

GETTING RID OF GALLSTONES

– THE GREAT LIVER AND GALL BLADDER FLUSH-OUT



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The 'Great Liver and Gall Bladder Flush-Out' is a traditional herbalist cure for gallstones from hundreds if not thousands of years ago. It can be used both to expel gallstones, and to alkalise and 'spring clean' the system on a regular basis. Sue Visser gives the graphic details (adapted from *The Cure for all Diseases* by Hulda Regehr Clark). *Please note that pregnant women should not use this procedure, and patients on complicated drug schedules should first seek the advice of a qualified integrated medicine practitioner.

I received an e-mail from a woman asking me for help. Her mother was booked for surgery for the removal of her gallbladder, and was in excruciating pain. I recommended that she wait for three days and try the Great Liver and Gall Bladder Flush-Out. She did so, and afterwards the mother was examined by her doctors who could not detect a single gallstone. No more pain either. They were amazed. Many people have used this procedure over the years that I have been freely giving it out on my website.

The use of lemon juice and olive oil for gallstone removal is the oldest trick in the book. This version adds Epsom salts to the procedure and this helps to open the bile ducts and valves with impressive results. You are cautioned to first have a good kidney cleanse and to get rid of your zoo of body parasites such as worms, flukes and micro-organisms that share your body with you. This can be included in the first two days of the procedure. People who suffer from kidney stones are deficient in vitamin B₆, calcium and magnesium. They are

told to avoid calcium supplements but the calcium found in kidney stones comes from your own bones and not from a supplement that contains both calcium and magnesium! When your system is too acidic, calcium is removed from your bones if the diet is deficient. This is one of the ways that osteoporosis creeps up on us. In any case, the reason we undertake the liver and gallbladder flush is to avoid becoming too acidic and to have a good old spring clean.

WHY SHOULD WE CLEAN OUT AND MAINTAIN THE LIVER?

The liver is responsible for expelling waste from your system, as well as making many of the hormones, enzymes and metabolites that keep you fit, energetic and able to utilise your food. It also expels excess oestrogen from the bloodstream and potential cancer-forming cells on a daily basis. People with high cholesterol problems and sticky blood most certainly have a problem with their liver. Some anti-cholesterol drugs are very bad for the liver. Women who complain of menopausal symptoms like hot flushes