

THE TWO DAYS GALLBLADDER FLUSH PREPARATION

This protocol is best done in combination with Colonic Hydrotherapy treatments on the day of the flush and especially the day after the flush. If you cannot have a colonic on those days you can support the process with two home (coffee) enemas on each of the two days of this schedule.

The colonics (or enemas) support the purging process by speeding it up and diluting the bile salts that are released into the bowels. Those are acidic and can feel burning especially when they reach the colon and rectum. Colonics will also increase the effect of the flush by encouraging the release of bile from the liver (through its gentle stimulation of the parasympathetic nervous system).

To do a Gallbladder Flush you will need:

- Food-grade Epsom Salts
- Fasting Salts (Nutri Align) or any other rehydrating electrolyte combination
- 140 ml of extra-virgin organic olive oil (120 ml if you weigh less than 60 kg; 160 ml if you weigh more than 75 kg)
- The juice of 1-2 pink or red grapefruits depending on size (lemon juice can be used but grapefruit juice makes the mixture much nicer and easier to drink)
- 1 or 2 juiced lemons depending on size and taste
- a large container (600 ml minimum) with a screw-on top and a wide opening
- a measuring jug
- a large jug (2 pints) to allow preparation of the Epsom salts in advance - ensure they are fully dissolved
- a straw might help to drink the oily mixture

Choose a day like Saturday, so that you will be able to rest the next day.

Eat a non-fat dinner the night before (Friday) such as a vegetable juice or brown rice and steamed or raw vegetables, seasoned with herbs and salt only.

This allows the bile to build up and pressure to develop in the gallbladder; the higher the pressure the better the flushing action.

Caution: *If you have fatty liver, diagnosed gallstones, IBD, stomach ulcers, hiatus hernia, or other significant medical conditions do NOT undertake a Gallbladder Flush protocol without prior professional consultation and appropriate preparation.*

THE GALLBLADDER FLUSH PREPARATORY SCHEDULE

On the actual day of the flush do not eat any solid food; only take medicines and/or supplements that you cannot do without for 24 hours.

Flush day:

Until 2.00pm: Tea, coffee, and juices (such as cucumber, celery, carrot, lemon and apple) are permitted.

2.00 pm: Prepare the Epsom salts in the large jug by mixing 2 tbs (30g) of Epsom salt with 300 ml of water. Add the juice of a lemon or 2 (if no lemons available use 3 tbs. of apple cider vinegar) and 1 tsp (5g) of Fasting Salts (or other electrolytes); store in the refrigerator. Preparing this ahead is for convenience and taste only. If you do not have the time/facilities to do this you can leave this step and start your flush schedule at 6.00pm.

The jug holds two servings of 150 ml each.

After 2.00pm: only drink sparingly and only drink water (with optional electrolytes or Fasting Salts) and/or herbal/green tea.

6.00 pm: Drink one serving – 150 ml (i.e. the equivalent of a small tumbler) of the ice-cold Epsom salts (If you did not prepare this ahead of time, simply mix 1 tbs in 150 ml of water; adjust with electrolytes and lemon juice to taste). You may drink a few mouthfuls of water afterwards or rinse your mouth.

After 6.00pm: Nil by mouth until 8.00pm

8.00 pm: Repeat by drinking the other serving of Epsom salts

9.30 pm: The Epsom salts should be taking effect, and you will have diarrhoea. This is normal but don't worry if it doesn't happen.

9.45 pm: Measure and pour 140 ml (120/160 ml) of olive oil into the screw-top jar. Squeeze the grapefruits (or the lemons) and add this juice to the oil. Together this should make at least 400 ml of liquid. Screw the jar tightly with the lid and shake vigorously until the oil is well mixed and the appearance of the drink is watery (fresh pink grapefruit juice does this very well and better than lemon juice).

[NB: "tsp" = teaspoon, "tbs" = tablespoon]

At 10.00 pm or whenever the diarrhoea settles: shake and drink the potion you have mixed. Drinking through a large straw may help it go down more easily. **Make sure you finish the whole drink within 15 min.**

WHAT TO EXPECT FROM YOUR FLUSH

After finishing the oil/grapefruit mixture, it is best to sit up and to avoid too much activity. You can sit up until you are ready to go to bed or prop yourself up in bed. The oil will be sitting in your stomach for a few hours (on average 3 to 4 hours) and lying flat might cause heartburn and/or reflux and/or occasionally nausea.

Think about what is happening in the liver and gallbladder: the bile ducts have been opened by the Epsom salts and bile is released to emulsify the oil and prepare it for digestion. The intense demand for bile is what sluices the sand, small gallstones, and the occasional larger ones, which can sit, normally undisturbed, in the bile ducts of the liver and gallbladder.



*Gallstones recovered after a gallbladder **flush***

Next morning: upon awakening but not before 6.00 pm start to rehydrate by drinking small sips of water (with electrolytes) and/or peppermint (or ginger) tea. If you have indigestion or nausea wait until it has gone before drinking any fluids.

If you have planned a colonic that day: avoid solid foods before your treatment. Until you eat again, whatever is being released in the toilet and in the colonic will be coming from the liver/gallbladder. You might observe what seem to be green/brown peas but are liver stones or gallstones.



*Gallstones recovered after gallbladder **surgery***

Eat lightly, plan an easy day and an early night.

The following morning: you should feel fully recovered.

This protocol **can be repeated every 3 to 4 weeks** until you no longer observe the pea-like stones and/or feel any nausea. It is not unusual if this takes 10 to 15 flushes. You can also do this flush three or four times per year as a preventative measure to keep your liver and gallbladder healthy.