

The Amazing Liver Cleanse Andreas Moritz

Apple juice

Six 1liter (32oz) containers

Epsom salts (oral) 4 tablespoons dissolved in three 8oz cups of water

Fresh grapefruit or fresh

Enough to squeeze 2/3 cup of juice

lemon and orange combined

2 pint jars, one with a lid

x

Preparation

~Drink 1 liter of apple juice a day for a period of six days. (You may drink more than that if it feels comfortable. The malic acid in apple juice softens the gallstones and makes their passage through the bile ducts easy. The apple juice has a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhea during the first few days. Much of the diarrhea is actually stagnant bile, released by the liver and gallbladder (indicated by a brownish, yellow color). The fermenting effect of the juice helps widen the bile ducts. If this becomes uncomfortable, mix the juice with water. Drink the juice slowly throughout the day, between meals (avoiding drinking the juice during, just before and two hours after meals, and in the evenings). Preferably use organic apple juice or cider. It may be useful to rinse your mouth out with baking soda and/or brush your teeth several times a day to prevent the acid from damaging your teeth.

~Dietary recommendations: During entire week, avoid chilled or cold foods and beverages. They chill the liver, reducing the effectiveness of the cleanse. All foods should be at least room temp. Avoid foods from animal source, dairy products, fried foods, and refined sugars.

~The best time for cleansing: The main and final part is best done over a weekend, when you are not under any pressure and have time to rest. It should preferably coincide with a day between full moon and new moon. The 60day preparatory period can start 5-6 days before the full moon.

~If you take any medication: Avoid any medication, vitamins or supplements that are not absolutely necessary.

~Make sure you cleanse your colon before and after you do a liver cleanse.

~What you need to do on the sixth day of drinking apple juice: If you're hungry, eat a light breakfast; oatmeal is most ideal. Avoid sugar, or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals;

etc. Fruit or fruit juices are fine. For lunch eat plain cooked or steamed veggies with white rice (preferably Basmati rice) and flavor with a little unrefined sea or rock salt. Do not eat any protein foods, butter or oil, or you might feel ill during the actual cleanse. Do not eat or drink anything (except water) after 2 PM, otherwise you may not flush out any stones. Follow the exact timing given below to receive the maximum benefit from the liver flush.

The Actual Cleanse

6:00 PM: Add four tablespoons of Epsom salts (magnesium sulfate) to three 8oz. cups of filtered water in a jar. This makes four servings, 3/4 cup each. Drink your first portion now. You can add a little lemon juice to improve taste.

8:00PM: Drink you second serving of 3/4 cup of Epsom salts.

9:30PM: If you have not had a bowel movement until now, and not done a colon cleanse within 24 hours, take a water enema.

9:45PM: Wash grapefruit (or lemons and oranges). Squeeze them, removing pulp. You will need 3/4 cup of juice. Pour the juice and 1/2 glass of warm olive oil into a pint jar. Close the jar tightly and shake hard, about 20 times or until the solution in water.

10:00PM: Stand next to your bed (do not sit down) and drink the concoction straight. If necessary, take a little honey to chase it down.

LIE DOWN STRAIGHT AWAY! This is essential for helping to release the gallstones. Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher then your abdomen. If this is uncomfortable lie on your right side with your knees pulled towards your head. **Lie perfectly still for at least 20 minutes and do not speak!** Put your attention on your liver. You may feel the stones traveling along the bile ducts. Go to sleep if you can.

If you feel the urge to have a bowel movement, do so. Check for small gallstones (pea green or tan colored ones) floating the toilet. You may feel nauseous during the night and/or early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. The nausea will pass a the morning progresses

6:00-6:30AM: Drink your third 3/4 cup of Epsom salts. (If you're thirsty, drink a glass of warm water before taking the salts) Rest, read or meditate, or even some light Yoga. If you are very sleepy, go back to be, although it is best if the body stays in the upright position.

8:00-8:30AM: Drink fourth and last 3/4 cup of Epsom salts

10:00-10:30AM: You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. One hour later you may eat regular (but light) food. By the evening or next morning you should be back to normal, and feel the first signs of improvement. Continue to eat light meals during the next few days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side effects.

HYPERLINK "http://curezone.com/ cleanse/liver/huldas_recipe.asp" http://curezone.com/ cleanse/liver/huldas_recipe.asp

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. Stop the parasite program and kidney herbs too, the day before.

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 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

[You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it tastes better .]

6:00 PM. Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eighth) tsp. 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 (ozonated, if possible) and grapefruit out to warm up.

Alternative Schedule 1: Omit the first Epsom Slats dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. "The Cure For HIV and AIDS" By Hulda Clark pg.585

8:00 PM. Repeat by drinking another 3/4 (three fourths) 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.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten

o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen 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 more stones you will get out. 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 your 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. You may go back to bed again.

"The Cure For HIV and AIDS" By Hulda Clark pg.585

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

HYPERLINK "http://www.geocities.com/HotSprings/Spa/7244/master_cleanse.html" http://www.geocities.com/HotSprings/Spa/7244/master_cleanse.html

The Master Cleanser with Special Needs and Problems By Stanley Burroughs

Purpose:

To dissolve and eliminate toxins and congestion that have formed in any part of the body.

To cleanse the kidneys and the digestive system.

To purify the glands and cells throughout the entire body.

To eliminate all unusable waste and hardened material in the joints and muscles.

To relieve pressure and irritation in the nerves, arteries, and blood vessels.

To build a healthy blood stream.

To keep youth and elasticity regardless of our years.

WHEN TO USE IT?

When sickness has developed—for all acute and chronic conditions.

When the digestive system needs a rest and a cleansing.

When overweight has become a problem.

When better assimilation and building of body tissue is needed.

AND HOW OFTEN?

Follow the diet for a minimum of 10 days or more—up to 40 days and beyond may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy conditions. The diet may be undertaken more frequently for serious conditions.

HOW TO MAKE IT?

2 Tablespoons lemon or lime juice (approx. 1/2 lemon)

2 Tablespoons genuine maple syrup (Not maple flavored sugar syrup)

1/10 Teaspoon cayenne pepper (red pepper) or to taste

Water, medium hot

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass and fill with medium hot water. (Cold water may be used if preferred.)

HELPING THE CLEANSING ALONG

A LAXATIVE HERB TEA is found to be the best helper for most persons. It is a good practice to take a good laxative herb tea right from the beginning—the last thing at night and first thing in the morning. There are several good laxative teas. They are best taken in a liquid form. Buy them in your health food store.

ANOTHER CLEANSING AID: INTERNAL SALT WATER BATHING

As it is necessary to bathe the outside of our bodies, so it is with the inside. Do not take enemas or colonics at any time during the cleansing diet or afterwards. They are unnecessary and can be extremely harmful.

There is a much superior method of cleansing the colonic tract without the harmful effects of customary colonics and enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it. Colonics can be expensive while our salt water method is not.

DIRECTIONS: Prepare a full quart of luke-warm water and add two level (rounded for the Canadian quart) teaspoons of sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more or a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but do it the natural way—the salt water way.

It is quite advisable to take the herb laxative tea at night to loosen, then the salt water each morning to wash it out. If for some reason the salt water cannot be taken in the morning, then the herb laxative tea must be taken night and morning.

HOW TO BREAK THE LEMONADE DIET

Coming off the lemonade diet properly is highly important—please follow the directions very carefully. After living in a semi-tropical and tropical climate for many years, I find that people have increasingly turned to a raw fruit, nut, and vegetable diet. Following is the schedule for people who normally follow such a natural vegetarian diet:

FIRST AND SECOND DAY AFTER DIET:

Several 8 oz. Glasses of fresh orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the change over, extra water may be taken with the orange juice.

THIRD DAY:

Orange juice in the morning. Raw fruit for lunch. Fruit or raw vegetable salad at night. You are now ready to eat normally. For those who have characteristically lived the unnatural

way of meat, milk, refined and devitalized food, it may be best to change over as follows, gradually adopting the raw fruit, nut, and vegetable diet:

FIRST DAY:

Several 8 oz. Glasses of fresh orange juice as desired during the day. Drink it slowly.

SECOND DAY:

Drink several 8 oz. Glasses of orange juice during the day—with extra water, if needed.

Some time during the afternoon, prepare a vegetable soup (no canned soup) as follows:

RECIPE FOR VEGETABLE SOUP

Use several kinds of vegetables, perhaps one or two kinds of legumes, potatoes, celery, carrots, green vegetable tops, onion, etc. Dehydrated vegetables or vegetable soup powders may be added for extra flavor. Okra or okra powder, chili, curry, cayenne (red pepper), tomatoes, green peppers, and zucchini squash may be included to good advantage. Brown rice may be used, but no meat or meat stock. Other spices may be added (delicately) for flavor. Use salt delicately as a limited amount of salt is necessary. Learn to enjoy the natural flavor of the vegetables. The less cooking the better.