

2:00 PM

3:00

Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Liver-Salt mix ready. Dissolve the Liver-Salts in 3 cups of warm water in your jar, cover with lid and refrigerate. \* Set the olive oil aside to be added later. When the mixture is ice cold it will taste better. When it is ice cold it will taste better. This makes 4 servings  $\frac{3}{4}$  cup each.

Timing is critical for success! Don't be more than 10 minutes early or late.

6:00 PM

Drink one  $\frac{3}{4}$  cup serving of ice cold Liver-Salt mixture. If you do not like the taste drink through a straw.

8:00 PM

Drink another  $\frac{3}{4}$  cup serving of ice cold Liver-Salt mixture. Then, get your bedtime chores done.

9:45 PM

Pour the olive oil into an empty jar equipped with a tight lid. Squeeze the grapefruit into the measuring cup, and remove all pulp with a fork. You must use about  $\frac{3}{4}$  cup of the grapefruit juice. Add the juice to the olive oil. Close the jar tightly with the lid and shake vigorously until watery (only fresh grapefruit juice does this). Now visit the bathroom one more time!

10:00 PM

Drink the grapefruit and olive oil mixture. If you do not like the taste you can try drinking it through a straw.

Take both all natural sleep aid capsules (optional) with the first sip. This may help you sleep through the night. Drink it within 5 minutes (15 minutes for elderly or weak people). 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.

Lie down flat on your back with your head up high on your pillow. Massage your stomach. Then, keep perfectly still for at least 20 minutes.

You may feel a train stones traveling along the bile duct valves like marbles. There is no pain because the bile duct valves are open.

Go to sleep! You may fail to get stones out if you don't.

Next morning.

Upon awaking take your 3<sup>rd</sup>  $\frac{3}{4}$  cup of Liver-Salt mixture. Don't take before 6:00am. You can go back to bed.

2 hours later – Take your 4<sup>th</sup> cup of Liver-Salt mixture. You may go back to bed.

After 2 more hours you may drink water or juice.

One hour later you may eat, but not before lunch time. Limit your food to salads and fruit. Plus, baked potatoes for today and tomorrow.

Drink lots of water today and tomorrow to replenish fluids discharged in the toilet.

The above procedure contradicts many modern medical viewpoints. Gallstones are thought to be few, not thousands. They don't get 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 that are in the gallbladder are big enough and sufficiently calcified to be seen on x-ray and that have caused inflammation there.

When the gall bladder is removed surgically, the acute pain is gone, but bursitis, allergies, digestive problems and other symptoms recur and get worse. Stones are not thought to reside in the liver. If the liver is operated upon, only the largest and worst offenders can be removed. Yet, uncountable stones, gravel and crystals remain in the already clogged liver, which has not improved at all.

The truth is self evident: People who have their gallbladder surgically removed, still still eliminate green, bile-coated stones with our liver purge. Anyone who cares to dissect these eliminated stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones", exactly.

#### Caution

In the highly unlikely event that you feel waves of pain reaching up to your throat, you might have a gallstone stuck in your bile duct. Clay-colored stool is evidence of bile duct blockage. Epson salts can relax that bile duct in 20 minutes. Take a heaping teaspoon in  $\frac{3}{4}$  cup of water, but only on an empty stomach or you may feel quite ill.

You can also try taking 6-8 capsules of Valerian root herb, four times a day, including bedtime, may also help to relax the duct. If you do not get relief, you can be sure it was a spasm of the bile duct system. The magnesium in the Epson salts relaxes spasms. It would be best to clean the liver a number of times (at 2 week intervals unless too ill) to try to dislodge the sticking gallstone. If this does not relieve the pain, then you need to consult a medical professional.