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Dr. Clark Liver & Gallbladder Cleanse and Flush (Tea recipe)

Dr. Clark recommends to cleanse in the following order:

- 1) Bowel Cleanse
- 2) ParaCleanse (can/should be done with Bowel)
- 3) Kidney Cleanse (while staying on ParaCleanse "Maintenance Program")
- 4) Liver/Gallbladder Cleanse & Flush. Repeat the Liver Flush every two weeks as needed.



Step 1: READ THIS WARNING

- Do not do this cleanse when you are experiencing illness such as influenza, cold, etc.
- Never do this cleanse when having severe pain attacks in your stomach, liver, or gallbladder.
- Do NOT do the Liver/Gallbladder flush when constipated. Get the bowels moving regularly first. If you experience Occasional constipation, you can take the Dr. Clark bowel cleanse. If you are chronically constipated, please contact us or consult your physician.
- Do NOT do this cleanse if you suspect you have an obstructed bile duct or problematic gallstones. Contact your physician. Get an X-ray & CT scan.
- During the 2-day flush, do not take any vitamins or pharmaceuticals that you can do without. Check with your physician or pharmacist.
- Please follow the Detailed directions in this kit. If you change these recipes you might encounter problems. The liver is quite sensitive to details.
- The liver cleanse is for adults only. Not for children under 16 years. DO NOT take during pregnancy or lactation.

Do not do the liver cleanse unless you first complete the Para Cleanse. If you do the Liver Cleanse more than one week after completing the Para cleanse, make sure you stay on the Maintenance Program (containing a weekly dose of the same herbs).

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Interaction with Medications and Other Supplements: If you are taking medications, you should check with your physician prior to using our products. You can also get drug interaction information from one of the many sites on the Internet. For example, the Blue Cross has a safety checker that lists many drugs and the herbs, vitamins and foods that would interfere with that drugs function. To go to: blueprint.bluecrossmn.com/herbalindex

How safe is the liver cleanse? Before publishing her first book, Dr. Clark personally guided over 500 liver cleanses with clients, including many persons in their seventies and eighties. None went to the hospital or reported pain. Every one of those 500 people completed the internal cleanse with Black Walnut Hull, Cloves, and Super-W (Dr. Clark Para Cleanse) before starting the liver cleanse.

How effective is the liver cleanse? You can't clean a liver effectively without first doing a Para cleanse. For maximum results, complete the Kidney-Cleanse also before your first liver cleanse. You want your kidneys, bladder and urinary tract in top working condition, so they can efficiently eliminate any undesirable substances incidentally absorbed from the intestine as the bile is being excreted during the liver flush portion.

Step 2: Check your supplies in this kit

You should have received the following supplies in the box, if something is missing contact us immediately:

- | | |
|---|-------------------------------|
| 1) Ornithine, 500 mg 100 ct | 4) Vitamin C, 1 Tbls. |
| 2) Epsom Salts (Magnesium Sulphate), 100 ct | 5) Citric Acid, 2 Tbls. |
| 3) Black Walnut Hull, 10 ct | 6) Liver Support Tea (3 Cups) |

Step 3: Buy the supplies NOT included in this kit:

Fresh pink grapefruit: 2 to 4 for each flush, enough to squeeze 3/4 cup juice.
HCL, Hydrochloric Acid 5%, 1 fl. oz. (optional)
Glass Pint (1/2 liter) jar with lid
Olive Oil, Extra Virgin, 1 liter

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: Liver Support Tea Preparation / Dosage Prepare the Liver Tea by completing the following steps:

1. Add ½ bag (½ cup) of herbs to 2 quarts (2 liters) of water. Bring to a boil. (2 quarts = 8 liquid cups)
2. Turn off the heat source and cover with a lid.
3. Let mixture soak for at least 6 hours or overnight at room temperature or in the refrigerator.
4. Strain herbs, pouring tea into a GLASS container. Store tea in the refrigerator. (You can save the stained herbs, storing them in the freezer, and use one more time. The second brew will not be quite as strong, but that's OK. These can be used for a 2nd liver cleanse.)
5. REPEAT this procedure every 2-3 days to keep a fresh batch of tea ready to go.
6. Optional: Add natural sweetener such as honey or agave to the tea. You can also add fresh coconut water.

Drink 3 cups of Liver Support Tea daily for 2 weeks (14 DAYS) prior to the 2-day Flush. It does not have to be all at once. You can sip on it throughout the day if you prefer. If you miss a day, or are a little short, simply pick up where you left off.

Step 6 – The “Flush” (Read the following directions several times before the actual cleanse to make sure it's right.)

Make sure you have on hand

Epsom salts: 60 caps per person, per cleanse.

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 10, 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. Not necessary, but helpful.

Glass Pint jar with lid (1/2 liter)

Black Walnut Capsules: 5 capsules per cleanse

Honey or vinegar salad dressing, one tablespoon

Liver Flush Day 1 of 2

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 or tea 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.

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 the same way. Plain cooked or steamed vegetables with rice is ok. 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.
- Some time in the afternoon (by 6PM), make your Vitamin C water mix. **MIX ½ teaspoon Vitamin C powder with 3 cups water and pour into a glass jar** with lid. This makes 4 servings, ¾ cup each. Store in refrigerator. It tastes better cold.

6:00 PM.

- Drink ¾ cup cold Vitamin C water (**Dose 1**) to wash down your Epsom salt caps. (it does not have to be cold, but it helps the taste.)
- Take 15 caps of Epsom salts (Magnesium Sulphate). (**Dose 1**) You can empty the caps into the Vitamin C water if you like, if that's easier to get it down. You may drink a few very small mouthfuls of water afterwards or simply rinse your mouth. Less is better.
- Get the olive oil and grapefruit out to warm up to room temperature.

8:00 PM.

- Drink ¾ cup cold Vitamin C water (**Dose 2**) to wash down your Epsom salt caps.
- Take another 15 caps Epsom Salts (Magnesium Sulphate). (**Dose 2**) You may drink a few very small mouthfuls of water afterwards or simply rinse your mouth. Less is better.
- 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 glass jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
4. Add 1/2 teaspoon Citric Acid (**Dose 1, only dose**) to the mixture. Stir until dissolved. Do not take yet!
5. Have 2 or 3 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. Liver Flush – it Begins

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 (2-3) capsules.
- Drink the potion you have mixed, preferably standing up. Get it down within 5 minutes (no more than 15 minutes).
 - Take 2-3 capsules of the Green Black Walnut Hull **with the first sips**. (**Dose 1, only dose**)
 - Take at least 5 Ornithine capsules **with the first sips** to make sure you will sleep through the night. Take 8-10 if you already suffer from insomnia.

NOTES: 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 (no earlier than 6 AM)... If you wake up early, just lay in bed until at least 6 AM.

- Drink 3/4 cup cold Vitamin C water (**Dose 3**) to wash down your Epsom salts.
- Take another 15 caps Epsom Salts (Magnesium Sulphate). (**Dose 3**) You can empty the caps into the Vitamin C water if you like, if that's easier to get it down. You may drink a few very small mouthfuls of water afterwards or simply rinse your mouth. Less is better.
- **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:

- Drink 3/4 cup cold Vitamin C water (**Dose 4**) to wash down your Epsom salts.
- Take another 15 caps Epsom Salts (Magnesium Sulphate). (**Dose 4**) You can empty the caps into the Vitamin C water if you like, if that's easier to get it down. You may drink a few very small mouthfuls of water afterwards or simply rinse your mouth. Less is better. 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. No bacon or meat. By lunchtime you should feel recovered.

Expect to be in the bathroom with diarrhea several times this day, expelling 'stones' and other toxic material.

Note: If you are constipated after taking the last does of Epsom salts, Dr. Clark recommends taking 2-3 caps of Cascara Sagrada. (no longer included in the kit, sorry.) Even if you are not constipated, you may still take the Cascara safely. It can enhance the elimination process. You should be "going"!