

DR HULDA CLARK LIVER & GALLBLADDER FLUSH



**Look at the supply list in step 4 and order what you don't have on hand!*

Step 1: Schedule 2 days to complete the Liver Flush – Start on a day that allows you to rest the following day.

Step 2: Prepare for a zero fat diet – For best results stop eating fat and protein the night before you begin the Flush. On day 1, continue eating a zero-fat breakfast and lunch. For best results, finish eating by 2 PM with only water thereafter. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more toxins. Limit the amount of food you eat to the minimum you can get by on. You will purge more toxins if you do.

Step 3: Assemble supplies

Fresh pink grapefruit – 1 large or 2 small, enough to squeeze ½ cup juice. Wash grapefruit twice in hot water and dry before cutting it open. You can substitute lemon juice for grapefruit juice. Squeeze 1 lemon and add enough water to make ½ cup of liquid. Adding natural sweetener is optional.

1. 1 pint (½ liter) jar with lid
2. Make sure you have at least ½ cup Olive Oil on hand. Light Olive Oil is easier to get down. Choose Extra Virgin Olive Oil because it is cold pressed.
3. Honey (optional for sweetening)

Step 4: Organize items on the supply list (you can order these online or get from your local health food store)

1. Pint jar (½ liter) with lid
2. Epsom Salt – 60 capsules Magnesium Sulfate OR 4 tablespoons Epsom Salt crystals
3. Olive Oil – ½ cup
4. Fresh pink grapefruit (or lemon) – enough to squeeze ½ cup juice
5. Honey – 1 tablespoon (optional)
6. L Ornithine --if you have insomnia – 4 to 8 capsules
7. Large drinking straw
8. An antiparasitic- PARA 2, OR PARA 3, OR Green black walnut hull capsules or tincture

For best results stop eating any fat the night before. For the remainder of the Flush eat no fat and no artificial sweeteners. Fruit and fruit juice are fine. No dairy, butter, oils, meat, eggs, nuts/seeds or sweets. Before you start the Flush read the entire list of precautions.

LIVER & GALLBLADDER FLUSH SCHEDULE

8:00 AM: Eat a zero-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread with preserves or honey (no butter or milk). Gluten free Oatmeal is the most ideal choice. For lunch eat plain cooked or steamed vegetables with white rice. Do not eat any protein foods such as butter or you might feel ill during the Flush.

2:00 PM: Do not eat or drink after 2 PM, otherwise you could feel quite ill later. Make sure you have 60 capsules of Magnesium Sulfate (Epsom Salt) handy (you will take 15 capsules per dose for a total of four times per Flush). If you prefer to drink the Magnesium Sulfate dissolved in water you can either buy PLAIN (not with added essential oils, etc)Epsom Salt or pull the capsules apart. If you use Epsom Salt crystals (I use Kroger brand), mix 4 tablespoons in 3 cups water and pour into a jar. This makes four servings, $\frac{3}{4}$ cup each. Store in refrigerator.

6:00 PM: DOSE 1 Take 15 capsules Magnesium Sulfate (or $\frac{3}{4}$ cup Epsom Salt solution) with no more than $\frac{3}{4}$ cup water. If you are drinking the Epsom Salt solution you may bite into a lemon or rinse your mouth, but spit out the water. Get the olive oil (ozonated if possible) and grapefruit out if not already at room temperature. ***IF you are prone to nausea and vomiting have Betaine HCL, Apple cider vinegar, or Aloe Vera liquid on hand. If nausea starts, take 1-2 Betaine HCL capsules, a tsp of Apple Cider Vinegar, or 2 ounces of the aloe vera. DOING 1-2 ENEMAS the day of the flush ($\frac{1}{2}$ hour before drinking the olive oil solution) will really help prevent nausea and vomiting.

8:00 PM: DOSE 2 Repeat by taking 15 capsules Magnesium Sulfate or $\frac{3}{4}$ cup of Epsom Salt drink. You haven't eaten since 2 PM, but you shouldn't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM: Make the grapefruit and olive oil drink

1. Pour $\frac{1}{2}$ cup (measured) olive oil into a pint jar.
2. Wash grapefruit twice in hot water and dry; squeeze by hand into a measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. You should have at least $\frac{1}{2}$ cup juice (measured). Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
3. Have 2 capsules of the PARA 2, OR 1 teaspoon Green Black Walnut Hull tincture OR 1 dropperful of PARA 3, and 4 to 8 capsules of Ornithine ready.
5. Now visit the bathroom one or more times, even if it makes you late for your 10 PM drink. **Don't be more than 15 minutes late or you may not be as successful with the Flush.**

LIVER & GALLBLADDER FLUSH SCHEDULE CONTINUED...

Before going to bed make sure you have the following on hand:

- Grapefruit/Olive Oil drink
- 1 tablespoon honey (optional)
- L-Ornithine (4 to 8 capsules)
- 1 teaspoon Green Black Walnut Hull tincture or 2 capsules PARA 2 OR 1 dropperful of PARA 3
- Cinnamon (optional)

10:00 PM: Drink the Grapefruit/Olive Oil mix standing or sitting up. Get it down within 5 minutes (15 minutes maximum). Drinking through a large plastic straw helps it go down easier. You may use cinnamon or honey to chase it down between sips. Have these pre-measured. Take the oil mix to your bedside if you want. **Remember to take 2 PARA 2, OR PARA 3 OR Black Walnut Hull capsules or 1 teaspoon of tincture and 4 to 8 Ornithine capsules with the first sips.** Four Ornithine will help you sleep through the night. Take eight if you already suffer from insomnia.

Now lie down immediately. Don't get out of bed and don't eat. You may fail to get toxins out if you do. The sooner you lie down the more toxins you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. **As soon as the drink is down lie down flat on your back with your head up high on the pillow.** Try to keep perfectly still for at least 20 minutes. You may feel toxins traveling along the bile ducts. There is no pain because the bile duct valves are open due to the Epsom Salt. Go to sleep. You may fail to get toxins out if you don't.

Expect diarrhea in the morning.

LIVER & GALLBLADDER FLUSH SCHEDULE CONTINUED...

6:00 AM or Later (next morning): DOSE 3 Upon waking, take 15 capsules Magnesium Sulfate (with no more than $\frac{3}{4}$ cup water) or $\frac{3}{4}$ cup of Epsom Salt drink. If you have indigestion or nausea, wait until it is gone before taking the capsules or Epsom Salt drink. Do not take before 6 AM. You may go back to bed.

2 Hours Later: DOSE 4 Take the last dose of 15 Magnesium Sulfate capsules or $\frac{3}{4}$ cup of Epsom Salt drink. You may go back to bed again.

After 2 more hours: You may eat. Start with fruit juice. You may add another $\frac{1}{2}$ teaspoon of citric acid to get even more toxins out. Half an hour later eat some fruit. One hour later you may eat regular food but keep it light. Don't eat too much fruit and avoid sweets. Start with vegetables. By dinner time you should feel recovered.

This flush helps to move soft cholesterol stones out from your bile ducts. This improves digestion, relieves strain on the liver, and can slowly help to relieve ongoing symptoms often related to a congested liver such as headaches, skin issues, anxiety, joint pain and depression. Doing enemas along with the flush is HIGHLY recommended. Please reach out to me if you have any questions.