

Liver and Gallbladder Flush

The effects of our eating habits in nowadays hectic environment, impacted by refined, preserved, flavoured, pre-cooked, gassed, radiated, modified nutrients, have one thing in common: they lead to the starvation of human cells. One of many results are deposits in organs like the liver or gallbladder. Gallbladder stones block the liver and have a serious impact on the body to maintain its health. (Recommended book: „Amazing liver and gallbladder flush“ by Andreas Moritz)

To keep the gallbladder and liver free of stones, surgery is NOT necessary! There is a simple method to flush out the stoned within one week. Depending on your age and diet, multiple cleanses might be necessary to be done to flush out all stones. Following the cleanse should be done once or twice a year.

What you need:

- at least 6 litres of organic, raw, unpasteurised, unfiltered apple juice
- 80 - 100 g of bitter salt (epsom salt)
- 3-4 grapefruits for 180 ml of juice (alternatively a mix of oranges and lemons can be used)
- 120 ml EVO olive oil

Preparation:

Drink 1 litre or more of apple juice every day for 6 days in a row between your meals (2 hours after and 30 min. before a meal) The apple juice has a very cleansing effect and the acidity softens the gallbladder stones.

During these six days it is recommended to avoid cold meals, dairy, gluten, eggs, fried or baked food, heavy meals and alcohol.

Day 6:

Have a light breakfast and eg. steamed vegetables and rice for lunch. Do not consume sugar, spices, dairy, meat, protein and fats. Furthermore don't eat anymore after 2 pm. Drink water only for the rest of the day.

The cleanse:

Dissolve the epsom salt in 0,8 litres of spring or filtered water (0,8 litres for 4 portions)

Drink the first two portions at 6 pm and 8 pm.

(Optional: cleanse your intestines with an enema to improve flush out of stones)

Mix the grapefruit juice and olive oil and shake in a jar until the mixture becomes watery and oil and juice are well combined.

- **10 pm:** Next to your bed, drink the entire glass of olive oil and juice in one time. Lay down immediately with a slightly elevated upper body. Don't talk and don't move for at least 20 min. Try to sleep.
 - **6 am the next morning:** have the third cup of water with epsom salt. At 8 am the fourth cup. (you might feel bad in your stomach due to the strong excretion of gallbladder stones)
- If you are thirsty, have medium warm water. If you feels tired, sleep.
- **10 am:** if you feel like, have a freshly made juice and some fruits.

During the morning and probably also during the day you will have watery stools with the stones. The stones are mostly pea-green coloured and float on the water surface.

Repeat this cleanse within the upcoming weeks as along as stones are flushed out.

Increased wellbeing can be followed by a decrease caused by stones which move from the gallbladder towards the liver. Another flush procedure will remove these stones.

