

Liver-Gall Bladder Flush—Clear the Liver and Gall Bladder of Toxins. “Stones and Gravel”

THIS cleanse is fundamental to restoring & maintaining good health and supporting all of the body’s organ systems. Some consider it to be the greatest single program towards this goal. Chiefly, the liver filters and breaks down toxins & chemicals and processes fats & cholesterol. Clearing the congestion, these and other 600 plus functions the liver performs may improve. After the liver flush you may notice a general feeling of well being, clearer thinking, fat loss, dramatically lower cholesterol levels, lessened allergies, improvements in eyesight & greater inner peace. Obviously, since the liver will be able to function better, any area of your health may improve, and all healing or detox programs should work better. It is strongly recommended before fasting. *Gallbladder operations can many times be avoided.*

THIS liver flush is safe, fairly easy, and very effective, with little or no detoxing reactions. Ortho Flush Drops soften the stones and helps them float. The additional olive oil dramatically improves the effectiveness of the action the liver takes when it moves the stones around, and pushes them up and out. The Colosan (a blend of magnesium oxides), serves a dual purpose of doing a great job of opening up the bile ducts, while also preparing the colon to quickly cleanse and move the toxins and “stones” out of the body. Finally, the timing of each step, most importantly the consumption of olive oil, is specific and works the liver, which according to Ayurvedic & Chinese Medicine, cleanses during the hours of 10pm to 2am. This is the optimal time for the digestive fire of the liver to separate out toxins and poisons so they can be *eliminated*.

About The Stones The stones are typically made up mostly of cholesterol, cholesterol crystals, calcium, and toxins with a green bile coating. Sometimes the bile ducts are full of cholesterol crystals that do not form into stones but appear as a “chaff” floating on the top of the toilet. It may be tan colored, harboring millions of tiny white crystals and is just as important to purge as the stones. According to Hulda Clark’s research, at the very center of each stone is found a clump of bacteria, suggesting a dead bit of parasite might have started the stone forming. Also several users of this particular program have reported actually seeing liver flukes eliminated. Additionally Hulda Clark has indicated that Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way, “nests” of infection are formed, forever supplying the body with fresh bacteria. This is similar to the constant drain on the immune system and infected root canal will cause.

Day 1, 2&3 Note: ONE MIGHT BEGIN WITH DAY 1 ON Wednesday, DAY 4 FALLING ON Saturday.

Pre-softening stones- Over the course of 3 days prior to the day of the liver flush, you consume 1 ounce of OrthoPhos Drops, (ortho-phosphoric acid, inositol, & choline) to soften the stones, as to not tear the walls of the bile ducts. Ortho-phosphoric acid also helps remove calcium and lipids from arteries, and normalizes cholesterol metabolism. Note: Most of the people who have done this flush use 1 oz. of OrthoPhos Drops (1/2 of the 2oz. bottle). People who should do 2 ounces of the OrthoPhos Drops are those who: 1). are significantly overweight (over 60lbs. or so), 2). Are over 50 and have never done a flush before, or 3). Know they are particularly congested or have known large calcified stones.

The recommended way is to pour the OrthoPhos into one gallon of organic apples juice and drink three 14 ounce glasses each day. The apple juice, high in malic acid, also works as a stone softening agent and hides the taste. *The important thing is just to consume at least 1 oz. of the drops spread out over 3 days.*

Pre-Cleaning Option- During the same 3 days you are taking OrthoPhos Drops. You might also do intestinal cleansing with ColoSan, which is very effective and insures clean pathways for the Liver Flush. Do ColoSan 1 to 2 times a day (suggest upon rising, 1.5 hours before lunch, before bed) People do not respond with the same level of flushing/purging effect: therefore, use your own judgment in terms of the amount and frequency of use. The oxygenated watery flushing effect is necessary and desired but should not be so much to cause on feel to out of balance or weak. Drink a rounded teaspoon Colosan mixed in an 8-12 oz. glass of water or orange juice which makes a nice orange cream taste. Add the juice of fresh squeezed lemon into the same (now empty) glass with another ounce or so of water and drink: this activates ColoSan by assisting the hydrochloric acid in the stomach to liberate the oxygen from the magnesium. Even if not doing the liver flush program you may wish to do an initial intestinal cleansing program of 3 to 7 days. Have a bathroom handy at the home or office when ColoSan starts working. After a few uses you will start to become familiar with how your body reacts to ColoSan and you will develop more awareness. You can adjust the size of the dose.

DAY 4- Liver Flush Day (Do not do ColoSan until the evening 5pm and 7pm as instructed in Step 2&3)

Step 1- If you eat on the day you are doing the liver flush, make sure not to eat anything heavy or greasy (incl. Butter) with breakfast or lunch. After 2pm try not to eat anything else, or only fresh fruits & vegetables or juices. Optimally one should do a juice fast the day of the flush.

Step 2- At 5pm take 1 level tablespoon of ColoSan in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

Step 3-At 7pm take 1 level tablespoon of ColoSan in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

Step 4- Light some candles, incense and put on some relaxing music for steps 6 & 7 or plan a movie to watch that will finish around ten.

Step 5- At exactly 9pm combine the following in a blender & drink. (Blended it tastes surprisingly ok)

6-8 oz. of organic pure extra virgin olive oil.(organic feels vastly better.)

6-8 oz ounces of grapefruit juice, organic & fresh squeezed.

To amend the taste I suggest the juice of one lemon and some stevia if you like it sweet.

Less volume of liquid is less likely to produce a bloated or nauseous effect. However some people know they cannot chug and can use 8 ounces of juice and oil & sip over 5 minutes. Sipping through a straw may help it go down easier.

Step 6- After drinking IMMEDIATELY lie on your right side (liver side) with knees to the chest & try to stay still for 30 minutes.

Step 7- After lying, stand up & move around a little for at least 30 minutes and go to bed without drinking anything else (except a little water).

DAY 5-When you wake up (6-8am) take one level tablespoon of ColoSan with the lemon to help flush out the stones. Then you can go back to bed and wait for ColoSan to kick in. You should see at least 100-1000 soft green to brown stones (up to 1 in. diameter) floating in your 3 or 4 bowel movements to follow, and sometimes throughout the day. On this day, fruit juice should be consumed before anything else. Anytime after on half hour one should have a fruit breakfast. Fruit pulp is a great bowel balancer, cleanser.

DAY 6- You should use ColoSan 2 or 3 times to clear any remaining stones or bile. People can be sickly or nauseous till the stones are evacuated. Having done the flush, you may want to help the liver rejuvenate with the Herbal Follow-up: taking 2-3 capsules, 3 times a day. *Today & this week is the perfect time for a colonic!*

Additional Flush Information: Many people do not experience any nausea from this program particularly those who have done it before. Some people feel nausea or a headache after consuming the oil as it flushes the liver. Nausea may occur during the night from around 2-3am to around 8-10am, subsiding after you have had a chance to flush most of the stones out of the colon. In very rare cases, this can persist for the whole day, the stones and the old trapped bile can be very toxic. The liver flush should be repeated until no more stones are eliminated. If you have approx. 500 or more stones or several very large ones, it is recommended to repeat in 2 weeks to 3 months time.

If you are someone who is truly seeking optimum health, proper body weight and relief from any health problem, the liver flush is key in providing you with a foundation for health and healing that no health supplement can duplicate. If you have tried everything else, this is one of the things you may be missing. Most everyone needs colon cleansing and a Liver-Gall Bladder Flush!

MORE INFO ON COLOSAN

COLOSAN AT WORK-In addition to its use in the liver flush, ColoSan should be used for periodic cleansing and/ or once or twice a week for maintenance in keeping intestines clean and oxygenated. ColoSan is one tool among many which can be used in maintaining good intestinal hygiene. While other herbs and building agents serve very important purposes, ColoSan is unique in what it does and may well be the best colon cleanser to start off with. It is a first step in any health regimen. That is because it oxidizes the immediate harmful matter, rendering it non-toxic and purges it quickly from the body. This way one is able to avoid detoxing or healing crisis and prepare the elimination process to handle further detoxing. Herbs and bulking agents can then be used to further detox, nourish, tonify and build strong peristalsis in the intestines. In some cases, ColoSan is enough to gradually wear away at most of the old mucoid layers. Since most forms of harmful bacteria and cancer thrive in a non-oxygen environment, ColoSan is very helpful in these cases. Candida is headquartered in the intestines and ColoSan can help greatly with this situation and with die off. ColoSan starts working in the stomach and small intestine. ColoSan also cleans digestive membranes to improve absorption of nutrients. So not only is digestion of meals improved but also assimilation of expensive health supplements!

To Order visit www.QNHshop.com
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*Disclaimer: The FDA has not evaluated any of these statements; we are not licensed state individuals. Practice at your own risk and gain. Please seek immediate medical care for any urgent trauma.