

gallbladder removed you still need to cleanse because the liver will make gallstones.

I want to be perfectly clear here that even though you do not have a perceived problem with your liver or gallbladder it is still necessary to initiate cleansing and detoxification. If you are walking around the planet, breathing (I know you are ... I've seen you), eating (gotcha there too!) using chemical cleansing agents, soaps, drugs, etc., you need to cleanse your body's filtering system (the liver). Even with the liver's incredible regenerative abilities we don't want the liver to become so exhausted that it loses its ability to detoxify itself. Many people will be shocked at what comes out of the liver and gallbladder even when they don't have any diagnosed problems. I will have to add myself to this category. Here I go with another one of my personal cleansing stories.

My first liver/gallbladder cleansing rendered me a jar half-full of green and tan gallstones, some as big around as my thumb. I was shocked. I put the gallstones in the freezer for a few months (to show some of my clients) with a warning to my housemates, "Loree's gallstones ... do not open."

At the time I did this liver/gallbladder cleanse I had a male housemate who thought I was a lunatic. It was science vs. holistic healing in a clash of the titans. At one point we almost came to blows in the kitchen about scientific studies versus, in his words, my airy-fairy medicine. We were at opposite ends of the planet in our beliefs. You can imagine his reaction when he saw the gallstones in the freezer. The guy just about did a back flip in the kitchen (he was a tall guy and it was a very small kitchen) but hey, that was his problem.

Anyone who is around me for any length of time will learn that I have my cleansing cycles and rituals. I don't wear any strange

clothing or go around chanting or anything, but many times social activities are set aside to complete a cleansing fast or a program. I take detoxification very seriously even though I have been harangued mercilessly at times. I try not to be judgmental toward different beliefs. My days of flaming co-dependency and people-pleasing are over, and I don't have to justify myself to everyone for my actions or my beliefs. I just follow my own path of consciousness. We all have that right of free will to do what we feel is appropriate for our own body.

Let no one presume to give advice to others who has not first given good advice to himself.

— Seneca

LIVER/GALLBLADDER FLUSH

Here is the liver/gallbladder cleanse I used, based on Hulda Clarke's information and that of many other herbalists. This is the most potent way to cleanse the liver. It can lead to much improved energy, a fantastically sharp mind, and a more efficient liver and gallbladder.

1. For 3 days drink as much apple juice in a day as you can comfortably consume. Do not exceed one quart in a day. To each quart of apple juice add ¼ teaspoon of citric acid or orthophosphoric acid (obtain through a health practitioner).

Alternate method: 15 drops of orthophosphoric acid 2 times daily for 2 weeks prior to the cleanse and then 15 drops 2 times a day during the cleanse. (Check the strength of the orthophosphoric acid to determine that the above recipe that is appropriate. Please consult your health practitioner.)

2. During this time eat as well as possible: fruits, vegetables, nuts, seeds, and grains. Avoid animal proteins, except for fish.
3. On day 3 eat no fat for breakfast or lunch. After 2 p.m. on the third day no more solid food is consumed. Water and teas only. At 6 p.m. mix up 5 tablespoons of Epsom salts in 3 cups of water. This makes 4 servings of 1 cup each.
4. At 6 p.m. drink one $\frac{3}{4}$ -cup serving. You may add $\frac{1}{4}$ teaspoon of vitamin C powder to improve the taste. You may also drink afterwards and rinse your mouth.
5. At 8 p.m. drink another $\frac{3}{4}$ cup of Epsom salts water.
6. At 9:45 p.m. pour $\frac{1}{2}$ cup (measured) grapeseed oil or olive oil. (I personally can't stand olive oil and I prefer grapeseed oil. Many love olive oil and do well on it.) To this add $\frac{3}{4}$ cup of fresh grapefruit juice. Mix vigorously until watery.
7. At 10 p.m. drink the potion you have mixed. Lie down immediately. You may 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. Don't clean up the kitchen. As soon as you drink it down walk to your bed and lie down flat on your back or on your right side with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thanks to the Epsom salts.) Go to sleep.
8. Upon awakening take your third dose of Epsom salts. Drink $\frac{3}{4}$ cup of the Epsom salts water. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6 a.m.

9. 2 hours later take your fourth and last dose of Epsom salts water. Drink the last 1 cup. You may go back to bed.
10. After 2 more hours you may eat. Start with fruit or fruit juice. One hour later you may eat regular food but keep it light. By dinner you should feel recovered. Look for gallstones in the toilet with the bowel movement. Look for the green and tan kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. The tan stones are supposed to be really old stones.

You will need to release a total of 2,000 stones before the liver is cleansed. The first cleanse may rid you of the stones for a few days, but then stones from the rear travel forward. Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating in top of the toilet bowl water. Cleansing this chaff is just as important as purging stones.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not 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 are in the gallbladder, are big enough and sufficiently calcified to see on x-ray, and have caused inflammation there. The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of gallstones exactly.

— Clark, 1993

An important note: You can't clean the liver with parasites living in it. You won't get many stones and will feel quite ill. Parasites can also get stuck in the biliary ducts, so complete a parasite-killing program first before a liver/gallbladder cleanse.

TOXIC EMOTIONS

It is important to mention that organs in the body are associated with certain emotions. I once had a consultation with a male client and his wife regarding some health issues. My analysis and muscle testing led me to ask this man, "What are you so angry about?" He was flabbergasted that I directly asked him that question with firm eye contact, but his liver (and some intuition on my part) led me down a different path than my original nutritional concerns. Our bodies speak volumes ... we just need to know how to listen.

Here are some thoughts from Louise Hay, *Heal Your Body*:

Liver problems. Probable cause: Resistance to change, fear, anger, hatred. The liver is the seat of anger, rage, primitive emotions, and chronic complaining. New thought pattern: *My mind is cleansed and free. I leave the past and move into the new. All is well. Love and peace and joy are what I know. I choose to live through the open space in my heart. I look for love and find it everywhere.*

THE KIDNEYS

According to the late Dr. Bernard Jensen, the kidney is one of the most abused organs in the eliminative chain, largely because most people do not drink enough water throughout the day. The kidneys must also accept toxic material from the liver, the bowel, and any other eliminative organs. During a fast or an extreme elimination diet, the kidneys are placed under additional strain from the intensified elimination of toxic material. The kidneys and the skin

work together; as stated previously the skin is considered the "third kidney." So it would be reasonable to assume that if the skin were hypoactive (underactive) then it would put an extra burden on the kidneys. There's that team player theory again. If someone on the team is lagging (as my sons would say) then another team member has to pick up the slack. If perspiration is active the kidneys must eliminate less toxic waste.

In my years as an iridologist I have seen many clients with an inherent weakness in the kidney area. So, regenerating the kidneys with proper diet, nutrition, and herbs is appropriate.

KIDNEY STONES

Kidney stones form when minerals that normally float free in the kidney fluids combine into crystals. When there is an overload of inorganic mineral waste and too little fluid, the molecules can't dissolve and form sharp-edged stones. There are three types of kidney stones: those composed of calcium salts, the most common type (75 to 85% incidence); struvite, or non-calcium-containing crystals (10 to 15% incidence); and uric acid crystals (about 5 to 8% occurrence). It takes from 5 to 15 hours of vigorous, urgent treatment to dissolve and pass small stones. Anyone who has had a kidney stone "attack" will tell you it was one of the most miserable experiences of their life. Passing a kidney stone is rated right up there with childbirth in the pain department.

The little spikes or edges on the kidney stone cut like glass as the stones pass through the urethra, causing swelling, intense pain, and slight bleeding. One of the best preventive approaches to avoiding kidney stone formation is to eat an alkalizing diet, emphasizing fresh fruits and vegetables, and avoiding excessive fat. Your diet should eliminate acid-forming foods, like caffeine-containing foods; salty, sugary, and fried foods; and soft drinks that

inhibit kidney filtering. As much as possible, avoid mucous-forming foods, like pasteurized dairy products, heavy grains, starches, and fats, to help relieve and inhibit sediment formation.

Dehydration can also be a factor in kidney stone formation by creating a reduction of urine and an increased rate of excretion of stone constituents. Be sure to drink plenty of water to assist the kidneys (all the eliminative channels for that matter) in flushing out impurities. It is suggested by herbalists to give your kidneys a cleansing at least twice a year. It is highly recommended to complete a kidney cleanse before cleansing the liver. You want to keep your kidneys, bladder, and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

If it has been determined that you have some kidney weaknesses or have had kidney stones in the past I highly suggest that you have a sense of urgency about cleansing your kidneys. Below is a kidney stone flush that can also be used in a crisis.

KIDNEY STONE FLUSH

- ◆ Drink the juice of ½ fresh lemon in an 8-ounce glass of water every ½ hour or until pain subsides. You can alternate lemon juice and apple juice.
- ◆ Take 3 capsules Kidney Combination Herbs.
- ◆ Take Pain Combination (herbal aspirin if needed).
- ◆ Take 1000 mg. of vitamin C every hour.
- ◆ Take a warm catnip enema when pain subsides.
- ◆ It takes 5 to 14 hours to dissolve kidney stones.
- ◆ As a preventative, drink the juice of ½ lemon in a glass of warm water first thing each morning. Also, it is beneficial for

the urinary system to drink cranberry juice and apple juice every day.

Again, we need to look at toxic emotions to assist the body in its healing work. (Louise Hay, *Heal Your Body*)

Kidney problems. Probable cause: Criticism, disappointment, failure, shame, reacting like a little kid. New thought pattern: *Divine right action is always taking place in my life. Only good comes from each experience. It is safe to grow up.*

Kidney stones. Probable cause: Lumps of undissolved anger. New thought pattern: *I dissolve all past problems with ease.*

THE LYMPH SYSTEM

It is vitally important to assist the integrity of our immune system and eliminative channels by keeping the lymph system healthy. The lymphatic system removes wastes and toxins via a clear liquid that runs through lymph nodes and keeps our immune system healthy. The lymphatic system can be thought of as being responsible for waste disposal and immune response. Congestion and slow drainage result from the excess wastes generated by an inefficient metabolism. The lymph system can become stagnant. The lymph system does not have a pump like the heart. Therefore, the fluid is moved through muscular contractions to “pump” the lymph. The best overall aid to a congested lymph system is exercise to circulate the lymph fluid.

Get those tennis shoes on. Come on. I know you can do it. One, two, three, let's go ... *Exercise, exercise, exercise!* You get my point. Get out there and start moving, walk the dog, walk the cat, roller skate, jump up and down, I don't care what you do — just move and breathe. Being a couch potato will get you to the grave in a New York minute. Muscular contractions through exercise are

The Liver/ Gall Bladder flush

Avoid the following foods:

Alcohol, Caffeine, Processed foods, Animal products, processed sugars, and Solid foods

Day 1 through 5

Blend one to two meals a day- smoothies or energy soup. Drink as much water, vegetable juice, or herb tea

Supplements

Oxygenated colon cleaner- laxative – as needed – if you are not having at least 2 bowel movements daily take the oxygenated colon product in the recommended dosage- if you are having more than three bowel movements daily don't use the laxative.

Raw apple cider vinegar - aids in the softening of stones- 3 teaspoons three times a day

Magnesium Maalate- helps to dissolve stones- 2 tablets 3 times a day with water

Enzymes- helps to dissolve fats- take two tablets 3 times a day

Optional - Castor Oil packs daily

Castor oil packs have been used for all types of problems involving lymph flow, such as:

- Inflammation
- Congestion
- Constipation
- Liver, kidney, and pelvic disorders

The function of the packs is to improve blood flow. Apply to the lower abdomen daily for 30-60 minutes. The packs are made by saturating cotton flannel, folded four-ply, with cold-pressed castor oil (cloth should not be dripping). The oil and flannel can be purchased at a health food store.

Wendy Duf

The oil-saturated flannel is then placed directly on the skin of the lower abdomen and covered with a piece of plastic, such as a plastic bag. Heat, in the form of a hot water bottle is then applied over the pack. A blanket or towel can be placed over the heat source to keep everything in place.

Recline with this on the lower abdomen for sixty minutes. Studies on castor oil packs done at the George Washington School of Medicine indicate that they improve immune system functioning. The flannel can be stored in a plastic bag in the refrigerator and used over again. Add extra castor oil as needed.

Day 6

Morning smoothie

For the rest of the day- drink only water, herb tea or veggie juice until the olive oil and lemon is taken.

Sometime after 2 pm prepare two glasses- one with 8 ounces of olive oil and one with 8 ounces of fresh squeezed organic lemon juice- alternate sipping the oil and the lemon juice- lie down on you right side- plan to stay home for the evening-apply a castor oil pack. You can massage the gallbladder and liver from the right to the center and down. In 8 to 16 hours you will begin to pass the stones in your bowel movements. You can catch the stones by eliminating into a colander and rinsing the feces off with water while holding the colander over the toilet. It sounds gross, but it is interesting to see the results. The stones are generally jade green, dark green or yellowish green and can vary in size and texture.

Digestive teas to settle the stomach- peppermint and ginger tea with cayenne are comforting

Optional coffee enema before bed- $\frac{1}{4}$ cup of organic coffee soaked in 2 quarts of water overnight- strain – do warm water enema (see optional instructions) or colonic before the coffee enema- place the strained two quarts of coffee in the enema bag- try to hold for 12 – 20 minutes then release.

Day 7

Continue on the program as on days 1 through 5 – you can have three blended meals on this day. You do not need to continue doing the supplements. Have a relaxing day; most of the stones should pass in the morning or early afternoon.

Day 8- Breaking the Cleanse if you choose or continue

Break the cleanse with a dark green leafy salad for lunch – remember to chew food thoughtfully and try not to overeat

Day 8 Continue the Cleanse

Follow the program as for the first 5 days then on day 12 drink the olive oil and lemon juice only this time use 4 ounces of olive oil and 4 ounces of lemon juice. This will help further cleanse the liver and help eliminate more stones.

Day 8 through 12

Blend one to two meals a day- smoothies or energy soup. Drink as much water, vegetable juice, and herb tea

Day 12

Morning smoothie

For the rest of the day- drink only electrolyte lemonade, water, herb tea or veggie juice until the olive oil and lemon is taken.

Sometime after 2 pm prepare two glasses- one with 4 ounces of olive oil and one with 4 ounces of fresh squeezed organic lemon juice- alternate sipping the oil and the lemon juice- lie down on you right side- plan to stay home for the evening-castor oil pack. You can massage the gallbladder and liver from the right to the center and down. In 8 to 16 hours you will begin to pass the stones in your bowel movements. You can catch the stones by eliminating into a colander and rinsing the feces off with water while holding the colander over the toilet.

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Day 13

Continue on the program as it is on days 8 through 12 – you can have three blended meals on this day. There is no need to continue the supplements. Have a relaxing day; most of the stones should pass in the morning or early afternoon. Break the cleanse with a dark green leafy salad for lunch – remember to chew food thoughtfully and try not to overeat.

Day 14 Breaking the cleanse

Break the cleanse with a dark green leafy salad for lunch – remember to chew food thoughtfully and try not to overeat