

Maximum Wellbeing Clinic
www.maximumwellbeing.com
Unit 1, 1 Sala Street, Rotorua.

GALL BLADDER FLUSH

(adapted from Dr H. Clark- "A Cure for all Cancers")

Choose a day like Friday or Saturday for the cleanse, so you can rest the next day. Take no medicines, vitamins or herbal preparations on the day. Drink at least 3 large glasses of apple juice for 5 days before your flush. The acid helps to soften the stones. Eat a no-fat breakfast and lunch, cooked cereal, fruit or fruit juice, bread and preserve(no butter or milk).

Mixture (1) EPSOM SALTS: Mix 4 tbs. of Epsom Salts with 3 cups of filtered water in a jar. This makes 4 servings of $\frac{3}{4}$ cup each. Refrigerate.

2PM: Do not eat after 2 o'clock. Doing so may result in you feeling quite ill later.

4PM and 6PM :

Drink one serving of the Epsom Salts. You can add some Vit C powder or Stevia if desired. You may wish to rinse your mouth after with plain water.

8 PM:

Drink another serving of Epsom Salts, $\frac{3}{4}$ cupful. You haven't eaten since 2 PM but you wont feel hungry. Try to do this fairly close to schedule.

9:45 PM: **Making Mixture(2)**

Pour about $\frac{1}{4}$ cup of olive oil into litre jar. Freshly squeeze pink grapefruit and/ or lemons into a measuring cup to make $\frac{1}{2}$ to $\frac{3}{4}$ of a cup. Add citrus liquid to the olive oil. Close the jar tightly with the lid and shake hard until watery. Some people have successfully done the program on less oil.

10:00 PM:

Drink the olive/citrus brew. It may be easier to drink through a large straw. Drink the brew standing up. Get it down within 5 minutes. A warm lemon drink with Stevia(a natural sweetener) can be taken in sips in between and after if required.

LIE DOWN IMMEDIATELY. The sooner you lie down the more stones you'll get out. Lie flat on your back with your head up high on the pillow. Try to keep perfectly still for at least 20 minutes. Visualize the gallbladder expelling many stones out through the intestines, quite comfortably.

NEXT MORNING.

Upon waking have your last dose of Epsom salts(not before 6.00am)

After 2 hours you may eat, if you feel like it. Start with fruit juice, half an hour later have some fruit. For lunch eat lightly e.g. salads, soups. Etc.

HOW WELL DID YOU DO ???

Peer into your poop and see if you can detect any green stones. You may need a torch. The gallstones should float. Count them. There may not be stones but kind of a green chaff with white crystals. This is gallbladder/liver waste matter, well done!! It might be a good idea to do this liver/gallbladder Detox several times a year.