

Doing a Liver, Gallbladder, Intestinal, and Parasite Flush

Ingredients Needed:

Available from Local Store

- 1 Gallon of all natural or organic apple juice.
- 1 cup of extra virgin olive oil
- 1 large (or 2 small) fresh pink grapefruit
- 1 small bag/box of Epsom salts
- 1 small container of heavy whipping cream and 1 cup of fresh berries
- 1 Large plastic straw to help drink potion.
- 1 Pint jar with lid

Available online from www.EUvitaminService.com or by calling The Vitamin Service LTD in England at +(44) (0)1702 470 923

- 1 bottle of Metabolic L-Ornithine
- 1 two-ounce bottle of Paraimmunogen-3 Fresh Green Black Walnut Wormwood Complex
- 1 one-ounce bottle of Super-Flush- 30 Phosphoric Acid
- 1 bottle of "Mag-02" - Magnesium Oxide Powder 8 oz
- 1 LB Epsom Salts (Optional – May be obtained from local store)
- Colotrex Formula 1 - Healthy Intestinal Flora - 60 Caps
- Colotrex Formula 2 - Probitic Enhancer - Net wt 4 oz
- Liver Fuel - Liver Detoxifier and Regenerating Formula - 90 Capsules
- Parasite Zapper

4-Day colon and Parasite cleanse – Ideally, begin program on a Tuesday.

Mag-02 Application (Colon Cleanse):

During the initial 4-days, take 1 level teaspoon of **Mag-02** Powder at bedtime dissolved in 8 oz of water or juice. **Mag-02** should not be taken with meals. Frequency of bowel motions might be as much as four to ten times daily. Since **Mag-02** liquefies toxic matter, it can be expected that the bowel motions will be loose. **This is not diarrhea** but the result of the hydrating effect of **Mag-02**. After the initial intensive or gradual cleansing period, some people will find it beneficial to use **Mag-02** on a regular basis. A general principle is to take enough so as to stimulate regularity. Because **Mag-02** produces water and oxygen it is safe to use on a regular basis.

Mag-02 is truly an amazing substance. When mixed with water and consumed, its unique properties allows it to liberate large amounts of oxygen. The additional oxygen in the intestinal tract encourages healthy, oxygen loving (aerobic) bacteria and at the same time inhibits the growth of unhealthy bacteria and fungi (Candida Albicans).

However, **Mag-02's** main cleansing benefits are derived from its ability to promote hydration. That is, once the oxygen is liberated from **Mag-02**, it reacts with hydrogen to form water inside the intestinal tract. This oxidation and hydration process helps soften

and liquefy the impacted and hardened fecal matter. The undigested and putrefying rubbish that has stuck to the bowel wall blocking the absorption of nutrients and creating a source of toxicity is safely and gently eliminated.

Maintenance: After you have completed the liver flush protocol, you may remain on a maintenance dosage of 1 level teaspoon of **Mag-02** every other night. Its non-toxicity permits its use indefinitely. People who use **Mag-02** on a regular basis may need to take some extra potassium.

Paraimmunogen-3 Fresh Green Black Walnut Wormwood Complex (Parasite Cleanse)

First three days: Take 2 droppersful in $\frac{1}{2}$ glass of water or juice three times daily. **4th Day:** Take Two teaspoons in 8 oz of juice or water once daily. Sip it on an empty stomach such as before a meal. Sip it, don't gulp it. Add sweetening or flavoring to help it go down if you have a hard time swallowing it, or you may stir it into fruit sauce. Get it down within 15 minutes.

The maximum dose kills any remaining stages of parasites throughout the body, including the bowel contents, a location unreachable by a smaller dose or by electric current (zapping). The alcohol in the tincture can make you slightly woozy for several minutes. Simply stay seated until you are comfortable again. You may put the tincture in lukewarm water to help evaporate some of the alcohol, but do not use hot water because that may damage the anti-parasitic power. You could take niacinamide 500mg to counteract the toxicity of the alcohol. You could also feel a slight nausea for a few minutes. Walk in the fresh air or simply rest until it passes.

You may be wondering why you should wait for 3 days before taking the large dose. It is for your convenience only. You may have a sensitive stomach or be worried about toxicity or side effects. By the 3rd day you will have convinced yourself there is no toxicity or side effect.

Going faster: In fact, if you are convinced after the first drop of the restorative powers of the tincture, take the large dose on the very first day.

Going slower: On the other hand, if you cringe at the thought of taking an herb or you are anxious about its safety, continue the drops, increasing at your own pace, until you are ready to brave the decisive large dose.

Maintenance Dose if previously ill: For a year, you may take 2 teaspoons of Fresh Green Black Walnuts every 2 weeks. This is to kill any parasite stages you pick up from your family, friends, or pets.

Parasite Zapper

Use the zapper during the first 4 days of the colon and Parasite cleanse, twice per day, and every other day following the liver flush for as long as desired.

Liver/Gallbladder Flush

Super Flush 30 Phosphoric Acid - Mode of Action:

Super Flush 30 is an essential dietary supplement used in preparing the body for a liver/gallbladder flush. The liver is a key organ of the body, responsible for assisting in digestion, cleaning impurities from the blood and neutralizing toxins. Keeping the liver clean is great way to protect yourself against diseases of the blood and digestive system

as well as toxicity-related conditions. Ortho-phosphoric acid helps remove calcium and lipids (fats) from arteries, and helps to normalize cholesterol metabolism. The phosphoric acid, working with malic acid found in apple juice, also helps to dissolve and soften gallstones in the gallbladder.

Begin Liver/Gallbladder Flush Protocol on the same day as the colon cleanse protocol (ideally a Tuesday). Add one ounce of Super Flush 30 to the one gallon of organic/natural apple juice; shake and refrigerate. Shake well before serving **each time** and drink four 8-ounce glasses per day for 4 days. Drink with a straw, placing the straw closer to the back of your mouth, or, be sure to brush your teeth after drinking the juice to prevent the acid from damaging the enamel. During these first 4 days, eat a healthy, low-fat diet and take your usual dose of Mag-02 Powder at bedtime.

The 5th Day (Saturday): Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the Mag-02 and Apple Juice/Super Flush 30 mix program. 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. Do not eat anything after 12:00 noon.
2 PM: Drink 1 heaping tablespoon of Epsom Salts dissolved in $\frac{3}{4}$ (three fourths cup) purified water (room temperature). Epsom Salts will cause liquid stool within 20-30 minutes, usually.

5 PM: Drink 1 heaping tablespoon of Epsom Salts dissolved in $\frac{3}{4}$ (three fourths cup) purified water (room temperature).

7 PM: Eat a mixture of heavy whipping cream and fresh berries (as much as desired). Whip the cream in a large bowl, serve, and add berries.

8:55 PM: Pour $\frac{1}{2}$ (half) cup (measured) olive oil into the pint jar. Wash grapefruit twice in warm water and dry; squeeze by hand into a measuring cup. Remove pulp with fork. You should have at least $\frac{1}{2}$ (half) cup, or more (up to $\frac{3}{4}$ - three fourths - is best). Add this to the olive oil, close the jar tightly with the lid, and shake vigorously until watery (only fresh grapefruit juice does this).

9 PM: Drink the potion you have mixed. Take 4 Metabolic L-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. 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). Immediately after drinking the oil, lie down on your right side with knees drawn up to your stomach (fetal position), for 30 minutes. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Try to keep perfectly still for at least 20-30 minutes. After 30 minutes, lie flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. 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 (Epsom salts). Go to sleep, you may fail to get stones out if you don't. 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. If you feel the need to vomit, do so, as this is a normal release of toxins.

Next morning: Upon awakening take your third dose of Epsom salts (1 heaping tablespoon dissolved in 3/4 (three fourths cup) in purified water (room temperature). If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Do not take this potion before 6:00 am.

2 Hours Later: Take your fourth (last) dose of Epsom salts (same dose as above). You may go back to bed again **or go about your day.**

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.

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with each bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are [acutely] ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as chaff floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? According to Dr. Hulda Clark, it is very safe. Dr. Hulda Clark's opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However she reports that it can make you feel ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and colon cleanse programs first.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

(Above were some excerpts From "The Cure for All Advanced Cancers", p. 562.)

7 Days Following Liver Flush:

- 1) MAG-02 can be taken every other day indefinitely, or as needed, at bed time.
- 2) Colotrex Formula 2 Probiotic Enhancer: Works synergistically with Colotrex Formula 1

Healthy Intestinal Flora to assist in repopulating the intestines with beneficial bacteria. Colotrex Formula 2 Probiotic Enhancer is a pleasant-tasting, concentrated source of fructooligosaccharides (FOS), a non-digestible carbohydrate. Take 1/2 teaspoon daily added to water or juice 20 to 30 minutes before breakfast. Over the 7 days, gradually increase quantity up to 1 teaspoon per day as desired. For maintenance use, you may consume 1/2-1 teaspoon.

3) Colotrex Formula 1 Healthy Intestinal Flora 60 Caps. This product has been designed to provide a high potency, balanced blend of the two prominent species of resident intestinal bacteria. Works synergistically with Colotrex Formula 2 Probiotic Enhancer to repopulate and maintain healthy intestinal flora. Take 1 capsule 20-30 minutes before breakfast together with Colotrex Formula 2 Powder. Keep refrigerated to maintain high potency.

Liver Fuel - Liver Detoxifier and Regenerating Formula - 90 Capsules

Dr. Verghese's Liver Formula is a proprietary blend of herbs and nutrients designed to support healthy liver function. Dr. Verghese's Liver Formula contains Milk Thistle Extract, which has been shown in clinical and non-clinical studies to support the liver, as measured by standard liver enzyme laboratory tests. In addition, Dr. Verghese's Liver Formula contains N-Acetyl Cysteine and Methionine, two amino acids known to enhance the production of glutathione in the liver. Glutathione, a major cellular antioxidant plays an essential role in liver detoxification mechanisms. Also included in this Liver Formula are other herbs (Schisandra, Bupleurum, and Scute) that have been developed by Dr. C. Samuel Verghese, M.D. and until now has been used exclusively in this practice. Take 3 capsules daily with meals for one month following the flush. To maintain optimum liver health, this product may also be taken indefinitely.

The Importance of Diet and Water: In order to properly eliminate toxins, you must consume an average of 64 to 128 ounces of pure water per day before and after the liver flush. Stay away from chlorinated city water. Your diet should consist mainly of fresh organic raw fruits and vegetables and their juices. Avoid high levels of saturated fats, cholesterol, and refined sugars.

During the cleanse, AVOID the following: Any processed foods, carbonated sodas, coffee, Canned food, ANY microwave(d) food (even just for heating), Cow's milk, chocolate, fatty meats, margarine, white bread, white rice, anything containing white flour, cheese, alcohol.

Sources:

Many of the products described herein may be obtained from The Vitamin Service, LTD., Leigh-on-Sea, Essex, United Kingdom. You may contact them by phone at +44 (0)1702 470 923, or you may access them on the world wide web at www.EUvitaminService.com