

## THE GALL BLADDER FLUSH

***Aim to have a colonic the day of the flush and especially the day after the flush. The colonics support and speed up the purging process. They make it gentler on the bowel and rectum and they increase the effect by encouraging the release of bile from the liver***

To do a gall-bladder flush you will need:

- a small packet of Epsom Salt (from the chemist),
- 140 ml. of extra virgin olive oil (120 ml if you weigh less than 50 kg; 200ml if you weigh more than 75kg),
- The juice of 1-2 pink grapefruits depending on size or 8 lemons (grapefruit is much easier),
- a large bottle (1l) with a screw-on top and a wide opening,
- a large jug (2 pints)
- a straw for drink the oily mixture

Choose a day like Saturday, since you will be able to rest the next day.

Eat a non-fat dinner the night before such as a vegetable juice or brown rice and steamed or raw vegetables, seasoned with herbs and salt only. This allows the bile to build up and develop pressure in the liver; the higher the pressure the better the flushing action. To that effect you can also do a juice fast a few days before. Apple juice can be incorporated for its affinity with the liver and high malic acid content (avoid if you get excessively bloated).

On the actual day of the flush do not eat any solid food or take any medicines, vitamins or pills that you can do without; they interfere with the liver cleansing mechanism. Juices, such as carrot lemon and apple, are permitted until 2.00 P.M.

**2.00 Pm** Get the Epsom salts ready : in the large jug mix 4 tbs. of Epsom salt with 600 ml of water. Add lemon juice or 2 tbs. of apple cider vinegar and store in the refrigerator (this is for convenience and taste only). This makes four servings of 150 ml each.

**6.00 Pm** Drink one serving 150ml (i.e. the equivalent of a small tumbler) of the ice cold Epsom salts (If you do not wish to prepare this ahead of time simply mix 1tbs in 150 ml of water). You may add the juice of ½ a lemon to improve the bitter taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Do not drink any more after this (otherwise this could make you feel quite ill later).

**8.00 Pm** Repeat by drinking another serving of Epsom salts.

**9.30 Pm** The Epsom salts should be taking effect and you will have diarrhoea. This is normal but don't worry if it doesn't happen.

**9.45 Pm** Measure and pour 140 ml (200 ml) of olive oil into the large jar. Squeeze the grapefruits (or the lemons) and add to the oil. Together this should make at least 400 ml of liquid. Screw the jar tightly with the lid and shake vigorously until **watery** (fresh pink grapefruit juice does this very well).

**10.00Pm** Drink the potion you have mixed. Drinking through a large plastic straw may help it go down more easily. Make sure you finish the whole drink within 15 min.

**Lie down immediately:** on your back with your head up high on a pillow. Think about what is happening in the liver: all of the bile duct valves have been opened by the Epsom salts and bile is now rushing through them in order to handle the oil you have just drunk and, in the process, clearing the small stones which normally lie there undisturbed. Keep still for at least 20 minutes, and then roll on your right side with your knees up to your chest.

**Next morning:** upon awakening but not before 6.00 P.M. take your third serving of Epsom salts. If you have indigestion or nausea wait until it has gone before drinking the Epsom salts. You may go back to bed afterwards.

**If you have planned a colonic that day do not take any Epsom salts but start rehydrating as soon as possible**

**2 hours later:** take your fourth (the last) serving of Epsom salts or have a coffee enema.

**As a result of the colonic** (or the enema/Epsom salts) you will observe what seems to be green peas but are in fact small cholesterol (gall) stones this is a sign that the flush has been successful. You may eat as soon as you feel like it. Start with some juice and eat lightly that day. By the following morning you should feel fully recovered. This flush can be repeated every 3 to 4 weeks until you no longer observe the pea like gall-stones or feel any nausea.