

# LIVER AND GALLBLADDER FLUSH

## To Remove Liver and Gallbladder Stones



### ITEMS NEEDED

- 8-ounces of pure, cold-pressed, *organic* extra virgin olive oil
- 6- to 8-ounces of freshly squeezed pink grapefruit juice or the juice of 2 lemons
- Freshly squeezed apple juice (*enzymes assist with reducing nausea*)
- Phosfood Liquid (*Optional: see below*)
- Intestinal cleansing formula (*Optional*)

### SUGGESTED PREPARATION

- One month on Dr. Morse's Liver/Gallbladder formula (*preferred*)
- Three days of mainly raw fruits and vegetables (*preferably organic*)
- For three days prior, drink one 8-ounce glass of *freshly juiced* apple juice in the morning and one in the evening
- Three days of bowel detoxification. Choose from the following intestinal cleansing formulas from Dr. Morse's Herbal Health Club:
  - Stomach and Bowel #2 (*Gentle*)-if bowels move at least one time daily;
  - Stomach and Bowel #3 (*Moderate*)-if bowels move at least once in a two day period;
  - Stomach and Bowel #4 (*Strong*)-for bowels that resist regular movement.

In lieu of herbal detoxification, an individual may choose to take an enema one-day prior to flush. *It is important that your bowels are moving well.*

- You can add 45 drops of Phosfood Liquid to your apple juice, two times a day (*a.m. & p.m.*). This will help *loosen* and *soften* any stones you might have.

**NOTE:** No solid foods should be consumed after noontime on the day of the flush (*fresh fruit juices or distilled water are acceptable*).

# THE LIVER AND GALLBLADDER FLUSH

- Stop all fluid intake at 6:30 p.m., or thirty minutes before the flush is started.
- Begin the flush between 7:00 p.m. and 9:00 p.m., or as you wish.
- Mix or blend 8-ounces of olive oil with 6- to 8-ounces of pink grapefruit juice or the juice of two lemons.
- Consume at a rate that best suits you. You may wish to consume it all at one time, or you may consume ¼ cup every 15 minutes, or you may drink it even more slowly. After the olive oil is consumed **you should retire for the evening, lying on your right side.**

## CONSIDERATIONS



If nausea and/or vomiting sensations are experienced, the olive oil/citrus juice mixture can be chased with small amounts of *freshly juiced* apple juice. Resume consumption of the mixture as soon as possible. If the feeling of nausea continues, consume only as much of the mixture as you possibly can, then go right to bed, lying on your right side.

Watch stools for stones. Stones are usually green, but may be yellow, red, or black. Stone sizes range from a pea to a quarter or larger. Most liver or gallbladder stones are soft in nature, as they are lipid/ bile stones.

- With degenerative problems, the liver and gallbladder flush should be supervised by a health care professional.
- We recommend the use of **Standard Process Laboratories** Phosfood Liquid. This assists in softening stones. For more information on availability, contact your practitioner, or **Dr. Morse's Herbal Health Club at (941) 766-8068**

