

## Chapter 8



### What People Say About the Liver Flush (Testimonials)

“**T**he liver flush, what a difference it makes! I’m a 46-year-old woman and have had health problems practically all my life. As a child, my health problems were minor, but numerous and constant. It was not until I became an adult that my minor problems became major ones. My road to good health has been long and exceptionally difficult. I have been probed with cameras, pricked with needles, scanned, x-rayed, injected with dyes, and have undergone 5 operations. I have been prescribed and consumed vast amounts of medications of various dosages, ranging from high to exceptionally high, especially antibiotics. I would always get better for a while, but my problems continued, each time reappearing in different areas of my body with worse symptoms than before.

Finally, after exhausting myself with the whole medical system and absolutely at my wit’s end, I decided to consider natural health. I read everything I could get my hands on, stopped my prescribed medication, changed my diet, and underwent a series of colonics. It began to work, my health improved dramatically, but still I needed more. I did not have any energy and my diet had to be strictly adhered to in order to prevent my digestion problems from returning. Then one day, a friend, God bless her, gave me a book she thought I might be interested in reading, *The Amazing Liver and Gallbladder Flush!* At present I have completed 6 flushes. It’s not quite complete, but the difference is so noticeable that I can speak about it with great confidence. The last 6 months have been truly amazing for me.

So far I have passed about 2,000 stones ranging from the size of a pea to a golf ball. In addition, I gained extra, unexpected benefits by passing a small tumor and various types of parasites. My change from being fragile and sickly, to vibrant and strong, is astounding. My digestion has completely changed to that of a normal functioning individual, something I’ve never experienced before. I have suffered from sinus problems as long as I can remember; now they are gradually normalizing, as my allergies disappear. My friends and family have all witnessed the dramatic changes in me, and can’t believe the abundant energy I have. Both my physical and mental changes are so extraordinary, I just want to announce it to the world. Life just doesn’t get any better than that! On a daily basis, I am thankful and compelled to share *The Amazing Liver and Gallbladder Flush* with anyone wanting natural self-help and a new life. These feelings I have are still so new to me, I wake up every morning thinking it was just a dream. My dream has come true! Life without health is no life at all. It’s truly remarkable, and my life has finally begun!!”

**Debbie Perez, Germany**

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“...Honestly, you saved my life! I completed my 4th liver flush 2 weeks ago after being diagnosed with non-alcoholic fatty liver in February this year and I’m just 27 years old. After a 2nd sonogram and blood tests - received this morning (7/14/11) - my liver and gallbladder are in perfect condition, free of fat!!!”

**Natalie S., USA**

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“I completed my 10th liver flush about 3 weeks ago, and this last one was clear of any stones. I have removed in excess of 9,000 stones over a period of about 12 months. My health is so much better; no tiredness, only boundless energy. For the 12 months prior to starting the

cleanse, I had suffered one illness after another, countless whitlow infections of the fingers which saw me hospitalized for I.V. antibodies. Then I developed chickenpox, followed by shingles, which have left me with some battle scarring. Soon encephalitis followed, which affected my vision. I have to say that at that stage, my will to recover was not very strong. My bowel movements were loose for some time. I also developed a nasty infection of the mouth which, according to my dentist, has eaten away at my jawbone. But now I am back to feeling pretty damn good and it's thanks to you and your wonderful book. With my very best wishes."

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**Robert M., UK**

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"A client of mine, age 33, is a nice man who had a benign brain tumor removed two years ago and [who suffered from] headaches since the age of 10. A year after the operation the pain was still a big problem; he would miss work for days, and end up cold, shivering, and sweaty in bed. His original surgeon opened his head again a year ago to *relieve fluid pressure* (as a CST, I can do that with my hands!). The headaches persisted and he would have his *funny heads* where he would experience waves of tingling for 30 seconds a few times every day, quite a problem while driving. So I suggested some liver flushes, of which he has now done two. The three weeks since the last flush have been 'the best for many years,' no headaches or *funny heads*, his complexion is clear and healthy, eyes bright and clear, he feels great. The number of stones passed was many thousands in the 2nd flush; he could not believe what came out. He's really grateful and delighted with the results and the book."

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**Geoffrey M., Health practitioner, UK**

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"Just thought you would like to hear the latest report from my cardiologist, whom I went to see on Monday, just because it has now been over one year since my heart attack. He was a bit disturbed when I first saw him because I said I was not taking any medications and had not since last August. As he was talking with me he said he would probably prescribe a couple of medications for me to start taking again, but first he wanted to do an echocardiogram and a stress test.

I agreed to them both and they were done in his office. While I was on the treadmill, I became tired, so I told his assistants I was getting tired and they said, 'You may be, but your heart is not!' They said the echocardiogram and stress test were well within normal limits. When the cardiologist came back in the room he said, 'I am totally surprised, just totally surprised! These tests show a healthy heart, no damage at all! So you can go home, continue doing what you have been doing and come back to see me in six months.' He did not mention anything else about medications."

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**Susan M., Arizona**

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*(This was an e-mail message that Susan, a 62-year-old client of mine from Arizona, sent me recently. It ended by saying how grateful she was for having received all the advice and recommendations that had given her the power to claim a healthy normal heart. Susan is one of the thousands of people who were listed as incurable heart disease patients, but through liver flushing and changes in diet and lifestyle, have beaten the odds. ~Andreas Moritz)*

"I have had gallstones for approximately 15 years. The first time I did the flush, I got out literally thousands of stones. The last ones came out all clumped together about the size of my fist. It was absolutely painless."

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**P. B., Spain**

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“I’ve been a known case of ITP since childhood, which means my platelet count has been dangerously low, in the region of 20,000 where it should have been 200,000 and more. I was given to understand that if I cut myself, I would bleed to death. Confused and frightened, I behaved like a good patient and allowed the doctors to ‘treat’ me with steroids, which I took for over 10 years, but then something didn’t feel quite right, so in my twenties, I myself decided to stop all medication and live with my condition. I’ve had my medical ‘adventures’ during surgeries (childbirth, hysterectomy) and suffered unnecessary trauma for many years.

Your book *The Amazing Liver and Gallbladder Flush* inspired me to do the flushes. I was disappointed at the lack of dramatic results initially but knew that it was a matter of time, and so continued to flush my liver and gallbladder. I noticed other positive changes that were taking place in my body; I was not bruising the way I used to... (earlier, each time I bumped into some furniture, there would be a purplish bruise on my skin that faded only after two or three weeks). I got a blood test done and found it hard to believe what the report stated, that my platelet count was 190,000. Considering this had happened without medicines, and after just 4 flushes, it felt really wonderful. It’s been nothing short of a miracle and I can actually look forward to leading a ‘normal’ life! My respectful gratitude to you for writing this book and offering the world a powerful healing system.”

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**Sunita Kripalani, India**

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“You are right what you express in your book and videos. I am a high school counselor here in San Pedro Sula, Honduras, Central America. I work for a prestigious school. I live a very stressful life. When I got sick last May, I was desperate. My skin and eyes were yellow because the bile ducts were blocked and I had a lot of stones in my gallbladder. All doctors in Honduras told me that I urgently needed a surgery...Very fortunately somebody told me about you and your book. I decided to follow your book after listening to other people here who had the same problem and had recovered. Last Saturday I had the great experience of my first liver flush. I passed more than 100 stones. The yellow color in my skin and my eyes has gone down considerably, almost normal now.”

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**Richard S. Williams, Honduras**

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“I just completed my 9th liver flush and am still seeing many stones come out... After a lifetime battling sickness after sickness, excess weight, lethargy, depression, and a myriad of debilitating aches & pains I can now confidently say that I am a new person, a person free from the sadness and worry of not understanding what was ‘wrong with me’ or feeling ‘less’ than others and basically incapable of understanding and appreciating life as the wonderful miracle that it is. You have given me the opportunity to understand what was happening in my body and to take control over correcting it before the consequences became downright catastrophic...”

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**Beth M., Ohio, USA**

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“I am a 46-year-old manager of a Midwestern development company who requires medication for hyperthyroidism. As a result, I need to have my blood values tested twice yearly to monitor my endocrine system. Two years ago, blood tests also showed elevated cholesterol level of 229 mg percent [200 mg per 100 ml]. My endocrinologist wanted to put me on a cholesterol-lowering drug called Lipitor<sup>1</sup>, which I steadfastly refused.

I subsequently consulted with Andreas Moritz and I learnt to adjust my diet and cleanse my liver. After completing two liver flushes my blood cholesterol levels dropped to 177 mg

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<sup>1</sup> For more information on Lipitor and high cholesterol, see Chapter 1

percent. My 65-year-old doctor couldn't believe the result. He has never seen such a rapid turnaround. He was intrigued and wanted to learn more about the liver flush.

In addition, my required dosage of Synthroid for my hypothyroidism has been reduced from 0.175 to 0.125 mg during the past two years, with further reductions coming. I recently finished my 6th liver flush and I look forward to continued improvements of my health and vitality.”

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**Bryant Wangard, Minnesota, USA**

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“The day after my colonic, after passing about 150 gallstones, I felt something surge into my colon all at once. I then felt this mass slowly moving from the beginning to the end of my colon, a very strange feeling. Anyway, it got to the end but wouldn't come out. I waited two days and when nothing happened I took Colosan<sup>2</sup>. The third day I had a bowel movement, mostly broken down by Colosan, but after washing the dark sludge away there was a huge gallstone inside. It was the size of a golf ball, along with several others the size of a quarter. I couldn't believe it. I called my therapist and requested another colonic, as I didn't feel I was finished. I got the colonic and to my surprise I passed about another 100 dime-size stones. I thought for sure this was it; but during the past four days I've passed a few more stones with each bowel movement. I think when it ended I must have passed around 1,000 stones all together, large, medium and tiny. Whew, what a trip! I just don't see how so many stones so large could be inside such a small body. My energy level has dramatically increased and my abdomen area is so flat and soft. I feel like a million bucks.”

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**D. P., Germany**

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“I'm receiving so many benefits from doing my series of flushes to clean out my liver. One is, during the past four months, my menstrual cycle has completely normalized. It now comes on every 28 days or so, on time, nice flow, no pain, wonderful. I'm also experiencing a huge confidence boost. I am blossoming. Not bad for a 44-year-old woman!”

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**Maggie Bunce, Indiana, USA**

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“I am a 62-year-old Canadian male who has been enrolled in a Holistic Nutrition course here in Vancouver, BC, for the past 3 months. I'm just into the early morning after the overnight cleanse. Amazing results - shocking even - so many half-inch or smaller gallstones! This is exactly what I expected.

I've been feeling a pinching under my right rib cage for years when I eat anything with fat in it. I am already feeling released and rejuvenated. Even my breathing has improved already.”

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**Shael Stonebridge, BC, Canada**

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“I have recently completed my ninth liver flush and am extremely excited about the results. Towards the evening of the day of that flush I passed a calcified gallstone that measured a little less than 2½ inches in length and 1½ inches in width, followed by about 100 smaller, but equally calcified gallstones. Apparently, these gallstones had totally filled up my gallbladder for many years and, thereby, prevented my liver from properly detoxifying my blood and body. After each successive flush I have eliminated hundreds of stones and the immediate impact has been tremendous: whiter, shiny eyes; a happier disposition; markedly reduced levels of frustration and anger; and improved digestive capability. But nothing had prepared me for what my ninth flush did for me. The aches and pains I used to have throughout my body for so many years left me overnight, including the chronic stiffness in

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<sup>2</sup> Colosan is an effective colon cleanser, described in my book [Timeless Secrets of Health and Rejuvenation](#)

my neck/shoulder, back and joints. When lightly pressed upon during a massage, Shiatsu session, or chiropractic adjustment, almost every part of my body used to respond with strong pain. Now there is no more pain, whatsoever.

Before I started this cleansing regime, I was on over a dozen different medical drugs and vitamin supplements. After only one liver flush I was able to stop taking my thyroid medication which I had been on for five years.

As a middle-aged baby boomer entering menopause, I have been surprised to have my menstrual cycle return immediately after a few of the flushes, suggesting that the premature onset of menopause, in my case, may have been accelerated because of a congested liver and colon. Other startlingly wonderful benefits have been an increased sex drive and feelings of sexiness, decreased desire for junk foods and overall youthful attitude - far more joyful and optimistic than I've felt in 10 years. My deep gratitude goes to Andreas Moritz for bringing this invaluable aide to our attention and, in this instance, saving my life!"

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**L. M., California**

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"Until flush #11, I really didn't have much to say except I released over 2,000 stones. However, since the last flush, my face has been completely clear of acne for more than 13 days (and counting!), for the first time since I was 14 years old. This is a major physical breakthrough for me because for 22 years I have dreaded looking in the mirror each morning. Although in my adult years the acne has been relatively mild, it was still a nuisance. High school was painful because of the major breakouts. I consider it a miracle that I can look someone in the eyes and not be self-conscious of my face. It is a terrific feeling!"

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**P. V., Minnesota**

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"After not having passed any stones at all during my first two liver flushes I just did my third and finally had success! I passed a total of 400 stones as well as a lot of 'tan-colored chaff.' The stones were all of the small, pea-green variety, with three or four about a half-inch in diameter. Apparently I'm one of those rare individuals where it took three liver cleanses to finally get stones to come out. I agree with you that this indicates severe congestion in my liver's bile ducts due to extremely dense structures of stones...This experience has made me aware of how congested my liver and gallbladder have been (and still are). There must have been only a trickle of bile coming out each time I ate a meal. After just this one successful liver cleanse, I already feel a slight - maybe 5 percent - improvement in my digestion. I feel my stomach working slightly better."

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**C.P., California**

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"I've done the liver flush four times so far and gotten a lot of stones out. I was advised to have urgent surgery last October, but my pain has gone away and my digestion keeps getting better."

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**Alexi, USA**

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"I just completed my fourth liver flush ...and passed over 390 stones. I haven't slept this peaceful and through the entire night, with reduced internal pressure from suffocating organs (sparking night terrors and night sweats) since I was 8 years old! Allopaths and palliative care be damned! God knew what he was doing after all... Naturopathy works!"

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**Z.Y. , USA**

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“I saw nasty reports about you and your work on a blog. I will tell you that after 15 liver cleanses I am feeling great and am proud of you and your work. You are a genius and these AMA people can eat poop. I am a better person physically and mentally because of you.”

**Paul Davis, USA**

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**My Own Story (*Andreas Moritz*):**

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When I was 7 or 8 years old, my uncle (who was the leading iridologist<sup>3</sup> in Germany at that time) examined my eyes and told me that I had stones in my liver. In fact, from age 6, I began to have difficulties digesting food. During the following 12 years, I developed such varied problems as juvenile rheumatoid arthritis, arrhythmia, chronic constipation, chronic headaches and migraines, frightening nightmares, anemia, skin diseases, and a short, painful scoliosis of the spine. Every 4 to 5 weeks, I suffered fainting spells during mass at church or while waiting in line at a bank or post office. These fainting spells became more and more severe and were preceded or followed by severe vomiting and diarrhea. I was sick in bed for 3 to 4 days following each of these episodes. No doctor was able to offer an explanation for these debilitating symptoms.

At age 12, I began to seriously study the digestive system, and I changed my diet numerous times in order to find out whether my choice of foods contributed in some way to my ailments. Eventually, I realized that I had literally been poisoning my body with foods derived from animal sources (meat, fish, chicken, eggs, cheese, and milk).

After I completely avoided these foods, most of my symptoms disappeared, including the arthritis and arrhythmia. However, my liver seemed sluggish, the scoliosis remained, and I was heading toward another series of crises. About 10 years later, my fainting spells progressed into major gallbladder attacks. The stones that my uncle had seen years earlier had grown larger and increased in number. (**Note:** If the stones are not completely removed, they continue to block bile flow, which increases stone formation) In total, I suffered over 40 extremely painful gallstone attacks that lasted 3 to 10 days each. These were usually accompanied by vomiting and diarrhea, headaches, excruciating backaches, and sleepless nights. Since I had never taken painkillers, medical drugs, or vaccines in my life, they were not an option for me. Besides, I was determined to discover a real solution to this problem.

I began to experiment with different herbs, treatments, and liver-cleansing methods prevalent in various cultures around the world for thousands of years. From all the methods I researched, tested, tried, and improved upon, the procedure outlined in this book turned out to be the most effective for me. During my first real liver flush, I passed over 500 gallstones. My gallbladder attacks ended that very day. Other problems, such as backaches, joint pain, short scoliosis, and digestive problems, improved with each new flush. After 12 flushes and passing 3,500 gallstones, my liver was completely clean and, at last, my health was the way I had always wanted it to be. Today people comment on my youthful vitality, zest for life, and fit, flexible body - things I only dreamed about having 45 years ago.

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<sup>3</sup> Iridology, or the science of eye interpretation, is a medically accepted, diagnostic method in Germany and in several other countries. It can quickly reveal the existence and causes of physical ailments through careful study of the iris.

## Chapter 9



### Frequently Asked Questions

The following are some of the most frequently asked questions with corresponding answers regarding gallstones, the liver and gallbladder flush, and colon health.

**Q. Could it be that it is natural or even advantageous to have a certain amount of gallstones in the liver?**

A. Certainly not. Bile ducts transport bile from the liver cells toward the intestinal tract, similar to water pipes delivering water to a home or a vegetable garden. To block the bile ducts with gallstones goes against the very design of the body and there is no advantage to having them clogged up. Bile carries toxins out of the liver; congested bile ducts obstruct this vital function, damaging the liver and leading to overall toxicity in the body. The only *purpose* of gallstones in the liver is to trap and neutralize toxins that otherwise could enter and damage the intestines. However, this protective attempt eventually impedes the liver's function, leading to detrimental effects throughout the body.

**Q. I passed stones several days after the colonic following my last liver flush and felt very tired until they were all gone. How can I ensure that the stones that come out of the liver also leave my body?**

A. Most people eliminate any remaining stones during the post-liver flush colonic, Colema, or several water enemas. If you continue to feel dullness in the head, tiredness, or other symptoms of toxicity in the body, use an intestinal cleanser such as Colosan or Oxy-powder, aloe vera juice, castor oil, or the like. Discontinue their use once the discomfort subsides. In some cases of intestinal strictures or other major congestion, a second colon cleanse may be necessary.

These difficulties, albeit rare, usually occur due to a *spastic colon*, a chronic condition in a segment of the large intestine that inhibits bowel movements. Having said this, I have seen some individuals with stage 4 cancers who continued passing stones for an entire week following a liver flush. I recommend that they take a glass of Epsom salt (1 teaspoon in an 8-oz. glass, 240 ml of water) on an empty stomach every morning and one water enema in the late afternoon for as long as the stones keep coming.

**Q. Would it be better to do the liver flushes in intervals of 2 to 3 weeks or spread them over a longer period of time, say one every two or three months?**

A. I recommend that, once you have started liver flushing, you continue cleansing at regular intervals until all gallstones are removed. Sometimes, not cleansing for two months or more can make the next flush more difficult and less successful. After a liver flush, it takes about 2 weeks before enough gallstones have moved from the rear of the liver toward the two hepatic ducts (exiting the liver) to make another purge worthwhile. You may want to do the flush about every 3 to 4 weeks until no more stones come out, or else take a little more time between each flush. If you decide to do a liver flush every two weeks, start drinking the apple juice or cherry juice (or alternative option) 2 weeks after the last main purge. Most people

prefer to flush about once per month. In any case, it is important that you get rid of *all* the stones, big and small. Just a few small ones clustered together in one of the larger bile ducts can produce major symptoms of discomfort in the body, such as indigestion, bloating, headaches, backaches, and so on.

**Q. Is it really necessary to have a colonic irrigation before and after each liver flush?**

**A.** For optimum results, the liver flush should always be preceded and followed by some form of colonic cleansing (see Chapter 5, *Keep Your Colon Clean*). The quickest and most reliable method of freeing the colon of spastic or congested areas is colon hydrotherapy. Once the colonic therapist tells you that your colon is clean, you can skip the colonic prior to liver flushing and replace it with one of the other methods of colon cleansing, such as a Colema or water enema. If no serious constriction exists in the colon, a Colema or enema will certainly be sufficient. Regardless, make certain to have a colonic, Colema, or at least 1 or 2 back-to-back water enemas within 3 days after each liver flush. The post-flush colon cleanse eliminates any gallstones that may have been trapped in the colon. Experience shows that there are always some stones left behind, which could become a source of toxicity, irritation, or inflammation. I strongly recommend that you do not attempt liver flushes without having a colonic or Colema, or a few water enemas within 3 days afterwards; the risk of developing toxemia is just too great.

**Q. I have had 3 liver flushes so far and eliminated a total of about 900 to 1,000 stones of all sizes and colors. Most stones came out during the second and third flushes. When is my liver going to improve?**

**A.** Your liver functions started improving the moment the first stones were expelled. Gallstones congesting the liver bile ducts have a suffocating effect on surrounding liver cells. Releasing the stones through the liver flush helps them *breathe* more easily again, produce more bile, and detoxify the blood more efficiently. Although the larger bile ducts keep blocking up again as the smaller bile ducts pass their stones into them, eventually they will also be cleared (through repeated cleansing). Once all stones are removed, the liver as a whole can repair itself and restore normal functions. This is when you will notice lasting benefits. However, please be aware there are also other factors, such as diet, lifestyle, emotions, etc., that can affect your health and must be addressed as well.

**Q. How long does it take to receive the full benefits from completing a series of, let's say, 8 or 10 liver flushes?**

**A.** Once your liver has released the last gallstones, your digestive functions will improve significantly, which will benefit every part of your body. This also gives the rest of the body the opportunity to cleanse itself and repair the damage that has occurred due to the accumulation of gallstones in the liver and gallbladder. Any cleansing reactions that may result from the removal of the stones should be regarded as positive side effects. If other causes of ill health have been eliminated as well (see Chapter 5, *Simple Guidelines on Keeping the Liver Free of Gallstones*), this phase will be short-lived and replaced by a new sense of well-being and vitality. Once the liver is clean, it takes about 6 months before all liver functions have returned to normal. Having a clean liver is one of the best guarantees for a disease-free life.

**Q. I am 76 years old and suffer from osteoporosis, digestive trouble, and several other ailments. Can someone my age still benefit from the liver flush?**

A. Age is no impediment for the body to be healthy. As long as you are breathing, the liver flush can help improve liver functions and, thereby, increase the nutrient and energy supply to the cells of your body. The negative aspect of aging is simply a progressive state of malnourishment and toxicity, both of which can be helped through a series of liver flushes and adjustments made in your diet and lifestyle.

Older people respond very well to the liver flush and show increased signs of energy, physical mobility, clarity of mind, appetite, sensory enjoyment, and a better sense of self. Apart from improving their physical and mental condition, they often report that they are *coming to life again*. No elderly person should have to die from a debilitating disease. If the liver flush were to be introduced into retirement homes and care facilities for elderly people, it could help restore these people's health, dignity, self-sufficiency, and perhaps even start a new vibrant phase of life for them.

**Q. I have done 8 liver flushes since 2009 according to your instructions of your book ... Although I did these flushes in the same strict mode described in your book ... one week after my last flush my liver started to swell, digestion went out of balance, pressure started to rise in the liver, I had pain in the right side of the tummy, my eyes were inflamed, I felt pressure towards heart, lungs and kidneys and generally felt ill and restless.**

**It was only thanks to my therapist that I was able to remove gallstones that got stuck in the main bile duct ... through injections containing homeopathic atropin and by causing a sub-pressure during the colon hydrotherapy. Without her help I would have landed under the knife of a surgeon...Only then did I learn that complications can occur at all. Did you write about them anywhere in your book? What to do if they suddenly occur?**

A. Thank you for bringing this up. To this day I have not heard of anyone who suffered a gallstone attack as a result of doing a liver flush. A person who suffers a gallstone attack can have the very symptoms that you have described. I had similar experiences when I had my dozens of gallstone attacks (before doing my liver flushes over 15 years ago). Some of my most painful attacks lasted for 3-4 weeks, during which I could not sleep, and could only eat soups and drink water. I wished that had known back then how to stop a gallstone attack quickly and without much discomfort (as explained in Chapter 4).

However, a properly performed liver flush cannot bring on a gallstone attack, and you said yourself that this began "...one week after my last flush..."

What brings on over 95 percent of all gallstone attacks is eating foods that can cause a strong contraction of the gallbladder which, in turn, may push out a stone or several stones, either from the gallbladder or one of the liver bile ducts. From your description, it must have been calcified stones, given the severe reaction. Soft biliary stones from the liver are less likely to cause such severe attacks.

The problem with a food-related release of gallstones is that the affected person's common bile duct or cystic duct will go into a spasm, similar to the cramping of a muscle. The resulting tightening of the bile duct can cause a hold up of bile and lead to the many symptoms you have described.

During a liver flush, on the other hand, both the liver and the gallbladder release a large quantity of bile into the common bile duct, taking with it stones that have been accumulated in these organs. However, the way the liver flush is designed, you take magnesium sulfate

(Epsom salt) twice before and twice after ingesting the oil mixture (both of which stimulate the release of bile). Since the magnesium also relaxes the liver's bile ducts, the cystic duct and the common bile duct will not tighten (similar to giving an injection of magnesium to a cramping muscle) but allow for the easy passage of all the released stones. You actually experienced this during all your 8 liver flushes.

Your gallstone attack was, therefore, *not* caused by the liver flush, but by fatty, greasy, high-protein foods you ate about a week after your last flush. If the liver flush had caused an attack, it would have occurred during the same night or the following day, not a week later.

There is no warning in the book that liver flushes can cause gallstone attacks because liver flushes, if done correctly, *cannot* cause gallstone attacks. However, I do strongly warn in this book that one must follow all the directions. For example, one must clean out the colon beforehand; otherwise, the gallbladder may not properly open and empty all its bile completely. Omitting the use of Epsom salt or magnesium citrate, is another serious mistake that can cause major complications.

There are many cleansing protocols out there that one can take off the internet; and I consider many of them to be risky, to say the least. Without following the proper preparatory steps and taking the Epsom salt or magnesium citrate, people can have gallstone attacks. Many people doing these cleanses came to me because they suffered severe side effects and toxemia from doing them, and they recovered by following the protocol outlined in the book.

The liver flush program has helped millions of people stop having gallstone attacks and save their gallbladder. To repeat, the magnesium sulfate keeps the bile ducts relaxed throughout the process, so whatever travels through the common bile duct, along with a lot of oily bile, cannot get stuck.

Most doctors scare patients by telling them gallstone attacks are life-threatening. Once in the ER, they tell them they need surgery. In truth, it is extremely rare for gallstone attacks to be life-threatening. People are so scared because of the extreme pain they have during an attack. Scaring the patients, though, is far more dangerous because it keeps the bile ducts from relaxing again. Telling someone that their life is in danger puts them into an emotional conflict shock, during which all their internal blood vessels, bile ducts, and lymph vessels tighten and contract. This is what makes gallstone attacks dangerous!

However, in the vast majority of gallstone attacks, the body either resolves the issue on its own, as it usually did in my case after a few hours or days. If someone has a gallstone attack after eating a fatty meal, the book (Chapter 4) provides the information on how to deal with it naturally.

Hundreds of millions of people have gallstone attacks each year. Besides food, there can be other triggers of gallstone or gallbladder attacks. There are many triggers, some of which are listed in the book. For me, it used to be lifting heavy objects or particular stretching exercises that put pressure on the gallbladder and force out a stone. Some get an attack after drinking a glass of orange juice (citrus stimulates the gallbladder). Mostly, though, it is still fried food, stir-fried food, a lot of butter, eating a lot of nuts, cow's milk, cheese, meat, fish, chicken, chips, crisps, oily popcorn, and especially eggs, which triggers an attack.

Overeating, regardless of what kind of food, has also been found to trigger gallstone attacks.

(Note: Those few individuals who have suffered a gallstone attack a week or two after a liver flush have confirmed to me that they ate a large dinner with fried foods, several types of animal protein, or pizza, and a heavy dessert like cream cake or ice cream; all of these foods are triggers for gallstone attacks) I strongly warn against consumption of such foods. People whose bile ducts are severely clogged up may not release stones in response to eating these foods, but those who still have decent bile secretion or still have stones in the liver and

gallbladder even after having done a number of liver flushes need to be very careful about overindulging themselves with harmful foods like the above.

Once again, having a gallstone attack a week after a liver flush has nothing to do with the liver flush. The gallbladder and liver bile ducts stop pushing out stones about 20-30 minutes after the gallbladder has been stimulated by the oil mixture (the instruction is to lie still during this time, so that this can start and end quickly). Usually, by the following day, the bile ducts and gallbladder are void of bile and cannot push out any more stones. It takes at least 24 hours before the liver's bile ducts and the gallbladder are refilled with bile. If an attack occurs a week later, it is for a different reason. Also, if you have a gallstone attack, you will start to feel ill right away, not a week later.

The liver flush is still the best method available to prevent gallstone attacks, but even they cannot offer a 100 percent guarantee. As long as there are stones in the liver or gallbladder, stones can move out of these organs, and a gallstone attack can occur. I was fortunate to never have an attack again after my first liver flush, but my diet has always been a balanced vegan-vegetarian diet.

There is absolutely no reason to caution people against doing liver flushes, but there is every reason to caution people about not doing them.

**Q. In a previous edition of your book you state that it takes about 8-12 liver flushes to clean out the liver, but I have done over 24 and I am still not done, and I wonder if this is unusual and what could be the reasons for it?**

**A.** At the time of writing the first edition of this book in 1995, while still living in the Mediterranean, I found that almost all people who did the liver flushes were clean after about 10-12 flushes or less. But since then, I noticed that in some people it took as many as 20-25 liver flushes, more notably in areas of the world where people were less healthy. When I moved to the United States, I even found people who needed as many as 35 liver flushes. I assume this has a lot to do with the excessive use of vaccines, prescription drugs, high levels of stress, pollution of food, water and air; and the standard American diet.

Several years ago, I found out that an old friend of mine had died from liver cancer, and the autopsy showed he had over 70,000 stones in the liver. And then another acquaintance of mine, who died from liver failure due to fatty liver, had over 30,000 stones in the liver. Gradually, I learned that some individuals can have many more stones in them than I had previously considered.

**Q. Is it possible to keep making new stones and never get clean? I have done over 14 flushes and am getting tired of doing them.**

**A.** Yes, if a person does not absorb bile salts in the intestines because of long-term use of antibiotic drugs or other medications, he will, in all likelihood, keep making new stones again and again; likewise, people with a copper deficiency are also prone to keep making new stones.

Just the massive spraying of aluminum oxide and barium found in chemtrails visible in our skies nearly every day of the week is sufficient to cause copper deficiency in much of the population; and so is the constant exposure to wireless devices<sup>4</sup>.

Also, continuous emotional stress is a major reason for making new stones, since this alters the bile flora and also prevents proper digestion of food (as well as bile salts). If the latter applies to you, you may want to check German New Medicine (GNM)<sup>5</sup>, which shows how profoundly an old unresolved emotional conflict or trauma can affect an organ or system

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<sup>4</sup><http://members.cox.net/c.bouthillier/PoisoningOfMankindCopperDeficiency.htm>

<sup>5</sup>Dr. Hamer's German New Medicine, [www.newmedicine.ca](http://www.newmedicine.ca), Ilseadora Laker

in the body and keep it from functioning properly or recovering. With the help of a qualified GNM practitioner, these conflicts can be resolved sometimes within a matter of minutes.

Other reasons, include, of course, a poor diet, composed of foods filled with pesticides and additives, sugar, refined fats, etc., lack of regular sun exposure causing vitamin D deficiency, sulfur deficiency, which is common when one doesn't get enough organically grown vegetables. (See also the section *Give us Our Daily Sulfur*) My book, *Timeless Secrets of Health and Rejuvenation*, covers many other reasons that can derail one's digestive health.

It is important to clear out all the stones once you have started the process because new stones from the rear parts of the liver travel forward and may impact the exiting bile ducts even more than before (if not unclogged). However, it is also important not to weaken the body. Liver cleansing does take quite a bit of energy, and it's almost like surgery. So if you feel you are not strong enough, you can stop cleansing for a few months, and then see if you have regained your strength to resume the process.

**Q. My gallbladder has been removed and I don't seem to have any bile at all. Doesn't the liver produce enough bile to digest fats? Also, if the bile is leaking out of the liver in small amounts all the time and can no longer be stored in the gallbladder, can this lead to Irritable Bowel Syndrome?**

**A.** The main reason why gallbladders are removed is because the liver bile ducts are congested with intrahepatic gallstones, but doctors don't know about it, and if they do, they don't talk about it. Even when a gallbladder is removed, the liver's bile ducts still remain clogged, which inhibits bile secretion, thereby preventing the liver from removing toxins (that's where liver flushes help). This causes more toxins to accumulate in the liver, which, in turn, increases the number and size of stones in the liver's bile ducts.

Under normal conditions, the bile that the liver passes into the common bile duct and intestines is primarily used to remove toxins and waste, whereas the bile that enters the gallbladder becomes altered to make it suitable for the digestion of fats and absorption of minerals and vitamins. Not having a gallbladder means there is not enough bile, or not suitable form of bile, available for the digestive process. Not digesting food properly is the main reason for irritable bowel disorders or IBS symptoms.

Therefore, you may require the use of a bile supplement to aid in the digestion of your food (see Chapter 4 for details).

**Q. The influence of a full moon is usually felt a few days before and a few days after; hopefully doing the liver flush so close will not play tricks on the flush, or would it?**

A. During full moon, the body, including the brain, contains more fluid/water than at other times of the month. This means that the body is also more likely to hold on to toxins at that time. Of course, the body is still able to release stones and toxins during full moon, but perhaps not quite as readily and effectively. It is therefore best to avoid doing the actual flush (Days 6 and 7) during full moon time.

**Q. Ultrasound scans have shown that I have a fatty liver. My whole body is swollen, and I have several lumps in my breasts and thyroid. My blood cholesterol is very high, and I frequently throw up food. Could the liver flush help?**

A. There is no safe medical therapy to date that can remove fat deposits from the liver. Nevertheless, you can prove to yourself and to your doctor that you can reduce and even eliminate all fatty deposits in the liver by clearing the liver's bile ducts of all gallstones. The liver may have accumulated these deposits for many reasons, including high protein, sugar, and alcohol consumption; stress; lack of proper sleep; and, foremost of all, to trap noxious substances, such as pharmaceutical chemicals. Whatever may be the original cause(s) of the congestion in your liver, if you repeatedly cleanse it, your liver will gradually improve and repair itself as much as possible. Consider taking another scan (although I do not generally recommend scans) after your 10th liver flush, and let your doctor compare it with the previous one. The difference will mostly likely and *literally* be black and white. Once your liver is cleared of fatty deposits, similar deposits will also disappear from other parts of the body, such as breasts, thyroid, arteries, and so on. All of this, of course, is contingent upon your maintaining a balanced, low-protein, preferably vegan diet, and a healthy lifestyle.

**Q. Can taking Epsom salt have harmful side effects? I find that it causes soreness in my anus during the flush.**

A. Like any other natural substance (water, food, oxygen, etc), Epsom salt has no harmful side effects, unless overused. The soreness in your anus stems from the strong toxins that are being released during the liver flush, and not from the Epsom salt. If your GI tract were completely clean of toxic waste material, almost all of the magnesium in the Epsom salt would simply be absorbed and cause no more watery, acidic bowel movements. There would be no irritation and, therefore, no side effects, such as cramps, gas, bad breath, and so forth. These forms of discomfort result only from the dissolving of intestinal waste and the release of toxins from the liver.

The Epsom salt undergoes biochemical changes as it passes through the small intestine. In other words, Epsom salt that reaches the colon no longer exists in the same form as when you ingested it.

If you find that, during a successful liver flush, the last 8 or 10 bowel movements in the morning or afternoon consist merely of water without any stones or white cholesterol crystals (foam), you may reduce the dosage of the last two helpings of Epsom salt by one-third or one-half each. If you are totally intolerant of, or allergic to Epsom salt, use magnesium citrate or try other natural colonic cleansers that work fast, such Colosan and Oxypowder. The latter two products consist of a blend of various magnesium oxides (see *Product Information* at the end of the book). The disadvantage to most other colon cleansers is that, unlike Epsom salt, they have not been shown to open the bile ducts to release the gallstones into the intestinal tract - an important aspect of the flush process.

**Q. How about just eating apples for the preparation? How many apples would I need to eat a day to get the amount of malic acid found in apple cider or juice to do your cleanse?**

**A.** The malic acid in apple juice gets to the liver more quickly, more easily, and in higher concentrations than if a person just eats apples. You would need to eat at least 12 apples a day, which can lead to a lot of fermentation, gas, and headaches. An easier solution is to drink 8 oz. sour/tart cherry juice during each of the 6 days of preparation instead of apple juice. It contains about the same amount of malic acid as apple juice, but contains a lot less sugar, and tends to be tolerated better. But it needs to be the sour/tart variety of cherry juice (see Chapter 4 for details).

**Q. How does one cleanse the liver while taking medications? I have Parkinson's and take 4 pills a day for it. Meanwhile, I am taking apple cider vinegar, milk thistle, coconut oil, and eating dandelion greens.**

**A.** I do not recommend doing liver flushes while on medications such as those listed on this website:

[http://www.pdf.org/parkinson\\_prescription\\_meds](http://www.pdf.org/parkinson_prescription_meds). You can see the listed side effects from these drugs, which shows how much damage they can do to the body, while not addressing any of the causes of Parkinson's. It is not wise to cleanse the liver while at the same time re-congesting it with the chemical toxins found in these drugs.

Further, cleansing the liver makes it more efficient in removing drug chemicals which could also alter the amount of the drug in the blood, which is not a good idea, since this could greatly increase the risk of falling. Instead of merely suppressing or manipulating symptoms of Parkinson's, I propose to address all the possible factors that influence health, as outlined in this book, or in greater detail, in *Timeless Secrets of Health and Rejuvenation*. These include a possible vitamin D deficiency due to lack of regular sun exposure and eating foods that cause intestinal inflammation, which in turn is a major cause of neurological diseases. Once weaned off medication for at least 10-14 days, it is fine to start doing liver flushes, which is one of the best healing methods around. The organic sulfur crystals mentioned in Chapter 5 are excellent in removing metals, chemicals, and other toxins, and in rebuilding the nervous system.

**Q. I have a gluten allergy and my doctor told me it was Celiac's disease. Would liver flushing help with this condition and why do so many people now have a gluten allergy?**

**A.** According to research, gluten intolerance increased with the increased consumption of processed and altered flour (enriched, fortified, self-rising, etc.) during the past 30-40 years. In countries where traditional flour is still used, gluten intolerance or allergy is low or non-existent. In the Western Hemisphere, Italy ranks lowest, even though Italians eat the highest amounts of wheat pasta. However, Italians are very fussy about what wheat flour they use for their pasta. I don't think this has changed much in the past hundred years.

Also, using yeast in bread and other baked products has led to a much higher concentration of gluten than it used to be when bread was baked, let's say, a hundred years ago (without yeast, that is). Bread dough was left to ferment (creating sour dough) which would destroy the antibodies (which are also proteins) contained in wheat, making breads much easier to digest. Yeast also prevents the breakdown of gluten, leaving too much gluten in the bread and causing the reactions we see today.

The other thing is that if a person eats cooked/boiled/fried/roasted meat, fish, chicken, eggs, cheese, and other high concentration protein foods, the resulting protein coagulation causes the body to reject most of these damaged proteins. After some time, which is different for each person, the immune system may start reacting to all kinds of proteins, including gluten, especially if a person eats bread and meat in the same meal.

To answer your question, to avoid chronic intestinal inflammation I would avoid animal proteins and eat low-gluten foods for a while and then gradually re-introduce more gluten-rich foods, except baked goods made with yeast.

In addition, many people who had gluten allergy, no longer have it after having done a series of liver flushes.

I myself used to have gluten intolerance, which stemmed from overeating white breads during my traumatic childhood, but I removed it in a matter of 3-4 minutes during a Sacred Santémomy sound healing which I did for myself (see [www.ener-chi.com](http://www.ener-chi.com) for more

information about Sacred Santémomy). There are often unresolved emotional or past emotional conflict situations behind a gluten allergy, and especially Celiac disease, which are recalled by the intestinal immune system when it is exposed to gluten.

**Q. I have done 8 livers flushes so far and I feel great. Almost all of my symptoms, including stomach ulcers, sinusitis, and headaches, are gone without a trace. Altogether, I must have released about 2,500 stones. What I do not understand is why my 1st liver flush produced no stones whatsoever and the 2nd one only 6 or 7 small ones. During the following flush, I passed about 1,000 stones, much to my amazement. Can you explain why I wasn't successful with the first 2 flushes?**

**A.** You are one of those rare individuals whose major bile ducts in the liver were solidly congested with gallstones, and it took three flushes to soften the hardened stone structures and break them up. It is not true that the first two flushes were not successful. They were. They did the groundwork or *digging*, and the subsequent flushes just removed what was already dug up - thanks to your patience and persistence!

**Q. During a total of 5 liver flushes, I have passed over 1,200 stones. My 5th flush, however, didn't release more than 20 stones. Does this mean that my liver is clean now?**

**A.** Not necessarily. It may be that your 5 flushes have successfully removed all the stones that were held in one of the two major biliary trees of the liver, but the second one may still be blocked. Further cleansing will open that, too. You may even release more stones during future flushes than you did with the previous ones, since the most blocked and resistant bile ducts tend to open only once the lesser congested bile ducts have already been cleared.

**Q. Isn't it necessary after a liver flush to replenish electrolytes and intestinal flora?**

**A.** Although it sounds reasonable to give back to the body what it has lost as part of the cleansing, I found that it is far better to let the body take care of this by itself. By doing so, the body is stimulated to take care of its own needs rather than forcing it to use externally supplied *crutches*. In addition, it is actually much easier to replenish electrolytes and probiotics (beneficial bacteria) when the intestinal tract is clean. In fact, bacterial balance is usually restored within less than 48 hours. If you still feel like supporting the replenishment of gut bacteria, you may drink 4-6 oz. of freshly pressed cabbage juice.

**Q. How long does it take for an average, pea-sized gallstone to form in the liver? Is it possible to form them as fast as you can cleanse them?**

**A.** This depends on how many gallstones you have already accumulated, the kind of foods or beverages you consume, your emotional state, and your lifestyle. Alcohol, medication, stimulants, diuretics, and processed sugar and meat, can quickly congeal bile and, thereby, form new stones. Some stones can reach pea-size within a few weeks. To attain and then maintain a clean liver, I recommend applying the dietary and lifestyle changes I have outlined in *The Amazing Liver and Gallbladder Flush*, in addition to carrying out the liver flushes.

**Q. I had an abdominal ultrasound before and after I started the liver and gallbladder cleanses and my doctor said there is not significant change in the amount of stones in my gallbladder. Can you explain that? I am very disappointed with the results.**

A. I have always emphasized that the most important stones to remove are the ones in the bile ducts of the liver. They are the main cause behind chronic diseases. As mentioned before, heavier calcified stones in the gallbladder are more reluctant to come out than the softer ones that occur in the thousands of liver bile ducts. In most cases, calcified stones come out after 6 or 8 cleanses, according to the reports I have received over a period of almost 20 years from thousands of people around the world.

However, although in some cases calcified stones may come out right away, in other cases, they may simply not move at all during a liver flush and remain sitting at the bottom of the gallbladder sac. These types of stones [if there are not more than 3-4 smaller ones (1cm)] don't cause any significant health problems and many people live with them without suffering any digestive problems. We had people who passed all their calcified stones after their 18th flush, and none before that. It's not something that can be predicted.

But once again, cleaning out the bile ducts in the liver is the most important part of the cleanse, since this allows the liver to perform better, remove toxins from the blood, and produce enough bile for digestion and elimination of waste matter.

**Q. I know one woman who had problems with a huge gallstone, as big like a small fist. So what is it, when somebody has such a big stone?**

A. It is really difficult to assess whether liver flushing would still work in such extreme cases. I know of some individuals whose gallbladders were almost completely filled with large stones, and after 12 or more flushes they were able to have a functional gallbladder again. However, if there is no bile flowing into the gallbladder anymore, the chances for this to happen may be very slim. There needs to be some space in the gallbladder so that bile can then throw out stones during liver flushes. If the large stone is calcified (not one of the soft ones), it may even be more difficult to release.

An ultrasound could determine the exact size of a calcified stone, but wouldn't be able to show what else there is in the gallbladder in terms of bile sludge and soft stones. It would also not show what is in the liver bile ducts.

**Q. I have a lot of moles on my arms and forearms, some that have developed within the last year. Is this an indication of gallstones, the same as liver spots on the back of the hands, or brown patches on the temple area? Do moles and skin discolorations disappear as the liver is cleansed of gallstones?**

A. Most of these skin blemishes appear in direct relation to existing or newly developing gallstones in the bile ducts of the liver and gallbladder. Many of them tend to fade and disappear once the liver and gallbladder are completely clean or, in some cases, after releasing most of the gallstones. Another cause of moles, freckles, and liver spots is a deficiency in selenium and sulfate). In that case, taking supplemental ionic selenium and organic sulfate crystals can help remove them. (To remove moles through external applications, see my book *Timeless Secrets of Health and Rejuvenation*)

**Q. How many colonics does a person generally need to do to be clean?**

A. The number of colon treatments required varies with the individual and his or her prevailing condition, diet, and lifestyle. In some cases, the waste is so hard and affixed to the colon wall that it may take a series of up to 7 colonics to sufficiently soften and loosen this

accumulated fecal material. Some people may not have startling results for the first few treatments. That is why a series of at least 3 treatments, once per week, is recommended and advisable for anyone who has never done any colon cleansing.

It is also important that you monitor your colon health by listening to any pain signals or stiffness that may occur in the neck, shoulders, low back, pelvic area, or arms. These aches and pains will let you know that it is time again for another colon cleanse. To detect any hidden areas of pain or tension in the colon, you may gently press the abdominal area about 2 to 4 inches away from the navel - on the left of it, above it, and on the right of it. Check for any tender spots or hardness.

**Q. Do colonics have harmful side effects?**

**A.** Colonics have no known harmful side effects. It is possible, however, for some people to have cold-like symptoms or a headache after a colonic. The cause is toxins that have been lying dormant in the colon and are now being flushed out. Some waste deposits, though, may only be partially removed and not be cleared out, and a small amount of released toxins may be reabsorbed into the body. Such a healing crisis generally passes quickly, and the person will realize a greater feeling of well-being with further treatments. Having dealt with colonic irrigation for nearly two decades, I have not yet seen any ill effects.

**Q. Can colonics damage normal intestinal flora?**

**A.** The normal intestinal flora, consisting of friendly bacteria, will not be disturbed. The first half of the colon is responsible for generating and gathering the intestinal flora required for balanced colon functions. The appendix serves as the main breeding place for beneficial bacteria. When food is not digested properly, feces tend to attach to the inside of the bowel. Layer upon layer of fecal encrustation inhibits the lining of the intestine from producing the necessary intestinal flora. This also leads to poor lubrication of the intestinal lining and intensifies the congestion and generates toxemia. This, in turn, upsets the normal acid/alkaline balance (pH) and further inhibits the growth of beneficial bacteria. Consequently, this imbalance invites destructive bacteria to overpopulate the gut (destructive bacteria help to break down waste, but produce strong toxins as a result of this action).

Colon cleansing helps to restore the normal pH value in the bowel. In this more supportive environment, the beneficial bacteria will once again thrive, and disease-causing bacteria will find it more difficult to proliferate.

**Q. I experienced a 50 percent reduction of Chronic Fatigue Syndrome (10 years) symptoms on the 1st liver cleanse (it lasted 3 days) and after subsequent cleanses, all symptoms are back. Is this common?**

**A.** Every person is different and has different experiences with the flush, so there are no right or wrong results. As this book mentions, the positive benefits and improvements one experiences after a liver cleanse or two are usually short-lived (a couple of days). Once you release stones from the exiting bile ducts of the liver, within 2-3 days, stones from deeper inside the liver and, eventually, the rear of the liver, will move toward these exiting bile ducts and clog them up once more.

This relogging process may actually happen a lot faster after a few flushes, and improvements can be less noticeable than in the beginning. Unfortunately, people with CFS and arthritis tend to have a lot more stones in the liver bile ducts than average, and it tends to take them longer to get to the point where no more stones from the rear parts of the liver keep clogging the exiting bile ducts.

The initial 50 percent improvement that you noticed after the first flush shows that insufficient bile secretion is at the core of your CFS. Having had CFS for 10 years indicates

that there has been a chronic state of liver congestion for a long time, much longer than 10 years. How long it takes for the liver to be completely clean (and for no more stones to clog the exiting bile ducts) is difficult to determine, but if I were you, I would keep going until that happens.

**Q. During my last liver cleanse (11th) I felt exhausted and without energy. Every time I went to the toilet I felt more and more tired. Quite an exhausting day, yet I was not passing as many stones as I had expected...**

**A.** Yes, some of the flushes can be quite tiring. It's often those when the liver dumps a lot of toxins, but not many stones. While doing so, the liver doesn't do much in terms of converting complex sugars into glucose which is the body's principle source of cellular energy. In other words, cells don't perform as usual, saving energy. This is what you experience as tiredness. The body does the right thing, though. It uses all the available energy to rid itself of toxins and waste. It's not unlike the decreased energy one experiences during a bout of influenza, which is also a major cleansing operation. If you have a lot of watery stools without any stones coming out, you may reduce the amount of Epsom salt the next time by a third, especially for the morning doses.

**Q. I have heard that the Spanish herb Resium can dissolve gallstones and kidney stones. Is it true?**

**A.** I wish it were true, but so far I have not seen anyone who was able to dissolve his kidney stones or gallstones using Resium. There is one piece of research that confirms my own findings. During a Danish study on patients who were admitted for cholecystectomy because of intermittent bile cholics, researchers followed subjects for 6 months to evaluate the effects of Resium<sup>6</sup>. Using ultrasonography, no effect of Resium upon gallstone size and volume was seen.

**Q. I found a product on the internet that is claimed to dissolve gallstones, kidney stones, and biliary sludge. The product is called "Glytamins". Do you know anything about it?**

**A.** I personally tested the product and found no evidence that it dissolved gallstones or kidney stones. The company selling it describes the "olive oil liver flush" to help drive traffic to their website and then try to convince customers to buy their expensive product instead of doing the very inexpensive liver and gallbladder flush. I wish their product worked as claimed because it truly would make the process so much easier and faster.

**Q. I had a gallstone attack in January 2007 (very painful!!!) and they removed my gallbladder and 2 big stones. Now I have more pain than ever. And yesterday my mother came back from the doctor with very grim news - her liver doesn't work at all anymore. They had removed her gallbladder 30 years ago. What can I do? Please help!**

**A.** Unfortunately, most doctors don't tell their patients what happens down the road when they remove their gallbladder. If a gallbladder has been removed, it is even more important to flush the liver to avoid liver failure and cancer. To save her liver, your mother's only real chance may be to cleanse it.

**Q. I understand about cleansing the liver. Assuming the liver is fully cleansed, how does not having a gallbladder affect my absorption and digestion of the nutrients and minerals that my body needs? Is there something I can do to help aid this absorption in addition to making sure the liver is functioning at its best?**

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<sup>6</sup>[Ugeskr Laeger](#). 1994 Nov 28;156(48):7211-3

**A.** Yes, you may use a bile supplement, sometimes recommended by the more informed doctors, for patients whose gallbladder has been removed. When you take it, make sure to start at a small dosage and see how much of it aids your digestion best. Taking too much causes loose stools or diarrhea.

**Q. Is taking Colosan before and after the liver cleanse acceptable, or is the risk of lingering stones just too great?**

**A.** There is a considerable risk involved with not doing a thorough colon cleanse within 3 days after liver flushing. The next best method to colonics is the use of a Colema board, which cleanses the entire colon, too. A Colema board is a one-time investment and lasts forever (see details on [www.ener-chi.com](http://www.ener-chi.com)). If that is not affordable for you, doing 2-3 back-to-back water enemas would be fine. You can buy 1-quart enema bags, available at most pharmacies for less than \$4. One enema on the day of the liver flush may be sufficient. Colosan can be used in addition to that.

**Q. My mother has had constipation on and off for a number of years as well as stomach and digestion problems. She did her 1st cleanse in March and had about 5 small stones. She did her 2nd this past April and had none. Should she try a colonic before trying another cleanse at the end of May?**

**A.** It is vitally important to cleanse the colon, both before and after liver flushes. If the pre-colonic is omitted, especially when constipation is an issue, stones may not pass at all because the gallbladder may remain shut. If the post-colonic is omitted, any stones that may have passed could get stuck in the colon and create more problems there than they did in the liver. Your mother may have passed stones but, because of constipation or not cleaning the colon beforehand (ideally done on the day of liver flush), the stones may have become caught in the colon and may still be there.

In both approaches, it is important to know how to massage the colon during this procedure in order to release as much trapped waste material as possible.

**Q. Since my 1st real liver flush, it seems like the whole right side of my body is having problems, such as aches and pains, and more arthritis symptoms in my hands and shoulders. I have noticed more indigestion when I eat meat or fish, which I am eating less often now. I haven't had eggs for almost a month and am doing fine! Why all the aches and pains now?**

**A.** Although it is not common, some symptoms may increase as your body starts cleansing itself. When the body is congested, its ability to heal and detoxify itself is put on hold. The body is in the *accumulating* phase, where toxins and acids are added to the connective tissue of organs, joints, etc. This also means that symptoms become chronic but less acute, meaning, you won't notice them much, if at all. When your main organs of elimination are cleansed, the body starts releasing these accumulated toxins and acids, which may lead to acute flare-ups or symptoms.

Symptoms always indicate that the body is trying to heal itself. They are falsely considered to be diseases. Even in a chronic situation, pain is a healing response that helps to bring water and oxygen to a congested part of the body. Inflammation, which includes swelling, is a natural healing response to an unnatural situation. Liver, colon, and kidney cleansing, along with a balanced diet and lifestyle, remove the underlying causes of the illness.

When your digestion doesn't work well and the GI tract is congested, cadaver food and eggs, cheese, etc. tend not to cause a major reaction. When it improves, though, the immune

system in the gut starts reacting to these foods again, trying to reject them as quickly as it can, because they are hazardous to one's health. That means you no longer feel good after eating them, which is a good sign that shows the body is doing a better job of protecting itself. This is a good time to make major changes to your diet and lifestyle.

**Q. I have several of your books and I think they are of great interest. I conducted 2 liver cleansings with resounding success and I also persuaded several people around me to do so. Yesterday evening I was chatting with a doctor and he told me that departing stones could become embedded in a pancreatic duct and cause pancreatitis. I have much interest in this subject, so I have decided to share this doubt with you, because I consider you family.**

**A.** I agree with your doctor friend; gallstones dislodged by the gallbladder or intrahepatic gallstones in the liver can block the pancreatic duct and cause pancreatitis and pancreatic tumors, as well as diabetes. This is a serious condition that befalls many people nowadays, and I suffered greatly, too, when I used to have my 40+ gallstone attacks.

However, the liver and gallbladder flush is designed to prevent such a situation. Cleansing these two organs makes it virtually impossible to have pancreatitis. Without it, the risk is relatively high, especially given the modern diets of high fat, high protein foods. On any day, the triggering of the gallbladder in response to a fatty meal can dislodge a gallstone or sludge that can get stuck at the ampulla of Vater.

In the case of liver flushes, though, this is prevented by use of Epsom salt which keeps bile ducts relaxed and open, and the release of large amounts of oily bile in response to ingesting a large amount of olive oil/citrus juice. Taken on an empty stomach versus as part of a meal, this allows the oily bile to easily transport any size stone safely and without pain to the large intestine. Cleansing of the colon before and after a liver flush also makes that process easier. That is why there are no gallstone attacks during liver flushes. After the first of my 12 liver flushes, I never suffered a gallstone attack again.

**Q. I am on medication for heart disease. Your book said to stop taking any medication during a liver flush. How I can do that?**

**A.** Medication is designed to suppress something that the body is trying to do right. Blood pressure medication, for example, lowers high blood pressure but, in a congested body with thickened, congested blood vessel walls, the body needs to increase the blood pressure to distribute the correct amount of nutrients and oxygen to the organs, including the brain and heart. If you lower the blood pressure without removing the congestion, this is likely to damage the organs, brain, and heart. That is why blood pressure medication is now a leading cause of congestive heart failure and heart attack/stroke. In studies, it has been shown that patients whose high blood pressure was *not* treated had fewer heart attacks than those who received blood pressure medication. I have written about the dangers of these drugs in *Timeless Secrets of Health and Rejuvenation*. Besides harming the heart and brain, the drugs also damage the liver and kidneys.

The medical system is not meant to make people healthy. It is meant to alleviate their symptoms, but never cure them of anything. Otherwise, the system would become obsolete and the biggest money-making industry would become bankrupt. So if you are looking for a real cure, don't expect it to come from drugs and medical treatments.

It is best to treat such problems with diet and lifestyle changes as outlined in the above book. Avoiding animal protein, for example, is a direct way to clean out the blood vessels so that blood pressure goes back to normal. Medication never treats the cause of illness, just the effect or symptom. This is a wrong-sided approach that doesn't work. Over 900,000 people die in the US each year because of medical treatment, and not because of their illness.

Doing liver flushes while on medication, which always suppresses the body's ability to heal or cleanse itself, may not be very successful, or may make you feel very nauseous. These are two contradictory actions. You can try it, but I don't recommend it.

**Q. I have some lipomas on my hands and other parts of my body. Can they be treated without surgery, what is the duration of the treatment, and will they grow back again?**

**A.** Lipomas develop when the bile ducts of the liver get clogged with hundreds and thousands of intrahepatic gallstones. Lipomas are caused by a longstanding obstruction in the liver bile ducts and gallbladder. Liver bile duct blockage prevents lipids (fats) from being properly digested and removed from the lymph. As a result, these fats backwash into circulation and are being deposited under the skin and accumulate as fatty tumors. The stones in the liver are also responsible for the stones in your gallbladder (ultrasound only detects the hard, calcified stones, but not the soft, green cholesterol stones).

To remove the stones from the liver and gallbladder you will need to do a series of liver/gallbladder flushes as described in detail in this book. Once the liver and gallbladder are clean, the body will retrieve and break down the fatty deposits. The liver and gallbladder flush is the first step to stopping and reversing this condition. Don't stop cleansing, though, until all stones are gone.

Lipoma is not a disease; it is the body's way of protecting the liver from turning into a fatty liver. The body creates these mini-outlets to prevent internal suffocation. Be sure to avoid all animal foods, including meat, fish, chicken, eggs, and especially cheese and milk (butter and ghee are fine), as well as any fried foods.

**Q. I would like to know if psyllium husk/bentonite products can be used to clean the colon.**

**A.** I do not recommend oral colon cleansing products that contain psyllium and bentonite. Psyllium powder consists of millions of bits of tiny husk fragments which act like sharp microscopic knives and cause microscopic injuries in the intestinal wall. It remains abrasive no matter what you do with it; that is why it has been shown to be as effective as an *intestinal broom*, which many people seem to welcome, not realizing that this also can harm them.

Besides, psyllium absorbs large amounts of water, causing it to swell and turn into a bulky mass, which can cause the intestines to become dehydrated. The same effect can diminish the protective mucus lining of the intestine in the long term, leading to a loss of minerals.

In response to taking psyllium, the mucus lining initially thickens to protect the intestinal wall from damage, but with regular intake of these products, this protective lining may become eroded, which can seriously affect the gut's bacteria population and, eventually, lead to chronic constipation (if product use is discontinued). Also, vitamin B12 is made by bacteria in the gut, and this action can become inhibited by the broom action of psyllium. Just drinking extra water is not enough to compensate for the water and mineral loss, and besides, most people forget about drinking extra water when they use these products.

The several feet long rubber-like stools that you produce after taking such products consist almost entirely of expanded psyllium and bentonite, filled with fecal water and some waste matter. They are not the large amounts of old mucoid fecal matter that the product manufacturers claim they are.

The first psyllium/bentonite product on the market was known as the Anderson Cleanse, which I extensively researched about 20 years ago. The examined stools were made of the same dark rubber-like stools, but consisted of mostly psyllium. Even when the colon was completely clean, the same rubber-like pieces came out. You can put some psyllium in water and see what happens, how it swells and into expands into rubbery structures.

Most people who use a psyllium/bentonite formula already have a slow passage time of the foods they eat, often 3 times slower than normal. They are the ones most prone to experience a serious loss of minerals and vitamins. Bentonite has great healing properties, but also expands greatly in the intestines. I have found severe plastering of the intestines with clay in individuals who had taken these products long term, especially those body types who are susceptible to constipation. All in all, I have had too many negative experiences with such products in the last 15 years to be able to endorse them. It's just too much of a risk.

The best intestinal cleanser and natural laxative is bile. Cleaning out the liver bile ducts ensures proper bile secretion. Having sufficient bile available for the digestive process and making balanced dietary choices are still the best antidotes to prevent and reverse intestinal congestion.