance."

This recipe is included here for information purposes only!

This recipe is rather extreme, because the amount of oil is EXTREME (2 cups), and the amount of juice to be taken in a short period of time is also extreme!

If you are new to liver cleansing, I urge you to first try [Hulda Clark's recipe](#), which is very potent, but all you need is 1/2 cup of olive oil.

If you are liver cleansing veteran, and you like to explore your limits, then this cleansing recipe may just be the right for you to try!

You may get very sick after consuming 2 cups of olive oil.

1/2 cup or up to a 1 cup of oil happened to be more than enough for most people!

You have been warned!

The only ingredients to this method are olive oil and lemon juice. This article is a summary of that book:

The authors personally experienced the non-surgical removal of gall stones. Not only did they dispose of any possible future gall bladder problems, they also received more energy and stamina than they had in quite a while. The pain of a gall bladder attack can be excruciating.

Start to think of pain as your friend. Pain is your body's way of telling you that something is wrong. Once you figure out what is wrong and what to do about it, the pain will go away.

The book describes one man who had a gall bladder attack. It came on suddenly with no warning. He was very fit, looked healthy and had no symptoms. But when the pain came on it was so severe he almost had a car accident. So, he got his gall bladder taken out with gall bladder surgery as so many people do. Presumably the doctors didn't warn him about the likely subsequent effects of a gall bladder surgery. Now, many foods cause him real digestive troubles, even simple foods like lettuce, that didn't affect him before.

Another woman was told that she would be able to eat what she liked after the operation. I don't know if they lied to her or were just ignorant, but after the operation she found the digestion of many foods "unbearably painful", including meat, cream sauces, gravies, hot breads, pasta, green salad and sweets! Her digestive difficulties stayed with her for at least 15 years after her operation.

The authors told some friends how they removed their gall stones without surgery, simply and harmlessly, with no time lost from job or family, no pain, no expense. Their friends tried it with varying degrees of success, but ALL were successful.

What does the gall bladder do?

The gall bladder stores bile, and releases it in optimum quantities when it is needed. Without your gall bladder, the liver will STILL produce bile, but the bile will leak inside you because it will not have a proper place to go.

What is bile?

The spleen breaks down worn-out red blood cells into bile salts and other substances. (What a wonderful system is our body! Even worn out blood cells get used!). Bile salts are normal in the body when in normal amounts.

The liver removes excess bile salts and wastes and sends them to the gall bladder for storage. The liver is the body's principal chemical plant. If a man built a plant to perform all the chemical functions one man's liver could perform, the plant would cover 500 acres.

While the products are in the gall bladder, water is reabsorbed and so the waste products get more and more concentrated and form bile.

Bile is needed for 3 things:

1. It neutralizes the acid from the stomach (because bile is very alkaline)
2. It breaks down fats so that they can be digested
3. It is a natural laxative for the colon

Bile is essential in the digestion of fats. When you eat a meal with fats, the gall bladder releases a LARGE amount of bile to digest the fats. One big problem when a person has gall bladder surgery is that the body has nowhere to store bile until it is needed. Therefore, it just drips continually. And when a large amount is needed to digest a meal with a lot of fat, there is not anywhere enough bile added to digest it properly.

What are gall stones?

Stones can form anywhere in the body where there is a liquid containing mineral salts that can be crystallized and where the fluid is held for a while in a hollow organ, such as the gall bladder.

The stones may be large or small, and sometimes grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can become lodged in the ducts, causing gall stone colic, one of the most painful illnesses known. At other times, gall stones may be silent. In autopsies, examiners often find gall bladders full of gall stones although the deceased had no complaints about them.

A gall stone is not a true stone. They are rather rubbery and soft. Most gall stones float. They are mostly green. The size varies from rice grains to golf balls. Even large gall stones will slip out easily with this gall stone cleanse. Dr Lewis had one lady who passed a gall stone as big as two hens eggs stuck together!!!

What Symptoms might be produced if there are Gall stones?

Gall stones can cause symptoms such as GALL BLADDER ATTACK, gall bladder problems and gall bladder pain. Gall stones can also cause symptoms which seem unrelated to gall stones, such as GAS on the stomach, intestinal gas or cramping in the stomach.

If a gall stone remains lodged in the bile for a long time, there will be a buildup of bile behind it. This can result in JAUNDICE, where the skin turns yellow.

Gall stones are more likely to grow where there are high levels of cholesterol. CHOLECYSTITIS is an inflammation and possible infection of the gall bladder, caused by a blockage that has been there too long.

Organs never "malfunction". They never do something other than what they are supposed to do. But they do STOP working. The answer is not to remove the organ, but to work out what is needed to get the organ to start working again.

When ducts get blocked with gall stones, the bile must still get out into the small intestine. It may take another route and end up in the pancreas and by that route go to the small intestine. The body is making the best of a bad situation.

The trouble with this new pathway is that the bile irritates the pancreas. When a cell is irritated, it performs its function. In this case, the pancreas produces insulin. The problem with this is that the insulin is being produced at the wrong time, and this can cause HYPOGLYCAEMIA (low blood sugar) when the insulin breaks sugar down. Later on, when insulin is needed, there will not be enough, and that causes HYPERGLYCAEMIA (too much sugar) - in other words, DIABETES.

Dr Claude Lewis believes that "gall stones are probably the major cause for the adult onset of diabetes". (Though eating sugar is probably a big cause too. Diabetes did not exist before we had sugar).

Understand that this is not a cure for diabetes, but Dr Lewis has had people who greatly reduced or eliminated their insulin after flushing out their gall stones.

Warning to people who take INSULIN:

After you do a gall stone cleanse, check your insulin levels before taking any insulin. Otherwise you may suffer insulin shock, from making your insulin levels too high. This happened to one woman in her 30s 4 days after flushing out her gallstones.

Removing gall stones may also help CONSTIPATION, because it improves the flow of bile which is a natural laxative.

Removing gall stones may also help to improve a body that is generally "run down".

HEPATITIS is an inflammatory process in the liver. It can be caused by gall stones, because of the back-log of impure products.

This gall stone cleanse is good also for those who have HAD THEIR GALL BLADDER REMOVED! To quote from the book:

"I remember one lady ... who'd had her gall bladder surgically removed ... "I can't believe it," she told me. "I'm still having the same symptoms I had before I had the gall bladder operation three years ago".

"You probably have gall stones" I said

"You didn't hear me," she responded. "I told you I had my gall bladder removed three years ago."

"That doesn't have anything to do with it. You're still alive; therefore, your liver keeps on removing impurities. They have to go somewhere, and they've formed more gall stones."

(The doctor told her to watch "what she ate", but did not tell her what she should and shouldn't eat. After all, the average doctor spends only 12 hours or less learning about nutrition in a five year course)

This woman did the olive oil-lemon juice treatment with very good results. Needless to say, she was very surprised!

GALL BLADDER SURGERY (Open Surgery)

The medical system likes to surgically remove the gall bladder as a treatment for gall stones.

20% of people suffer chronic diarrhea after surgery.

NON-SURGICAL REMOVAL OF GALL STONES

Dr Lewis found that 99% of the people who did his gall bladder cleanse had gall stones.

Dr Lewis' method removes gall stones:

- * Easily

- * Painlessly

- * Virtually for free

- * Usually overnight

PLUS you get to keep your gall bladder, which is essential to keep your body at peak health!

The ONLY ingredients you need are virgin olive oil and freshly squeezed lemon juice.

There are some optional ingredients: Prior to the treatment, apple, carrot, orange or grapefruit juice for a brief fast. During the treatment, some V8 juice or pineapple juice.

Following the treatment he strongly recommends vitamin c, methionine, choline, inositol and lecithin be added to your daily supplements.

A. SUGGESTED PRETREATMENT

A colon irrigation to clean out the system for easier elimination of the stones is recommended prior to the treatment. You may need to start this a week or so before the treatment, to be able to have several colonic irrigations.

If you can't have colonic irrigation, consider an enema.

Do one or two days of modified fasting using fresh juices. Apple and carrot juice are probably the best. Unsweetened orange and grapefruit are next. Fresh is the first choice, fresh frozen second.

Drink as much as you like!

THE TREATMENT - RECIPE

Pick a day when you have nothing much to do the next day, and preferably even the day after. Friday is best for most people who have the weekend off. Don't make any plans to go out!

DO NOT EAT ANY SOLID FOOD after noon on the treatment day. You may drink water or fresh juices, as much as you like.

DO NOT HAVE ANY FLUIDS after 6.30 pm (or 30 minutes before the start of your treatment) on the day of treatment. Give your stomach time to evacuate all the fluids. Then the olive oil won't float up on top of the fluid and your chances of nausea will be greatly reduced.

YOU WILL NEED:

One pint of cold virgin olive oil.

One half-pint of freshly squeezed lemon juice.
Peppermint oil (from your health food store)
Pineapple or V8 juice
Measuring cup or tablespoon size measuring spoon
Pitcher of water
Paint stirring stick
Jar with screw-on lid

Index cards

Net to drape under the toilet seat, to catch your stones

Place the net under you toilet seat so it will be ready when you need it. Lift the seat and place the net across the porcelain stool, then replace the seat so it will hold the net in place. Place the pitcher of water and the paint stirring stick next to the toilet ready for when you need them. Also have handy the screw-on lid for storing your gall stones and the index card.

If you should experience extreme nausea or vomiting, try chasing it with a small amount of V8 juice or pineapple juice. Or you might try adding a few drops of peppermint oil to the olive oil. Use one of these mixtures for a couple of doses and then go back to the olive oil and lemon juice without adding anything.

THE TREATMENT

12 Noon

Stop eating all solid food

6.30 pm

Stop drinking all fluids

7.00 pm

Using a measuring device, pour $\frac{1}{4}$ cup (four tablespoonfuls) of olive oil and drink it.

Follow immediately with one or two tablespoonfuls of lemon juice.

Lie down and relax.

Repeat this every 15 minutes. Sit up, swallow it and lie down again. If possible, have someone else bring them to you.

Relax, read or watch television.

Repeat the exact dosage every 15 minutes until you have swallowed all of the pint of olive oil. If there is any lemon juice left, drink it all.

It is now probably 10.00 or 10.30 pm

Remember, if you have terrible nausea or vomiting sensations, use the peppermint oil in the olive oil, or chase the olive oil with a small amount of V8 or pineapple juice, until you can resume taking the plain olive oil and lemon juice.

While you are taking the olive oil and lemon juice, if it gets hard to swallow, take a little more time between doses. Try 20 minutes between doses, or 25 minutes. Try to swallow all of the oil and lemon juice. If you are too nauseated to get it all down, take as much as you possibly can.

You have finished the olive oil and lemon juice. Now go to bed and do your best to go to sleep. Lie on your right side. This position speeds up the process of the olive oil entering the gall bladder to act as a lubricant. This, along with the softening action of the lemon juice, will help to free the stones more easily and readily from the gall bladder. Stay in bed and forget everything until the urge to go the toilet comes.

That was really quite simple, wasn't it?

About 2.00 or 3.00 am you'll probably wake up with the unmistakeable urge to go to the toilet. It may not happen. For some, it doesn't happen until 11am the next day. If your first bowel movement is at 2.00 or 3.00 am you will probably have no stones in it, but you'll want to check to be sure.

When you have the first bowel movement after the treatment, you'll use the pitcher of water and the paint stirring stick to wash the fecal material through the net. Pour water gently and use the stick to separate the stones from the fecal material. The fecal material will be runny and wash through the net.

You can use the index card, folded in half, as a makeshift shovel. Place the stones in the jar and screw the lid on. You may want to show your stones to some people. Many will be amazed, but some will still be unbelievers. You certainly want to keep your stones for a while to remind yourself that it was all worth while. After a few days they will dissolve (because of the lemon juice and oil). If you want to keep them for an indefinite period, store them in your freezer with a label - GALL STONES. DON'T EAT!!!!

You may notice green objects and maybe greenish liquid excrement in the toilet bowl. Those are small gall stones. Some gall stones may be dissolved by the treatment.

Dr Lewis found that 1% of people failed to pass gall stones. If you are one of these 1%, don't be disappointed. In some individuals, the powerful action of the lemon juice causes the stones to dissolve before they are passed out of the body. IF you have only greenish liquid bowel movements, the treatment has been effective.

Notice any increase in vitality that usually follows the treatment.

Remember, optimum efficiency in the human body can only occur if all our God-given parts are working properly.

Some people (including doctors) will say that your gall stones are not gall stones but fecal matter. To quote from Dr Lewis:

"To clarify the situation and eliminate such questions, I sent a sample of gall stones to a medical analysis lab run by a Ph.D. who heads up the Science Department at Texas Woman's University in Denton. He ran the necessary tests...

His analysis of the stone sample I sent was 91% cholesterol and the rest was bile salts, water and inert ingredients. In other words, the sample had the chemical contents of gall stones. And the report clearly states it was gall stones".

FOLLOW UP

Take supplements to help your body to heal, including vitamins A,B,C,E and minerals especially magnesium and potassium. Also methionine, choline, inositol and lecithin. And whatever else your body tells you it needs.

Stop eating deep-fried foods and any oils other than those that are cold pressed. Stop eating microwaved food. Drink 2 litres of good water a day (not distilled water - the energy has been changed).

Liver Flush Protocol

(with orthophosphoric acid)

Materials:

1 gallon apple juice (freshly pressed)

2 ounces orthophosphoric acid (Phosfood from Standard Process or Ortho phos from Nutra-Dyn)

Enema bag and colon tube

Coffee

Epsom Salts

Whipping cream and berries

Olive oil

Protocol:

Add one bottle (2 ounces) of orthophosphoric acid to the gallon of apple juice. Shake and refrigerate. Over the next three to five days, drink the gallon of juice (3 to 4 8-ounce glasses a day) between meals. Be sure to rinse your mouth out with baking soda and/or brush your teeth after drinking the juice to prevent the acid from damaging the teeth. Eat normally during the liver flush.

On the day following whatever day you finish the gallon of juice, eat your normal breakfast and lunch.

Two hours after lunch, drink 1–2 tablespoons of Epsom Salts dissolved in warm water.

Four hours after lunch, do a one pint coffee enema.

Five hours after lunch, drink 1 tablespoon of Epsom Salts dissolved in warm water.

Six or seven hours after lunch, eat a dinner of heavy whipping cream and frozen or fresh berries – as much as desired.

At bedtime, drink 1/2 cup of olive oil. A small amount of orange, grapefruit, or lemon juice may be added if desired. Immediately after drinking the oil, go to bed and lie on your right side with knees drawn up for 30 minutes. You may feel nauseated during the night. This is due to the release of stored toxins from the gallbladder and liver. This is normal and a sign that the protocol is working.

Upon arising in the morning, do a coffee enema.

The orthophosphoric acids helps remove calcium and lipids (fats) from the arteries and normalizes cholesterol metabolism. The phosphoric acid working with the malic acid found in apple juice dissolves and softens gallstones. The magnesium in the Epsom Salts relaxes the sphincter of the gallbladder and bile ducts, allowing for the easy passage of the softened, shrunken stones. Finally, the cream and oil cause a strong contraction of the gallbladder and liver, forcing out stored wastes, bile, and stones which easily pass into the small intestine. These wastes and stones are then excreted.

"Classic Coke" Liver Flush and Gallbladder Flush

AT BEDTIME take the following:

5 ounces CLASSIC coke

6 oz. Virgin Olive Oil

2 Tablespoons lemon juice (freshly pressed juice)

THE NEXT MORNING UPON AWAKENING:

10 ounces Citrate of Magnesium.

FOR NEXT 30 DAYS:

Drink 4 oz. apple juice FIRST THING in the morning and LAST thing at night. Apple juice should be freshly pressed!

This will help to decrease the side effects of the flush such as nausea and headache.

Watch the toilet with bowel movements.

Following the flush, next few hours or few days, hundreds of stones may be dumped out of the gallbladder.

Magnesium Citrate (White powder) is magnesium salt of citric acid.

Chemical formula: $\text{Mg}_3(\text{C}_6\text{H}_5\text{O}_7)_2 + x\text{H}_2\text{O}$

It is possible to order it in pharmacy.

It is almost always deluted with water.

Shopping list for Gallbladder Cleanse - per individual

4 gallons of apple juice

4 gallons of steam distilled water

1/2 c virgin olive oil or cold-pressed peanut oil

3 lemons (or enough to make 1/4 cup lemon juice)

tomato juice - 1 tablespoon

1 straw (optional)

If you do this cleanse in the fall, look for freshly-pressed, raw apple juice in the supermarket. Or, if you have an apple press, you could use freshly made apple juice. Otherwise, bottled, unsweetened apple juice is fine.

Doing the Cleanse

When you do the gallbladder cleanse, you will be performing a bloodless operation. There will be no pain and no scar tissue. The little bit of discomfort you will experience will be well worth it because of the increased health benefits.

The gallbladder cleanse takes 4 days to complete and is simple and inexpensive. Each day for 4 days you drink up to 1 gallon of apple juice and up to 1 gallon of distilled water. You will not feel hungry. The apple juice will give you energy. Take it easy during this time to allow the body to work on cleansing.

This is not the time to do hard physical work. Each morning or evening, do a saltwater flush or an enema to help remove toxins that are being released (see page 17). It is important to take a daily saltwater flush or enema because poisons settle in the rectum and these poisons need to be expelled from the body before they cause problems.

Drinking the Oil

On the evening of the third night when you are tired and ready for bed, drink 1/2 cup of virgin olive oil or cold pressed peanut oil. Don't buy the refined oils sold in supermarkets. Natural foods stores sell unrefined oil. Chill the oil - it tastes better cold and use a straw to sip it. It is better to not let it touch the lips to minimize the unpleasantness of the oil.

Right after taking the 1/2 cup of olive oil, drink 1/4 cup of fresh squeezed lemon juice. Then go directly to bed and lie down on your right side with two pillows under the right hip. The pillows slant the body so that the oil will leave the stomach faster and go down into the duct area and into the gallbladder. As you rest, the oil will be saturating and cleansing the body tissues. It will feel awkward, but this is the most effective position for the oil to do its work in expelling the gallstones. You may change your position after 4 or 5 hours.

Reactions to Cleanse

After drinking the oil and lemon, you may feel like burping or vomiting. You might sip on a little tomato juice. The acid and the salt in the juice help cut the oil. Don't drink more than a tablespoon or so of the tomato juice. You might want to just hold it in your mouth and then spit it out. Sometime during the night, you may vomit or be nauseated. This is caused by the gallbladder ejecting the stones with such force that it shoots the oil back into the stomach. When the oil returns to the stomach, you get sick. You may be able to feel the expulsion of stones. It will not be a sharp pain, just a mild contraction. In all honesty, you may spend a miserable night. But it is only one night of discomfort. Recovery from conventional gallbladder surgery involves many months of pain and suffering as the scar tissue mends.

Rewards from the Cleanse

You will soon have the reward of seeing the gallstones out of your body. These stones will no longer be interfering with normal body functions. Put your mind on how much more dynamic you will feel after the cleanse. Many people report having increased stamina after this cleanse.

We have known about this cleanse for several years, but we did not think we had gallstones, so we saw no need to investigate further. We were surprised to learn that almost every adult who does this cleanse, passes gallstones. Even though we now eat a more natural diet, there were many years when we ate the Standard American Diet. Those gallstones that we passed during the cleanse had been sitting in our body, obstructing the body's natural functions, for many years. We are glad they are now out.

Fourth Day

On the morning after drinking the oil, you will probably want to lie in bed and take it easy. Use the time for prayer

and quiet meditation. You might want to watch videos or listen to cassette tapes or read. You won't be in pain. Continue drinking apple juice and distilled water.

Passing the Stones

Sometime during the fourth day you will probably have a bowel movement. Check the toilet water carefully. When you pass gallstones, you should see them floating near the top of the toilet water. You won't feel pain when they are expelled. The oil makes them slick and the lemon juice takes the sharpness out. The stones are soft when they pass. The stones can be the size of tiny pebbles or as large as the end of your thumb. The stones come in different shades of green and may be bright colored and shiny like gemstones. The color comes from the bile. The light colored stones are the newest. Blackish stones are the oldest. Some people say that when they passed their stones, the toilet water looked like balls of bright green grass.

It is exciting to actually see gallstones that were once inside your body. It is rewarding to see them out of your body where they can do you no more harm. Because they are softened, they seem waxy, rather than stony. They may also be coated with fecal matter. You can get a colander or strainer and try fishing the stones out and washing them off. It is not unusual to expel 100 or more gallstones after doing this cleanse. Continue doing daily saltwater flushes or enemas for 2 or 3 more days after you expel the gallstones to help clean out the toxins that are coming into the colon from the cleanse.

After you have passed the gallstones, you will experience increased stamina. Don't pig out on the fifth day. The body has slowed down and it will take 3 or 4 days to rebuild to a normal diet. For 3 or 4 days following the fast, eat plenty of raw fruits and vegetables and drink unsweetened juices to restart the digestive mechanisms. Eat small meals and watch to see if there is pain after eating. If so, go more slowly. Fruits are easiest to digest. On the second day after the cleanse, a simple vegetable soup with plenty of broth is good.

1 Pint Olive Oil Liver/Gallbladder Cleanse (flush)

(2 Cups Olive Oil Liver/Gallbladder Cleanse)

Webmaster WARNING:

This recipe is included here for information purposes only!

This recipe is rather extreme, because the amount of oil is EXTREME (2 cups), and the amount of juice to be taken in a short period of time is also extreme!

If you are new to liver cleansing, I urge you to first try [Hulda Clark's recipe](#), which is very potent, but all you need is 1/2 cup of olive oil.

If you are liver cleansing veteran, and you like to explore your limits, then this cleansing recipe may just be the right for you to try!

You may get very sick after consuming 2 cups of olive oil.

1/2 cup or up to a 1 cup of oil happened to be more than enough for most people!

You have been warned!

[1 pint = 16 fl oz. = 455 ml = 2 cups \(1 pint\)](#)

INGREDIENTS:

Epsom Salts - 3-4 tablespoons

Distilled Water - at least 90 ounces

Freshly pressed Lemon Juice (20 tablespoons)

Olive Oil Virgin (Cold Pressed; Virgin Olive Oil) - at least 1 pint

Maintain an EMPTY STOMACH SIX to eight hours before proceeding with the cleanse. You may drink water.

[After your noon meal, for example, fast until 6-8 p.m., then begin the cleanse]

HOWEVER, One hour before beginning the cleanse, place 3-4 tablespoons of Epsom salts in a 10 oz. glass of distilled water - drink ALL.

In an 8 oz. glass put 3 tablespoons of the olive oil. Then add the juice of two lemons (or 2 tablespoons of 100% pure lemon juice) and fill glass with distilled water. You will need 90 (should be 10) glasses of this mixture. According to what is most convenient to you, you may prepare 10 glasses of the mixture in the beginning or re-mix each glass of water, oil and lemon juice every 15 minutes.

Drink one glass of the mixture every 15 minutes until you have drunk 10 glasses of mixture. To offset the taste, place a small amount of pure maple syrup on the tip of your tongue when drinking mixture. Also it helps to drink through a straw.

*Some people experience an upset stomach but this will soon pass. *By the following morning, if you have not eliminated, it helps to eat 1 or 2 Fuji apples.

When you have eliminated, pay particular attention to what you see in the toilet bowl before you flush. You will probably notice small gray-looking chunks along with other items of interest. Check for parasite infested mucous which may be dislodged from the lining of the intestinal tract. This is very important, as you will want to pass all of this loose mucous as soon as possible. You will know you have some remaining mucous in your intestinal tract if you experience cramping. To expel any additional mucous you will need to take a mild solution of cleanse the same day

After the cleanse regimen, as a sleep aid, you may take one or two cups of grapefruit juice before retiring.

Have a nice cleanse--- !

*A mild cleanse solution is two tablespoons of castor oil followed by a cup of Senna tea before retiring.

Liver/Gallbladder Flush (7-day program)

1. Day 1-6

Eat 4-6 apples (green apples like Granny Smith work best) or drink 4-5 glasses of organic, unfiltered apple juice from morning to night. (You can eat normally, unless you have experience fasting. Fast only under supervision.)

Approximately 1 hour before bed mix:

2 tbsp (30ml) olive oil* - cold pressed is best

2 tbsp (30ml) lemon juice - freshly squeezed is best (or use grapefruit juice).

8 oz of filtered nonchlorinated water (use hot water if you want)

Drink down and go to bed and lie on right side. Repeat for 6 days.

2. Day 7 - Give yourself an enema first thing in the morning.

Repeat step 1a

1 hour before bed mix:

2/3 cup (200ml) olive oil*

1/3 cup (100ml) lemon juice

8 oz filtered, nonchlorinated water

Sip slowly, when done go to bed and lie on right side.

In a.m., give yourself a chlorophyll or coffee enema or have a colonic. This step is a must, because if your colon is not cleared completely prior to this flush you will experience unpleasant symptoms such as; nausea, heartburn, cramping, headaches etc. These symptoms are due to the toxins in the stagnant bile that has been flushed out of the gallbladder into the intestines and the blood.

Please note: For those of you who have a very congested Liver/gallbladder, it may be necessary to use herbs that stimulate liver and that stimulate bile production.

* You can warm up the olive oil if you prefer, by placing glass in pot of hot tap water. (Do not heat oil on stove!)

The Gallbladder Purge (Flush) Recipe - The Gallbladder Cleanse
an alternative to gallbladder surgery

An old doctor gave this recipe to grandma Nada 1950.

INSTRUCTIONS

Eat only fat-free breakfast the day of gallbladder cleanse, and then fast.

In the evening:

squeeze juice from 10 lemons

and mix it with 1 cup of [Olive oil](#)

Drink it.

Walk all night. Empty bowels into the pot and look for stones.

[Important comment about lemons: Lemons available in Yugoslavia 1950 were the size of a small lime, just slightly larger than a walnut. Lemons available today may be 3 times the size of the lemons available 1950. All you need is about a half cup (or up to one cup) of freshly pressed lemon juice, regardless of the number of lemons it may take to get that amount of juice.]

Original Email:

My grandmother Nada told me this story.

It was about when she was around forty years old. Though I was teenager when she first time told me the story, I still remember it as though she told me a few years ago. I could imagine everything she experienced.

It happened somewhere in Belgrade, during 1950s. She was living with her two sons, my father, and my uncle.

That year, she often experienced sharp and long lasting pain on her right side and under her rib cage. I think it was during the winter time.

A doctor diagnosed her with gallstones. He suggested a fat-free diet. I guess surgery was out of the question at that time. Yugoslavia was destroyed in World War II;

I doubt doctors were performing gallbladder surgeries very often during fifties. Even if they were performing those surgeries, knowing my grandmother, I really doubt she would dare go under the knife, regardless of the pain she was experiencing. During fifties, people were dying on the operating table far more often than today.

Her pain (gallstones attacks) was getting worse, so most people who knew her knew how bad she was suffering.

Through friends, she came in contact with an old, retired doctor who gave her a recipe written on a small piece of paper. She kept that piece of paper for years together with her most important papers and documents, and she shared the recipe with others who needed it, but, eventually, she lost it. However, the recipe was very simple & easy to remember, she could never forget it.

Here is the original recipe:

Gallstones purging recipe

Eat only fat-free breakfast the day of cleanse, and then fast.

In the evening:

squeeze juice from 10 lemons

and mix it with 1 cup of olive oil.

[Important comment about lemons: Lemons available in Yugoslavia 1950 were the size of a small lime, just slightly larger than a walnut. Lemons available today may be 3 times the size of the lemons available 1950. All you need is about a half cup of freshly pressed lemon juice, regardless of the number of lemons it may take to get that amount of juice.]

Drink it.

Walk all night. Empty bowels into the pot and look for stones.

So, she did it. My father and his brother (who were teenagers) had to stay awake all that night.

She was so weak, and had so much pain, they had to hold her and walk with her all night. As she explained, her pain was so intense at some moments, she couldn't support herself when standing. Sometimes, she just lay on the floor in

pain.

She emptied her bowels several times that night and morning.

In the morning, they counted over 28 calcified stones of different color, many of them larger than marbles. The stones were as hard as rock. Fully calcified.

She kept those stones in a plastic bag for years, but eventually, she lost them when she moved into another house.

She never had the gallstones symptoms again, and she never repeated that cleanse again.

I asked my father if he remembered that night, but he doesn't. But, he did remember the stones. My grandmother is dead, my uncle is dead, and I am the only person who remembers this whole story. I am telling it to my kids and to you, so the story does not get forgotten.

Coconut Oil Liver Cleanse Gallbladder & Liver Remedy

Ingredients:

Warm 3 tablespoons of virgin coconut oil

Quarter glass apple juice

Half a lemon

Clove of garlic

Similar piece of fresh ginger

Zap all the ingredients in a blender, pour and drink. It is delicious!"

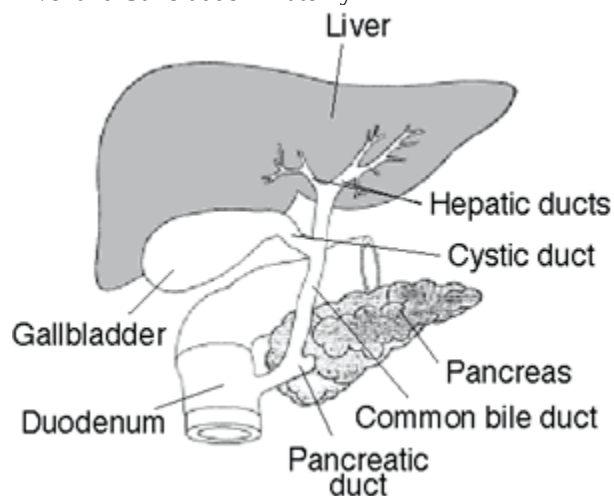
Drink every day one glass of this for several weeks, if you are suffering from: Gallbladder attacks, allergies, indigestion, abdominal pain, arm pain, back pain, constipation, bursitis, or any chronic health problem.

Avoid or replace ingredients you may be unable to tolerate, like garlic. Lemon can be replaced with orange, grapefruit or lime.

Castor Oil Liver Flush & Bowel Flush Recipe

Ricin Oil Liver Flush Recipe (Castor = Ricinus communis)

Liver and Gallbladder Anatomy



Castor Oil Liver Flush Recipe

Adults

(approximate body weight 75kg / 165 lb):

Pour [50 ml to 75 ml \(1.5 to 2 ounces\)](#) of castor oil in a cup and add equal amount of freshly squeezed orange juice to it and mix well.

Drink on an empty stomach at around 6-7a.m. (early morning)

After 15 - 30 minutes, start drinking hot water (like you would sip tea).

Drink approximately 3-4 cups at intervals of 10 - 15 minutes. You will have flush bowel movements.

When you have visited bathroom 2-3 times, stop drinking warm water. The bowel movements can be stopped by drinking a glass of yogurt or some other milk fermented product.

For the rest of the day try to eat very light food and avoid fatty , fried, processed, artificial or spicy foods.

Children

For children above the age of four it may be safe but use proportionally less of castor oil (one teaspoonful to one tablespoonful) depending on body weight.

Care should be taken not to dehydrate them. So children should stop drinking hot water after they have had one or two bowel flushing (one or two visits to restroom).

Body Weight (approximate)	Castor Oil Amount ml (approximate)	ml to tablespoons	Water Amount (approximate)
15 kg	8 - 10 ml	(10 ml = 2 teaspoons)	1 cup
20 - 29 kg	10 - 15 ml	(15 ml = 1 tablespoon)	1 - 1.5 cup
30 - 39 kg	15 - 20 ml		1 - 1.5 cups
40 - 49 kg	20 - 25 ml		1 - 2 cups
50 - 59 kg	25 - 30 ml	(30 ml = 2 tablespoons)	2 - 3 cups
60 - 69 kg	30 - 40 ml		2 - 3 cups
70- 79 kg	40 - 60 ml	(45 ml = 3 tablespoons)	2 - 4 cups
80- 89 kg	50 - 70 ml	(60 ml = 4 tablespoons)	3 - 4 cups
90 - 99 kg	60 - 75 ml	(75 ml = 5 tablespoons)	3 - 4 cups
100 - 109 kg	60 - 85 ml		3 - 4 cups
110 - 119 kg	60 - 85 ml		4 - 5 cups
120 - 129 kg	60 - 85 ml		4 - 5 cups
130 - 139 kg	60 - 90 ml	(90 ml = 6 tablespoons)	4 - 5 cups
140 - 149 kg	60 - 90 ml		4 - 5 cups
over 150 kg	60 - 100 ml		4 - 6 cups

Adjust the amount of castor oil based on your personal tolerance. 1 or 2 tablespoons may be more then enough for some people!

[Convert kg to pounds ml to fl oz](#)

Pounds To Kilograms Conversion Table

Pounds	Kilograms
1	0.45359237
2	0.90718474
3	1.36077711
4	1.81436948
5	2.26796185
6	2.72155422
7	3.17514659
8	3.62873896
9	4.08233133
10	4.5359237
11	4.98951607
12	5.44310844

13	5.89670081
14	6.35029318
15	6.80388555
16	7.25747792
17	7.71107029
18	8.16466266
19	8.61825503
20	9.0718474
21	9.52543977
22	9.97903214
23	10.43262451
24	10.88621688
25	11.33980925
Pounds	Kilograms
26	11.79340162
27	12.24699399
28	12.70058636
29	13.15417873
30	13.6077711
31	14.06136347
32	14.51495584
33	14.96854821
34	15.42214058
35	15.87573295
36	16.32932532
37	16.78291769
38	17.23651006
39	17.69010243
40	18.1436948
41	18.59728717
42	19.05087954
43	19.50447191
44	19.95806428
45	20.41165665
46	20.86524902
47	21.31884139
48	21.77243376
49	22.22602613

50	22.6796185
Pounds	Kilograms
51	23.13321087
52	23.58680324
53	24.04039561
54	24.49398798
55	24.94758035
56	25.40117272
57	25.85476509
58	26.30835746
59	26.76194983
60	27.2155422
61	27.66913457
62	28.12272694
63	28.57631931
64	29.02991168
65	29.48350405
66	29.93709642
67	30.39068879
68	30.84428116
69	31.29787353
70	31.7514659
71	32.20505827
72	32.65865064
73	33.11224301
74	33.56583538
75	34.01942775
Pounds	Kilograms
76	34.47302012
77	34.92661249
78	35.38020486
79	35.83379723
80	36.2873896
81	36.74098197
82	37.19457434
83	37.64816671
84	38.10175908
85	38.55535145

86	39.00894382
87	39.46253619
88	39.91612856
89	40.36972093
90	40.8233133
100	45.359237
125	56.69904625
150	68.0388555
175	79.37866475
200	90.718474
250	113.3980925
300	136.077711
500	226.796185
750	340.1942775
1000	453.59237

How often to do?

Adults can do it once a month or once in two months. This can be easily done on the weekend.

Children: Not more often then once in several months.

After the Cleanse

Eat very light food; not fatty, fried items. Fruit juices are fine or steamed vegetables are good. If you feel too hungry, just plain rice with some beans without any fat is good.

Who is this cleanse for?

Anyone who is relatively healthy.

Contraindications? Who should avoid this cleanse?

Children below the age of four and pregnant women. However, before planning for pregnancy doing this is excellent. This keeps the body healthy for the baby.

Very ill people should not do this cleanse. If you are suffering from fever or have diarrhea or dysentery.

People with liver problems or poor liver functions should not do this cleanse.

Is there really any solid evidence that Gallstones can exit gallbladder?

If there was any solid evidence that Gallstones can exit gallbladder, why would any doctor claim that gallstones CAN NOT exit gallbladder?

Fact: Some gallstones (smaller gallstones) can exit gallbladder.

Fiction: All gallstones can exit gallbladder. Anyone believing that every stone can exit gallbladder is ignorant/uninformed or irrational. Rare stones can be even larger then 2 [inch](#) (5cm) in smallest diameter.

Fiction: Gallstones can not exit gallbladder. Anyone believing that no stone can exit gallbladder is ignorant/uninformed or irrational. Stones can be smaller then 2 mm in diameter, and could easily travel through the bile ducts without any chance of causing obstruction.

Majority of gallstones starts their "life" as a microscopic crystal of cholesterol. Very few gallstones ever get a chance to grow larger then 2mm. Most are expelled while small as sand.

cholesterol = chole + sterol

The name originates from the Greek chole- (bile) and stereos (solid)

cholesterol = Greek for solid bile

How do we know that some gallstones can exit gallbladder?

It is a well documented medical phenomenon.

Obstruction of the common bile duct is often caused by gallstones that were expelled from the gallbladder:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2407039&dopt=Abstract

In patients with chronic Pancreatitis, common bile duct obstruction is reported in 3.2-45.6% of patients; however, only 5-10% of all patients with chronic Pancreatitis require operative decompression of the bile duct.

<http://www.virtualgastrocentre.com/diseases.asp?did=191>

Passage of gallstones into the common bile duct occurs in approximately 10-15% of patients with Gallstones. The incidence is thus related to the presence of gallstones, which are very common (10-20% of population).

Common bile duct stone References

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Jaundice occurs in patients with gall stones when a stone migrates from the gall bladder into the common bile duct...

Acute pancreatitis

Acute pancreatitis develops in 5% of all patients with gall stones and is more common in patients with multiple small stones, a wide cystic duct, and a common channel between the common bile duct and pancreatic duct. Small stones passing down the common bile duct and through the papilla may temporarily obstruct the pancreatic duct or allow reflux of duodenal fluid or bile into the pancreatic duct resulting in acute pancreatitis.

Let us do some math here.

20% of people may develop gallstones during their life

15% of people with gallstones may experience obstruction of the common bile duct

How many people may experience obstruction of the common bile duct?

Answer: 3% of total population where 20% have gallstones.

What about USA?

Population of USA: 300 million.

How many people may experience obstruction of the common bile duct during their life?

3% = 9 million people in USA will experience obstruction of the common bile duct with gallstone(s), gallstone(s) that most likely was formed inside gallbladder, and then was expelled, only to be stuck into the common bile duct.

Question: Do all gallstones expelled from gallbladder end-up blocking common bile duct?

Answer: No, only gallstones that have specific size and/or shape.

By its size and shape, the stone must be small enough or slim enough to pass through the cystic duct and exit gallbladder, but it should be large enough to be stuck at the sphincter of oddi, and to block the flow of liquid bile and pancreatic juices into duodenum.

How many gallstones have that specific size and/or shape that would allow it to exit gallbladder, but would not allow it to pass through common bile duct or through the "sphincter of oddi"?

Nobody knows the answer to this question, of course.

But, we could estimate that less than 10% of all stones would qualify. That would be of course just an estimation.

We could estimate that 90% of gallstones (or gallbladder sand and sludge) that exits gallbladder would not stuck in the common bile duct, and will never be registered. It would become feces.

What does that mean?

It could mean that majority of people with gallstones may have expelled some of their stones (or sand) at one time or another, without ever knowing it happened. Stones pass from bile ducts into intestines ... no pain ... no obstruction ... no symptoms ... no awareness nobody knows it happened. But it could be happening every day. That is what nature (evolution) intended for gallstones.

Remember that each stone starts as a microscopic crystal. Who could count the number of microscopic crystals that are existing gallbladder every day?

Why don't all stones pass?

Why don't gallbladder get those crystals out before they become large enough?

There could be many reasons, like: the lack of physical activity, poor diet, stress, dehydration, being overweight, not drinking enough water, infection, illness, hundreds of possible reasons.

What about USA?

Population of USA: 300 million.

Number of people who will develop gallstones: 20% = 60 million.

If 90% of them expel some smaller gallstones at one time or another during their life, then we have 54 million people who are going to pass or have already passed gallstones, and are not aware of it!!!

Estimation:

54 million of people in USA may expel some smaller gallstones from their gallbladder. 9 million people in USA will experience obstruction of the common bile duct, obstruction caused by a gallstone small enough to exit cystic duct, but too large to exit sphincter of oddi..

The sphincter of oddi is situated in the upper intestine, or duodenum, at the site where the common bile duct enters intestine. Normally, this sphincter functions as a one-way valve to allow bile and pancreatic secretions to enter the bowel, while preventing the contents of the bowel from backing up into these ducts.

White Shark

<http://www.curezone.com/forums/fm.asp?i=1298598#i>