



## Da Vinci Holistic Health Centre

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### GALL BLADDER & LIVER CLEANSE

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**Important:** Before you begin this cleanse you must drink at least 3 glasses of apple juice per day for 14 days (ready packaged is OK). If you are allergic to apples or have Candida, your practitioner will advise you to take Malic Acid (Magnesium Malate) instead. Take one capsule x 3 daily of magnesium malate for 14 days before attempting the flush – this will help to soften the gall stones.

Take no medications, vitamins or pills that you can do without on the day of the gall bladder cleanse. They could prevent a successful gallbladder flush.

Eat a **NO-FAT breakfast** and lunch such as cooked cereal with fruit, fruit juice, brown bread with a little honey (no butter, milk or margarine), baked potato or other vegetables with salt only. Have a big **NO-FAT lunch**, as you will not be eating again until the next day. Do not eat anything else after lunch; only drink water when you are thirsty, or have some freshly made carrot juice with some beetroot and anything green.

#### Follow the simple steps as outlined below:

- **6.00 PM** Drink one serving (1 cup) of ice cold Epsom salts. This can be made by mixing one level tablespoon Epsom salts into 1 cup cold apple juice or water. You may add 1/8 teaspoon of vitamin C powder to improve the taste. You may hold your nose while drinking this and have some apple juice or a little water standing by to rinse your mouth out.
  - **8.00 PM** Repeat the Epsom salt drink as above.
  - **9.45 PM** Pour into a large glass (10oz glass) olive oil until half full and then squeeze orange or grapefruit juice into this until it is full, with two whole fresh lemons or lime. Shake or stir hard until the oil and fruit juice mix thoroughly. Hold your nose and drink, or use a couple of straws if you find this easier. Before drinking this, visit the bathroom now and prepare yourself for bed – shower, toilet, brush teeth, etc.
  - **10.00 PM** Drink the olive oil and juice you have mixed. Drinking through a plastic straw helps it go down easier. Drink it standing up, not sitting or lying. You may use a little honey between sips to help it down. Try to drink it as quickly as you can, within 5 minutes – hold your nose if this is easier.
1. **LIE DOWN IMMEDIATELY, ON YOUR RIGHT SIDE!** You may fail to get stones out if you don't. The sooner you lie down, the more stones you will get out. Immediately upon finishing the oil and juice (or while taking it), one should go to bed and lie on the right side with the right knee drawn up toward the chin for 30 minutes before going to sleep. This encourages the oil to drain from the stomach, helping contents of the gall bladder and/or liver to move into the small intestine.

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, thanks to the Epsom salts. **GO TO SLEEP.**

**NEXT MORNING:** upon awakening, take another dose of Epsom salts. You may go back to bed. Don't drink this before 6.00 am.

**2 HOURS LATER** - take your 4th and last dose of Epsom salts. You may again go back to bed if you wish to rest further. Expect to be on the WC with diarrhea sometime between the first and second dosage.

**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 - salads, steamed vegetables, fruit, juices, etc. By supper you should feel well. There are occasions when you may feel a little unwell for a couple of days, particularly when you have not done a liver flush before the gallbladder cleanses.

In the morning expect diarrhoea. Try to catch the gallstones in a plastic sieve in the toilet pan so that you can see them. Most of the stones will be dark green and these are made of cholesterol, this is why they are soft and mushy. You may also see some small, brownish stones that are hard like gravel – these are usually made of calcium oxalates and are sharp – they may fall through the holes in the sieve due to their small size.

If you are a “true” scientist simply place the stones on a piece of paper and photograph them – this is the scientific evidence that gall bladder stones can be flushed with this natural method.

It would be wise to flush again every month for up to 6 months if there are enough stones. If you flush stones every time, then you will need to repeat it as the stones trapped in the liver will slowly trickle down and fill the gall bladder sack again, hence they will need to be flushed again. Certainly the DaVinci Holistic Health Centre welcomes any photos taken for their scientific archives – you can email them direct to Dr. Georgiou at [admin@docgeorge.com](mailto:admin@docgeorge.com)

### **Helpful Hints**

**On rare occasions some people may feel nauseas – this is related to the toxic bile leaving the gallbladder and causing discomfort and the feeling of wanting to vomit. There are a few things that may help in such cases:**

1. Taking one hydrochloric acid tablet at bedtime will help reduce any nausea during the night.
2. If you have a tendency to get nauseated from the oil, take 2 tablespoons of Aloe Vera juice after your doses of oil and citrus juice.
3. Placing a hot water bottle over the liver area (under the right ribcage) during the night also helps relieve nausea.

Many people complete this procedure with minimal discomfort, and nearly everyone feels much better after completing it. Flushing the liver and gall bladder in the manner described (if the gall bladder is present) stimulates and cleans these organs as no other process does.

Oftentimes, persons suffering for years from gallstones, lack of appetite, biliousness, backaches, nausea, and a host of other complaints will find gallstone-type objects in the stool the day following the flush. These objects are light to dark green in colour, very irregular in shape, gelatinous in texture, and of sizes varying from "grape seed" size to "cherry" size. If there seems to be a large number of these objects in the stool, the flush should be repeated in 2-4 weeks.

Good luck!