

LIVER DETOX

As in The Cure for all Diseases by Hulda Regehr Clark

Ingredients

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| Epsom salts | 4 tablespoon |
| Virgin Olive Oil | half a cup |
| Fresh pink grapefruit | 1 large or 2 small, enough to squeeze 2/3 to 3/4 cup of juice |
| Ornithine | 4 to 8 to be sure you can sleep. Don't skip this or you may have the worst night of your life! |
| Large plastic straw | To help drink the potion |
| Pint jar with lid. | |

Eat no fat breakfast and lunch e.g. cooked cereal with fruit, fruit juice, bread and preserves and honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 pm Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom Salts ready. Mix 4 tbs. In 3 cups water and pour this into a jar. This makes 4 servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6.00 pm Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs in 3/4 cup water now. You may add 1/8 tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out to warm up.

8.00 pm Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since 2 o'clock but you won't feel hungry. Get your bed time chores done. The timing is critical for success; don't be more than 10 minutes early or late.

9.45 pm Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more times, even if it makes you late for your 10 o'clock drink. Don't be more than 15 minutes late.

10.00 pm Drink the potion you have mixed. Take 4 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 to go down more easily. You may use ketchup, cinnamon or brown sugar to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (15 minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie flat on your back with your head up high on the pillow. Try to think about

what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones travelling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). **Go to sleep**, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. 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 (the last) dose of Epsom salts. Drink $\frac{3}{4}$ cup of the mixture. You may go back to bed.

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.

How well did you do ? Expect diarrhoea in the morning. Use a flash light to look for gallstones in the toilet with the 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 the 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 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 ill.