

## **Liver/Gall Bladder Flush – Removing Stones**

If you follow Hulda Clark's instructions just the way its written here from her book "Cure for All Diseases" you will not have any problem with the cleanse. Remember your gallbladder fills up with stones only after your liver is filled up with stones. So by doing the liver flush you eliminate the stones in the gall bladder first. I recommend doing at least 5 flushes one very 2 weeks and then once every 6 months. Do the flush don't let them steal your gall bladder!

### **LIVER AND GALL BLADDER CLEANSE from CURE FOR ALL DISEASES**

By Dr. Hulda Clark

#### **Ingredients**

Epsom Salts	4 tablespoons
Olive Oil	half cup
Fresh Pink Grapefruit	1 large or two small –juice
Pint Jar with Lid	

To help sleep, take 4 ounces of Theta CalGold and Theta Magnesium before bed. Call the Wolfe Clinic for details. Don't skip this or you could have a sleepless night.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take NO medicines, vitamins or pills that you can do without; they could prevent success.

Eat a NO-FAT breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM

**DO NOT EAT OR DRINK AFTER 2 O'CLOCK.** If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tablespoons in 3 cups of water and pour this into a jar. This makes four servings,  $\frac{3}{4}$  cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM

Drink one serving ( $\frac{3}{4}$  cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tablespoon in  $\frac{3}{4}$  cup water now. You may add  $\frac{1}{8}$  teaspoon vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grape fruit out to warm up.

8:00 PM

Repeat by drinking another  $\frac{3}{4}$  cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success: don't be more than 10 minutes early or late.

9:45 PM

Pour ½ cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least ½ cup more (up to ¾ cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until water (only fresh grapefruit juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late.

10:00 PM

Drink the potion you have mixed. Take 4 ounces of Theta CalGold and Theta Magnesium liquid to make sure you will sleep through the night. Get the potion down within 5 minutes (15 minutes for very elderly or weak persons).

**LIE DOWN IMMEDIATELY!** You might fail to get stones out if you don't. The sooner you lie down the greater the number of stones that will be removed. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down, walk to your bed and lie down flat on your back 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 (thank you Epsom salts!) **GO TO SLEEP.** You may fail to get stones out if you don't.

**NEXT MORNING:**

Upon awakening take our third dose of Epsom salts. 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 6:00 am.

**2 HOURS LATER**

Take your fourth (the last) dose of Epsom salts. Drink ¾ cup of the mixture. You may go back to bed.

**AFTER 2 MORE HOURS:**

You may eat. Start with fruit juice and after half an hour passes eat some fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

**HOW WELL DID YOU DO?**

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is **PROOF** that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movements sinks but gallstones float because of the cholesterol inside. **COUNT THEM ALL ROUGHLY**, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies of bursitis or upper back pains **PERMANENTLY**. The first cleanse may rid you of them for a few

days, but as the stones from the rear travel forward, the symptoms will reappear. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a “chaff” floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

**Question:**

I have a question. You said in your explanation to me that, “remember your gallbladder fills up with stones only after your liver is filled up with stones”. I can’t find in my (very old) medical books, anything about the liver having stones. In fact what my medical books say is that stones are formed in the gall bladder. Might that be in Hulda Clark’s book, “Cure for all Diseases”? most of my friends look at doctors like their God, and think I’m a nut, so it’s important to me to be able to show them, when asked, that I know what I’m talking about.

**Answer:**

The gall bladder is simply a bladder that fills with bile ready to be put in the digestive system. It’s only a sac. Everything in it comes from the liver. The stones are made of fat. This is the way the liver stores the fat of the body. The problem is that over the years we take in more fat than we burn off. The liver gets bigger and bigger from the stones in storage because the stones not only increase in number but increase in size and after a period of time like 25 to 30 years the liver gets enlarged and filled with stones and then the stones at the bottom of the liver get deposited into the gallbladder. Usually by the time the stones are in the gallbladder they are bigger. The liver cleanse done properly will get them out every time with comfort and ease. Do it for your health, no matter what others might say. We have too many success stories. Trust me on this, Doctors don’t know everything.

The Wolfe Clinic