

## GETTING RID OF GALLSTONES – THE GREAT LIVER AND GALL BLADDER FLUSH-OUT

and oestrogen imbalances are telling me that their livers are not coping. Hormone replacement therapy can also have a disastrous effect on the liver. Most of us are overloaded with aberrant forms of oestrogens that increase our potential to develop cancer. You may wish to consider using a milder form of herbal hormone balancing after this initial liver and gall bladder flush (see [www.naturefresh.co.za](http://www.naturefresh.co.za)). If the bile ducts of the gall bladder are blocked and you have gallstones, then the liver cannot function properly and everything gets silted up. You start to feel sluggish, constipated, bloated, tired, and unable to digest fats. Look in the mirror at the whites of your eyes. If they are not snow white and sparkling, then the liver is taking strain. Stick out your tongue: dirty and furry? Not good – time to get on with the great flush-out!

### WHAT IS INVOLVED AND IS IT EXPENSIVE?

All you need is ½ cup of olive oil, 4 tablespoons of Epsom salts (magnesium sulphate), 1 litre of non-acidic fruit juice, and ½ cup of lemon or grapefruit juice. Allow at least 2 days for the cleansing diet and then 1 - 2 days for the flush out and recovery. Make sure you can stay near a bathroom. This process is recommended after your parasite cleansing programme and when your kidneys

are functioning well. Otherwise, take a dose of Parasite Remedy in the morning and the evening during the first 2 days and drink a lot of freshly blended fruit juices in between glasses of water. It is best to make your juice fresh, in an ordinary blender every day. Add chunks of apple, lemon, etc. to a cup of water in the mixing jug. If you need to work on the kidneys, add a handful of parsley and celery sprigs to the mixture. Also add fresh dandelion shoots and other herbs if you have them. Sieve the blended pulp through a stocking and sip it slowly.

On the first day eat only fruit, salad, soup or boiled vegetables. If very hungry, you can also have hard-boiled eggs, a can of tuna (without oil), baked beans and dry biscuits. No fats, because we want the gall bladder pressure to build up. You can also drink a lot of fruit juice or herb tea. Take your Parasite Remedy in the morning and evening if you have not already been doing a regular parasite cleanse once a month.

On the second day eat the same way. At midday take your first dose of Epsom salts and juice. Take the next one in the evening an hour after dinner.