



MINI LIVER AND GALLBLADDER FLUSH

INSTRUCTIONS

Overview (Total time 6 Days)

Days 1-3: Prep Phase. Soften gallstones for removal and prepare body for flush.

Day 4: Flush Day. Do olive oil flush drink to stimulate release of stones, bile & sludge.

Day 5: The Day After. Eliminate dozens to thousands of gallstones, chunks of wax or grit!

Day 6: Completion. Support intestines to fully remove any remaining material.

Items Needed for Entire 6 Days:

- 1 Bottle [Colosan](#)
- 1 Bottle Phos Drops
- 1 Bottle [EFA Liquid 8oz Liquid](#)
- 1 Gallon Organic Apples Juice (fresh or bottled)
- Several Lemons
- 2 Grapefruits

Day 1-3: Prep Phase

1. On day 1, place **1 oz Phos Drops** into **one gallon** of **organic apple juice**.
2. Drink **three 14 ounce** glasses of this apple juice/ Phos Drops mixture each day for 3 days.
3. Take **Colosan** 1 teaspoon 1-2 times per day. (Best options: upon arising or before bed)
4. Improve Diet (decrease cooked fats; increase whole, fresh food)

Phos Drops: This product softens and dissolves gallstones, helps removes excess calcium from blood and normalizes cholesterol metabolism.

Colosan: Colosan is unique because it oxygenates and cleanses the intestines rendering any harmful matter non-toxic and purges it quickly from the body. It also dilates the bile ducts especially in higher doses. It is important to let your body get used to taking Colosan before the flush day.

1. On an empty stomach (upon arising, or before bed) drink a rounded teaspoon of Colosan mixed in an 8-12 oz. glass of water or orange juice.
2. 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 HCL in the stomach to liberate the oxygen from the magnesium oxide.
3. Have a bathroom handy as bowel movement may be loose.

Apple Juice: High in malic acid which also helps soften gallstones and helps hide taste of the Phos Drops.

Day 4: Flush Day

AM: Do not take Colosan in the AM. This is a good day for juicing.

Breakfast: If you eat at all (some fast on this day completely or do just juices, fruit or all raw), don't eat anything greasy, heavy or with any fat (not even butter, avocados or good oils).

Lunch: If you are eating, again eat simple; no meats and no fats. Focus on vegetables and fruits.

Afternoon: No more eating past 2pm. Or eat just fresh fruit, vegetables or fresh squeezed juice. Take it easy.

5PM: Take 1 Tablespoon **Colosan** in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

7PM: Take another 1 Tablespoon **Colosan** in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

Evening: Put on some relaxing music, read a book or plan a movie that will finish around ten.

At Exactly 9PM: Make and drink the Flush Drink

Flush Drink

Combine the following ingredients in a blender and drink. Blended it tastes surprisingly OK.

1. 6-8 oz. of EFA Oil Blend
2. 6-8 oz ounces of grapefruit juice, organic & fresh squeezed.
3. To amend the taste you may add the juice of one lemon and some stevia if you like it sweet.

Drink it down all at once or sip over 5 minutes. Sipping through a straw may help it go down easier.

Immediately After Drinking Flush Drink:

Lie on your right side (liver side) with knees to the chest & try to stay still for 30 minutes.

9:30PM: Now 30 minutes later stand up & move around a little for at least 30 minutes and get ready for bed.

Exactly 10PM: Go to bed without drinking anything else (except a little water if needed).

Day 5: The Day After

Upon Arising (6am-8am): Take 1 tablespoon of **Colosan** in water followed by lemon.

You most likely will be expelling stones throughout the morning. Be at home on this day so that you can take care of yourself.

Eliminations: Be near the toilet this morning for expelling the stones through your bowel movements. It is a great idea to begin the day after the flush with a coffee enema to stimulate a deeper release of toxins and hopefully avoid any stagnation that causes nausea. Also you may want to take 1 teaspoon-1 tablespoon **Colosan**. If you are having problems eliminating even after a couple hours from doing the enema, then do a Salt Flush which provides almost immediate results flushing the entire digestive tract and usually producing bowel movement within ½-2 hours. Some people feel nauseous until the stones are evacuated. You most likely will see at least 12-1000 soft green to brown stones (up to 1 in. diameter) floating in your 1-4 bowel movements to follow, and sometimes throughout the day and for some people even the next few days.

Diet: On this day, fruit juice or vegetables should be consumed before anything else. Anytime after a half hour one should have a fruit breakfast. Fruit pulp is a great bowel balancer and cleanser. For lunch it is recommended to keep it simple: vegetables, grains and only raw fats and oils if at all. No meat and 50% of the meal containing high fiber and high water content organic raw vegetables.

Water: Drink at least half your body weight in ounces of water per day (for example if you weigh 150 lbs. drink 75 ounces).

Relax: Have time to be with your body, breathe deeper into the belly, massage your belly, rest, or whatever is relaxing for you...

Day 6: Completion

Today it is time to support completion and integration of the flush. You support the intestines to fully remove any remaining material and plan to make changes that support more optimal health of the liver and gallbladder.

Use Colosan 2-3 times today to help clear any remaining stones or bile. You may continue to see stones throughout the day or for days to come.

Following the flush is a great time for rejuvenating the gallbladder and gallbladder.

1. Consider taking **Gallbladder PG** to tonify liver and gallbladder system. It helps reestablish healthy bile flow, soften sludge, and prevent formation of stones.
2. If you haven't already, establish a diet with fewer or no hydrogenated oils, cooked oils, meat fats or refined oils. Instead mostly get your fats from avocado and soaked, whole nuts.

Congratulate yourself! You are complete!