Prevention & Healing

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Gallbladder-Liver Flush Program

Drink plenty of filtered water containing no chlorine or fluoride. On average, drink 8 glasses of water, 8 oz. each, per day between meals. Do not drink water with your meals because it dilutes your gastric juices and may cause indigestion and malabsorption.

Cleansing Your Colon and Your Body

The gallbladder-liver flush is a quick, easy, and inexpensive way to cleanse the liver, the most important organ system for 'detox' (detoxification).

Supplies required:

- Malic Acid 800mg
- Ultra-Phos Liquid
- 4 qts Apple Juice (or tart cherry juice)
- Food Grade Epsom Salt
- Filtered water
- Juice of one lemon or ½ cup grapefruit juice
- Extra Virgin Olive Oil - Cold-pressed, Organic
- Cola or Soda, **Optional - NOT Required**

How to do the Gallbladder-Liver flush:

STEP 1: Add 8 "full" droppers of ***Ultra-Phos Liquid*** in 1 quart of apple juice and mix well. (One "full" dropper usually only fills about half of the physical length of the dropper.) Drink 1 quart of high quality apple juice mixture daily for 3 or 4 days. If you have diabetes or sensitivity to sugar, you may substitute a mixture of one part apple juice or tart cherry juice with one part filtered water.

Take ***Malic Acid*** 800mg, 1 tab a day for 3 or 4 days. (This will help thin your bile and make it easier to pass from your liver and gallbladder.) Eat light, low-fat meals each day of the cleanse.

STEP 2: On the 3rd or 4th day of Step 1, do the following: Around 3pm stop **all** medications, supplements, vitamins - including the Malic Acid. At 4pm: Eat the last light, low-fat meal of the day and finish apple juice. 5-8pm: You may continue to drink filtered water. At 6-7pm: take 1 teaspoon to 1 tablespoon Epsom Salt in 12 oz. of filtered water. At 9pm (bedtime): Drink 1/2 cup of extra virgin olive oil with the lemon juice or grapefruit juice at room temperature. Optionally, you may mix it with 1 cup of cola/soda (Those with diabetes can use a diet cola beverage.) Drink this on an empty stomach (at least 4 hours after the last meal). Try not to drink the mixed oil all at once but within 15-30 minutes. Using a straw may help.

STEP 3: Immediately after you drink the olive oil mixture, lie down on your right side with your knees up to your chest in a fetal position for at least 30 minutes. The oil stimulates the liver and gallbladder to purge the sludge bile to flow. The next day, your bowel movements may be loose and you will probably see many green objects. They usually start to come out after the 2nd or 3rd bowel movement. Some people may pass green objects for several days.

*****If you have gone through this flush without any response, for the next flush you can increase the amount of olive oil up to 1 cup or as tolerated. Occasionally, you may need an herbal laxative to get things moving or several large warm water enemas or colonics. *If you experience any abdominal discomfort or cramps, take one additional tablespoon of Epsom salt in a 12 oz. glass of water.***

Gallbladder-Liver Flush – Questions and Answers

Question: Do you feel pain with the gallbladder-liver flush?

Answer: No. However, you may feel nauseated for a few hours. The cola beverage and lemon juice will help to settle your stomach. You may use grapefruit juice instead of lemon juice.

Question: Do I have to follow these exact instructions?

Answer: No, there are many various methods of gallbladder-liver flush programs. You may do a daily flush with a smaller dose of olive oil, or try different types of oil such as grape seed oil or flaxseed oil, if olive oil is not tolerated or available. We offer an alternative flush, if you are interested.

Question: How long do I have to do this program, and how often?

Answer: We recommend once every month until passing very few stones.Gradually taper to 4 times a year (for every season) for maintenance.

Question: If my gallbladder has been removed, can I still do the gallbladder-liver flush?

Answer: Yes. You will need more than ever to get rid of sludge of bile and toxins from the liver.

Question: Is there any danger in doing the gallbladder-liver flush?

Answer: It is possible for gallstones to get stuck in the bile duct where they may cause acute inflammation of the gallbladder. However, if you use apple juice and Ultra-Phos Liquid you shouldn't have any problems. We have never seen a complication as long as you follow all the instructions carefully.

Question: Are the green objects real stones?

Answer: The initial bowl passage may contain true gallstones. However, most of the green objects are congealed bile sludge mixed with olive oil coming out of the liver and gallbladder ducts.

Question: Do I still have to take all my other medication while I'm taking the gallbladder-liver flush?

Answer: Olive oil may upset your stomach so we recommend not taking any medication, vitamins or minerals for 6 hours before or 6 hours after taking olive oil.

Question: Is this the only detox program I need?

Answer: Perhaps not. This is a simple basic detox program. If you are very toxic, you may need an advanced individualized intense detox program, including high enemas or colonics.

Question: If I don't pass any green objects should I stop the program?

Answer: Some people may have to do more than 2 or 3 gallbladder-liver flushes before they will start passing green objects. About 60-70% of people will notice green stones on the 1st trial.

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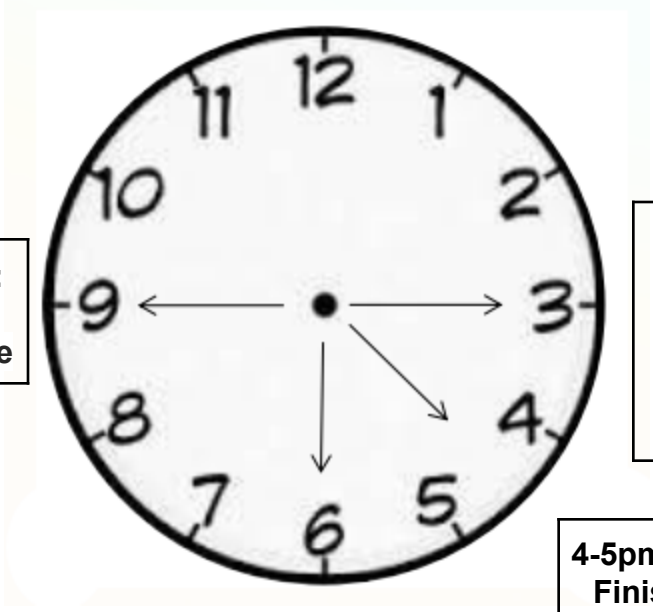
Gallbladder - Liver Flush Timeline
Day 3 or 4

3 pm: Stop All Medications, Vitamins & Supplements (including Malic Acid)
4-5 pm: Eat Last Meal of the Day, Finish Apple Juice
6-7 pm: Drink 12 oz. Epsom Salt Solution
5-8 pm: Drinking Water is OK
9 pm (Bedtime): Drink ½ cup Olive Oil

5-8pm: Drinking Filtered Water is OK



9pm (Bedtime): Drink ½ cup Olive Oil Mixture

3pm: Stop All Medications, Supplements, & Vitamins Including Malic Acid

4-5pm: Eat Last Meal Finish Apple Juice

6-7pm: Drink Epsom Salt Solution

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Weaving Internal Medicine with Integrative Medicine to Use the Best Each Has to Offer