



The Liver and Gallbladder Flush

The primary way in which your body expels toxins is via the liver, which detoxifies and cleanses your body by continuously filtering the blood of poisons. But when your liver becomes overworked as a result of excess stress on the body or excessive exposure to toxins, your entire system can be thrown off balance, and your health severely compromised.

Your liver is responsible for over 200 functions in the body, making it quite possibly the most important organ you have. In today's world, we put greater and greater demand on our liver, asking it to do more and more, often to the point of exhaustion. Anyone who suffers from a chronic illness, can be sure that the liver has become compromised and will most assuredly benefit greatly from cleansing.

Restoring proper liver function requires several steps:

- Remove excess accumulated fat, gallstones and toxic waste build up
- Restore and regenerate damaged cells
- Get bile flowing freely

Step 1: Remove excess accumulated fat, gallstones and toxic waste build up

The first step in restoring proper liver function is with a liver/gallbladder flush. By flushing the liver, we are inducing a purge of all the fats, old cholesterol deposits, gallstones, poisons, drug residues, and toxic waste stored therein.

Preparation:

A colon irrigation to clean out the system for easier elimination of liver/GB toxins is recommended prior to the flush. Due this in the morning on an empty stomach. An old Ayurvedic method of cleansing the colon is to mix one level tablespoons of Epsom salts (magnesium sulfate) with 4 cups of warm filtered water in a glass jar (If Epsom salt is not available you can substitute with pink rock salt (Himalayan salt, Celtic sea salt, or Real Salt). It is extremely important that you do not use regular salt or commercial sea salt for the flush, as these are very toxic and harmful for your body in large quantities.).

Be sure the salt is fully dissolved before you drink it. Follow this by drinking another 4 cups of room temperature water (2 liters in total). The magnesium will draw water into your intestines and be dehydrating. The drawing of water into the intestines is what cases the intestines to clean out. This creates a flushing action, as the salt water has the same gravity as the blood, so the kidneys do not pick up the water and the blood does not pick up the salt. It



runs straight through your small and large intestines, cleaning both, making this an extremely effective cleanser. It also replenishes electrolytes to your cells, and helps restore the pH of your body (it is very alkaline).

Try to accomplish drinking both within 30 minutes. **WARNING:** this will taste horrible. You may add a little lemon juice to improve the taste or use a straw to bypass your taste buds. If that doesn't work, try closing your nostrils with your fingers while drinking. One of the main actions of Epsom salt is to dilate the bile ducts, making it easy for stones to pass as well as clear out waste that may obstruct the release of stones.

Epsom salts should not be taken orally by anyone with digestive disorders, acid reflux, Crohn's Disease or anyone who has more than 3 bowel movements daily.

Some people find the Epsom salt flush to be too difficult. Although Epsom salt is preferred due to its effects on dilating vessels and removing toxins, substituting with several colonic irrigations or an herbal laxative is permitted. Senna tea or Senna tablets work well in this situation.

Prior to your flush:

Drink at least 32 oz. of apple juice per day for six days. The malic acid in the apple juice softens gallstones and makes their passage through the bile ducts smooth and easy. Some people experience mild bloating or diarrhea. Much of this is actually stagnant bile released by the liver and gallbladder, indicated by a brownish/yellow color stool.

Drink the apple juice slowly throughout the day, between meals. Avoid drinking the juice during, just before or in the first two hours after meals, and in the evenings. In addition, drink 6-8 8 oz. glasses of water a day.

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.

During the entire week of the preparation, avoid foods and beverages that are cold or chilled as they chill the liver reducing the effectiveness of the cleanse. In addition, try to avoid food from animal sources, dairy products, and fried foods. The greater the consumption of protein, the greater the stress on the liver. Limit its consumption in order to help the liver prepare for the cleanse. A juice fast is recommended but not required prior to the flush (see instructions below).

The best time for a cleanse is over a weekend when you have enough time to rest. It is preferable to coincide with a day between full moon and new moon. Avoid doing the flush on a full moon. The body tends to hold more fluids during a full moon. The day of a new moon is most conducive for cleansing and healing.



Avoid any excess stress on the liver by limiting medications, vitamins, and other supplements to those of necessity during the cleanse.

On the 6th day, drink the 32 ounces of apple juice in the morning. If you feel hungry in the morning, eat a light breakfast such as oatmeal. Avoid sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals, and the like. Fruit or fruit juices are fine. For lunch eat plain cooked or steamed vegetables with white rice. Do not eat anything after 12:00 p.m. You may drink water or fresh juice as much as you like.

Do not have any fluids after 6:30 PM. Give your stomach time to empty all fluids to avoid the olive oil floating to the top and your chances of nausea will be greatly reduced.

YOU WILL NEED:

One pint of cold pressed extra virgin olive oil (EVOO).

One half-pint of freshly squeezed lemon juice.

Measuring cup or tablespoon size measuring spoon

7:00 p.m. drink:

¼ cup EVOO

2 tablespoons of lemon juice

Repeat every 15 minutes until entire pint of EVOO is consumed

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.

As you begin to have bowel movements, check for small gallstones that look pea-green or tan in color. Try to keep an estimation as to how many stones you pass during the flush.

It is recommended to collect any stones that come out in order to judge effectiveness of the flush and determine if more flushes will be needed. Place a net or cheese cloth under your 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 a paint stirring stick next to the toilet ready for when you need them. Also, have handy a jar with a screw-on lid for storing your gall stones and the index card to use as a shovel to



collect the stones.

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.

Immediately lie on your back or on your right side with your knees pulled toward your head. Lie perfectly still and try not to speak. Put your attention on your liver. Some people find it beneficial to place a castor oil pack over the liver area (see instructions below). You may feel nauseous during the night, this is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. The feeling will pass.

10:30 a.m. the next morning, you may drink freshly squeezed fruit juice. Half hour later, you may eat one or two pieces of fresh fruit. One hour later you may eat light food. 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.

After doing a cleanse of any kind, it is a good idea to reestablish proper gut flora by ingesting probiotics. Research suggests that soil based probiotics work best for intestinal health. Fermented foods such as kimchi and sauerkraut are excellent sources. Be sure to make your own. Store brands have been pasteurized, thereby killing all the beneficial probiotics. Probiotic supplements can be purchased for convenience, but are costlier and most likely not as effective.

Results you can expect

Following the liver flush, you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue.

Watch for tan-colored and white stones. These are calcified gallstones that have been released from the gallbladder. They contain heavier toxic substances, with only small amounts of cholesterol. You may also find a layer of white or tan colored foam floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals, which can easily



rupture small bile ducts. They are equally important to release.

To dramatically improve your health and prevent disease from arising, you need to remove all the stones. This may require repeating the flush until no more stones come out during two consecutive flushes.

If your health improves immediately following a flush but then your previous symptoms return after a few days, it is a sign that you are not done flushing your liver. You must wait 3-4 weeks before your next flush. This time should be spent trying not to overburden the liver as described previously. In addition, it is likely that on their way out, some gallstones will be caught in the colon. Flushing and repairing the intestinal tract is recommended at this time. Follow the instructions above. If gallstones remain in the colon, they can cause irritation, infection, headaches, abdominal discomfort, thyroid problems, and so on. These stones can eventually become a source of toxemia in the body

Once you have two consecutive stone free flushes, it is recommended to repeat the flush every 6-8 months.

If you do more than 3 flushes, you should do a kidney cleanse in between your third and fourth flush. Never cleanse when you are suffering an acute illness, such as a cold.

People whose colon is severely congested, or who have a history of constipation, should consider doing at least 2 or 3 colon cleanses before their first liver flush. And don't forget to always do a colon cleanse within 2-3 days following a liver flush.

Between flushes the following herbs each have a long history of detoxifying and repairing the liver. Look to consume these products in tea, cooking, or simply eating. Nutritional supplements are also available either alone, or combination prescriptions to best suit the needs of the problem. When purchasing supplements, it is important to keep the following in mind; first, natural is always better. Try to find organic sources when possible. Second, God knows best. When taking a food supplement, it is important to maintain the integrity of the molecule. Far too often supplement companies take short cuts in the manufacturing of their product. Profit comes before quality. visit our website to learn more.

Liver herbs

Detoxifying herbs: N-Acetylcysteine (NAC), Milk Thistle (Silymarin), Alpha Lipoic Acid (ALA), Curcumin (found in turmeric). Omega-3, selenium, folate, b6 and b12, and foods with a high sulphur content, including - garlic, onions, broccoli, kale and cabbage have also been shown to increase levels of glutathione (liver detoxifying molecule).

Rebuilding herbs: green tea, avocados, walnuts, turmeric, dandelion root for constipation, artichoke leaf, ginger, clove, cinnamon, burdock root and horsetail, parsley root and juniper



berries.

By far the greatest assault on your liver is something called High Fructose Corn Syrup (HFCS). This stuff is not found in nature and is a poison on the body despite the deceptively healthy sounding name. You are urged to do more research on your own. I am confident when you do, you will avoid this stuff for you and your family like it was rat poison.

Other foods that play a role in liver health include alcohol of course, excess simple carbohydrates, virtually all drugs and chemicals that have been sprayed on the foods you eat.

Castor Oil Packs

Castor Oil Packs should be used during the Liver/GB cleanse for greater effect. It is recommended to do the castor oil pack for a minimum of 1 month

Supplies needed:

- Wool flannel – large enough to cover the area, folded two thicknesses
- Plastic sheet or wrap
- Heat source – hot water bottle, corn or rice heating pad
- Castor oil – organic is best
- Towel

Preparation:

- Cut the wool flannel to be folded twice and large enough to cover area being treated.
- Pour castor oil on the wool flannel so that it is wet but not dripping.
- Place the flannel on the area being treated – directly on the skin.
- Cover the flannel with a plastic sheet or wrap to contain the oil.
- Cover the pack with heat. This should be warm but not burning.
- Continue the treatment for 1 hour.
- Use daily applications for 3-5 days, take a 2-3 day break and continue as needed.

It is recommended, but not essential, that while doing the liver/GB flush, you go on a juice fast to give your body time to heal.



Research suggests that getting a huge amounts of phytonutrients from plant-based foods and cutting out processed foods, and non-organic dairy and animal-based proteins can help to promote the body's natural ability to detoxify.

This juice is not only beautiful but offers tons of nutrients from these ingredients that may help to promote the body's natural detoxification process:

- **Broccoli and Kale** are part of the cruciferous vegetable family that have been shown to potentially up-regulate liver detoxifying enzymes, which may help increase the body's ability to detoxify. Cruciferous vegetables also contain powerful antioxidants that may be cancer-preventive.
- **Parsley** can help to stimulate bile production that can help with detoxification process.
- **Turmeric** contains major antioxidant that may help the body to make essential compounds in the detoxification process. Turmeric also contains potent antioxidants and anti-inflammatory compounds that may help to soothe joint pain.
- **Ginger** may improve digestion which can help with detoxification process and also contains a rich source of antioxidants that can help to protect against damage done during the detoxification process.
- **Apple** contains a compound called quercetin that has been found to help up-regulate detoxifying enzymes and other compounds; additionally, quercetin has been found to contain antioxidant and anti-inflammatory properties. Apples also naturally contain fiber that is beneficial to promoting regular bowel movements, and fiber may also help to prevent health issues including diverticulitis and even colon cancer.

Mean Green Recipe

Ingredients

The following ingredients will make either 500ml (17 fl oz) or 1 litre (34 fl oz) of mean green juice:

To Make 500 ml

- 2 Apples
- 1 Cucumber
- 4 Celery Stalks
- 6-8 Kale Leaves
- 1 Piece of Ginger (1/2"-1")
- 1/2 Lemon

To Make 1 Litre



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- 3-4 Apples
- 2 Cucumbers
- 6-8 Celery Stalks
- 14-16 Kale Leaves
- 1 Piece of Ginger (Approx 1/2"-1")
- 1 Lemon

You may add a little more lemon & ginger to the 1 litre recipe if desired.

Directions

- The best way to remove pesticides from produce, according to a study in the Journal of Agriculture and Food Chemistry, is to soak produce in water and baking soda (sodium bicarbonate) for 20 minutes. If baking soda is not available, 4 parts filtered water to 1 part white vinegar for 20 minutes can also be effective.
 - Juice your soft fruits & vegetables first
 - Drink & enjoy!

The amount of time recommended on this Mean Green Juice Reboot depends on how compromised your health is. The Reboot can take anywhere between 30-120 days. It takes at least that long to regrow and regenerate new cells (the half-life of a Red Blood Cell is 120 days) with the new abundant supply of quality building materials.