

ALTERNATIVES

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Organ Detoxification The Liver & Gallbladder

The liver and gallbladder flush is an important detoxifying agent which will help restore the normal functional capacity of these organs. Follow these directions precisely:

1. Monday through Saturday noon, drink as much apple juice or apple cider as the appetite will permit, in addition to supplements and regular meals. The apple juice or cider should not be of the concentrated type nor should it have any sugar or additives.
2. At noon on Saturday, eat a normal lunch.
3. Three hours later, take two teaspoons of Fleet's Phospho Soda, dissolved in about one ounce of hot water. The taste may be objectionable and may be followed by a little citrus juice {freshly squeezed if possible}.
4. Two hours later, repeat step 3.
5. For the evening meal, you may have grapefruit juice, grapefruit or other citrus fruits or juices.
6. At bedtime, you have two choices:
 - (a) 1 ½ cup of unrefined olive oil followed by a small glass of grapefruit juice, or:
 - (b) ½ cup of warm, unrefined olive oil blended with ½ cup of lemon juice.

Unrefined olive oil can be purchased from any health food store. It is best to use fresh citrus juice, but canned or bottled are permissible.

7. Go immediately to bed and lie on your right side with your right knee pulled up close to your chest for 30 minutes.
8. The next morning, one hour before breakfast, take two teaspoons of Fleet's Phospho Soda dissolved in 2 ounces of hot water.
9. Continue on your normal diet and any nutritional program that may have been prescribed.
Some patients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice this nausea will slowly disappear by the time the patient goes to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs only in rare instances. This flushing of the liver and gallbladder stimulates and cleans these organs as no other method can.

Patients occasionally find small gallstone-type objects in the stool the following day. These objects are light green to dark green in color. They are very irregular in shape, gelatinous in texture, and vary in size from grape seeds to cherry seeds. If there seems to be a large number of these objects in the stool, please let the doctor know, as the liver flush may need to be repeated at a later date.

NUTRITIONAL SOURCES:

Fleet's Phospho Soda can be purchased at most drug stores.

Bile Salts are available through the following companies:

The Vitamin Shoppe at 1(800)223-1216 & L & H Vitamins at 1(800)221-1152 sell Lipo-gest by Nutri-dyn; Bile Plus by Biotics Research; and Bile-zyme by Sivad Bio Research Co.

Lipo-complex is available from Progressive Laboratories at 1(800)527-9512. Cholagest is available to doctors through Anabolic Laboratories at 1(800)344-4592.

Cholacol or A-F Betafood is available to doctors from Standard Process Laboratories at address & number listed above. The Vitamin Shoppe also carries these products.