

# Liver Flush

**Book Perfect:**

**7 Day Pre-Cleanse:**

**9 LBB capsules daily**

**1 – ounce morning & night of Liver Gallbladder Cleanse P/W A number 2**

**Kidney / Pancreas Cleanse Tinc. 1-teaspoon morning and night.**

The above Pre-Cleanse should aid in the elimination organs with proper functioning and if all feels "OK", then you are ready for your first ever Liver Flush. "IF" you do not feel like you are doing "OK" yet, then continue the Pre-Cleanse for as long as you desire and actually, if you decide against doing a Liver Flush, then the Pre-Cleanse will lead to the same results and when continued, will result in better results. The Liver Flush is just a method to "JUMP START" your body cleanse.

Liver Flush / **Day 1**

Wake up; do not take herbs, drugs, fats, sugar, coffee, black tea or anything from an animal, etc. You consume an Ideal Breakfast of fresh fruits / juices or second best will be a breakfast of vegetables / juices. Raw is best and often vegetables demand to be cooked to be made eatable and covered in butter and salt---with your Liver Flush, all salt and butter / oils have to be avoided. Repeat the same for Lunch. Do not skip Breakfast & Lunch; this is the 1 time both are required. Drink whole juices & or water. At 2 PM drink your last drink for the day and take 4 tablespoons of Epsom salts in a quart glass jar and fill with 3 cups of distilled water.

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4 hours before your bedtime (6p.m.), drink 1/4 (3/4cup) of the jar and drink just enough water afterwards to rinse off your teeth and remove the taste from your mouth.

2 hours before your bedtime (8p.m.), drink 1/4 (3/4cup) of the jar and rinse mouth as step 6.

15 minutes prior to bedtime take the juice of 2 fresh (pink / red) grapefruit and blend with 1/4 cup first press olive oil into another quart jar and fill up at least 1/2 full with clean water and shake very strongly. If you have **Oregano Oil**, adding 1 drop to this mixture is of benefit. At bedtime (10:00p.m.) you drink the entire contents of this grapefruit juice / olive oil mixture with a straw or by just drinking

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direct from the jar as quickly as possible and then immediately go to bed. Have no noise in the house that would keep you up and laying on your back with an extra pillow, so your head is up higher or lay on your left side so it takes the pressure off the liver and allows the stones to flow out easier than if you lay on your right side. Try to lie very still for 20 minutes and fall asleep. All the stones will be out within 15 minutes after taking the Olive Oil / Grapefruit juice mixture and this is why you need to immediately lay down to sleep and not get back up and do your best to go to sleep.

**Note:** To avoid an upset stomach, mixing 1 drop Oregano Oil in the Grapefruit / Olive Oil mixture avoids throwing up. Taking 4 **Sleep Eze** herbal capsules aids sleeping. The first liver flush people are normally nervous and don't sleep well as they "think" about what is going to come out of them. You can take 2-4 Sleep Eze anytime you wake up through the night with water.

Upon wakening (6a.m. not before), immediately consume 1/4 (3/4cup) of the Epsom's salts water. Drink all the extra clean water you want. You want to flush the system.

2 hours after awaking (8a.m.), consume the last 1/4 (3/4cup) of Epsom's salts water. You can be drinking all the water you want, the more the better to continue flushing out the intestines.

During steps 9 & 10 all the stones should be expelled through the bowel movements. Commonly 5-10 diarrhea trips will happen by 10 AM normally, while for some; stones may keep coming out all afternoon. This means you must stay near a toilet for at least a few hours.

2 hours later (10a.m.) you can have juice (grape juice is gentle to the stomach) and 1 hour later (11a.m.) eat some fruit (an apple is great).

- ✓ Herbs are now continued as in steps 1 & 2 for 3-5 days or up to 2 weeks until the liver flush is repeated! If you fail to **repeat** this liver flush, then you will fail to have a true Liver flush. The liver is in 2 sections and at best, the gallbladder and or the lower section of the liver flush out on the first flush.

If you see no stones what so ever come out, then it is possible that the gallbladder can have a stone as large as the gallbladder itself and this stone may be "squeezed" down and prepared to come out with the next flush. When no stones are seen, I suggest repeating 3 days after the first flush and you should notice a football shaped large stone come out, with hundreds of stones following out of the liver. Those with no gallbladder will see plentiful gallstones, because these stones form in the ducts of the liver and in the holes left over from worm damage. I suggest doing the liver flush every 5-14 days until no more stones are seen. Normally it is suggested to liver flush every 6 months. I also make a **Liver Flush Kit**, but the above method is by far the cheapest and most powerful acting and done properly, it works for ages 6-90+ from my experience. I do not suggest

any child under age 12 should need to do a liver flush. Dr. Hulda Clark told me the youngest she ever did in her clinic was age 4. I do not suggest this and for anyone under age 12, I would reduce all the doses.

The above liver flush is one of the most beneficial treatments that can be done in home by anyone at the cheapest cost for the most benefit. I suggest people that have a known gallbladder problem to do a liver flush to get things "started" faster and avoid gallbladder surgery, etc. The liver flush does not harm, but drinking the Epsom's salts water is not the most pleasant thing to do and since most people's diet is wrong, the gallbladder / liver will make these stones every day and the liver flush only acts the day of the flush. I personally believe every human should strive to keep their liver / gallbladder clean of all stones for their entire lifetime. By doing this, they also keep their blood circulation free of bad cholesterol, their nerves in good shape and their brain flexible. The clean liver and free gallbladder will provide the best health at the cheapest method I know of doing.

### **My Way to a Clean Liver!**

My way is to keep the liver and gallbladder clean for the entire lifetime. I suggest this can be done very easily and cheaply. I have proven it by proof of liver flushes and it was known to work medically dating back to 1940's medical books. The theory is that humans lack proper plant fats in their daily diet. They would not need these plant fats, "IF" they never - ever consumed wrong foods, but since we all do, the antidote to the wrong diet that creates gallstones, is the consumption of plant fats, especially plant / tree based lecithin. I have read that the original name for cholesterol was lecithin and the old worn out lecithin / cholesterol is what clogs the arteries and the mud that turns into gallstones. This human lecithin / cholesterol are a type of "fatty" material that also surrounds our nerves and makes up 50% of our brain. Since this is a "fatty" material; that when plant lecithin is consumed, the plant lecithin is absorbed up into the liver to be processed and since oil dissolves oil, the old cholesterol that has been formed into gallstones, dissolves and once again liquid, the gallbladder can expel it as waste. The new plant lecithin is assimilated as a food and created into human lecithin / cholesterol that then enters the entire body and cleans the old out of the arteries, restores the nerves and the brain in my opinion. At the very least, **it ends** all gallstone and liver stone problems for life, as long as the plant fats are taken daily.

The great thing is; all humans can do this, and plant lecithin is just a simple food! In my opinion, children by age 6 start forming their first little gallstones and in their late teens can have gallbladder issues. The gallbladder is described as a small sack. This sack is designed to store the bile that is used to help digest fatty foods. This bile will concentrate and become very thick if it is not expelled by the gallbladder daily. This thick bile will churn like bread dough and as it dries up, actually turn into round balls that then become the common gallstones. Hundreds of these stones can be formed and they can be mixed to form several large or even one large stone that under normal conditions will never leave the

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gallbladder. So this sack type gallbladder can't squeeze down to expel the bile when stones are present in it. Old medical doctors described gallstones as like "marbles" in your sock that when you need your sock to squeeze "flat" and expel the marbles, it "can't".

In my theory, most adult humans alive today, have not had a functional gallbladder by the time they were 20 years old. The bile instead of going down into the intestines to help digest food, instead under pressure, is pushed backwards up the liver into the chest / breast lymph glands causing common heart burn, congestion, swollen neck, swollen breast and the prime reason that creates breast cancer. Those that do 3-4 liver flushes as described previously, will loose

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up to 10 pound of waste out of their neck and chest areas alone. Those that keep their gallbladders open and functioning properly won't develop fat necks and over sized fatty breast.

The medically chosen form of plant fat was Soybean Lecithin Oil, which today is used in baking. I know first cold pressed olive oil works, coconut oil works, wheat germ oil works and most every plant fat / oil works to keep the gallbladder free of stones; but I assume medical over 70 years ago chose the soybean lecithin because its high lecithin content; which feeds the body with a natural lecithin and that makes it the only plant fat that is called simply; Lecithin back years ago.

Today **Sunflower Lecithin** in my opinion is superior, it taste great, while soybean lecithin has no taste and the soybeans raised today are just about all gmo / round-up ready and not desirable for health. Lecithin is very thick, thick as thick honey. It should always be diluted before giving to children, because it is also very "sticky" and must be chewed and swallowed slowly, so **never give pure lecithin to a child** that does not understand that it must be mixed with salvia first and chewed well, before swallowing. This is why I suggest blending Lecithin with Olive Oil, which is much thinner and easier to drink. I blend a large assortment of plant / tree fats and essential oils to cover all the bases of what plant fats may be able to do for our health and call this formula **L / G CLEANSE** (Liver Gallbladder Cleanse). This formula is a huge "Shotgun" style mixture of plant oils, essential oils as well as plant oils known to help with our Hormones, Natural Tree Iodine and BF&C mineral style herbal extracts of which I make a Sunflower-Lecithin / Coconut Base formula as "standard" that is Soybean free for those that do not want soy and as well this is a full blown formula using exotic oils from many different countries around the world **that** is super high in natural vitamins and supplies exotic plant oils from around the entire world to aid the body with the goal of not having any plant mineral deficiencies. "I" choose to consume the largest possible varieties of plant / tree oils for my personal use and I personally believe the best way to consume de-wormer herbs is in an plant / tree oil base, so I make a huge assortment of adult de-wormer formulas using the L/G Cleanse

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as a base formula.

L / G Cleanse Formula Suggested dose: Take 1 tablespoon daily for life as prevention. Take 3 tablespoons for treatment for every ailment known. I have read at least one source that suggested 1 ounce of lecithin daily for prevention and 3 ounces for treatment for MS. Since plant oils are just foods more can be consumed as desired. There have been people that have lived on coconut alone or olive oil only for many years. With my exotic blends, I am seeking to cover all the plant minerals from around the world and the ones naturally high in Vitamin A are as orange as a carrot and some suggested to have 5,000X more vitamin A than carrots do. I am no scientist, can not test or prove such claims, but when it taste good and I feel good on such plant based foods, I enjoy self-experimenting to see if health improves over the coming years. My theory is we need to feel better each coming year and not become "older". Older is proof we didn't supply our body all it needs.

There is a lot of medical information on what all the liver does or is suppose to do. I am not going to give all their theories, for the simple fact, that if you see how destroyed these livers can be (not to mention the massive damage done by a lifetime of worms) and the people were alive right up till the day they died when these pictures were taken, it is easy to see other organs must have taken over the jobs to support life. It is most likely the skin being the largest organ, is the last organ to fail and my belief all skin problems start with internal organ problems.