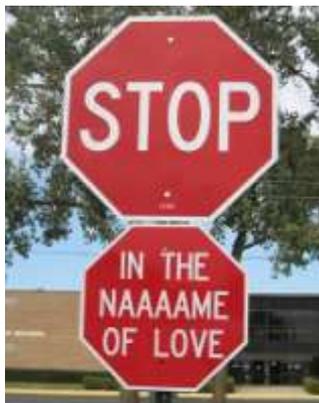


Eddie and Ranjana's Liver Flush and Gentle Detox

It is important to understand that we do not suggest that our programme will or could be suitable for you. The programme outlined here is the one we have personally used. We simply provide you with information and our opinions on the understanding that you take full responsibility for your own health. Personal responsibility is, we believe, a vital part of good health.

Basically the Liver Flush entails a preparatory period which includes Cleaning up your diet and drinking apple juice for 1 week prior to the actual Liver Flush. At the end of the preparation you will need 2 days of to complete the Liver Flush. For this you will need 2 organic grapefruits, 150ml of organic olive oil, Epsom Salts and proximity to a Toilet.

If you have any concerns or caution about doing it, then don't. You may also want to consult your medical doctor first too. If you have never embarked on such a regimen then we recommend a longer preparatory period and a colon cleanse diet and preferably a colon cleanse as well, for those doing this for the first time, we suggest being on an elimination diet* for a minimum of one month prior to the Liver Flush. If you suspect Liver Damage then please consult your doctor prior to trying this. A few helpful hints for healing Liver damage are at the end of this article.



The elimination diet* is basically:

Stop ALL Wheat
 Dairy
 Sugar
 Meat, fish and eggs

And Caffeine

And reduce your intake of Potatoes, bananas and starchy food and all cereals

And Increase dramatically your intake of salads, sprouts and fresh green vegetables.

Step 1: Begin to clean up your diet

Eddie and I begin our elimination diet 14 days prior to the Liver Flush

We also have 2 *Parafree in the morning with breakfast and 3 at night with dinner, along with a cup of *Puri-Tea** from Neways at night for 2 weeks prior to the Liver Flush.**

For those that have never done this before, as part of your preparation it would be a good idea to

Start your mornings with ***Psyllium Husks*** and Lemon drink first thing.

I.e. 2 teaspoons of psyllium husks in a glass of water with a freshly squeezed ***lemon***

And before going to bed have a ***Senna tea*** or a teaspoon of ***Triphala powder*** (an ayurvedic combination of 3 herbs) in half a glass of juice and then some water. We prefer Neways ***PuriTea**** instead of the Senna Tea or Triphala. These work as a mild laxative gently cleaning and preparing your gut. We also discovered that the discomfort that people may experience can be from parasites so we suggest a course of ***Parafree**** ***Tablets*** from Neways. You may prefer using Golden Seal tincture and Black Walnut Hull tincture as anti parasite agents. (The Neways products you can order from us and the tinctures you can obtain from your local herbalist)

For those that have done this before, are vegetarians, have a clean diet already and no bowel projects as part of your preparation it would be a good idea to

Take some **Parafree* Tablets** from Neways. You may prefer using Golden Seal tincture and Black Walnut Hull tincture as anti parasite agents. (The Neways products you can order from us and the tinctures you can obtain from your local herbalist) We also recommend the use of a mild laxative gently cleaning and preparing your gut.

Puri-Tea* contains a synergistic combination of herbs to gently assist the body's own mechanism with the removal of the sticky, gluey substance known as mucoïd plaque. Mucoïd plaque may inhibit your body's own absorption of vital minerals, vitamins and nutrients from food and supplements and, with this removed, your body can then maximise nutritional intake. Complementary supplements are *Feelin' Good* and *Digestamin*. The ingredients are Senna Pod, Senna Leaf, Frangula bark, Barberry Bark, Chinese Rhubarb Root, Ginger Root, Chamomile Flower, Raspberry Leaf, Fennel Seed, Lemon Grass herb, Peppermint Leaf, Orange Peel, Sucralose, Cayenne Fruit

Parafree* contains: Pumpkin Seed, Garlic, Black Walnut Hulls, Microcrystalline Cellulose, Grapefruit seed Extract, Citrus Pectin, Clove, Citrus Seed Extract, Wild Ginger Root, Anise Seed, Papaya Leaf, Fig Powder, Cranberry Concentrate, Pomegranite Fruit, Butternut Bark, Stearic Acid, Silicon Dioxide, Pau D'Arco, Red Clover, Olive Leaf, Gentain Root, Hyssop, Peppermint Powder, Fennel Seed

Step 2: Drink Apple Juice

Every day for 1 week throughout the day drink 1-2 litres of organic apple juice. (The Apple juice softens the stones and opens up the bile ducts.)

Eddie and I drink local organic apple juice throughout the day for 7 days prior to the Liver Flush



Step 3: Begin the Liver Flush

Eddie and I pick 2 days where we are at home (near our toilets)

In the morning we only have fruits or lightly steamed vegetables and we make sure that it is completely fat free

After 1 pm NO FOOD OR DRINK, HERB TEAS, OR WATER, if you feel thirsty, you can sip water 4 hours later...

5 pm take 1 tablespoon of **Epsom salts** in warm water; drink it fast, you can sip some water after this.

2 hours later...

7 pm take 1 tablespoon of **Epsom salts** in warm water; drink it fast, you can sip some water after this

2 hours later...

9 pm your stool should be watery and clear if it not take one more dose of Epsom salts.

By **10 pm** you should have clear watery stools....

10 pm Keep ready 150ml of **extra virgin organic olive oil** mixed /shaken with 150ml – approx 1 freshly juiced **organic grapefruit (pink is good)**. Keep a little bit of the grapefruit

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juice aside as a chaser (you can squeeze an extra half a grapefruit if you want to as a chaser, we do)

Brush your teeth and get ready for bed before you drink this. Now stand by your bed and shake the container with the grapefruit juice and olive oil until it is well mixed. Standing up, drink it all down. (It may sound disgusting but the two main ingredients harmonise well and it goes down easily.) Have a kind and compassionate attitude towards your body, especially towards your liver. Impressions and images may arise. Watch, breathe and enjoy. Go the bathroom when you need to. Lie on your right side (or on your back with head propped high on pillows) Visualise the stones coming out, SLEEP or rest lying down, AVOID GETTING UP EXCEPT TO GO TO THE TOILET.

The next day: As you wake, get up and take another dose of Epsom salts in warm water. You can sip water till lunchtime. If you have no bowel movements in the next 2 hours take another dose of Epsom salt.

You may experience some headaches and discomfort during and immediately after the whole process, but this is completely normal during any detox.

With all your bowel movements you may want to take a torch into the bathroom to see what you are expelling. You will see gallstones floating and sinking, ranging in colour from white to green to brown, as well as white foam of tiny cholesterol crystals.

If you discharge a very large quantity of stones and pellets, this is a sure indication that it is a good idea to do the process again. The timing is up to you. I would suggest, at earliest, after three months. What you want to see finally is a liver flush in which hardly anything comes out, after which you just do a liver flush as an occasional process.

The result of this is a healthy liver, stronger immune system, and best of all a better mood.

Lunchtime, light meal of steamed vegetables or fruits, chew well

Dinner Eat as Normal

Eddie and I always feel really good by dinner time, Squeaky Clean.

For a few days after we continue drinking a cup of **Puri-Tea*** from Neways, just to make sure that none of the stones or pellets get stuck behind!

If you have used this recipe, you would have completed our gentle detox, parasite cleanse and liver flush. How do you feel?

If you suspect Liver Damage then here are a few helpful tips.

Good Nutrition, a well balanced diet is vital in healing liver damage. Aloe Vera Juice, Noni Juice, Milk Thistle and a Chlorophyll rich diet will be very beneficial for the person.

One of the greatest abilities of the Liver is that it can regenerate itself. This should provide a great deal of hope for anyone suffering from liver disease. There are a few things that a person can do in order to turn transform a scarred liver into a brand new healthy liver.

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Consuming Dandelion helps. The leaves of the Dandelion plant can be picked, washed, and mixed in with your salads. But you can also find Dandelion tinctures or other forms of Dandelion extracts at your local health food store. Dandelion is extremely useful for the health of the liver and related organs and glands. It has been used to successfully treat liver disease, such as hepatitis and liver insufficiency. If you cannot get hold of Dandelion, Try Spinach juice or Spirulina.

Milk Thistle Seed Extract is also beneficial to the liver and liver regeneration. It protects the liver from toxins. This gives the liver time to regenerate. Also, Milk Thistle Seed Extract increases protein synthesis, which means that it speeds up the regeneration of destroyed liver tissue.

Another huge benefit of Milk Thistle Seed Extract is its interference with the enterohepatic circulation. Now, you might be wondering what the enterohepatic circulation is? Toxins are constantly being cycled back in forth between the gastrointestinal tract and the liver. Each time the toxins pass by the liver, the liver gets damaged. However, Milk Thistle Seed Extract interrupts the first absorption of toxins and then it helps prevent the re-absorption when the toxins are recycled. Cells that are not yet poisoned are therefore protected and become sites for new liver cell growth. In time a full restoration of the liver can be achieved.

If the person has liver damage they may also be holding in a fair amount of suppressed anger. If this is true and they are amenable to using LiberatingTouch-EFT, I recommend 2 tapping protocols. One is for healing Anger and the other for activating the power within us that believes in miracles and so makes them happen. I recommend doing both once a day for ten days. If they find this useful then I also recommend using the [Emotional Toothbrush Series](#). More Information about this is on our website.

I took Milk Thistle Seed Extract for 6 months before I did the liver flush as I suspected Liver damage due excess alcohol consumption in my teens.

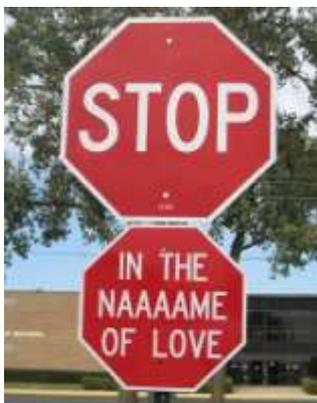


For more information on Liver Flush you can check out:

http://curezone.com/cleanse/liver/huldass_recipe.asp

<http://curezone.com/cleanse/liver/default.asp>

If you want advice or information about Colon Cleansing, I highly recommend Alva Gilmour; she helped us with our first Colon Cleanse. Her telephone number is 01724 798001.



ps. Have you noticed that Stop Signs tend to be octagonal? Recently the picture with this stop sign found its way into my inbox and it really made me smile. It came with a message for stillness; I thought you may enjoy this:

1. Slow down
2. Pay attention
3. Look around
4. Pause
5. Look within
6. Breathe deeply
7. Appreciate
8. Move consciously

And so... the next time you see a Stop Sign...Ah ha ha

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