

Step 4: Understand what you are doing

How does your liver function? It is the job of the liver to make bile, 1 to 1 1/2 quarts (1 liter to 1.5 liter) per day. The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile, which aids in the break-down of proteins and fats. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine. The biliary tubes in a healthy liver allow the bile to flow with minimum restriction into the common bile duct. The liver cleanse may help you maintain a healthier and cleaner bile ducts and thereby allow for a better flow.

Read books and contact your health care professional. We encourage you to look up information on the functioning of the liver before you do the liver cleanse.

Step 5: Taking the Liver Support Tea Ingredients (This kit uses the caps, not the tea).

Take the "Quick Cleanse" caps for **2 weeks prior to your first liver flush**. Start your Liver Flush within 48 hours of finishing your liver tea caps. Always take on an empty stomach.

- The first day: take 1 capsule 3 times for a total of 3 capsules.
- Then take 3 capsules 3 times daily, for a total of 9 capsules per day.
- Take recommended dose **at least 13 minutes before a meal**

Liver Capsules	
Day	Dosage
1	1-1-1
2-13	3-3-3

Step 6 – The "Flush": Read the following directions 3 times before the actual cleanse.

Make sure you have on hand

- **Epsom salts:** 2 tablespoons
- **Olive oil:** 1/2 cup (light olive oil is easier to get down). (Add 2 drops Hydrochloric Acid 5%. (optional))
- **Fresh pink grapefruit:** 2 to 4, enough to squeeze 3/4 cup juice. Hot wash twice first and dry each time.
- **Ornithine:** 4 to 8, to be sure you can sleep. Don't skip this or you may have great difficulty relaxing.
- **Large plastic straw:** To help drink the mixture.
- **Pint jar with lid (1/2 liter)**
- **Black Walnut Capsules:** 5 capsules per cleanse
- Honey or olive oil mixed with vinegar salad dressing, one tablespoon

Choose a day like Friday or Saturday for liver flushing, so you will be able to rest the next day. Do not take medicines, vitamins or pills that you can do without; they could prevent success.

Stop any Bowel Cleanse, Para Cleanse, Kidney Cleanse, and Liver Caps you may still be taking, the day before the Liver Flush. During this 2-day flush, do not take any vitamins or pharmaceuticals that you can do without.

Liver Flush Day 1 of 2

8:00 AM

Eat a **NON-FAT breakfast and lunch** such as cooked cereal, fruit, fruit juice, bread and preserves or honey (**no butter or milk or bacon, etc..**). This allows the bile to build up and develop pressure in the liver. A higher pressure in the liver's biliary tubing allows for a more effective cleanse.

For lunch, eat plain cooked or steamed vegetables with white rice. Do NOT eat any proteins or fat (butter, cheese, dairy, etc) or you may feel ill during the flush.

2:00 PM.

- Do not eat or drink after 2 o'clock, otherwise you could feel quite ill later.

6:00 PM.

- Drink ½ tsp. Vit C (Citric Acid) (**Dose 1**) in no more than ¾ cup cold water. (it does not have to be cold, but it helps the taste.)
- Take 15 caps (1 Tbls.) of Epsom salts (Magnesium Sulphate). (**Dose 1**)
- 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.

- Drink ½ tsp. Vit C (Citric Acid) (**Dose 2**) in no more than ¾ cup cold water.
- Take another 15 caps Epsom Salts (Magnesium Sulphate). (**Dose 2**)
- You may also drink a few mouthfuls of water afterwards or rinse your mouth.
- You haven't eaten since two o'clock, but you won't feel hungry.
- Get your bedtime chores done. The timing is critical for success.

9:45 PM.

Making the Grapefruit / Olive Oil Mix

1. Pour 1/2 cup (measured) light olive oil into a pint jar.
2. Add 2 drops Hydrochloric Acid 5% to sterilize. (optional)
3. Wash grapefruit twice in **hot** water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. Add this to the olive oil. You should have at least 1/2 cup juice. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
4. Add 1/2 teaspoon Vit C (Citric Acid) (**Dose 3**) to the mixture. Stir until dissolved. Do not take yet!
5. Have 5 capsules of the Green Black Walnut Hull and 5-10 capsules of Ornithine ready.
6. Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late or you will not be as successful with the cleanse

10:00 PM.

You need:

1. The Grapefruit / Olive Oil Mix (above)
 2. One tablespoon of honey or oil mixed with vinegar salad dressing
 3. Ornithine (5 – 10 capsules)
 4. Green Black Walnut Hull (5 capsules)
- Drink the potion you have mixed, preferably standing up. Get it down within 5 minutes (15 minutes for very elderly or weak persons).
 - Take 5 capsules of the Green Black Walnut Hull and at least 4 Ornithine capsules with the **first sips** to make sure you will sleep through the night. Take all 10 if you already suffer from insomnia.
 - Drinking through a large plastic straw helps it go down easier.
 - You may use oil and vinegar salad dressing, or straight honey, or sweetener like agave syrup to chase it down between sips. Have these ready in a tablespoon on the kitchen counter.
 - Take it all to your bedside if you want, but drink it standing up. Lie down immediately when finished. **The sooner you lie down the better.** You may fail to get toxins out if you don't. 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 down 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 sensation like marbles moving, as toxins begin traveling along your bile ducts. There is no pain because the bile duct valves are open due to the Epsom salts. Try to keep perfectly still for at least 20 minutes. **Now go to sleep, the success of the cleanse depends on it.**

Next morning (Day 2):

Upon awakening, take 15 Caps of the Epsom salts (Magnesium Sulphate) (**Dose 3**) and 1 tsp Vit C (Citric Acid) (**Dose 4**) with no more than 3/4 cups cold water. If you have indigestion or nausea, you can wait until it is gone, or skip drinking this third dose of Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later:

Take 15 Caps of the Epsom salts (Magnesium Sulphate) (**Dose 4**) You may go back to bed again.

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 lunchtime you should feel recovered.

Expect to be in the bathroom several times this day.

Note: If you are constipated after taking the last does of Epsom salts, start taking the Cascara Sagrada included in the kit. (Even if you are not constipated, you may still take the Cascara safely. It can enhance the elimination process. You should be "going"!)