

THE AMAZING LIVER CLEANSE

**A Powerful Approach
To Improve Your Health And Vitality**



Andreas Moritz

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all organs and systems of the body. This particular picture is for
improving liver function.]

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The Amazing Liver Cleanse

*A Powerful Approach
To Improve Your Health And Vitality*

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**To all those who wish to take responsibility for their
own health and who care about the health and well-
being of their fellow human beings**

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INTRODUCTION

Most people believe that gallstones can be found only in the gallbladder. This is a common false assumption. Most gallstones are actually formed in the liver and comparatively few occur in the gallbladder. You can easily verify this assessment by giving yourself a liver cleanse. It matters little whether you are a layperson, a medical doctor, a scientist, or someone who no longer has a gallbladder and, therefore, is believed to be free of gallstones altogether. The results of the liver cleanse speak for themselves. No amount of scientific proof or medical explanation can make these any more valuable than they already are. Once you see hundreds of green or beige-colored gallstones floating in the toilet bowl during your first liver flush, you will intuitively know that you are on to something very important in your life. To satisfy your curious mind you may decide to take the stones to a laboratory for chemical analysis or ask your physician what he thinks about all that. But what is most significant in this experience is the fact that you have taken active responsibility for your own health, perhaps for the first time in your life.

Not everyone is as fortunate as you are. An estimated 20% of the world's population will develop gallstones in their *gallbladder* at some stage in their lives. This figure, however, does not account for the many more people who will develop gallstones in their *liver* or already have them. During my thirty years of practicing natural medicine I have dealt with thousands of people suffering from all types of diseases. I can document that each person, without exception, has had considerable quantities of gallstones in their liver. Surprisingly, only relatively few of them reported to have had a history of gallstones in their gallbladder. Gallstones in the liver are, as will be seen in this book, the main impediment to acquiring and maintaining good health, youthfulness and vitality. They are, indeed,

one of the major reasons people become ill and have difficulty recuperating from illness.

The failure to recognize the incidence of gallstone formation in the liver may very well be the most unfortunate oversight that has ever been made in the field of medicine, both orthodox and complementary. Relying so heavily on blood tests for diagnostic purposes, as conventional medicine does, may be a big disadvantage with regard to assessing liver health. Most people who have a physical complaint of sorts have perfectly normal liver enzyme levels in the blood, despite suffering liver congestion. Liver congestion and stagnation are among the most common health problems, yet conventional medicine makes no reference to them, nor does it have a way to diagnose these conditions. Liver enzyme levels in the blood become elevated only when there is advanced liver cell destruction, as is the case, for example, in hepatitis or liver inflammation. Liver cells contain large amounts of enzymes. When ruptured, the enzymes enter the blood and signal liver abnormalities. But by then, the damage has already occurred. It takes many years of congestion before such an event becomes possible. Therefore, typical clinical tests are not a reliable way to detect gallstones in the liver.

By understanding how gallstones in the liver contribute to the occurrence of almost every type of disease, and by taking some simple steps to remove them, you are able to put yourself in charge of restoring your own health and vitality on a permanent basis. The implications of applying the liver cleanse for yourself or, if you are a health practitioner, for your patients, are immensely rewarding. To have a clean liver is to have a new lease of life.

The liver has direct control over growth and functioning of every cell in the body. Any kind of malfunction, deficiency or abnormal growth pattern of the cell is largely due to poor liver performance. Due to its extraordinary design, the liver often ‘seems’ to perform normally (balanced blood values), even after it has lost up to 60% of its original efficiency. As deceiving this may be to the patient and his doctor, the origin of most diseases can easily be traced to the liver.

All diseases or symptoms of ill health are caused by an obstruction of some sort. If a blood vessel is blocked and therefore can no longer provide speedy delivery of vital oxygen or nutrients to a group of cells, the cells will have to enforce specific emergency

measures in order to survive. Of course, many of the afflicted cells will not survive the ‘famine’ and will simply die off. But other, more resilient cells will learn to adjust to the adverse situation (cell mutation) and live off trapped, toxic metabolic waste products. Although, in reality, such a survival response helps to prevent the body’s immediate demise through septic poisoning, we tend to label it as ‘disease’. In this case, the label is known as cancer.

There are other, more apparent obstructions that can disrupt our well-being. A continually constipated colon prevents the body from eliminating the waste products contained in feces. The withholding of waste in the lower parts of the intestines leads to a toxic colon and, if the situation is not resolved, to a toxic body. Kidney infection and kidney failure occur when a calcified stone obstructs the flow of urine in the kidneys or bladder. The build up of mineral deposits in the urinary system can lead to fluid retention and weight gain. If hardened mucous blocks the air passages of your lungs, you literally run out of breath. Poor hearing may result if sticky mucous enters the ducts that connect your throat with your ears. Likewise, a thickening of the blood caused by highly acid-forming foods or drinks may restrict its flow through the capillaries and arteries, and lead to numerous problems in the body, ranging from simple skin irritation to arthritis, heart attack, or stroke.

These or similar obstructions in the body are directly and indirectly linked with restricted liver performance—in particular, to an impasse caused by gallstones in the liver and gallbladder. The presence of chunks of clotted bile (gallstones) in these organs greatly interferes with such vital processes as the digestion of food, elimination of waste and detoxification of harmful substances in the blood. By decongesting the liver bile ducts and the gallbladder, the body’s 60-100 trillion cells will be able to ‘breathe’ more oxygen, receive sufficient amounts of nutrients, efficiently eliminate their metabolic waste products, and maintain perfect communication links with the nervous system, endocrine system and every other part of the body.

Almost every patient suffering a chronic illness has excessive amounts of gallstones in the liver. This can easily be verified by having the chronically ill do a liver cleanse. But unless there is a specific liver disease, this vital organ is rarely considered a ‘culprit’

for other diseases. The majority of gallstones in the liver and gallbladder consist of the same ‘harmless’ constituents as are contained in liquid bile, with cholesterol being the main ingredient. This makes most of them ‘invisible’ to X-ray and ultra-sound technologies.

The situation is different with regard to the gallbladder where some of the gallstones, typically about 20% of all stones, are made up entirely of minerals, predominantly, calcium salts and bile pigments. Modern diagnostic tools can easily detect these hardened, relatively large stones, but tend to miss the softer, non-calcified ones in the liver. Only when there are excessive amounts of the cholesterol-based stones (95% cholesterol) blocking the bile ducts of the liver does ultrasound reveal what is known to be a fatty liver. In such cases, the ultrasound pictures show a liver that looks almost completely white (instead of black). A fatty liver can gather up to 20,000 stones before it succumbs to suffocation and ceases to function.

If you had a fatty liver and went to the doctor he would tell you that you had ‘fatty structures’ in your liver. It is unlikely, though, that he would tell you that you also have *intrahepatic stones* (stones obstructing the liver’s bile ducts). As mentioned before, most of the smaller intrahepatic stones are not detectable through ultrasound scanning. Nevertheless, careful analysis of the ultrasound picture by specialists would show whether the small bile ducts in the liver have become dilated as a result of obstruction. Some of the larger stones are visible. However, unless there is an indication of major liver trouble, doctors rarely check for intrahepatic stones.

Even if the early stages of a *fatty liver* or gallstones in the bile ducts were easily recognized and diagnosed, there are no methods offered in today’s medical facilities to relieve this vital organ of the heavy burden it has to ‘carry.’ The fact remains that most people have accumulated hundreds and, in many cases, thousands of hardened bile deposits in the liver. These stones continuously block its bile ducts. In view of the adverse effect the stones have on liver performance as a whole, it is irrelevant whether they consist of soft clumps of cholesterol or hard, crystallized mineral salts. Whether our health practitioners or we consider them to be conventional gallstones, fat deposits or clots consisting of hardened bile, the effect that they prevent bile from flowing through the bile ducts is common to all

three assumptions. The main question is, how can such a simple thing as obstructed bile flow cause complex diseases such as congestive heart failure, diabetes or cancer?

Bile, which is a green-colored, alkaline fluid, has multiple functions. Each one of these affects the health of every organ and system in the body. Apart from assisting with the digestion of fat, calcium, and protein foods, bile is needed to maintain normal fat levels in the blood, remove toxins from the liver, help maintain proper acid/alkaline balance in the intestinal tract, and keep the colon from breeding harmful microbes. To maintain a strong and healthy digestive system and feed body cells the right amount of nutrients, the liver has to produce 1-1.5 quarts (1.1-1.6 liters) of bile per day. Anything less than that is bound to cause problems with the digestion of food, elimination of waste and the body's constant effort of detoxifying the blood. Many people produce just about a cup full or less. As will be shown in this book, almost all health problems are a direct or indirect consequence of reduced bile production and inefficient bile transport.

People with chronic illnesses often have several thousand gallstones congesting the bile ducts of the liver. Some stones may have impacted the gallbladder as well. By removing these stones through a series of liver cleanses, and maintaining a balanced diet and lifestyle, the liver and gallbladder will be able to restore their natural efficiency, and most symptoms of discomfort or disease in the body will begin to subside. Allergies will lessen or disappear, back pain will dissipate energy and well-being will improve dramatically. Cleansing the liver bile ducts from gallstones is one of the most important and powerful procedures to regain or improve your health.

In this book you will learn how to painlessly remove up to several hundred gallstones at a time. The size of the stones ranges from a pinhead to that of a small walnut. The actual liver flush takes place within a time frame of less than 14 hours and can conveniently be taken over a weekend at home. Chapter 1 explains in detail why the presence of gallstones in the bile ducts, both inside and outside the liver, can be considered to be the greatest health risk and cause of almost every major or minor illness. In Chapter 2 you will be able to identify the signs, marks, or symptoms that indicate the presence of stones in your liver or gallbladder. Other sections of the book deal

with the possible causes of gallstones and how to prevent new ones from developing. ‘What Can I Expect from a Liver Cleanse’ covers some of the possible health benefits of this profound self-help program. Also, find out what others have to say about their experiences with the liver flush. The question and answer section deals with many queries you may have about the cleanse. To reap the maximum benefit from this procedure, I strongly encourage you read the entire book before starting with the actual cleanse.

The picture shown on the cover of the book is part of a series of paintings, known as Ener-Chi Art, that were created to restore the life force energy (Chi) in all the organs and systems of the body. This particular picture helps to restore Chi-flow in the liver and gallbladder. By looking at it for about $\frac{1}{2}$ minute or longer—before, during and after the cleanse—can greatly assist you in the process of cleansing and rejuvenating these organs.

I wish you great success and happiness on your journey of self-sustained health and vitality.

Chapter 1

Gallstones in the Liver—A Major Health Risk

Think of the liver as a large city with thousands of houses and streets. There are underground pipes for delivering water, oil and gas. Sewage systems and garbage trucks take care of waste products. Power lines deliver energy to the homes and businesses. Factories, transport systems and shops meet the daily supply requirements of its inhabitants. The city is organized in such a way to provide all that is needed for the continued existence of its entire population. However, if city life becomes paralyzed as a result of major strike actions, a failing power supply, a massive act of terrorism or a devastating earthquake, the population will begin to suffer serious shortcomings in all of these sectors.

The liver has hundreds of different functions and is connected with every part of the body. Every moment of the day it is involved in manufacturing, processing and supplying vast amounts of nutrients. These nutrients feed the 60-100 trillion inhabitants (cells) of the body. Each cell is, in itself, a microscopic city of immense complexity, with billions of chemical reactions per second. To sustain the incredibly diverse activities of all the cells of the body without disruption, the liver must supply them with a constant stream of nutrients and hormones. With its intricate labyrinth of veins, ducts and specialized cells, the liver needs to be free of any obstruction in order to maintain a problem-free production line and frictionless nutrient and hormone distribution system throughout the body.

The liver is the main organ responsible for processing, converting, distributing and maintaining the body's 'fuel' supply. Some actions involve the breakdown of complex chemicals; other important ones involve synthesis, particularly the manufacture of protein molecules.

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The liver acts as a cleansing station, inactivating hormones and alcohol and drugs. In all cases, it is the task of the liver to modify these biological active substances so that they lose their potentially harmful effects—a process known as detoxification. Specialized cells in the liver's blood vessels (Kupffer cells) mob up harmful elements and infectious organisms reaching the liver from the gut. The liver excretes the waste materials resulting from these actions via its bile ducts. To make sure all this occurs efficiently, the liver receives and filters three pints of blood per minute and produces two and a quarter of bile every day. Obstructive gallstones can greatly undermine the liver's capacity to detoxify all of these externally supplied and internally generated substances in the blood; they also prevent the liver from delivering the proper amount of nutrients and energy to the right places in the body at the right time. This can upset the delicate balance in the body, known as 'homeostasis', leading to malfunctioning of its systems and organs.

A perfect example for such a disturbed balance is the increased concentration of the endocrine hormones estrogen and aldosterone in the blood. These hormones, produced both in men and women, are responsible for the correct degree of salt and water retention; when not detoxified, as occurs in bile duct and gallbladder congestion, their excessive concentration in the blood causes tissue swelling and water retention. High estrogen levels are also considered the leading cause of breast cancer among women. In men, high levels of this hormone can cause excessive development of breast tissue. Nearly 60% of the American population is overweight or obese; that is, they suffer from fluid retention (with comparatively little fat accumulation). Fluid retention in the tissues forces other toxic waste matter to be deposited in various parts of the body. Wherever the storage capacity for toxins is exhausted, symptoms of illness begin to occur.

Clearing the liver and gallbladder from all accumulated stones helps to restore homeostasis, balance weight and set the precondition for the body to heal itself; it also is one of the best precautions one can take to protect against illness in the future (see **Figures 1a and 1b:** Flushed-out gallstones from the liver and gallbladder).

If you suffer any of the following symptoms, or similar conditions, you likely have numerous gallstones in your liver and gallbladder:

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- Low appetite
- Diarrhea
- Hernia
- Dull pain on the right side
- Hepatitis
- Pancreatitis
- Duodenal ulcers
- Depression
- Prostate diseases
- Menstrual and menopausal disorders
- Skin disorder
- Loss of muscle tone
- Pain at the top of a shoulder blade and/or between the shoulder blades
- Tongue that is glossy or coated in white or yellow
- Frozen shoulder
- Headaches and migraines
- Sciatica
- Knee problems
- Chronic Fatigue
- MS and MS
- Excessive heat and perspiration in the upper part of the body
- Difficulty sleeping, insomnia
- Hot and cold flushes
- Food cravings
- Constipation
- Flatulence
- Difficulty breathing
- Most infections
- Heart disease
- Nausea and vomiting
- Impotence
- Urinary problems
- Problems with vision
- Liver spots, especially those on the back of the hands and facial area
- Excessive weight or wasting
- Dark color under the eyes
- Scoliosis
- Stiff neck
- Tooth and gum problems
- Numbness and paralysis of legs
- Osteoporosis
- Kidney diseases
- Alzheimer's disease
- Very greasy hair and hair loss
- Nightmares
- Digestive disorders
- Clay-colored stool
- Hemorrhoids
- Liver cirrhosis
- High cholesterol
- Brain disorders
- A 'bilious' or angry personality
- Other sexual problems
- Hormonal imbalances
- Puffy eyes
- Dizziness and fainting spells
- Strong shoulder and back pain
- Gout
- Asthma
- Yellowness of the eyes and skin

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- Joint diseases
- Obesity
- Cancer
- Cold extremities
- Cuts or wounds that keep bleeding and don't want heal
- Stiffness of joints and muscles

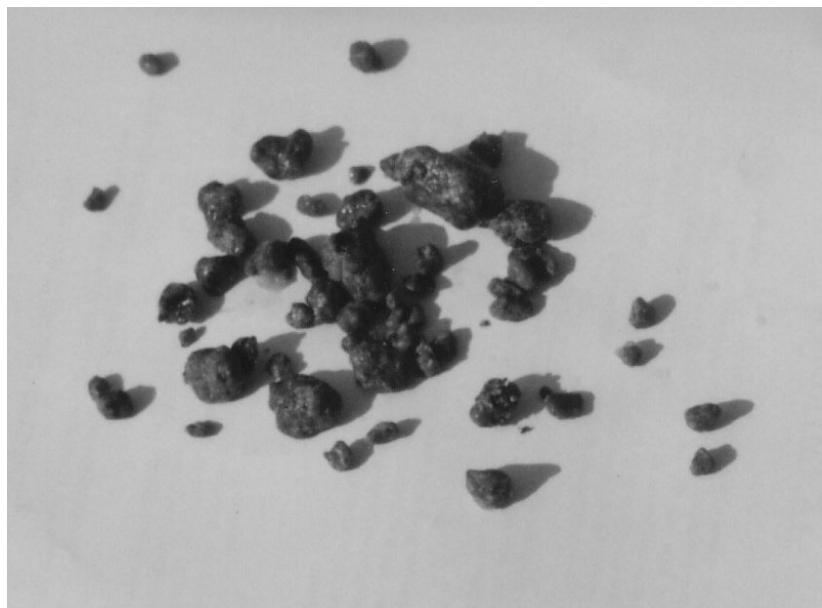


Figure 1a: Flushed out gallstones



Figures 1b: Flushed-out gallstones

The Importance of Bile

One of the liver's most important functions is to produce bile, about 1 - 1½ quart per day. Bile is a viscous, yellowish fluid that is alkaline (versus acidic) and has a very bitter taste. Most food cannot be properly digested without bile. For example, to enable the small intestines to absorb fat and calcium from the food you eat, the food must first be mixed with bile. When fat is not absorbed properly, it indicates that bile secretion is insufficient. The undigested fat remains in the intestinal tract. When the fat reaches the colon along with other waste products, bacteria break down some part of it into fatty acid components, or else it is excreted with the stool. Since fat is lighter than water, it may make the stool float. If fat is not absorbed, then calcium is not absorbed either, leaving the blood in a deficit. The blood subsequently takes its extra calcium from the bones. Most bone density problems actually arise from insufficient bile secretion and poor digestion of fats rather than from not eating enough calcium.

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Apart from breaking down fats contained in our food, bile also removes toxins from the liver. One of the lesser known but extremely important functions of bile is to de-acidify and cleanse the intestines. If gallstones in the liver or gallbladder have critically impeded bile flow, the color of the stool may be tan, orange-yellow or pale as in clay, instead of the normal greenish-brown. Gallstones are one outcome of an unhealthy diet and lifestyle. If gallstones are still present in the liver even after all other disease-causing factors are eliminated, they still pose a considerable health risk and may lead to illness and premature aging. For this reason, the subject of gallstones has been included here as a major risk factor or cause of disease. The following sections describe some of the main consequences that gallstones in the liver have on the different organs and systems in the body. By removing these stones, the body as a whole is able to resume its normal, healthy activities.

Disorders of the Digestive System

There are four main activities in the alimentary tract of our digestive system: *Ingestion, Digestion, Absorption and Elimination*. The alimentary canal begins at the mouth, passes through the thorax, abdomen and pelvis region, and ends at the anus (see **Figure 2**). When food is *ingested*, a series of digestive processes begin to take place. These can be divided into the *mechanical breakdown* of food through mastication

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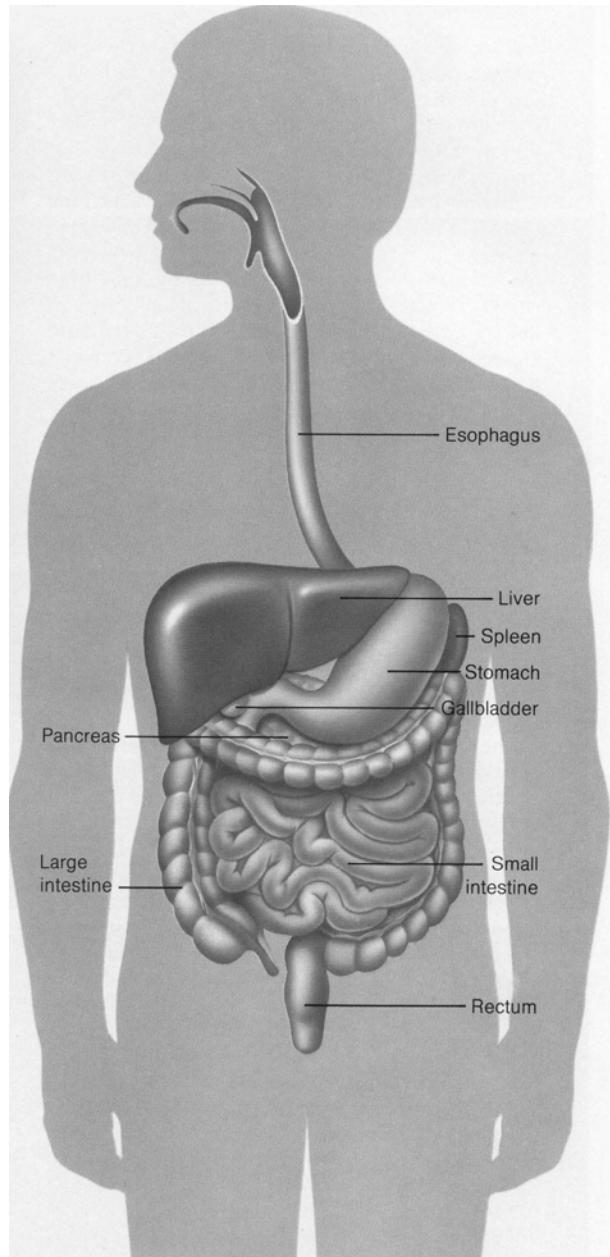


Figure 2: The digestive system

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(chewing) and *chemical breakdown* of food through enzymes. These enzymes are present in the secretions produced by glands of the digestive system.

Enzymes are minute chemical substances that cause or speed up chemical changes in other substances without themselves being changed. Digestive enzymes are contained in the saliva of the salivary glands of the mouth, the gastric juice in the stomach, the intestinal juice in the small intestine, the pancreatic juice in the pancreas, and the bile in the liver.

Absorption is the process by which tiny nutrient particles of digested food pass through the intestinal walls into the blood and lymph vessels for distribution to the cells of the body. The bowels *eliminate* as feces whatever food substances cannot be digested or absorbed. Fecal matter also contains bile, which carries the waste products resulting from the breakdown (catabolism) of red blood cells. In addition, one third of the excreted waste is made up of intestinal bacteria. The body can only function smoothly and efficiently if the bowel removes the daily accumulating waste every day.

Health is the natural result of balanced functioning of each of these major activities in the digestive system. On the other hand, disease arises when one or more of these functions are impaired. The presence of gallstones in the liver and gallbladder has a strong disruptive influence on digestion and absorption of food, as well as on elimination of waste.

Diseases of the Mouth

Gallstones in the liver and gallbladder can be held responsible for most diseases of the mouth. The stones interfere with the digestion and absorption of food, which in turn forces waste products meant for elimination to remain in the intestinal tract. Bacterial infection (**thrush**) and viral infection (**herpes**) in the mouth arise only when waste decomposes and becomes a source of toxicity in the body. The trapped toxins constantly irritate parts of the gastro-intestinal lining

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(which begins in the mouth and ends in the anus) until inflammation or ulceration occurs. The damaged cell tissue ‘invites’ more microbes to the scene of the injury to help clean up of cellular debris. This is a normal phenomenon seen everywhere in nature whenever there is something that needs to be decomposed. Bacteria never attack, that is, infect something that is as clean, vital and healthy as a fruit hanging on a tree. Only when the fruit becomes overripe or falls to the ground do bacteria begin their clean-up job. The moment bacteria begin to decompose food or flesh, toxins are generated. These toxins can be recognized by their unpleasant odor and acidic nature. If they are generated in the body, in its only natural that symptoms of illness begin to show up.

Thrush indicates the presence of large quantities of bacteria that have spread throughout the gastro-intestinal tract, including the mouth area. It shows up in the mouth because the mucous lining there is no longer resistant enough to keep its cells in good physical shape. Since the main part of the immune system is located in the mucous lining of the gastro-intestinal tract, thrush indicates a major weakness in the body’s general immunity to disease.

Herpes, which is considered a viral disease, is similar to thrush, with the exception that, instead of bacteria attacking the cell exterior, viral materials attack the cell interior or nucleus. In both cases, the attackers target only weak and unhealthy cells, those that are already damaged or dysfunctional. Added to this dilemma, gallstones harbor plenty of bacteria and viruses, which escape the liver via the secreted bile and infect those parts of the body that have the least resistance to them.

Gallstones can lead to other problems in the mouth. They inhibit proper bile secretion, which in turn reduces appetite and secretion of saliva from the salivary glands in the mouth. Saliva is required to cleanse the mouth and keep its tissues soft and pliable. If there is not enough saliva present, destructive bacteria begin to invade the mouth cavity. This can lead to **tooth decay** and other tooth-related problems. But, once again, bacteria do not cause tooth decay; the germs are attracted only to those areas in the mouth that are undernourished and toxic already.

A **bitter taste** in the mouth is caused by bile that has regurgitated into the stomach and, from there, into the mouth. This condition

occurs because of major intestinal congestion. Instead of properly moving downward, parts of the intestinal content is backed up and brings gas and other irritating substances into the upper regions of the gastro-intestinal tract. Bile in the mouth drastically alters the pH-value (acid-alkalinity balance) of saliva, which impairs its cleansing properties and makes the mouth susceptible to infection.

A **mouth ulcer** in the lower lip indicates a simultaneous inflammatory process in the large intestine. Repeated occurrence of ulcers in either one of the corners of the mouth points to the presence of **duodenal ulcers** (see following section *Diseases of the Stomach*). **Tongue ulcers**, depending on their location, indicate inflammatory processes in corresponding areas of the alimentary canal, such as the stomach, small intestine, appendix or large intestine.

Diseases of the Stomach

As already mentioned, gallstones and subsequent digestive difficulties can lead to regurgitation of bile acids and bile salts into the stomach. Such an occurrence adversely changes the composition and amount of mucous generated in the stomach. The mucous is there to protect the surface stomach lining from the destructive effects of hydrochloric acid. The condition where this protective ‘shield’ is broken or diminished is known as **gastritis**.

Gastritis can occur in acute or chronic form. When the surface cells (epithelium) of the stomach are exposed to acid gastric juice, the cells absorb hydrogen ions. This increases their internal acidity, counterbalances their basic metabolic processes and causes an inflammatory reaction. In more severe cases there may be ulceration of the *mucosa* (**peptic or gastric ulcer**), bleeding, perforation of the stomach wall and **peritonitis**, a condition that occurs when an ulcer erodes through the full thickness of the stomach or duodenum and their contents enter the peritoneal cavity. **Duodenal ulcers** develop when acid leaving the stomach erodes the duodenum’s lining. In many cases, the acid production is unusually high. Eating too many foods that require strong acid secretions, as well as inadequate food

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combining (for more details see ‘The Key to Health and Rejuvenation’ by the author), often disturb balanced acid production. **Esophageal reflux**, commonly known as ‘heartburn,’ is a condition in which stomach acid washes back into the esophagus and causes irritation of the tissues lining the esophagus.

There are a number of other causes of gastritis and heartburn. They include overeating, excessive alcohol consumption, heavy cigarette smoking, drinking coffee every day, eating large quantities of animal protein and animal fats, X-radiation, cytotoxic drugs, aspirin and other anti-inflammatory drugs, food poisoning, very spicy foods, dehydration, emotional stress, etc. All of these also cause gallstones in the liver and gallbladder, opening up a vicious circle and further adding complications throughout the gastro-intestinal tract. In the final event, malignant **stomach tumors** may be formed.

Most medical doctors now believe that a ‘bug’ causes stomach ulcers. Combating the bug with antibiotic drugs usually brings relief and stops the ulcer. Although the drug does not guarantee that the ulcer returns after discontinuing the drug, there is a high ‘recovery’ rate. But such recoveries are often accompanied by side effects.

The infection by these bugs is only possible because there already is damaged cell tissue in the stomach. In a healthy stomach, the same bug turns out to be totally harmless. As mentioned before, gallstones in the liver and gallbladder can lead to regular back flushing of bile into the stomach, which causes damage to an increasing number of stomach cells. Antibiotics destroy the natural stomach flora, including bacteria that normally help to break down damaged cells. So although the antibiotic approach results in a quick relief of symptoms, it also lowers stomach performance permanently, which sets up the body for more severe challenges than just dealing with an ulcer.¹ Shortcuts to healing rarely pay off. On the other hand, most stomach disorders disappear spontaneously when all existing gallstones are removed, and a healthy diet and balanced lifestyle are regularly maintained.

¹ For more details on the treatments of stomach ulcer and their consequences, see the author’s book *The Key to Health and Rejuvenation*.

Diseases of the Pancreas

The pancreas is a small gland with its head lying in the curve of the duodenum. Its main duct joins the common bile duct (of the liver and gallbladder) to form what is known as the *ampulla* of the bile duct. The ampulla enters the duodenum at its midpoint. Apart from secreting the hormones *insulin* and *glucagon*, the pancreas produces *pancreatic juice* containing enzymes that digest carbohydrates, proteins and fats. When acid stomach contents enter the duodenum, they are mixed with pancreatic juice and bile. This creates the proper acid/alkali balance (pH value) at which the pancreatic enzymes are most effective (both bile and pancreatic juice are alkaline).

Gallstones in the liver or gallbladder cut down bile secretion from the normal amount of about one quart per day, to as little as one cup per day. This severely disrupts the digestive process, particularly if fats or fat-containing foods are consumed. Subsequently, the pH remains too low, which inhibits the action of pancreatic enzymes, as well as those secreted by the small intestine. The end result is that food is only partially digested. Improperly digested food that is saturated with the stomach's hydrochloric acid can have a very irritating, toxic effect on the entire intestinal tract.

If a gallstone has moved from the gallbladder into the ampulla, where the common bile duct and the pancreatic ducts meet (see **Figure 3**), the release of pancreatic juice becomes obstructed and bile moves into the pancreas. This causes protein-splitting pancreatic enzymes that are normally activated only in the duodenum to be activated while in the pancreas. These enzymes begin to digest parts of the pancreatic tissue, which can lead to infection, suppuration and local thrombosis. This condition is known as **pancreatitis**.

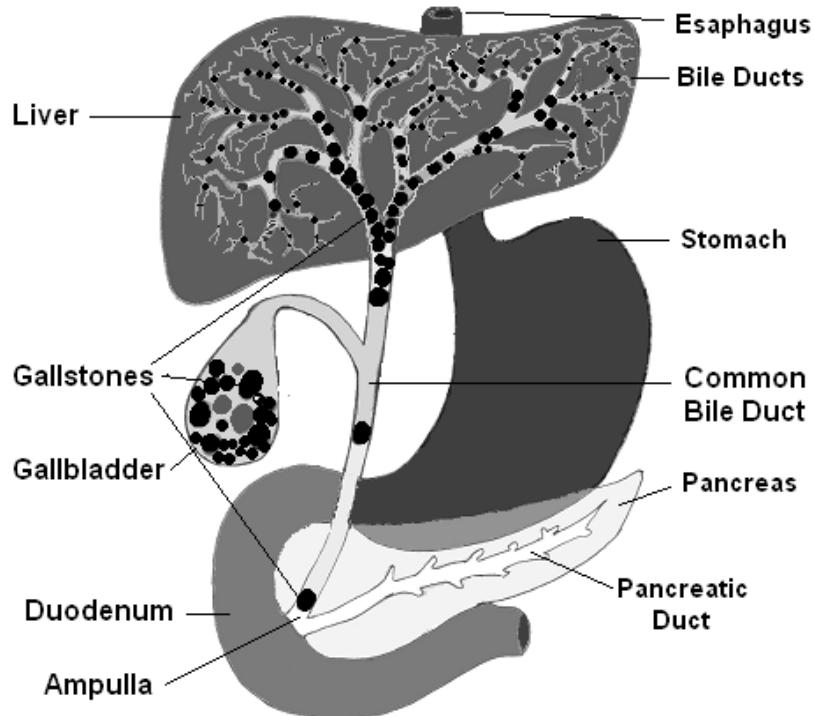


Figure 3: Gallstones in the liver and gallbladder

Gallstones obstructing the ampulla release bacteria, viruses and toxins into the pancreas, which can cause further damage to pancreatic cells, and eventually lead to **malignant tumors**. The tumors occur mostly in the head of the pancreas, where they inhibit the flow of bile and pancreatic juice. This condition is often accompanied by **jaundice** (for more details see ‘Diseases of the Liver’).

Gallstones in the liver, gallbladder and ampulla may also be responsible for both types of **diabetes**—insulin-dependent and non-insulin-dependent. All patients of mine with diagnosed diabetes, including children, have had large quantities of stones in their liver. Each liver cleanse further improved their condition, provided they followed a healthy regimen and diet void of animal products (also see ‘Excessive Protein Consumption’ in Chapter 3).

Diseases of the Liver

The liver is the largest gland in the body. It weighs up to three pounds, is suspended behind the ribs on the upper right side of the abdomen and spans almost the entire width of the body. Being responsible for hundreds of different functions, it is also the most complex and active organ in the body.

Since the liver is in charge of processing, converting, distributing and maintaining the body's vital 'fuel' supply (e.g., nutrients and energy), anything that interferes with these functions must have a serious, detrimental impact on the health of the liver and the body as a whole. The strongest interference stems from the presence of gallstones.

Besides manufacturing cholesterol, an essential building material of organ cells, hormones and bile, the liver also produces hormones and proteins that affect the way the body functions, grows and heals. It also makes new amino acids and converts existing ones into proteins. These proteins are the main building blocks of the cells, hormones, neurotransmitters, genes, etc. Other essential functions of the liver include breaking down old worn-out cells, recycling iron and storing vitamins and nutrients. Gallstones are a hazard to all of these vital tasks.

Apart from breaking down alcohol in the blood, the liver also detoxifies noxious substances, bacteria, parasites, and certain components of chemical drugs. It uses specific enzymes to convert waste or poisons into substances that can be safely carried out of the body. The liver filters more than a quart of blood each minute. Most of the filtered waste products leave the liver via the bile stream. Gallstones obstructing the bile ducts lead to high levels of toxicity in the liver and ultimately **liver diseases**. This development is further exacerbated by intake of pharmaceutical drugs, normally broken down by the liver. The presence of gallstones prevents their detoxification, which can cause 'overdosing' and devastating side effects, even at normal doses. It also means that the liver is at risk of damage from the breakdown products of the drugs on which it acts. Alcohol that is not detoxified properly can cause similar problems.

All liver diseases are preceded by extensive bile duct obstruction through gallstones. The gallstones distort the structural framework of

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the *liver lobules* (see **Figures 3 and 4**), which are the main units composing the liver (there are over 50,000 of such units in the liver). Subsequently, blood circulation to and from these lobules, and the cells they are composed of, becomes increasingly difficult. In addition, the liver cells have to cut down bile production. Nerve fibers become damaged. Prolonged suffocation eventually damages or destroys liver cells and their lobules. There is a gradual replacement of damaged cells by fibrous tissue, causing further obstruction and an increase in pressure on the liver's blood vessels. If the regeneration of liver cells does not keep pace with damage, **liver cirrhosis** is imminent. Liver cirrhosis usually leads to death.

Liver failure occurs when so many liver cells are destroyed that an insufficient number remains to carry out the organ's various important and vital functions. Consequences of liver failure include drowsiness, confusion, shaking of hands (flapping tremor), drop in blood sugar, infection, kidney failure and fluid retention, uncontrolled bleeding, coma and death. The powers of recovery of the liver, however, are remarkable. If the gallstones are removed, and alcohol and drug intake discontinued, there will be no long-term problems, even though most of the liver cells have been destroyed during the illness. When the cells regrow, they do so in an ordered fashion which permits normal function. This is possible because in liver failure (versus liver cirrhosis) the basic structure of the liver has not been substantially disturbed.

Acute **hepatitis** results when whole groups of liver cells begin to die off. Gallstones harbor large quantities of viral material, which can invade and infect liver cells, causing cell-degenerative changes. As gallstones increase in number and size, and more cells become infected and die, entire lobules begin to collapse, and blood vessels begin to develop kinks. This greatly affects blood circulation to the remaining liver cells. The extent of damage that these changes have on the liver and its overall performance largely depends on the degree of obstruction caused by gallstones in the liver bile ducts. Cancer of the liver only occurs after many years of progressive occlusion of the liver bile ducts. This applies also to tumors in the liver that emanate from primary tumors in the gastro-intestinal tract, lungs, or breast.

Most **liver infections** (type A, type B, and type non-A and type non-B) occur when a certain number of liver lobules are congested

with gallstones, which can even happen at a very early age. A healthy liver and immune system are perfectly able to destroy virus material, regardless of whether the virus has been picked up from the external environment or entered the blood stream in some other way. The majority of all people exposed to these viruses never fall ill. However, when large amounts of gallstones are present, the liver becomes toxic and cannot defend itself against viral infection.

Gallstones can harbor plenty of live viruses. Once some of these viruses break free and enter the blood they can cause chronic hepatitis. Non-viral infections of the liver are caused by bacteria that spread from any of the bile ducts obstructed with gallstones.

The presence of gallstones in the bile ducts also impairs the liver cell's ability to deal with toxic substances such as chloroform, cytotoxic drugs, anabolic steroids, alcohol, aspirin, fungi, food additives, etc. When this occurs, the body develops hypersensitivity to these predictable toxic substances, and also to other unpredictable ones contained in numerous medical drugs. Many **allergies** stem from such hypersensitivity. For the same reason, there may also be a drastic increase in toxic side effects resulting from the intake of medical drugs, side effects that the Federal Drug Administration (FDA) or pharmaceutical companies may not even be aware of.

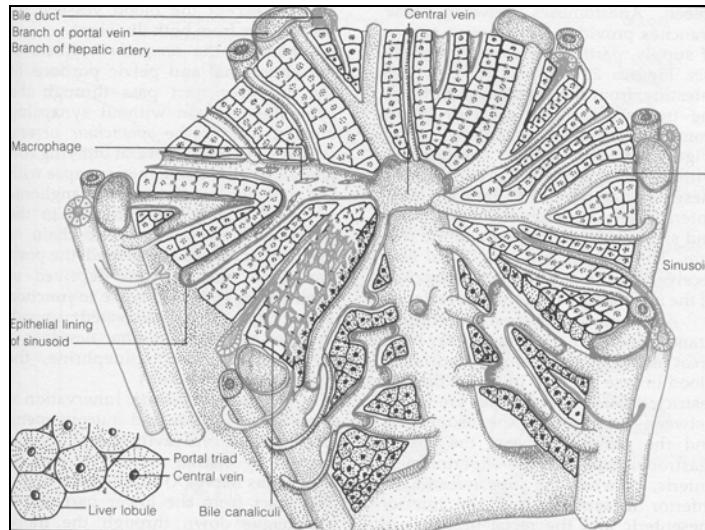


Figure 4: A liver lobule

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The most common form of jaundice results from gallstones being stuck in the bile duct leading to the duodenum and/or gallstones and fibrous tissue distorting the structural framework of liver lobules. The movement of bile through the bile channels (canalliculi) is blocked and the liver cells can no longer conjugate and excrete bile pigment, known as *bilirubin*. Consequently, there is a build up both of bile and the substances from which it is made in the blood stream. As bilirubin begins to build up, it stains the skin. Bilirubin concentration in the blood may be three times above normal before a **yellow coloration** of both the skin and the conjunctiva of the eyes becomes apparent. Unconjugated bilirubin has a toxic effect on brain cells. Jaundice may also be caused by a tumor in the head of the pancreas.

Diseases of the Gallbladder and Bile Ducts

The liver secretes bile, which passes via the two hepatic ducts into the common hepatic duct. The common hepatic duct runs for one and a half inches before being joined by the cystic duct coming from the gallbladder. Before bile continues its journey through the common bile duct into the intestinal tract, it must flow into the gallbladder. The gallbladder is a pear-shaped pouch that protrudes from the bile duct. It is attached to the posterior side of the liver (see **Figure 5**).

A normal gallbladder generally holds about two fluid ounces of bile. The bile in the gallbladder, however, is not in the same form as it was when it left the liver. In the gallbladder there is such a great active reabsorption of salt and water that the volume of bile is reduced to only one tenth of its original quantity. Bile salts are not absorbed, which means, their concentration is increased by about ten times. However, mucus is added to the bile, which turns it into a thick mucuslike material. Its high concentration makes bile the powerful digestive fluid it is.

The muscular walls of the gallbladder contract and eject bile when acid food and products of protein enter the duodenum from the stomach. A more marked activity is noted if food entering the duodenum contains a high proportion of fat. The bile salts in the bile

are used to emulsify the fat and facilitate its digestion. Once the bile salts have done their job and left the emulsified fat for intestinal absorption, they travel on down the intestine. Most of them are reabsorbed in the final section of the small intestine and carried back to the liver. There it is collected again in the bile and secreted into the duodenum. (**Note:** intestinal congestion sharply reduces the amount of bile salts needed for proper bile production and fat digestion).

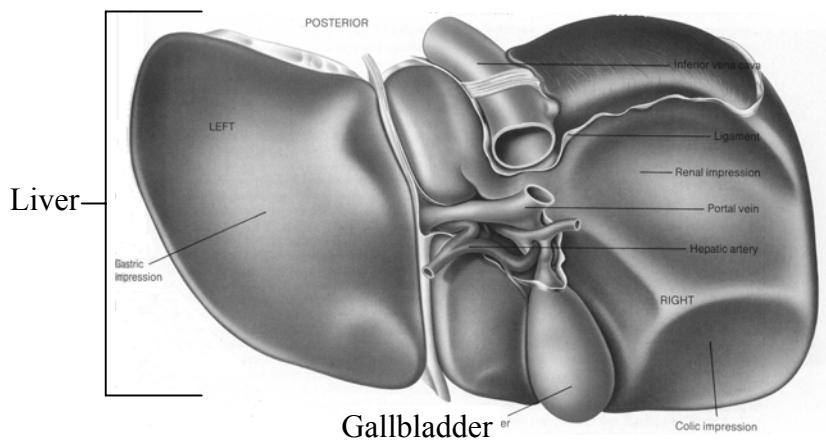


Figure 5: Location of the gallbladder

Gallstones may be primarily made of cholesterol or calcium or pigments such as bilirubin. Cholesterol is the commonest constitution, but many of the stones are of mixed composition. Besides cholesterol, calcium, and bile pigments they may contain bile salts, water and mucous, as well as toxins, bacteria and, sometimes, dead parasites. Typically, stones within the gallbladder grow in size for about 8 years before noticeable symptoms begin to occur. Larger stones are generally calcified and can be detected easily through radiological means, or by using ultrasonography. Eighty five percent of gallstones found in the gallbladder measure about $\frac{3}{4}$ inch (2 centimeters) across (see **Figure 6a**), although some can become as large as 2-3 inches (6 centimeters) across (see **Figures 6b and 6c** of a calcified gallstone I personally examined and photographed moments after it was painlessly released by a client during her 9th liver cleanse; the stone emitted an extremely noxious odor). They are formed when, due to

reasons explained in Chapter 3, bile in the gallbladder becomes too saturated, and its unabsorbed constituents begin to harden.

If a gallstone does slip out of the gallbladder and become impacted in the *cystic bile duct* or *common bile duct*, there is very strong spasmotic contraction of the wall of the duct (see **Figure 3**). The contraction helps to move the stone onwards. This causes severe pain known as **biliary colic** and is accompanied by considerable distension of the gallbladder. If the gallbladder is packed with gallstones, it also goes into extremely painful spasmotic muscle contractions.

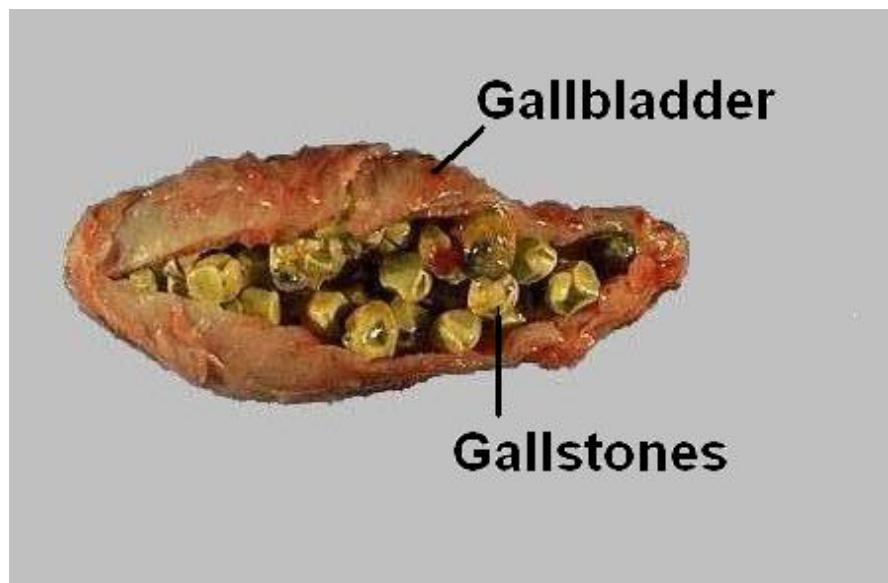


Figure 6a: Gallstones in a dissected gallbladder

Gallstones can cause irritation and inflammation of the lining of the gallbladder, as well as the cystic and common bile ducts. This condition is known as **cholecystitis**. There may also be superimposed microbial infection. Ulceration of the tissues between the gallbladder and the duodenum or colon, with **fistula formation** and **fibrous adhesions**, is not uncommon.

Gallbladder disease generally originates in the liver. When liver lobules become structurally distorted due to presence of gallstones

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and, eventually, fibrous tissue, venous blood pressure starts to rise in the portal vein. This, in turn, increases the blood pressure in the cystic vein which drains venous blood from the gallbladder into the portal vein. The incomplete elimination of waste products through the cystic duct causes a backup of acidic waste in the gallbladder tissue. This gradually reduces the performance of the gallbladder. The formation of gallstones is just a matter of time.



Figure 6b: A very large calcified gallstone released painlessly during the liver cleanse

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Figure 6c: The same stone, but cut in halves

Intestinal Diseases

The small intestine is continuous with the stomach at the *pyloric sphincter* and has a length of 16-19 inches (5-6 meters). It leads into the large intestine, which is about 4½ inches (1-1½ meters) long. The small intestine secretes intestinal juice to complete digestion of carbohydrates, protein and fats. It also absorbs nutrient materials necessary for nourishing and maintaining the body, and protects it against infection by microbes that have survived the anti-microbial action of hydrochloric acid in the stomach.

When acid food (*chyme*) from the stomach enters the duodenum it is first mixed with bile and pancreatic juice, and then with intestinal juice. Gallstones in the liver and gallbladder drastically reduce secretion of bile, which weakens the ability of *pancreatic enzymes* to digest carbohydrates, protein and fat. This, in turn, restrains the small intestine from properly absorbing the nutrient components of these foods (e.g., *monosaccharides* from carbohydrates, *amino acids* from protein, and *fatty acids* and *glycerol* from fats).

Since the presence of bile in the intestines is essential for the absorption of fats, calcium and Vitamin K, gallstones can lead to life-threatening diseases, such as **heart disease**, **osteoporosis** and **cancer**. The liver uses the fat-soluble Vitamin K to produce the compounds responsible for the clotting of blood. In case of poor Vitamin K absorption, **hemorrhagic disease** may result. This vitamin cannot be adequately absorbed, if there is any problem with fat digestion, due to lack of bile, pancreatic lipase, and a certain amount of pancreatic fat. For the latter reason, following a low-fat diet can endanger one's life. Calcium is essential for the hardening of bone and teeth, the coagulation of blood and the mechanism of muscle contraction. What applies to Vitamin K also applies to all other fat-soluble vitamins, including Vitamin A, E and D. Vitamin A and carotene are also only absorbed sufficiently from the small intestine if fat absorption is normal. If Vitamin A absorption is inefficient, the *epithelial cells* become damaged. These cells form an essential part of all the organs, blood vessels, lymph vessels, etc. in the body. Vitamin A is also necessary to maintain healthy eyes and protect against or reduce microbial infection. Vitamin D is essential for calcification of bones and teeth. It may be noted at this point that supplementing these

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vitamins does not resolve the problem of deficiency. To sum up, without normal bile secretions, these vitamins are not digested and absorbed properly, and therefore, can cause considerable damage to the lymphatic and urinary systems.

Inadequately digested foods tend to ferment and putrefy in the small and large intestines. They attract a vast number of bacteria to help speed up the process of decomposition. The breakdown products are often very toxic and so are the chemicals produced by the bacteria. All of this strongly irritates the mucous lining, which is one of the body's foremost defense lines against disease-causing agents. Regular exposure to these toxins impairs the body's immune system, 60% of which is located in the intestines. Overburdened by a constant influx of toxins, the small and large intestines may be afflicted with a number of disorders, including **diarrhea, constipation, abdominal gas, Crohn's disease, ulcerative colitis, diverticular disease, hernias, polyps, dysentery, appendicitis, volvulus, intussusceptions**, as well as **benign and malignant tumors**.

Ample bile flow maintains good digestion and absorption of food, and has a strong cleansing action throughout the intestinal tract. Every part of the body depends on the basic nutrients made available through the digestive system, as well as the efficient removal of waste products from the digestive system. Gallstones in the liver and gallbladder considerably disrupt both of these vital processes. Therefore, they can be held accountable for most, if not all, of the different kinds of ailments that can afflict the body. Removal of gallstones helps to normalize the digestive and eliminative functions, improve cell metabolism and maintain balance throughout the body.

Disorders of the Circulatory System

For descriptive reasons, I have divided the *circulatory system* into two main parts, the *blood circulatory system* and the *lymphatic system*. The blood circulatory system consists of the heart, which acts as a pump, and the blood vessels, through which the blood circulates.

The lymphatic system consists of lymph nodes and lymph vessels through which colorless *lymph* flows. There is three times more

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lymph fluid as there is blood in the body. Lymph takes up waste products from the cells and removes them from the body.

The lymphatic system is the primary circulatory system used by all immunological cells: macrophages, T-cells, B-cells, lymphocytes, etc. An obstruction-free lymphatic system is necessary to maintain homeostasis.

Coronary Heart Disease

Heart attacks take more American lives than any other cause. Although it occurs suddenly, a heart attack is actually the final stage of an insidious disorder that has been years in the making. The disorder is known as coronary heart disease. Since the disease plunders only prosperous nations and has rarely killed someone before 1900, we have to hold our modern lifestyle, unnatural foods and unbalanced eating habits responsible for today's heartsick society. But long before the heart begins to malfunction, the liver loses much of its major vitality and efficiency.

The liver influences the entire circulatory system, including the heart. In fact, it is the greatest protector of the heart. Under normal conditions, the liver thoroughly detoxifies and purifies venous blood that arrives via the portal vein from the abdominal part of the digestive system, the spleen and the pancreas. Apart from breaking down alcohol, the liver detoxifies noxious substances, such as toxins produced by microbes. It also kills bacteria and parasites, and neutralizes certain drug compounds with the help of specific enzymes. One of the liver's most ingenious feats is to remove the nitrogenous portion of amino acids, since it is not required for the formation of new protein. It forms *urea* from this waste product. The urea ends up in the blood stream and is excreted in urine. The liver also breaks down the nucleoprotein (nucleus) of worn-out cells of the body. The byproduct of this process is *uric acid*, which is excreted with urine as well.

The liver filters more than a quart of blood per minute, leaving only the acid carbon dioxide for elimination through the lungs. After it is purified in the liver, the blood passes through the *hepatic vein*

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into the *inferior vena cava* which takes it straight into the right side of the heart (see **Figure 7**). From there the venous blood is carried to the lungs, where the interchange of gases takes place: carbon dioxide is excreted and oxygen

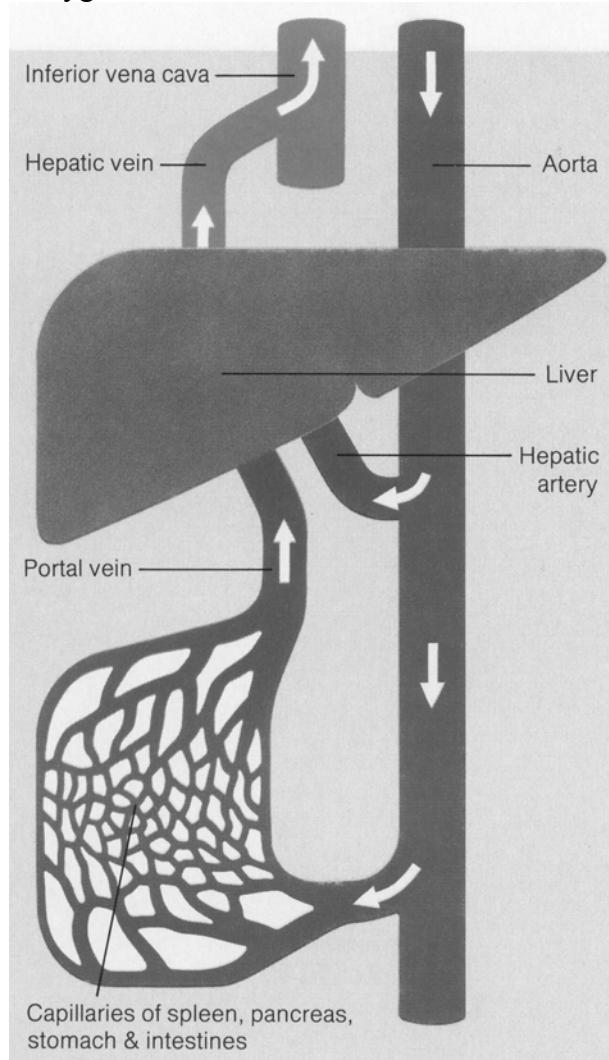


Figure 7: The way the liver filters blood

absorbed. After leaving the lungs, the oxygenated blood passes into the left side of the heart. From there it is pumped into the *aorta*. The *aorta* supplies all body tissues with oxygenated blood.

Gallstones in the bile ducts of the liver distort the basic framework of the lobules. Consequently, the blood vessels supplying these liver units develop kinks, which greatly reduces internal blood supply. Liver cells become damaged, and harmful cellular debris begins to enter the blood stream. This further weakens the liver's ability to detoxify the blood. As a result, more and more harmful substances are retained both in the liver and in the blood. A congested liver can obstruct the venous blood flow to the heart, leading to heart palpitations or even heart attacks. It is obvious that toxins that are not neutralized by the liver, end up damaging the heart and blood vessel network.

Another consequence of this development is that proteins from dead cells (about 30 billion per day) and unused food proteins are not sufficiently broken down, which, in turn, raises the protein concentration in the blood. Consequently, the body tries to store these proteins in the basement membranes of the blood vessel walls (further explanations of this scenario are given below). Once the body's storage capacity for protein is exhausted the extra proteins are forced to remain in the blood stream. This can cause the number of red blood cells to increase, which raises the packed cell volume of the blood called, *hemocrit*, to abnormal levels. The concentration of *hemoglobin* in the red blood cells also begins to increase, giving rise to a red complexion of the skin, particularly in the face and chest. (Hemoglobin is a complex protein that combines with oxygen in the lungs and transports it to all body cells.) As a result, the red blood cells become enlarged, and are, therefore, too big to pass through the tiny channels of the capillary network. Obviously, this causes the blood to become too thick and slow moving, thereby increasing its tendency toward clotting (platelets sticking together).

The formation of blood clots is considered to be the main risk factor for **heart attack** or **stroke**. Since fat has no clotting ability, this risk stems mainly from the high concentration of protein in the blood. Researchers discovered that the sulphur-containing amino acid homocysteine (HC) promotes the tiny clots that initiate arterial damage and the catastrophic ones that precipitate most heart attacks

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and strokes (Ann Clin & Lab Sci, 1991 and Lancet 1981). Please note that HC is up to 40 times more predictive than cholesterol in assessing cardiovascular disease risk. HC results from normal metabolism of the amino acid methionine—which is abundant in red meat, milk, and dairy products. High concentrations of protein in the blood hinder the necessary constant distribution of important nutrients, especially water, glucose and oxygen to the cells. [Note: high concentrations of protein in the blood cause blood dehydration, i.e., blood thickening—one of the leading causes of high blood pressure and heart disease]. The proteins also undermine complete elimination of basic metabolic waste products (see section *Poor Circulation*,...). All of these factors combined force the body to raise its blood pressure. This condition, which is commonly known as **hypertension**, reduces the life-endangering effect of blood thickening, to some extent. However, this life-saving response to an unnatural situation unduly stresses and damages the blood vessels.

One of the body's first and most efficient tactics for avoiding the danger of an imminent heart attack is to take excessive proteins out of the blood stream and store them elsewhere, for the time being (see **Figure 8**). The only place where protein can be accommodated in large quantities is the blood vessel network. The capillary walls are able to absorb most of the extra protein. They rebuild the protein into *collagen fiber*, which is 100% protein, and store it in their *basement membrane*. The basement membrane has the capacity to increase its thickness by ten times before its storage capacity for protein has been exhausted. But this also means that the cells in the body no longer receive adequate amounts of oxygen and other basic nutrients. The cells affected by the ‘starvation in progress’ may also include cells that make up the heart muscles. The result is **heart muscle weakness** and reduced performance of the heart, and of course, any kind of degenerative illness, including cancer.

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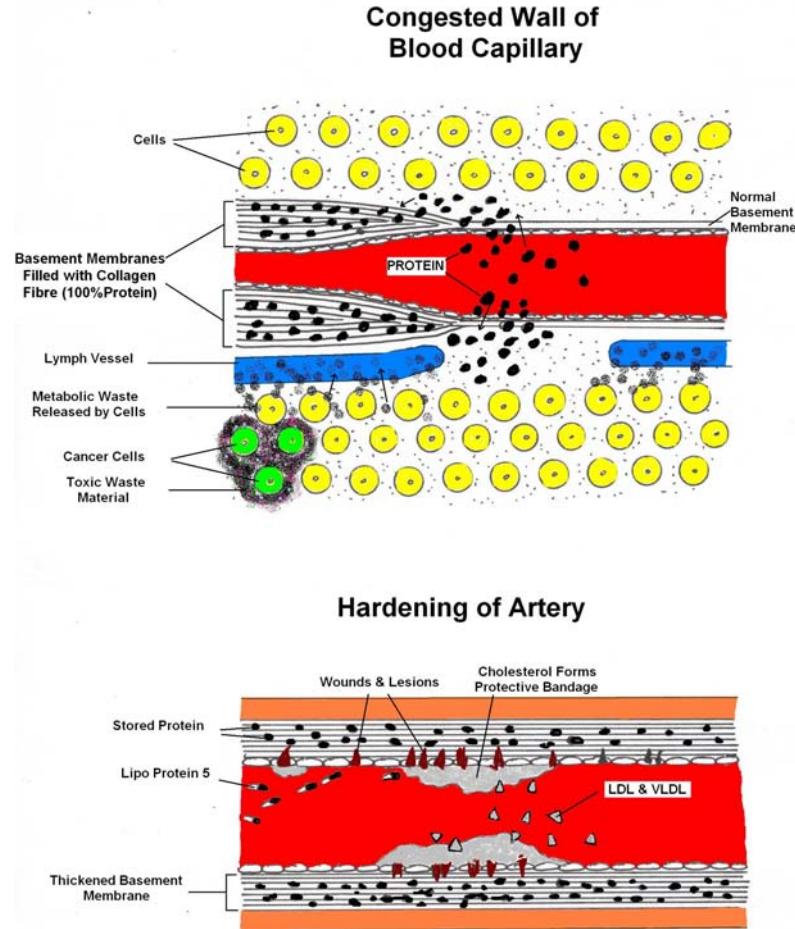


Figure 8: The beginning stages of heart disease

When no more protein can be accommodated in the capillary walls, the basement membranes of the arteries also start absorbing protein. The beneficial effect of this action is that the blood remains thin enough to avert the threat of a heart attack, at least for some time. But eventually, the very same tactic that prevents death damages the blood vessel walls (only the primary survival mechanisms of the body are without major side-effects). The inner lining of the artery walls

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becomes rough and thick, like rust in a water pipe. Cracks, wounds and lesions show up at different locations.

Smaller blood vessel injuries are dealt with by *blood platelets*. They release the hormone *serotonin*, which helps to constrict the blood vessels and reduce bleeding. But larger wounds, as they are typically found in diseased coronary arteries, cannot be sealed by platelets alone; they require the body's complex process of blood clotting. However, if a blood clot breaks loose, it can enter the heart and result in **myocardial infarction**, commonly called a heart attack. [A clot that reaches the brain results in a stroke. One that blocks the opening into the pulmonary arteries, which deliver used blood to the lungs, can be fatal.]

To prevent the danger before it arises, the body uses an entire arsenal of first aid measures, including the release of the blood chemical *lipoprotein 5* (LP5). Due to its sticky nature, LP5 works as a 'band aid' and creates a firmer seal around the wounds. As a secondary but equally important rescue operation, the body attaches specific types of cholesterol to the damaged sites (more on this in section 'High Cholesterol'). This acts as a more reliable patch-up or bandage. But since cholesterol deposits alone aren't protection enough, connective tissue and smooth muscle cells also begin to build up inside the blood vessel. Called atherosclerotic plaques, these deposits can eventually occlude an artery completely, obstructing the flow of blood and promoting the formation of deadly blood clots. When the blood supply to the heart is cut off, heart muscle activity stops and a heart attack is the inevitable result. Although the gradual destruction of blood vessels, known as **atherosclerosis**, initially protects a person's life against a blood clot-caused heart attack, it is eventually also responsible for causing one.

High Cholesterol

Cholesterol is an essential building block of every cell in the body, required for all metabolic processes. It is particularly important in the production of nerve tissue, bile and certain hormones. On

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average, our body produces about half of a gram to one gram of cholesterol per day, depending on how much of it the body needs at the time. By and large, our body is able to produce 400 times more cholesterol per day than what we would obtain from eating 3,5 ounces (100 grams) of butter. The main cholesterol producers are the liver and the small intestine, in that order. Normally, they are able to release cholesterol directly into the blood stream, where it is instantly tied to blood proteins. These proteins, which are called lipoproteins, are in charge of transporting the cholesterol to its numerous destinations. There are three main types of lipoproteins in charge of transporting cholesterol: *Low Density Lipoprotein* (LDL), *Very Low Density Lipoprotein* (VLDL), and *High Density Lipoprotein* (HDL).

In comparison to HDL, which has been privileged with the name ‘good’ cholesterol, LDL and VLDL are relatively large cholesterol molecules; in fact, they are the richest in cholesterol. There is good reason for their large size. Unlike their smaller cousin, which easily passes through blood vessel walls, the LDL and VLDL versions of cholesterol are meant to take a different pathway; they leave the blood stream in the liver.

The blood vessels supplying the liver have a very different structure from the ones supplying other parts of the body. They are known as *sinusoids*. Their unique, grid-like structure permits the liver cells to receive the entire blood content, including the large cholesterol molecules. The liver cells rebuild the cholesterol and excrete it along with bile into the intestines. Once the cholesterol enters the intestines, it combines with fats, is absorbed by the lymph and enters the blood, in that order. Gallstones in the bile ducts of the liver inhibit the bile flow and partially, or even fully, block the cholesterol’s escape route. Due to back-up pressure on the liver cells, bile production drops. Typically, a healthy liver produces over a quart of bile per day. When the major bile ducts are blocked, barely a cup of bile, or even less, will find its way to the intestines. This prevents much of the VLDL and LDL cholesterol from being excreted with the bile.

Gallstones in the liver bile ducts distort the structural framework of the liver lobules, which damages and congests the sinusoids. Deposits of excessive protein also close the grid holes of these blood vessels (see the discussion of this subject in the previous section).

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Whereas the ‘good’ cholesterol HDL has small enough molecules to leave the bloodstream through ordinary capillaries, the larger LDL and VLDL molecules are more or less trapped in the blood. The result is that LDL and VLDL concentrations begin to rise in the blood to levels that seem potentially harmful to the body. Yet even this scenario is merely part of the body’s survival attempts. It needs the extra cholesterol to patch up the increasing number of cracks and wounds that are formed as a result of the accumulation of excessive protein in the blood vessel walls. Eventually, though, the life-saving cholesterol begins to occlude the blood vessels and cut off the oxygen supply to the heart.

In addition to this complication, reduced bile flow impairs the digestion of food, particularly fats. Therefore, there is not enough cholesterol made available to the cells of the body and their basic metabolic processes. Since the liver cells no longer receive sufficient amounts of LDL and VLDL molecules, they (the liver cells) assume that the blood is deficient in these types of cholesterol. This stimulates the liver cells to increase the production of cholesterol, further raising the levels of LDL and VLDL cholesterol in the blood.

The ‘bad’ cholesterol is trapped in the circulatory system because its escape routes, the bile ducts and the liver sinusoids, are blocked or damaged. The capillary network and arteries attach as much of the ‘bad’ cholesterol to their walls as they possibly can. Consequently, the arteries become rigid and hard.

Coronary heart disease, regardless of whether it is caused by smoking, drinking excessive amounts of alcohol, overeating protein foods, stress, or any other factor, usually does not occur unless gallstones have impacted the bile ducts of the liver. Removing gallstones from the liver and gallbladder can not only prevent a heart attack or stroke, but also reverse coronary heart disease and heart muscle damage. The body’s response to stressful situations becomes less damaging, and cholesterol levels begin to normalize as the distorted and damaged liver lobules are regenerated. Cholesterol-lowering drugs don’t do that. They artificially reduce blood cholesterol, which coerces the liver to produce even more cholesterol. But when extra cholesterol is passed into the bile ducts, it remains in its crystalline state (versus soluble state) and, thereby, turns into gallstones. People who regularly use cholesterol-lowering drugs

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usually develop an excessively large number of gallstones. This sets them up for major side effects, including cancer and heart disease.

Cholesterol is essential for normal functioning of the immune system, particularly for the body's response to the millions of cancer cells that every person makes in his body each day. For all the health problems associated with cholesterol, this important substance is not something we should try to eliminate from our bodies. Cholesterol does far more good than harm. The harm is generally symptomatic of other problems. I wish to emphasize, once again, that 'bad' cholesterol only attaches itself to the walls of arteries to avert immediate heart trouble, not to create it.

This is confirmed by the fact that cholesterol never attaches itself to the walls of veins. When a doctor tests your cholesterol levels, he takes the blood sample from a vein, not from an artery. Although blood flow is much slower in veins than in arteries, cholesterol should obstruct veins much more readily than arteries, but it never does. There simply is no need for that. Why? Because there are no abrasions and tears in the lining of the vein that require patching up. Cholesterol only affixes itself to arteries in order to coat and cover up the abrasions and protect the underlying tissue like a waterproof bandage. Veins do not absorb proteins in their basement membranes like capillaries and arteries do and, therefore, are not prone to this type of injury.

'Bad' cholesterol *saves* lives; it does *not* take lives. LDL allows the blood to flow through injured blood vessels without causing a life-endangering situation. The theory of high LDL being a principal cause of coronary heart disease is not only unproved and unscientific. It has misled the population to believe that cholesterol is an enemy that has to be fought and destroyed at all costs. Human studies have not shown a cause-and-effect relationship between cholesterol and heart disease. The hundreds of studies so far conducted on such a relationship have only shown that there is a statistical correlation between the two. And there should be, because if there were no 'bad' cholesterol molecules attaching themselves to injured arteries we would have millions of more deaths from heart attack than we already have. On the other hand, dozens of conclusive studies have shown that risk of heart disease increases significantly in people whose HDL levels decrease. Elevated LDL cholesterol is not a *cause* of heart

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disease; rather, it is a *consequence* of an unbalanced liver and congested, dehydrated circulatory system.

If your doctor has told you that lowering your cholesterol with medical drugs protects you against heart attacks, you have been grossly misled. The #1 prescribed cholesterol-lowering medicine is Lipitor. I suggest that you read the following warning statement, issued on the official Lipitor web site:

“LIPITOR® (atorvastatin calcium) tablets is a prescription drug used with diet to lower cholesterol. LIPITOR is not for everyone, including those with liver disease or possible liver problems, and women who are nursing, pregnant, or may become pregnant. LIPITOR has not been shown to prevent heart disease or heart attacks.

“If you take LIPITOR, tell your doctor about any unusual muscle pain or weakness. This could be a sign of serious side effects. It is important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions...”

My question is, “Why risk a person’s health or life by giving him/her a drug that has no effect, whatsoever, in preventing the problem for which it is being prescribed?” The reason why the lowering of cholesterol levels cannot *prevent* heart disease is because cholesterol does not *cause* heart disease.

The most important issue is how efficiently a person’s body uses cholesterol and other fats. The body’s ability to digest, process and utilize these fats depends on how clear and unobstructed the bile ducts of the liver are. When bile flow is unrestricted and balanced, both the LDL and HDL levels are balanced as well. Therefore, keeping the bile ducts open is the best prevention of coronary heart disease.

Poor Circulation, Enlargement of Heart and Spleen, Varicose Veins, Lymph Congestion, Hormonal Imbalances

Gallstones in the liver may lead to poor circulation, enlargement of the heart and spleen, varicose veins, congested lymph vessels and

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hormone imbalance. When gallstones have grown large enough to seriously distort the structural framework of the lobules (units) of the liver, blood flow through the liver becomes increasingly difficult. This not only raises the venous blood pressure in the liver, but also in all of the organs and areas of the body that drain used blood through their respective veins into the portal vein of the liver. Restricted blood flow in the portal vein of the liver causes congestion, particularly in the spleen, stomach, distal end of the esophagus, pancreas, gallbladder, small and large intestines. This can lead to enlargement of these organs, reduce their ability to remove cellular waste products and clog their respective veins.

A **varicose vein** is one that is so dilated that the valves do not sufficiently close to prevent blood from flowing backward. Sustained pressure on the veins at the junction of the rectum and anus in the large intestine leads to the development of **hemorrhoids**. Other common sites of varicose veins are the legs, the esophagus and the scrotum. Dilation of veins and *venules* (small veins) can occur anywhere in the body. It always indicates an obstruction of blood flow.²

Poor blood flow through the liver also affects the heart. When the organs of the digestive system become weakened by an increase in venous pressure, they become congested and begin to accumulate toxic waste, including debris from cells that have been broken down. The spleen becomes enlarged while it is dealing with the extra workload associated with removing damaged or worn out blood cells. This further slows blood circulation to and from the organs of the digestive system, which **stresses the heart, raises blood pressure and injures blood vessels**. The right half of the heart, which receives venous blood via the *inferior vena cava* from the liver and all other parts below the lungs, becomes overloaded with toxic, sometimes infectious material. This eventually causes enlargement of the right part of the heart.

² Prescribed by doctors in Germany as a highly successful alternative to surgery for varicose veins, the herbal remedy *horse chestnut seed*, or *conkers*, is very effective in the treatment of heavy legs, haemorrhoids and cramps. In combination with cleansing of the liver, colon, and kidneys, conkers can lead to complete recovery.

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Almost all types of heart disease have one thing in common: there is an obstruction of blood flow. However, blood circulation does not become disrupted easily. It must be preceded by a major congestion of the bile ducts in the liver. Gallstones obstructing the bile ducts dramatically reduce or cut off the blood supply to the liver cells. Reduced blood flow through the liver affects the blood flow in the entire body which, in turn, has a detrimental effect on the lymphatic system.

The lymphatic system, which is closely linked with the immune system, helps to clear the body of harmful metabolic waste products, foreign material and cell debris. All cells release metabolic waste products into, and take up nutrients from, a surrounding solution, called *extracellular fluid* or *connective tissue*. The degree of nourishment and efficiency of the cells depends on how swiftly and completely waste material is removed from the extracellular fluid. Since most waste products cannot pass directly into the blood for excretion, they accumulate in the extracellular fluid until they are removed and detoxified by the lymphatic system. The potentially harmful material is filtered and neutralized by *lymph nodes* that are strategically located throughout the body. One of the key functions of the lymphatic system is keeping the extracellular fluid clear of toxic substances, which makes this a system of utmost importance.

Poor circulation of blood in the body causes an overload of foreign, harmful waste matter in the extracellular tissues and, consequently, in the lymph vessels and lymph nodes. When lymph drainage slows down or becomes obstructed, the thymus gland, tonsils and spleen start to deteriorate quickly. These organs form an important part of the body's system of purification and immunity. In addition, microbes harbored in gallstones can be a constant source of recurring infection in the body, which may render the lymphatic and immune systems ineffective against more serious infections, such as *infectious mononucleosis, measles, typhoid fever, tuberculosis, syphilis*, etc.

Due to restricted bile flow in the liver and gallbladder, the small intestine is restricted in its capacity to digest food properly. This permits substantial amounts of waste matter and poisonous substances, such as *cadaverines* and *putrescines* (break-down products of fermented and putrefied food), to seep into the lymph

channels. These toxins, along with fats and proteins, enter the body's largest lymph vessel, called *thoracic duct*, at the *cysterna chyli*. The *cysterna chyli* is a lymph-dilation (in the shape of sacks), situated in front of the first two lumbar vertebrae (see **Figure 9**).

Toxins, antigens and undigested proteins from animal sources, including fish, meat, eggs and dairy food, cause these lymph sacks to swell and become inflamed. When cells of an animal become damaged or die, which happens seconds after it is killed, their protein structures are broken down by cellular enzymes. These so-called 'degenerate' proteins are useless for the body, and they become harmful unless they are promptly removed by the lymphatic system. Their presence usually invites enhanced microbial activity. Viruses, fungi and bacteria feed on the pooled wastes. In some cases, allergic reactions occur.

When there is lymph sack congestion, the body's own degenerate cell proteins can no longer be removed properly. The result is **lymph edema**. While lying on the back, existing lymph edemas can be felt as hard knots, sometimes as large as a fist, in the area of the navel. These 'rocks' are a major cause of **middle and low back pain** and **abdominal swelling**, and, in fact, of most symptoms of ill health. Many people who have grown a 'tummy,' consider this abdominal extension to be just a harmless nuisance or a natural part of aging. They don't realize that they are breeding a living 'time bomb' that may go off some day and injure vital parts of the body.

Eighty percent of the lymphatic system is associated with the intestines, making this area of the body the largest center of immune activity. This is no coincidence. The part of the body where most disease-causing agents are combated or generated is, in fact, the intestinal tract. Any lymph edemas, or other kind of obstruction in this important part of the lymphatic system, can lead to potentially serious complications elsewhere in the body.

Wherever a lymph duct is obstructed, there is also an accumulation of lymph at a distance to the obstruction. Consequently, the lymph nodes located in such an area can no longer adequately neutralize or detoxify the following things: dead and live phagocytes

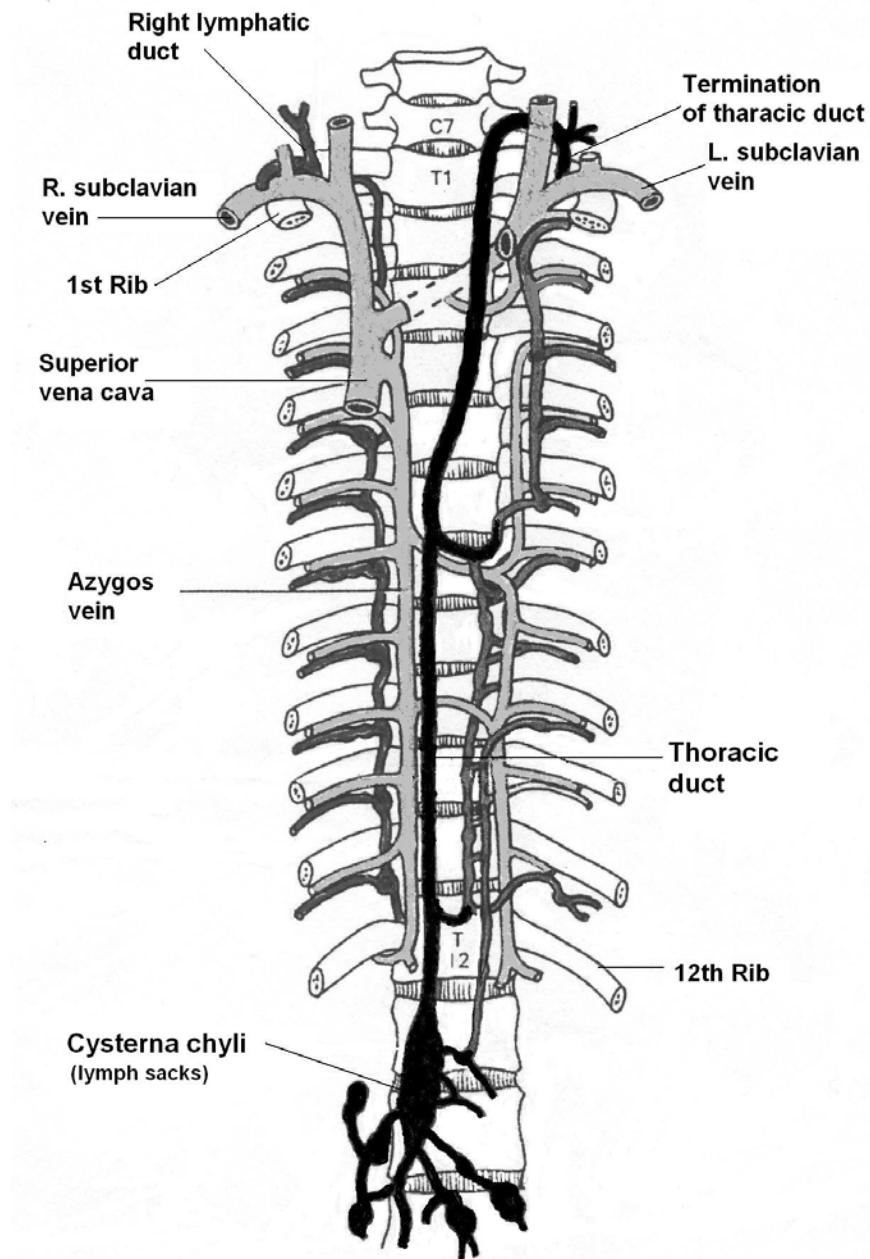


Figure 9: Cysterna chyli and thoracic duct

and their ingested microbes, worn-out tissue cells, cells damaged by disease, products of fermentation, pesticides in food, inhaled or congested toxic particles, cells from malignant tumors, and the millions of cancer cells every healthy person generates each day. Incomplete destruction of these things can cause these lymph nodes to become inflamed, enlarged and congested with blood. Infected material may enter the blood stream, causing septic poisoning and acute illnesses. In most cases, though, the lymph blockage occurs slowly, without any symptoms other than swelling of the abdomen, hands, arms, feet, or ankles, or puffiness in the face and eyes. This is often referred to as ‘water retention,’ a precursor of chronic illness.

Continuous lymphatic obstruction usually leads to chronic conditions. Almost every chronic illness results from congestion in the cisterna chyli. Eventually, the thoracic duct, which drains the cisterna chyli, gets overburdened by the constant influx of toxic material and becomes clogged up, too. The thoracic duct is linked up with numerous other lymph ducts (see **Figures 9 and 10**) that empty their waste into the thoracic ‘sewage canal.’ Since the thoracic duct has to remove 85% of the body’s daily generated cellular waste and other toxic material, a blockage there causes back-flushing of waste into other, more distant parts of the body.

When the daily-generated metabolic waste and cellular debris are not removed from an area in the body for a certain period of time, symptoms of disease start manifesting. The following are but a few typical examples of illness indicators that result directly from chronic, localized lymph congestion:

Obesity, cysts in the uterus or ovaries, enlargement of the prostate gland, rheumatism in the joints, enlargement of the left half of the heart, congestive heart failure, congested bronchi and lungs, enlargement of the neck area, stiffness in the neck and shoulders, backaches, headaches, migraines, dizziness, vertigo, ringing in the ears, earaches, deafness, dandruff, frequent colds, sinusitis, hay fever, certain types of asthma, thyroid enlargement, eye diseases, poor vision, swelling in the breasts, breast cancer, kidney problems, lower back pains, swelling of the legs and ankles, scoliosis, brain disorders, memory loss, stomach trouble, enlarged spleen, irritable bowel syndrome, hernia, polyps in the colon, etc., etc.

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The thoracic duct empties its contents into the left *subclavian vein* at the root of the neck. This vein enters the *superior vena cava*, which leads straight into the left side of the heart. In addition to blocking proper lymph drainage from these various organs or parts of the body, congestion in the *cysterna chyli* and thoracic duct permits toxic materials to be passed into the heart and heart arteries. This unduly stresses the heart. It also allows these toxins and disease-causing agents to enter the general circulation and spread to other parts of the body. There rarely is a disease that is not caused by lymphatic obstruction. Lymph blockage, in most cases, has its origin in a congested liver (the causes of gallstones in the liver are being discussed in the following Chapter). In the extreme eventuality, **lymphoma** or **cancer of the lymph** may result, of which **Hodgkin's disease** is the most common type.

When the circulatory system begins to malfunction as a result of gallstones in the liver, the *endocrine system* also becomes affected. The endocrine glands produce hormones that pass directly from the glandular cells into the blood stream, where they influence bodily activity, growth and nutrition. The glands most often affected by congestion are the thyroid, parathyroid, adrenal cortex, ovaries, and testes. A more severely disrupted circulatory function leads to imbalanced hormone secretions by the *Islets of Langerhans*

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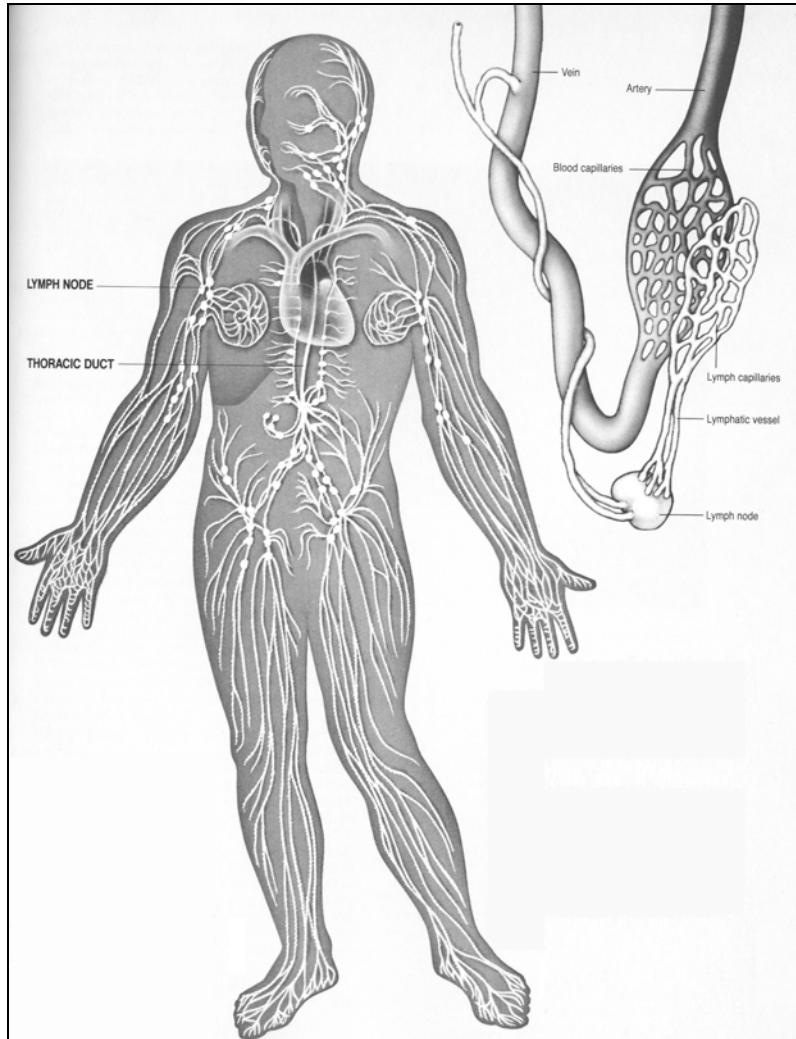


Figure 10: Lymphatic system and lymph node

in the pancreas, and the *pineal* and *pituitary glands*.

Blood congestion, which is characterized by thickening of the blood, prevents hormones from reaching their target places in the body in sufficient amounts and on time. Consequently, the glands go into *hyper-secretion* (overproduction) of hormones. When lymph

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drainage from the glands is inefficient, the glands, themselves, become congested. This brings about *hypo-secretion* (lack) of hormones. Diseases related to imbalances of the thyroid glands include **toxic goiter**, **graves disease**, **cretinism**, **myxoedema**, **tumors of the thyroid**, **hypo-parathyroidism**, which reduces calcium absorption and causes **cataracts**, as well as **behavioral disorders** and **dementia**. Poor calcium absorption, alone, is responsible for numerous diseases, including **osteoporosis** (loss of bone density). If circulatory problems disrupt secretion of balanced amounts of insulin in the pancreatic islets of Langerhans, **diabetes** results.

Gallstones in the liver can force the liver cells to cut down protein synthesis. Reduced protein synthesis, in turn, prompts the adrenal glands to overproduce *cortisol*, a hormone that stimulates protein synthesis. Too much *cortisol* in the blood gives rise to **atrophy of lymphoid tissue** and a **depressed immune response**, which is considered to be the leading cause of cancer and many other major illnesses. An imbalance in the secretion of adrenal hormones can cause a wide variety of disorders as it leads to weakened **febrile response** and **diminished protein synthesis**. Proteins are the major building blocks for tissue cells, hormones, etc. The liver is capable of producing many different hormones. Hormones determine how well the body grows and heals.

The liver also inhibits certain hormones, including *insulin*, *glucagon*, *cortisol*, *aldosterone*, *thyroid* and *sex hormones*. Gallstones in the liver impair this vital function, which may increase hormone concentrations in the blood. Hormone imbalance is a very serious condition and can easily occur when gallstones in the liver have disrupted major circulatory pathways that are also hormonal pathways.

Disease is naturally absent when blood and lymph flow is unhindered and normal. Both types of problems, circulatory and lymphatic, can be successfully eliminated through a series of liver cleanses and prevented by following a balanced diet and lifestyle.

Disorders of the Respiratory System

Both mental and physical health depend on the effectiveness and vitality of the cells in the body. Most of the energy required by the cells is derived from chemical reactions that can only take place in the presence of oxygen. One of the resultant waste products is carbon dioxide. The respiratory system provides the routes by which sufficient oxygen is taken into the body and carbon dioxide is excreted from the body. Blood serves as the transport system for the exchange of these gases between the lungs and the cells.

Gallstones in the liver can impair respiratory functions and cause **allergies, disorders of the nose, nasal cavities and diseases of the bronchi and lungs**. When gallstones distort the lobules (units) of the liver, the blood-cleansing ability of the liver, small intestine, lymphatic system and immune system weakens. Waste material and toxic substances, normally rendered harmless by these organs and systems, now begin to seep into the heart, lungs, bronchi and other respiratory passages. Constant exposure to these irritating agents lowers the resistance of the respiratory system against them. Lymph congestion in the abdominal region, particularly in the cisterna chyli and thoracic duct, hampers proper lymphatic drainage from the respiratory organs. Most respiratory ailments occur as a consequence of such lymph blockages.

Pneumonia results when protective measures fail to prevent inhaled or blood-borne microbes from reaching and colonizing the lungs. Gallstones harbor harmful microbes, as well as very toxic, irritating material, which can enter the blood via the damaged liver sites. Gallstones are, therefore, a constant source of immune suppression, which leaves the body, and particularly the upper respiratory tract, susceptible to both internal and external disease-causing factors. These include both blood-borne and air-borne microbes (believed to cause pneumonia), cigarette smoke, alcohol, X-rays, corticosteroids, allergens, antigens, common pollutants, etc.

Further respiratory complications arise when handfuls of gallstones accumulating in the liver bile ducts enforce an enlargement of the liver. The liver, situated in the upper abdominal cavity, spans almost the entire width of the body. Its upper and anterior surfaces are smooth and curved to fit under the surface of the diaphragm. When

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enlarged, the liver obstructs the movement of the diaphragm and prevents the lungs from extending to their normal capacity during inhalation. By contrast, a healthy liver permits the lungs to extend into the abdominal region, which puts pressure on the abdomen. Consequently, the abdomen moves forward, as can be seen in healthy babies, especially. Due to the increased expansion of the abdomen during inhalation, blood and lymph are pressed upward towards the heart, which helps maintain proper circulation. An enlarged liver prevents full extension of the diaphragm and lungs, which causes reduced exchange of gases in the lungs, lymphatic congestion and retention of excessive amounts of carbon dioxide in the lungs. The restricted intake of oxygen affects cellular functions throughout the body.

Most people in the industrialized world have an enlarged liver. What is generally considered to be a ‘normal-size’ liver is actually oversized. Once all gallstones are removed through a series of liver flushes, the liver returns to its normal size within about six months.

Almost all diseases of the lungs, bronchi and upper respiratory passages are either caused or worsened by gallstones in the liver, and can be improved or cured by eliminating these stones through the liver cleanse.

Disorders of the Urinary System

The *urinary system* is a very important excretory system of the body. It consists of: two *kidneys* which form and excrete urine; two *ureters* which convey the urine from the kidneys to the urinary bladder; a *urinary bladder* where urine collects and is temporarily stored; and, a *urethra* through which urine is discharged from the urinary bladder to the exterior of the body (see **Figure 11**). Smooth functioning of the urinary system is

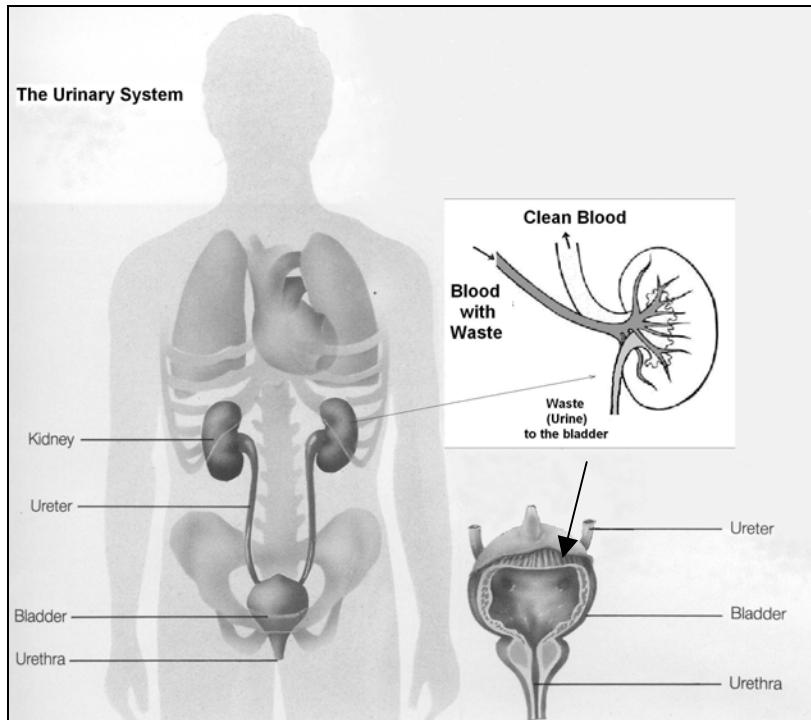


Figure 11: The Urinary System

essential for maintaining the appropriate balance between water and substances dissolved in it, as well as between acid and alkalis. This system is also involved in the disposal of waste products resulting from the breakdown (catabolism) of cell protein in the liver, for example.

Most diseases of the kidneys and other parts of the urinary system are related to an imbalance of *simple filtration* in the kidneys. About 26-40 US-gallons (100-150 liters) of dilute filtrate are formed each day by the two kidneys. Of these, 34-52 ounces (1-1.5 liters) are excreted as urine. With the exception of blood cells, platelets and blood proteins, all other blood constituents must pass through the kidneys. The process of filtration is disrupted and weakened by poor performance of the digestive system, and the liver in particular.

Gallstones in the liver and gallbladder reduce the amount of bile necessary to digest food properly. Much of the undigested food begins to ferment and putrefy, leaving toxic waste matter in the blood and

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lymph. The body's normal excretions, such as urine, sweat, gases and feces do not usually contain disease-generating waste products; that is, of course, for as long as the passages of elimination remain clear and unobstructed. Disease-causing agents consist of tiny molecules that appear in the blood and lymph, and can be made visible only by powerful electron microscopes.

These molecules have a strong acidifying effect on the blood. To avoid a life-threatening disease or coma, the blood must rid itself of these minute toxins. Accordingly, it dumps these unwanted intruders into the connective tissue of the organs. The connective tissue is a gel-like fluid (lymph) that surrounds the cells. The cells are 'bathed' in the connective tissue. Under normal circumstances, the body knows how to deal with acidic waste material that has been deposited in the connective tissue. It releases an alkaline product, *sodium bicarbonate* NaHCO_3 , into the blood that is able to retrieve and neutralize the acidic toxins and eliminate them through the excretory organs. This emergency system, however, begins to fail when toxins are deposited faster than can be retrieved and eliminated. Consequently, the connective tissue may become as thick as jelly; nutrients, water and oxygen can no longer pass freely and the cells of the organs begin to suffer malnutrition, dehydration and oxygen deficiency.

Some of the most acidic compounds are proteins from animal foods. Gallstones inhibit the liver's ability to break down these proteins. Excessive proteins are temporarily stored in the connective tissues and then converted into collagen fiber. The collagen fiber is built into the basement membranes of the capillary walls. Consequently, the basement membranes may become ten times as thick as normal. A similar situation occurs in the arteries. As the blood vessel walls become increasingly congested, fewer proteins are able to escape the blood stream. This leads to blood thickening, making it more and more difficult for the kidneys to filter it. At the same time, the basement membranes of the blood vessels supplying the kidneys also become congested. As this process of hardening of the blood vessels progresses further, **blood pressure** starts to rise and overall kidney performance drops. Ever-increasing amounts of metabolic waste excreted by kidney cells, normally eliminated via venous blood vessels and lymphatic ducts, are held back and, thereby, increase thickness of the cell membranes.

Through all of this, the kidneys become overburdened and can no longer maintain normal fluid and electrolyte balance. In addition, there may be precipitation of urinary components that form into crystals and stones of various types and sizes (see **Figure 12a**). **Uric acid stones**, for example, are formed when uric acid concentration in the urine exceeds the level of 2-4 mg %. This amount was still considered within the range of tolerance until the mid-1960s. Uric acid is a by-product of the breakdown of protein in the liver. Since meat consumption rose sharply at that time, the ‘within the norm’ level has been adjusted to 7.5 mg %. Yet this adjustment does not make uric acid less dangerous for the body. Stones formed from excessive uric acid (also see ‘Bladder stones’ in **Figure 12b**) can lead to **urinary obstruction, kidney infection** and, eventually, **kidney failure**.

As kidney cells become increasingly deprived of vital nutrients, including oxygen, malignant tumors may develop. In addition, uric acid crystals that are not eliminated by the kidneys can settle in the joints and cause rheumatism, gout and water retention.

Symptoms of impending kidney trouble are often deceptively mild in comparison to the potential severity of kidney disease. The most observable and common symptoms of kidney problems are abnormal changes in the volume, frequency and coloration of the urine. These are usually accompanied by swelling of the face and ankles, and pain in the upper back. If the disease has progressed further, there may be blurred vision, tiredness, falling off in performance, and nausea. The following symptoms may also indicate malfunctioning of the kidneys: **high blood pressure, low blood pressure, pain moving from the upper to lower abdomen, dark brown urine, pain in the back just above the waist, excessive thirst, increase in urination, especially in night time, less than 500ml urine per day, feeling of fullness in the bladder and pain passing urine, drier and browner skin pigment, ankles puffy at night, eyes puffy in morning, bruising and hemorrhage.**

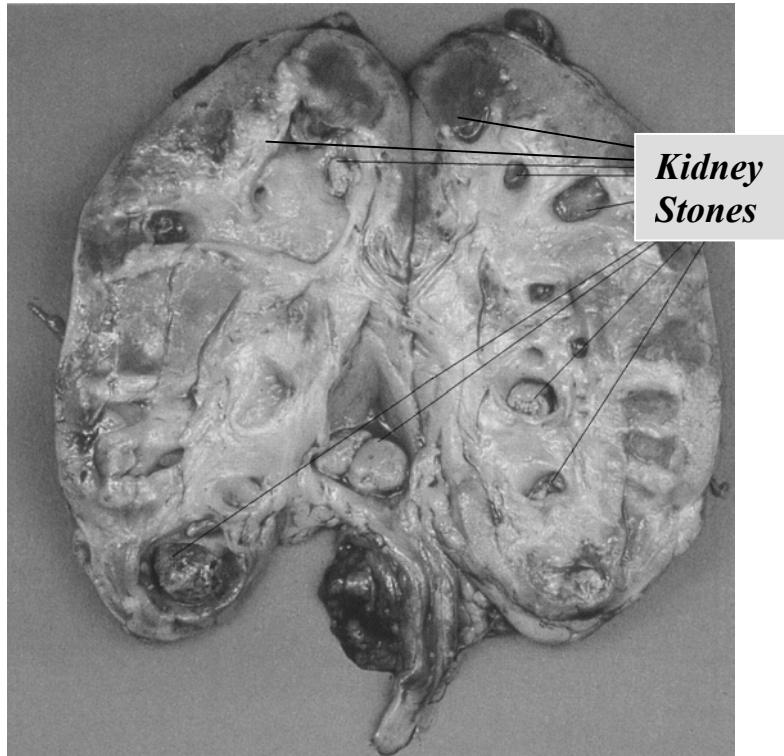


Figure 12a: Kidney Stones Imbedded in Kidney

All major diseases of the urinary system are caused by toxic blood; in other words, by blood filled with tiny molecules of waste material and excessive proteins. Gallstones in the liver impair digestion, cause blood and lymph congestion and disrupt the entire circulatory system, including that of the urinary system. By removing the gallstones, the urinary system has a chance to recuperate, rid itself of existing accumulated toxins, stones, etc., and maintain fluid balance and normal blood pressure. This is necessary for all the processes in the body to run smoothly and efficiently. There may be a strong need to also cleanse the kidneys (see *The Kidney Cleanse* in Chapter 5).

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Figure 12b: Bladder Stones

Disorders of the Nervous System

Our whole lives are dictated by the way we feel. Our persona, the way we carry ourselves, our interactions with other people, our moods, cravings, patience, tolerance level, and more are strongly affected by the state of health of our nervous system. In today's fast paced world we are exposed to a variety of conditions that wreak havoc on our bodies. The brain is the control center of the entire body and unless it receives proper nourishment, your life can be a physical and emotional mess.

Brain cells are very capable of manufacturing the quantity of chemicals they need if they are supplied with the nutrients needed to produce those chemicals. Although modern intensive agriculture has depleted most of the soil of nutrients (see *Take Ionic Minerals*, Chapter 5), most nutrient deficiencies occur due to poor performance of the digestive system and, particularly, the liver. Lack of such nutrients can hinder the ability of our brain to manufacture the chemicals it needs to function optimally.

The brain can function for quite some time with substandard amounts of nutrients, but the price paid includes poor health, fatigue,

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lack of energy, mood swings, sickness, aches and pains, and general discomfort. Some deficiencies manifest in mental disease.

The nervous system, which includes the brain, the spinal cord, pairs of spinal and cranial nerves and autonomic functions, is largely dependent on the quality of the blood. Blood is composed of plasma, a straw-colored transparent fluid, and cells. The constituents of plasma are water, plasma proteins, mineral salts, hormones, vitamins, nutrient materials, organic waste products, antibodies and gases. There are three varieties of blood cells: white cells (*leukocytes*), red cells (*erythrocytes*) and platelets (*thrombocytes*). Any abnormal changes in the blood affect the nervous system.

All three blood cell types are formed in the red bone marrow, which is nourished and maintained by the nutrients supplied through the digestive system. Gallstones in the liver interfere with digestion and assimilation of food, which fills the plasma with excessive waste material and cuts down nutrient supplies to the red bone marrow. This, in turn, upsets the balance of blood cell constituents, disrupts hormonal pathways and causes abnormal responses in the nervous system. Most diseases afflicting the nervous system are rooted in improperly formed blood, brought about by a dysfunctional liver.

Each of the numerous functions of the liver has a direct influence on the nervous system, and particularly the brain. The liver cells convert glycogen (complex sugar) into glucose which, besides oxygen and water, is the major nutrient for the nervous system. Glucose provides most of its energy requirements. The brain, although it constitutes only one fiftieth of the body weight, contains about one fifth of the total blood volume in the body. It uses up vast amounts of glucose. Gallstones in the liver drastically cut down glucose supply to the brain and the rest of the nervous system, which can affect the performance of the organs, senses and mind. At the early stages of imbalance, a person may develop food cravings, particularly for sweet or starchy foods, and experience frequent mood swings or emotional stress.

The liver also forms the plasma proteins and most of the blood clotting factors from the available amino acids. This function becomes increasingly subdued by the presence of gallstones. If the production of clotting factors drops, platelet count will fall and there may be spontaneous capillary bleeding or **hemorrhagic disease**. If a

hemorrhage occurs in the brain, it may cause destruction of brain tissue, paralysis or death. The severity of the bleeding may be determined by such triggers as hypertension and alcohol abuse. Platelet counts also drop when production of new cells does not keep pace with destruction of damaged or worn out cells, which happens in the liver when gallstones cut off blood supply to liver cells.

Vitamin K is also essential for synthesis of major clotting factors. It is a fat-soluble vitamin stored in the liver, and bile salts are required in the colon for absorption. Vitamin K becomes deficient when gallstones in the liver and gallbladder obstruct bile flow, which leads to inadequate fat absorption.

As discussed earlier, gallstones in the liver can lead to disorders of the vascular system. When the blood changes and becomes thick, blood vessels begin to harden and become damaged. If a blood clot forms in an injured artery, a piece of blood clot (*embolus*) may lodge in a small artery distant to the injury and obstruct the blood flow, causing **ischaemia** and **infarction**. If the infarction occurs in a brain artery, it is called a **stroke**.

All circulatory disturbances affect the brain and the rest of the nervous system. The disruption of liver functions particularly affects *astrocytes*—cells that form the main supporting tissue of the central nervous system. This condition is characterized by apathy, disorientation, delirium, muscular rigidity and coma. Nitrogenous bacterial waste absorbed from the colon, normally detoxified by the liver, reaches the brain cells via the blood. Other metabolic waste products, such as ammonia, may reach toxic concentrations and change the permeability of the blood vessels in the brain and reduce the effectiveness of the blood-brain barrier. This may permit different noxious substances to enter the brain, as well, causing further damage.

If the neurons of the brain no longer receive enough nourishment, there is atrophy of neural tissue, which leads to **dementia** or **Alzheimer's disease**. In case the neurons, which are responsible for producing the brain hormone and neurotransmitter *dopamine*, suffer malnutrition, **Parkinson's disease** results. **Multiple Sclerosis (MS)** occurs when the cells that produce *myelin*, a sheath of fatty material that surrounds most axons of nerve cells, suffer malnutrition. The myelin sheath diminishes and axons become injured.

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The liver controls the digestion, absorption and metabolism of fatty substances throughout the body. Gallstones interfere with fat metabolism and affect cholesterol levels in the blood. *Cholesterol* is an essential building block of all our body cells and is needed for every metabolic process. Our brain consists of more than 10% pure cholesterol (all water removed). Cholesterol is important for brain development and brain function. It protects the nerves against damage or injury. An imbalance of blood fats can profoundly affect the nervous system and, thereby, cause almost any type of illness in the body. Removing gallstones from the liver and gallbladder increases nutrient supplies to all the cells, thereby rejuvenating the nervous system and improving all functions in the body.

Disorders of the Bone

Although bone is the hardest tissue in the body, it is, nevertheless, very much alive. Human bone consists of 20% water, 30-40% organic material, such as living cells, and 40-50% inorganic material, such as calcium. Bone tissue harbors many blood and lymph vessels, and nerves. The cells responsible for balanced bone growth are the *osteoblasts* and *osteoclasts*. Osteoblasts are the bone-forming cells whereas osteoclasts are responsible for resorption of bone to maintain optimum shape. A third group of cells, known as *chondrocytes*, are in charge of forming cartilage. Red bone marrow, which produces red and white blood cells, is located in the less dense parts of the bone, called *cancellous bone*.

Most bone diseases occur when bone cells no longer receive enough nourishment. Gallstones in the liver always lead to lymph congestion in the intestinal tract and, consequently, in other parts of the body (see *Disorders of the Circulatory System*). Good bone health results from the sustained balance between the functions of osteoblast and osteoclast cells. This delicate balance becomes disturbed when deficient nutrient supply slows the production of new bone tissue by *osteoblasts*. **Osteoporosis** results when the amount of bone tissue is reduced because growth of new bone does not keep pace with

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destruction of old bone. *Cancellous* bone is usually affected before *compact bone* is. Compact bone makes up the outer layer of the bone.

In generalized osteoporosis, excess calcium is re-absorbed from bone, thereby raising the calcium levels of blood and urine. This may predispose a person to form stones in the kidneys and, eventually, suffer renal failure. Gallstones in the liver substantially reduce bile production. Bile is essential for the absorption of calcium from the small intestines. Even if there were plenty of calcium made available from one's food or through food supplements, shortage of bile renders much of the ingested calcium useless for bone formation and other important metabolic processes. In addition, the presence of gallstones in the liver raises the level of harmful acids in the blood, some of which are neutralized by calcium released from the bones and teeth. Eventually, these calcium reserves become depleted, diminishing bone density or bone mass. This may lead to bone and hip fractures, and even death. With over half of all women over age 50 already affected by osteoporosis (albeit only in industrialized nations), it is obvious that the current approach of taking hormones or calcium supplements is a shot in the dark; it does in no way address the causal imbalance in the liver and gallbladder.

Rickets and **Osteomalacia** are diseases that affect the calcification process of bones. In either case, the bones become soft, especially those of the lower limbs, which become *bowed* by the weight of the body. The fat-soluble Vitamin D, *calciferol*, is essential for balanced calcium and phosphorus metabolism and, therefore, healthy bone structures. Insufficient bile secretion and disturbance of the cholesterol metabolism, both of which are caused by gallstones in the liver, lead to Vitamin D deficiency. Lack of exposure to ultraviolet light further aggravates the situation.

Infection of bones, or **osteomyelitis**, may result when there has been a prolonged lymphatic obstruction in the body, especially in or around bone tissues. Consequently, blood-borne microbes gain unhindered access to bones. The microbes may originate from gallstones, a tooth abscess or a boil.

Malignant tumors of the bone can occur when lymphatic congestion in the body and the bones, especially, has reached extreme proportions. The immune system is depressed and malignant tumor particles from the breasts, lungs or prostate gland can spread to those

bones that have the best blood supply, i.e., the cancellous bone. Bone cancer and all other diseases of the bone signify lack of nourishment of bone tissue. They usually defy treatment unless all gallstones in the liver are removed and all other organs and systems of elimination are cleared from any existing obstruction as well.

Disorders of the Joints

There are three types of joints in our body: *fibrous* or fixed joints, *cartilaginous* or slightly movable joints and *synovial* or freely movable joints. The most susceptible to disease are the joints of the hands, feet, knees, shoulders, elbows and hips. The most commonly found diseases include **rheumatoid arthritis, osteoarthritis and gout**.

Most people with rheumatoid arthritis have a long history of intestinal complaints: **bloatedness, flatulence, heartburn, belching, constipation, diarrhea, coldness and swelling of hands and feet, increased perspiration, general fatigue, loss of appetite, weight reduction, etc.** It is reasonable, therefore, to conclude that rheumatoid arthritis is linked with any of these, or similar symptoms of major intestinal and metabolic difficulties. I have personally experienced all of those symptoms mentioned here when I suffered bouts of juvenile rheumatoid arthritis during my childhood years.

The gastro-intestinal tract is constantly exposed to a large number of viruses, bacteria and parasites. In addition to the many *antigens* (foreign material) contained in foods, the digestive system may also have to deal with insecticides, pesticides, hormones, antibiotic residues, preservatives and colorings contained in so many foodstuffs today. Other possible antigens include pollen from flowers, plants, plant antibodies, fungi, bacteria and some large molecule drugs such as penicillin. It is the task of the immune system, most of which is located in the intestinal wall, to protect us against all of these potentially harmful invaders and substances. To be able to accomplish this task on a daily basis, both the digestive and lymphatic systems must remain unobstructed and efficient. Gallstones in the liver seriously disturb the digestive process, which leads to an overload of

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toxic substances in the blood and lymph, as mentioned above (see *Disorders of the Circulatory System*).

Arthritis is considered to be an *auto-immune disease* affecting the synovial membrane. Auto-immunity, a condition in which the immune system develops immunity to its own cells, results when antigen/antibody complexes (*rheumatoid factors*) are formed and present in the blood. Naturally, the B-lymphocytes (immune cells) in the intestinal wall become stimulated and produce antibodies (*immunoglobulins*) when coming into contact with these antigens. The immune cells circulate in the blood and some settle in the lymph nodes, spleen, mucous membrane of the salivary glands, lymphatic system of the bronchial tubes, vagina or uterus, milk-producing mammary glands of the breasts and capsular tissues of the joints.

If there is repeated exposure to the same types of toxic antigens, antibody production will increase dramatically, particularly in areas where immune cells have settled due to a previous encounter with the invaders. These harmful antigens may consist of protein particles from putrefying animal foods, for example. In such a case, there can be intense microbial activity. The new encounter with the antigens raises the level of antigen/antibody complexes in the blood and upsets the fine balance that exists between the immune reaction and its suppression. Auto-immune diseases, which indicate an extremely high level of toxicity in the body, directly result from a disturbance of this balance. If antibody production is continually high in synovial joints, inflammation becomes chronic, leading to increasing deformity, pain and loss of function. The overuse of the immune system leads to *self-destruction* in the body. If this form of self-destruction occurs in nerve tissue, it is called MS, and if it occurs in organ tissue, it is called cancer. Yet, seen from a deeper perspective, the self-destruction is but a final attempt at self-preservation. The body only attacks itself if the toxicity could cause more damage than an auto-immune response would. Gallstones in the liver are the leading cause of toxicity. They can paralyze the body's ability to keep itself nourished and clean.

Osteoarthritis is a degenerative non-inflammatory disease. It occurs when the renewal of *articular cartilage* (a smooth, strong surface, covering bones that are in contact with other bones) does not keep pace with its removal. The articular cartilage gradually becomes

thinner until, eventually, the bony articular surfaces come into contact and the bones begin to degenerate. Abnormal bone repair and chronic inflammation may follow this form of injury. This disease is also caused by long-standing digestive disorder. As fewer nutrients are absorbed and distributed for tissue building, it becomes increasingly difficult to maintain healthy sustenance of bone and articular cartilage. Gallstones in the liver impair the basic digestive processes and, therefore, play perhaps the most important role in the development of osteoarthritis.

Gout, which is another joint disease directly connected to weak liver performance, is caused by *sodium urate crystals* in joints and tendons. Gout occurs in some people whose *blood uric acid* is abnormally high. When gallstones in the liver begin to affect blood circulation in the kidneys (see *Urinary Disorders*), uric acid excretion becomes inefficient. This also causes increased cell damage and cell destruction in the liver and kidneys, as well as in other parts of the body.

Uric acid is a waste product of the breakdown of cell nuclei and is produced in excess with increased cell destruction. Smoking cigarettes, drinking alcoholic beverages regularly, using stimulants, etc., cause marked cell destruction which releases large quantities of degenerate cell protein into the blood stream. In addition, uric acid production rises sharply with over-consumption of protein foods, such as meat, fish, eggs, cheese, etc.³ Incidentally, all of the aforementioned foods and substances lead to gallstone formation in the liver and gallbladder. There may be several acute attacks of arthritis before damage of joints decreases mobility and the gout condition becomes chronic.

Disorders of the Reproductive System

Female and male reproductive systems both depend largely on smooth functioning of the liver. Gallstones in the liver obstruct the

³ Also see ‘The Kidney Cleanse’ in the book, *The Key to Health and Rejuvenation* by the author.

movement of bile through the bile ducts, which impairs digestion and distorts the structural framework of liver lobules. This diminishes the liver's production of *serum albumin*. Serum albumin is the most common and abundant protein in the blood responsible for maintaining *plasma osmotic pressure* at its normal level of 25mmHg, and *clotting factors*, essential for coagulation of blood. Insufficient osmotic pressure cuts down the supply of nutrients to the cells, including those of the reproductive organs. This may lead to reduced lymph drainage and, subsequently, to fluid retention and edema, as well as retention of metabolic waste and gradual impairment of sexual functions.

Most diseases of the reproductive system result from improper lymph drainage. The thoracic duct (see *Disorders of the Circulatory System*) drains lymph fluid from all organs of the digestive system, including the liver, spleen, pancreas, stomach and intestines. This large duct often becomes severely congested when gallstones in the liver lead to disturbed digestion and absorption of food. It is obvious, yet hardly ever recognized, that congestion in the thoracic duct affects the organs of the reproductive system; they, too, need to empty their lymphatic waste products into the thoracic duct.

Impaired lymphatic drainage from the female pelvic area of the body is responsible for **suppressed immunity, menstrual problems, PMT, menopausal symptoms, pelvic inflammatory disease (PID), cervicitis, all uterine diseases, vulvar dystrophies with growth of fibrous tissue, ovarian cysts and tumors, cell destruction, hormone deficiencies, low libido, infertility and genetic mutations of cells leading to cancer**. Thoracic blockage may also lead to lymph congestion in the left breast, leaving deposits of noxious substances that can cause inflammation, lump formation and even tumors. If the right lymphatic duct, which drains lymph from the right half of the thorax, head, neck and right arm, becomes congested, toxins are retained in the right breast, leading to similar problems there.

A continuous restriction of lymph drainage from the male pelvic area causes benign and malignant prostate enlargement, inflammation of the testes, penis and urethra. Impotence is a likely consequence of this development. The consistent increase of gallstones in the liver, a common factor among middle-aged men in affluent societies, is one of the major reasons for lymph blockage in this vital part of the body.

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Venereal diseases occur when there is a high level of toxicity in the exposed area due to lymph blockage, prior to microbial infection. The collapsing capacity of the lymphatic system to repel invading organisms causes most reproductive and sexual disorders.

By removing all gallstones from the liver and taking recourse to a healthy diet and lifestyle, lymphatic activity can return to normal. The reproductive tissue receives improved nourishment and becomes more resistant. Infections subside; cysts, fibrous tissue and tumors are broken down and removed; sexual functions are restored.

Disorders of the Skin

Nearly all skin diseases such as **eczema, acne and psoriasis** have one factor in common: gallstones in the liver. Almost every person with a skin disease also has intestinal problems and impure blood, in particular. These are mainly caused by gallstones and the harmful effects they have on the body as a whole. Gallstones contribute to numerous problems throughout the body—particularly in the digestive, circulatory and urinary systems. In its attempt to eliminate what the colon, kidneys, lungs, liver and lymphatic system were unable to remove or detoxify, the skin becomes flooded and overburdened with acidic waste. Although it is the largest organ of elimination in the body, it eventually succumbs to the acid assault. The toxic material is first deposited in the connective tissue underneath the *dermis*. When this ‘waste depot’ is saturated, the skin begins to malfunction.

Excessive amounts of noxious substances, cell debris, microbes from different sources, such as gallstones, and various antigens from improperly digested foods congest the lymphatic system and inhibit proper lymph drainage from the various layers of the skin. The toxins and putrefying protein from damaged or destroyed skin cells attract microbes and become a source for constant irritation and inflammation of the skin. Skin cells begin to suffer malnutrition, which may greatly reduce their normal interval of turnover (about once every month). This may also cause extensive damage to skin nerves.

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If the sebaceous glands, which pour their secretion, *sebum*, into the hair follicles, become nutrient deficient, hair growth becomes abnormal and, in particular, **scalp hair may fall out**. When *melanin* supply becomes deficient, the **hair turns gray**. Sebum deficiency also alters the healthy texture of the hair and makes it look dull and unattractive. On the skin, sebum acts as a bactericidal and fungicidal agent, preventing the invasion of microbes. It also prevents drying and cracking of the skin, especially when exposed to sunshine and hot, dry air.

Genetic predisposition towards developing baldness or any other skin disorders is *not* a major causative factor, as is often assumed. Healthy skin functions are restored and hair growth, particularly among women, is returned to normal once all gallstones are removed and the colon and kidneys/bladder are kept clean (for details regarding colonic irrigation and kidney cleanse refer, to my earlier book, *The Key to Health and Rejuvenation*).

Conclusion

Gallstones are a major cause of illness in the body. They impair the functioning of the most complex, versatile and influential organ of the body—the liver. Nobody has ever devised an artificial liver because it is so complex. Second only to the brain in complexity, the liver masterminds the most intricate processes of digestion and metabolism, thereby affecting the life and health of every cell in the body. By removing the obstacles that prevent the liver from doing its job properly and efficiently, the body can return to a state of continuous balance and vitality.

Chapter 2

How Do I Know I Have Gallstones?

During my research with thousands of patients suffering from almost any kind of illness, including *terminal diseases*, I found that each person had large numbers of gallstones in the liver and, in many cases, also in the gallbladder. By eliminating these stones through the liver cleanse and introducing simple health-forming habits and supportive measures, my clients have recovered from diseases that have defied both conventional and alternative methods of treatment.

What follows is a description of some of the most common signs indicating the presence of gallstones in the liver and gallbladder. If you have any of them, you are most likely to derive great benefits from having a liver cleanse. In my practice, I have found these indications to be highly accurate. In case you are not sure whether you have stones or not, it may be useful to cleanse the liver anyway; it can improve your health significantly, regardless. There is an old saying: “The proof of the pudding is in eating.” The only way to prove to yourself that you have gallstones is to do the liver flush. You will discover that by removing all the stones, the symptoms of disease will gradually disappear and health will return to normal.

Signs and Marks

The Skin

The skin's major function is to continuously adjust our internal body to the ever-changing external environment, i.e., temperature, humidity, dryness, light, etc. In addition, it is there to protect us against injury, microbes and other harmful agents. Apart from having to deal with these *external* influences, the skin also monitors and changes according to internal changes taking place *within* the body. Thus it reflects the condition of the organs and body fluids, including the blood and lymph. Any long-term abnormal functioning of the body will inevitably show up in the skin as skin blemishes, discoloration or changed condition, such as dryness, oiliness, wrinkles, lines, etc. Almost all skin disorders have their root in an imbalanced liver condition. Gallstones lead to circulatory disorders, which reduce the nutrient supply to the skin and prevent healthy development and normal turnover of skin cells. The following marks are particularly indicative of gallstones in the liver and gallbladder:

⇒ **Black spots and small or large brown patches** that are the color of freckles or moles. They usually appear on the right or left side of the forehead, between the eyebrows or under the eyes. They may also show up just above the right shoulder or between the shoulder blades. Most prominent are the so-called *liver spots* on the back of the hands and forearms, often seen among middle-aged and elderly people. If gallstones, spontaneously excreted by the gallbladder, get caught in the colon, such spots may also appear in the area where the thumb and index finger meet. The liver spots usually start fading after the majority of stones are removed from the liver and gallbladder.

⇒ **Vertical wrinkles between the eyebrows.** There may be one deep line or two, sometimes three lines in this region. These lines

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or wrinkles, which are *not* a part of natural aging, indicate an accumulation of many gallstones in the liver. They show that the liver is enlarged and has hardened. The deeper and longer the wrinkles are, the more progressed the deterioration of liver function is. A line near the right eyebrow also indicates congestion in the spleen. Furthermore, the vertical lines represent a great deal of repressed frustration and anger. Anger arises when gallstones prevent proper bile flow. A bilious nature is one that keeps toxins trapped—toxins that the liver tries to eliminate via bile. Vice versa, anger can trigger gallstone formation. If white or yellow patches accompany the wrinkles, there may be a cyst or tumor developing in the liver. **Pimples or growth of hair between eyebrows**, with or without wrinkles, indicate that liver, gallbladder and spleen are affected.

⇒ **Horizontal wrinkles across the bridge of the nose.** These are a sign of pancreatic disorders due to gallstones in the liver. If a line is very deep and pronounced, there may be pancreatitis or diabetes.

⇒ **Green or dark color of the temple area at the sides of the head.** This shows that the liver, gallbladder, pancreas and spleen are underactive due to deposits of gallstones in both the liver and gallbladder. This may be accompanied by a **green or blue color** on both sides of the bridge of the nose, which indicates impaired spleen functioning. A **horizontal line** across the bridge of the nose implies weakness of the pancreas.

⇒ **Oily skin in the area of the forehead.** This reflects poor liver performance due to gallstones. The same applies to **excessive perspiration** in this part of the head. A **yellow color of the facial skin** indicates disorders of the bile functions of the liver and gallbladder, and a weakness of the pancreas, kidneys and excretory organs.

⇒ **Hair loss in the central region of the head.** This mark indicates that the liver, heart, small intestines, pancreas and reproductive organs are becoming increasingly congested and

aggravated. There is a tendency to develop cardiovascular disease, chronic digestive problems, and formation of cysts and tumors. Early graying shows that the liver and gallbladder functions are underactive.

The Nose

⇒ **Hardening and thickening at the tip of the nose.** This indicates chronic liver weakness, resulting in hardening of the arteries and accumulation of fat around the heart, liver, spleen, kidneys and prostate glands. If the enlargement is excessive and blood vessels are visible, a heart attack or stroke may be imminent.

⇒ **The nose is constantly red.** This condition shows an abnormal condition of the heart, with tendency towards high blood pressure (hypertension). A purple nose indicates low blood pressure. Both conditions are caused by imbalanced liver and kidney functions.

⇒ **Cleft nose or indentation of the tip of the nose.** This mark indicates irregular heartbeat and heart murmur. If one half of the cleft nose is larger than the other, this shows that one side of the heart is abnormally enlarged. **Arrhythmia** and **panic attacks** may accompany this condition. There may be severe lymphatic congestion caused by digestive disorders such as constipation, colitis, stomach ulcer, etc. Liver functions are subdued because of large amounts of gallstones cutting off blood supply to the liver cells. Bile secretions are insufficient. [Note: I have personally seen clefs in the nose disappear after liver cleansing.]

⇒ **The nose is bending towards the left.** Unless caused by an accident, this asymmetric shape of the nose implies that the organs on the right hand side of the body are underactive. These include the liver, gallbladder, right kidney, ascending colon, right ovary or testicle, and the right side of the brain. The main cause for this for this condition is an accumulation of gallstones in the

liver and gallbladder (the nose is likely to return to center once the stones are removed).

The Eyes

⇒ **Skin color under the eyes is yellowish.** This indicates that the liver and gallbladder are overactive. A **dark, even black color** in the same area results when the kidneys, bladder and reproductive organs are overtaxed as a result of a long-standing disorder in the digestive system. A **grayish, pale color** occurs if the kidneys, and occasionally the lungs, are malfunctioning due to improper lymph drainage from these organs. Also the endocrine system may be affected.

⇒ **Water-containing bags under the lower eyelids.** These are formed due to congestion in the digestive and excretory organs, affecting proper lymph drainage from the head area. If these eye bags are chronic and contain fat, this points towards the presence of inflammation, cysts, and eventually tumors in the bladder, ovaries, Fallopian tubes, uterus and prostate.

⇒ **A white cloud covers the pupil of the eye.** The cloud consists mostly of mucous and degenerate protein particles. It indicates the development of cataracts brought about by longstanding poor liver and digestive performance.

⇒ **Constant redness in the white of the eye.** This condition is caused by protrusion of capillaries, indicating disorders in the circulatory and respiratory functions. **White/yellow mucous patches** in the white of the eye show that the body is accumulating abnormal amounts of fatty substances because the liver and gallbladder have accumulated large amounts of gallstones. When this occurs, there is a tendency towards developing cysts, benign and malignant tumors.

⇒ **A thick white line is covering parts of the periphery of the iris, particularly the lower parts.** This indicates

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accumulation of large amounts of cholesterol in the blood circulatory system. There is also major congestion and fat retention in the lymphatic system. [Note: If you wish to understand the connection of the eyes and iris with the various parts of the body, I recommend that you study the science of *iridology*, or eye interpretation.]

⇒ **The eyes have lost their natural luster and shininess.**

This signals that both the liver and kidneys are congested and unable to properly filter the blood. ‘Dirty’ blood, loaded with toxins or waste products, is heavier and more sluggish than clean blood. The thickened blood slows circulation and reduces oxygen and nutrient supply to the cells and organs, including the eyes. If this condition persists, the cells will deteriorate and inevitably age or die off. The eye and brain cells are especially affected because the blood has to flow against gravity to reach them. **Most vision problems** are the direct or indirect result of reduced blood-cleansing capacity by the liver and kidneys. Clean and nutrient-rich blood from a healthy, efficient liver can flow easily and nourish the eye tissues better, and thereby improve most eye-problems.

The Tongue, Mouth, Lips and Teeth

⇒ **The tongue is coated yellow/white, especially in the back part.** This indicates an imbalance in the secretion of bile, which is the major cause of digestive trouble. Toxic residues of undigested and fermented or putrefied food linger in the intestinal tract. This blocks lymph flow in the thoracic duct and prevents toxins and microbes in the throat and mouth area from being removed.

⇒ **Teeth impressions on the sides of the tongue, often accompanied with white mucous discharge.** This indicates weak digestion and inadequate absorption of nutrients from the small intestine.

⇒ **Pimples on the tongue.** They are indicative of poor digestion and presence of fermenting and putrefying food in both the small and large intestines.

⇒ **Cracks on the tongue.** These are signs of long-term colon trouble. Food is not mixed sufficiently with bile, which permits toxic acids to injure and derange the colon walls. There may be little or no mucous discharge on the tongue.

⇒ **Repeated mucous discharge into the throat and mouth.** Bile may regurgitate into the stomach, thereby irritating its protective lining and causing excessive mucous production. Some of the bile and mucous may reach the mouth area. This can create a bad taste (bitter) in the mouth and give rise to frequent attempts of clearing the throat, which at times involves coughing. Mucous discharge without bitter taste results when food is not digested properly and toxins are generated. The mucous helps to trap and neutralize some of these toxins, but as a side effect, it causes congestion.

⇒ **Poor breath and frequent burping.** Both signs point towards presence of undigested, fermenting or putrefying food in the gastro-intestinal tract. Bacteria acting on the waste material produce gases, which can be very toxic at times, hence, the bad odor emanating from the breath.

⇒ **Crust formations at the corners of the mouth.** This indicates the presence of duodenal ulcers, caused by regurgitation of bile into the stomach, or other reasons discussed earlier. **Ulcers** in various parts of the mouth or the tongue show that inflammation or ulceration is occurring in the corresponding parts of the gastro-intestinal tract. For example, a mouth ulcer on the outside parts of your lower lip points to the presence ulcer lesions in the large intestine. Herpes on the lip corresponds to more severe inflammation and ulceration of the intestinal wall.

⇒ **Dark spots or patches on the lips.** These marks occur when obstructions in the liver, gallbladder and kidneys have

resulted in slowness and stagnation of blood circulation and lymph drainage throughout the body. There may be advanced, abnormal constriction of blood capillaries. If the color of the lips is reddish (dark) or purple, this indicates that heart, lungs and respiratory functions are subdued.

⇒ **Swollen or expanded lips.** This condition indicates intestinal disorders. If the lower lip is swollen, the colon suffers constipation, diarrhea or both, in alternation. Toxic gases are formed from improperly digested foods, which gives rise to bloating and abdominal discomfort. A swollen or enlarged upper lip indicates stomach problems, including indigestion, frequently accompanied by ‘heartburn.’ An abnormal, tightly closed mouth shows that a person suffers from disorders of the liver, gallbladder and, possibly, the kidneys. If the lower lip is dry, peels and splits easily, there may either be chronic constipation or diarrhea, and large amounts of toxic acids prevalent in the colon. This condition is accompanied by advanced dehydration of colon cells.

⇒ **Swollen, sensitive or bleeding gums.** Any of these symptoms occur when lymph drainage from the mouth area is inefficient due to intestinal lymph congestion. There is an overload of acid compounds in the blood. Inflammation deep in the throat, with or without swelling of the tonsils, is also caused by lymphatic blockage. **Tonsillitis**, which often occurs among children, is a sign of constant retention of toxins contained in the lymph fluids.

⇒ **Tooth problems** are generally caused by nutritional imbalance. Poor digestion and overconsumption of refined, processed and highly acid-forming foods such as sugar, chocolate, meat, cheese, coffee, soda, etc., deplete the body of minerals and vitamins. Adults usually have 32 teeth. Each tooth corresponds to a vertebra of the spine and each vertebra is connected to a major organ or gland. If any of the four canines are decaying, for example, it indicates the presence of gallstones in the liver and gallbladder. A yellow color of the teeth, and the canines in particular, indicates presence of toxins in the organs located in the

mid-abdominal region, i.e., the liver, gallbladder, stomach, pancreas and spleen. Bacteria are *not* the cause of tooth decay. They only attack tooth tissue that already has an unbalanced acid/alkali ratio. Proper saliva secretions also play a major role in the protection of the teeth. Truly healthy teeth last a lifetime.

Hands, Nails and Feet

⇒ **White, fatty skin on the fingertips** is a sign of dysfunctional digestive and lymphatic systems. In addition, the liver and kidneys may be forming cysts and tumors. There is discharge of excessive sugar and fats.

⇒ **Dark red fingernails** point toward a high content of cholesterol, fatty acids and minerals in the blood. The liver, gallbladder and spleen are congested and underactive, and all excretory functions are overburdened with waste products. **Whitish nails** indicate accumulation of fat and mucous in and around the heart, liver, pancreas, prostate or ovaries. This condition is accompanied by poor blood circulation and low hemoglobin levels (anemia).

⇒ **Vertical ridges in the fingernails** generally indicate poor absorption of food and disruption of important digestive, liver and kidney functions. There may be general fatigue. Strong vertical ridges on the thumbnails, possibly with split ends, show that the functions of the testicles and ovaries are in disorder, caused by ineffectiveness of the digestive and circulatory systems. **Horizontal indentations in the nails** show unusual or drastic changes in dietary habits. **White dots on the nails** show excessive elimination of sugars from various food sources, accompanied by loss of calcium or zinc.

⇒ **Hard protrusion at the ball of the foot.** This condition shows progressive hardening of organs located in the middle of the body, including the liver, stomach, pancreas, and spleen. It points to accumulation of numerous gallstones in the liver and

gallbladder. It also is a sign of physical and mental rigidity, with tendency toward domination, prejudice and jealousy.

⇒ **A yellow color of the feet** indicates accumulation of many gallstones in the liver and gallbladder. If the color of any part of the feet is green, spleen and lymph functions are severely disrupted, which may lead to cysts, benign and malignant tumors.

⇒ **Hardness at the tip of the fourth toe or a callous in the area under the fourth toe.** This symptom shows that gallbladder functions are stagnant. General rigidity, bent condition, and pain in the fourth toe imply a long history of gallstones in the gallbladder and liver.

⇒ **Curving of the first toe.** If the large toe curves inward towards the second toe, it shows that the liver functions are subdued due to the presence of gallstones in the liver bile ducts. At the same time, spleen and lymphatic functions are overactive due to the accumulation of toxic residues from inadequately digested foods, metabolic waste and cellular debris.

⇒ **White color and rugged surfaces on the fourth and fifth toenails.** This indicates poor performance of the liver and gallbladder, as well as the kidneys and urinary bladder.

The Constitution of Fecal Matter

⇒ **The stool or fecal matter emits sharp, sour or penetrative odor.** This indicates that food is not digested properly. Fermented and putrefied food and presence of large amounts of ‘unfriendly’ bacteria in the feces give rise to an abnormal odor and sticky texture. Normal stool is coated with a thin mucous lining, which prevents the anus from being soiled.

⇒ **Dry and hard stools** are an indication of constipation, and so are sticky stools. Diarrhea is yet another sign of weak performance of the digestive system and the liver, in particular.

⇒ **The feces look pale or clay-colored.** This is another indication of poor liver performance (bile gives the stool its natural brown color). If the stool floats, large amounts of undigested fats are contained in it, making it lighter than water.

Conclusion

There may be many more signs and symptoms indicating the presence of gallstones in the liver and gallbladder than those listed above. Pain in the right shoulder, tennis elbow, frozen shoulder, numbness in the legs, and sciatica, for example, may have no obvious relation to gallstones in the liver. Yet, by removing the gallstones, these conditions usually disappear.

The body is a network of information, and every part influences and communicates with every other part. Seemingly insignificant marks or signs on the skin, in the eyes, or on a toe may be the harbingers of serious health issues. By recognizing them and cleansing the liver and gallbladder, in concert with adopting a healthy regimen of diet and lifestyle, the signs of wellness and vitality begin to reappear. To prevent illness and make permanent health a reality, it is necessary to understand what causes gallstones in the first place.

Chapter 3

The Most Common Causes of Gallstones

Bile consists of water, mucous, bile pigment (bilirubin), bile salts and cholesterol, as well as enzymes and friendly, essential bacteria. This greenish fluid is produced by liver cells that pass it into tiny canals, known as *bile canaliculi*. These join up to form larger canals which, in turn, connect with the *right and left hepatic ducts*. The two hepatic ducts join to form the *common bile duct* which drains bile from the liver and supplies the gallbladder with the right amount of bile required for proper digestion.

Any change in the composition of bile affects the solubility of its constituents and, hence, causes formation of gallstones. For simplicity sake, I have categorized gallstones into two basic types: *cholesterol and pigment stones*. Some cholesterol stones are composed of at least 60% cholesterol and have a yellowish color. Others have a pea-green color and are generally soft, like putty (these can consist of 95% cholesterol). *Pigment stones* are brown or black, owing to their high content of colored pigment (bilirubin). They may be calcified, are harder and more solid than the cholesterol stones. However, also cholesterol-based stones can become hard and calcified. Calcified stones can only be found in the gallbladder.

Abnormal composition of bile can occur in a number of ways. Cholesterol is normally kept in liquid form through the dissolving action of bile salts and, of course, the availability of sufficient amounts of water. An increased amount of cholesterol in the bile overwhelms the dissolving capacity of the bile salts, thereby promoting the formation of cholesterol stones. Similarly, a decrease in the amount of bile salts also leads to cholesterol stone formation. Insufficient water intake decreases the fluidity of bile. If this occurs, cholesterol cannot be dissolved properly; instead it reconstitutes into

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small and forms into small cholesterol pebbles. In time, the small pebbles gradually grow into larger ones.

Pigment stones form when the bile pigment, bilirubin, which is a waste product of the breakdown of red blood cells, increases in the bile. People with excessive amounts of cholesterol stones in the liver are at risk of developing liver cirrhosis, sickle-cell disease or other blood diseases. Any of these complications can produce higher concentrations of bilirubin pigment in the bile, hence the formation of bilirubin stones in the gallbladder.

When the composition of bile in the liver is no longer balanced, small cholesterol crystals begin to combine with other bile components to form tiny clots. These tiny clots obstruct the even tinier bile canaliculi. This slows the bile flow further, and more bile is added to the tiny clots. Eventually, the clots become large enough to be called stones. Some of these 'grown' stones may pass into the larger bile ducts and cluster together with other stones, or grow to larger sizes by themselves. The result is that bile flow becomes obstructed in the larger bile ducts as well. Once several of the larger bile ducts are congested, hundreds of smaller ducts also become affected, leading to a vicious cycle. Eventually, even the hepatic ducts begin to clog up, which drastically reduces the amount of bile available for the digestive process.

Sluggish bile flow in the liver alters the composition of bile even further, which subsequently affects the gallbladder. A small clot of bile in the gallbladder may take about eight years to grow large enough to be noticeable and become a serious health threat. It is known that 1 in 10 Americans has gallstones in the gallbladder. Of these, 500,000 opt for a gallbladder operation each year. What is not known, however, is that almost every person with any kind of health problem has gallstones in the liver. Moreover, it is estimated that about 95% of adults in industrialised nations have gallstones in the biliary system of their liver. Gallstones in the liver can cause many more diseases than gallstones in the gallbladder. To prevent illness and generate a genuine and lasting breakthrough in the understanding and treatment of disease, we need to understand what exactly dehydrates the bile fluid, alters its natural flora, destroys its enzymes, increases its cholesterol content and changes the amount of bile

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pigment. The following four categories shed light on the most common factors responsible for causing gallstones.

1. Dietary

Overeating

Dietary mistakes possibly play the biggest role in producing imbalanced bile composition and, consequently, gallstones. Among all dietary mistakes, *overeating* affects health most severely. By regularly eating too much food or eating food more frequently than the body needs to nourish and sustain itself, the digestive juices (including bile) become increasingly depleted. This leaves large proportions of the ingested foods undigested, thus becoming a constant source of harmful microbial activity. Subsequently, more and more toxic substances begin to linger in the intestinal tract, leading to congestion of the lymphatic system and thickening of the blood. All this overtaxes the liver and excretory functions.

Intestinal disorders can greatly deplete bile salts in the body and, thereby, lead to formation of gallstones. This is most notably shown by the marked risk of gallstones among patients suffering from *Crohn's disease* and other forms of *Irritable Bowel Syndrome*.

An imbalanced blood and lymph condition, caused by overeating, leads to decreased blood flow in the liver lobules, thereby altering bile composition and generating gallstones. Gallstones in the liver further congest the blood and lymph, which upsets the body's basic metabolism. The more one overeats, the fewer nutrients become available to the cells of the body. In fact, constant overeating leads to cell starvation, which creates the strong urge of wanting to eat food more often than normal. The repeated desire to snack, known as food craving, is a sign of progressive malnutrition and metabolic imbalance. Moreover, it indicates imbalanced liver activity and presence of gallstones.

Eating to the point that you feel completely full or cannot eat any more food is a clear signal that the stomach has reached the point of dysfunction. Digestive juices in the stomach are only able to mix with the ingested food so long as the stomach is at least one quarter empty. Two-cupped handfuls of food equal about three-quarters the size of your stomach, which is the maximum amount of food the stomach can process at one time. Therefore, it is best to stop eating at the point when you feel you still could eat a little more. Leaving the dinner table slightly hungry greatly improves digestive functions and prevents gallstones and disease from arising in the future.

Eating Between Meals

Ayurveda, the most ancient of all health sciences, considers “*eating before the previous meal has been digested*” to be one of the major causes of illness. The following factors are among the most common reasons why people eat in between meals:

1. A stressful and hurried lifestyle.
2. The temptation generated by the huge variety of processed, refined and attractively packaged food stuff available
3. The convenience of having fast food meals (low in nutritional value) virtually any time.
4. Lack of satisfaction from foods eaten; hence, food cravings develop.
5. Emotional eating to comfort oneself and avoid dealing with fear insecurity issues.

Any or all of these may have contributed to the irregular eating habits prevalent in a large percentage of today’s population. As a general rule, the more foods are processed, the fewer nutrients they contain; and the fewer nutrients they contain, the more of them we need to eat in order to satisfy the daily nutritional requirements of the body. [Note: Taking food supplements can neither replace real food

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nor provide the satisfaction from eating which the body requires to successfully digest and process nutrients.]

Irregular eating habits, which include eating between meals, greatly upset the body's finely tuned biological rhythms. Most of the important hormonal secretions in the body depend on regular cycles of eating, sleeping and waking. The production of bile and intestinal digestive juices, for example—necessary for breaking down foods into their basic nutrient components—naturally peak during midday. This suggests that the biggest meal is best eaten around that time. In contrast, the body's digestive capacity is considerably lower during the morning and evening hours. If, day after day, the lunch meals consist merely of light snacks, the gallbladder cannot squeeze *all* of its contents into the intestines, leaving behind enough bile to form gallstones. Remember, the gallbladder is naturally programmed to release the maximum amount of bile during mid-day.

In addition, eating only non-substantial meals during lunchtime leads to nutritional deficiencies, often expressed through a frequent desire for food or drink that promise a quick energy boost. These include sweets, pastries, breads and pastas made from white flour (starches act like white sugar), chocolate, coffee, black tea, soda, etc. With every little snack, the gallbladder releases a little bile. However, the secretion of just a little bile is not sufficient to completely empty the gallbladder, which raises the risk of gallstone formation.

Having a constant urge to eat between meals suggests a major imbalance of the digestive and metabolic functions. If you decide to eat something an hour or two after a meal, for example, the stomach is forced to leave the previously eaten meal half-digested and attend to the newly ingested food instead. The older food begins to ferment and putrefy, thereby becoming a source of toxins in the digestive tract. The new food, on the other hand, receives only inadequate amounts of digestive juices, leaving it only half-digested as well. While the body is engaged in digesting a meal, it is simply incapable of producing and delivering sufficient amounts of bile and other digestive juices to properly handle a new meal. If this stop-and-go process is repeated many times, it results in the generation of ever-increasing amounts of toxins and ever-decreasing amounts of nutrients. Both of these stressful situations cause a reduction in bile salts and an increase of

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cholesterol production. Hence, the body is left with no other choice but to produce gallstones.

To escape this vicious cycle, allow yourself to go through the initial phases of food cravings with more awareness. Feel your body when it signals discomfort. Ask your self what it *really* wants. If you crave something sweet, try substituting with fruit. In many people the urge to eat is often a sign of dehydration. Drinking one or two glasses of water can stop the discomfort altogether. At the same time, make certain that you get a substantial and nutritious meal at lunchtime. In time, and provided you have completely cleansed your liver, your body will receive enough nutrients from this main meal to satisfy almost all of its daily nutritional requirements. This will effectively stop food cravings and the desire to eat in between meals.

Eating Heavy Meals in the Evenings

A similar eating disorder occurs when the main meal of the day is consumed in the evening. Secretions of bile and digestive enzymes are drastically reduced later in the afternoon, and especially after 6PM. For that reason, a meal consisting of foods such as meat, chicken, fish, cheese, eggs, oily or oil-fried foods, etc. cannot be properly digested at those times. Instead, such a meal becomes a source of toxic waste deposits in the intestines.

Undigested foods are always a cause of congestion, first in the intestinal tract, and then in the lymph and blood. This greatly affects the quality of digestion during daytime meals. Gradually, the digestive power, which is determined by balanced secretions of hydrochloric acid, bile and digestive enzymes, becomes subdued, causing similar side effects as a result of overeating. Therefore, eating a large meal in the evening is a major contributing factor in the development of gallstones in the liver. Eating food before going to sleep also upsets the digestive functions, for similar reasons. Ideally, there should be at least three hours between eating and bedtime. The ideal time for evening meals is at around 6PM.

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Excessive Protein Consumption

As discussed earlier in this book, excessive protein consumption leads to thickening and congestion of the basement membranes of the blood vessels (capillaries and arteries), including the liver sinusoids.⁴ Consequently, much of the serum cholesterol is hindered from leaving the blood stream at the sinusoids. Therefore, the liver cells assume that there must be a shortage of cholesterol in the body. This ‘shortage’ stimulates the liver cells to raise cholesterol production to abnormally high levels (some of the cholesterol is needed to shield off damaged areas in the walls of arteries). However, many of the membranes and openings of the sinusoids are congested with accumulated protein fiber (collagen). Since this prevents the sinusoids from absorbing the produced cholesterol, almost all of it is forced to leave the liver via the bile ducts. Hence bile, which excretes cholesterol into the small intestines, becomes too saturated with cholesterol. This causes the formation of small clumps of cholesterol crystals, mixed with bile components, in the liver bile ducts and gallbladder.

Interestingly, Asians generally have a low protein but fat-rich diet rarely, and rarely have cholesterol stones in their gallbladders. On the other hand, cholesterol stones in the gallbladder are very common among Americans whose diet is rich in flesh and milk protein.

Dietary fats play only a secondary, almost insignificant role in raising cholesterol levels in the blood. The liver cells produce most of the cholesterol the body requires on a daily basis for the normal metabolic processes. It is only when the basement membranes of the sinusoids are thickened through protein deposits that the liver raises cholesterol production to abnormal levels. Other factors that also generate excessive amounts of protein in the blood include stress, smoking and drinking alcohol or coffee. Once enough of these degenerate proteins are deposited in the blood vessel walls, the liver cells automatically raise cholesterol production. The side effect of this response is gallstone formation.

⁴ The author’s book, *The Key to Health and Rejuvenation* explains in great detail how over-consumption of protein foods (of any origin) affects the circulatory system, and how reducing proteins in our diet clears the arterial plaque obstructing blood flow to the heart.

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If you are not a vegetarian it is best to cut out meat, pork, eggs and cheese, and keep other types of animal protein to a minimum. Although all animal protein has a gallstone-generating effect, white meat, including chicken, turkey and rabbit, cause the least damage to the liver, provided they are of free-range origin and not eaten more often than once or twice a week. It is best to avoid fried and deep-fried foods as they aggravate both the gallbladder and liver. Once your taste for meat or other animal protein begins to diminish, you can gradually switch to a balanced vegetarian or vegan diet.

Over 2/3 of the world's population is vegan and has no access to animal protein. It shows no signs of such degenerative illnesses as heart disease, cancer, osteoporosis, arthritis, etc. About 95% per cent of the body's protein is recycled; the rest of it is manufactured by bacteria in the intestinal tract and/or supplied by plant foods. The common assumption that you need to eat protein-rich food on daily basis is not only misleading but also totally unscientific.⁵ Human breast milk is the most important and balanced food there is for a newborn child. However, in comparison with cow's milk, it contains almost no protein, that is, just about 1.5%. Right from the beginning of life, the growing physiology is naturally prevented from receiving concentrated protein foods. It is, perhaps, for this reason that life-long vegans have the lowest incidence of gallstones, heart disease and cancer.⁶

Other Foods and Beverages Drinks

Eggs, pork, greasy food, onions, fowl, pasteurized milk, ice cream, coffee, chocolate, citrus fruits, corn, beans (except soybeans) and nuts, in that order, are known to bring on gallbladder attacks in patients suffering from gallbladder disease. In a 1968 research study, an entire group of patients with gallbladder disease were free of symptoms while on a diet that excluded all of these foods. Adding

⁵ The author has not eaten any concentrated protein food in any form for over 30 years and has never suffered from protein deficiency.

⁶ To learn more about vegetarianism and a wholesome vegetarian diet according to body type (Ayurvedic), refer to *The Key to Health and Rejuvenation*.

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eggs to their diet brought on gallbladder attacks in 93% of the patients. Egg protein, in particular, can have a gallstone-producing effect. Researchers believe that the ingestion of substances that cause allergies make the bile ducts swell up which, in turn, impairs the flow of bile from the gallbladder.

This assumption, however, is only partially true. From the Ayurvedic point of view, gallstone formation is *Pitta disorder*, affecting mostly the *Pitta body type*. Pitta literally means *bile* in *Sanskrit*. Bile is naturally secreted in large amounts among people with this body type, but is also easily aggravated, i.e., its constituent parts become imbalanced, when any of the above foods are eaten in large amounts, or on a regular basis. This does no mean that Pitta types are naturally prone to gallbladder disease; rather, it means that these individuals are not designed to digest such foods because they are not required for their growth and sustenance.

The Pitta body type is known to have only limited amounts of enzymes to break down certain foods or drinks, of which the most prominent are: *sour dairy products, including cheese, yogurt and sour cream; egg yolks; salty butter; all nuts except almonds, pecans and walnuts; hot spices, as well as ketchup, mustard, pickles, refined or processed salt; salad dressings that contain vinegar; spicy condiments (sauces); citrus fruit and juices; all sour and unripe fruits; brown sugar; whole (non-ground) grains, such as those contained in many whole wheat breads; brown rice; lentils; alcohol; tobacco; coffee and regular tea; colas and other soft drinks; artificial sweeteners, preservatives and colorings; most pharmaceutical drugs and narcotics; chocolates and cacao; left-over, frozen and microwave foods; all iced drinks.*

Although the Pitta type is the most prone to develop gallstones, other body types are also at risk if they regularly eat foods that clash with their natural constitutional requirements.⁷ In addition, processed and preserved foods and beverages disturb liver functions in every body type. Foods that contain artificial sweeteners, such as aspartame or saccharine, severely upset the liver, gallbladder and pancreas. Drinking alcohol on a regular basis has a dehydrating effect on bile

⁷ For further details about diets according to body types, also refer to *The Key to Health and Rejuvenation*.

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and blood, and causes fat deposits in the liver; and so does eating foods that contain a lot of sugar. Also, carbonated drinks and fruit juices are loaded with sugar. The increased consumption of sugar among children may explain why such a high percentage of younger people today have already accumulated numerous gallstones in the liver, although relatively few children normally develop stones in the gallbladder at such an early age. (I personally know of numerous ill children, who have done the liver cleanse and released hundreds of gallstones.) Children rarely produce gallstones if they eat a balanced, vegetarian diet, that is rich in fruits, vegetables and complex carbohydrates.

A Word on the Effects of Refined and Unrefined Salt:

Natural sea salt contains 92 essential minerals, whereas, refined adulterated sea salt contains only two elements sodium (Na) and chlorine (Cl). When there is a dietary deficiency of trace elements, cells lose the ability to control their ions. This has dire consequences for the human body. Even if ion equilibrium is lost for only one minute, cells in the body begin to burst. This can lead to nervous disorders, brain damage or muscle spasms, as well as breakdown of the cell-regenerating process.

When ingested, natural sea salt (reconstituted seawater) allows liquids to freely cross body membranes, blood vessels walls and glomeruli (filter units) of the kidneys. Whenever the sodium chloride concentration rises in the blood, the water in the neighboring tissues is attracted to that salt-rich blood. This, in turn, allows the cells to re-absorb the enriched intra-cellular fluid. Healthy kidneys remove the saline fluids easily. Refined salt, however, poses a great risk to the body. It prevents this free crossing of liquids and minerals, thereby causing accumulated fluids to stagnate in joints, lymph ducts and lymph nodes and the kidneys. Its dehydrating effect can lead to gallstone formation and numerous other health problems.

The body requires salt to properly digest carbohydrates. In the presence of natural salt, saliva and gastric secretions are readily able to break down the fibrous store of carbohydrates. In its dissolved and

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ionized form, salt facilitates the digestive process and sanitizes the gastro-intestinal tract.

In contrast, commercially produced table salt has quite the opposite effect. To make salt resist re-absorption of moisture and, thereby, be more convenient for the consumer, salt manufacturers add chemicals as desiccants, as well as different bleaches, to the final salt formula. After undergoing processing, the salt can no longer blend or combine with human body fluids. This invariably undermines the most basic chemical and metabolic processes in the body. Water retention, kidney and blood pressure problems are the most obvious consequences of salt consumption. Refined salt is still added to thousands of different foods. Over fifty percent of the American population suffers from water retention (the leading cause of weight gain and obesity).

Before it was commercially produced, versus naturally harvested, salt was considered the most precious commodity on earth, even more precious than gold. During the Celtic era, salt was used to treat major physical and mental disturbances, severe burns and other ailments. Research has shown that seawater restores hydro-electrolytic imbalance, a disorder that causes loss of immune response, allergies and numerous other health problems (for more details see *Eating Unrefined Sea Salt*, Chapter 5). Today, salt has earned a bad name and people have learned to fear it, in the same way they fear cholesterol. Many doctors warn their patients to stay away from sodium and sodium-rich foods. But living salt-free lives also means having increased risk of mineral and trace mineral deficiency, as well as numerous other complications.

Celtic ocean salt is a particularly good product to ingest because it is naturally extracted through sun drying. If taken dissolved in water or added to the moisture of foods, it has profound, positive effects on the cellular levels. It can also be used to cleanse and detoxify the gastro-intestinal intestinal tract (see also *Keep Your Colon Clean*, Chapter 5). To purchase untreated and unrefined sea salt, see ‘Suppliers List’ at the end of the book.

Dehydration

Many people today suffer from dehydration without being aware of it. Dehydration is a condition in which body cells do not receive enough water for basic metabolic processes. The cells can run dry for a number of reasons:

- Lack of water intake (anything less than one liter of pure water per day)
- Regular consumption of beverages that have diuretic effects, e.g., coffee, tea, colas, soda and alcohol, including beet and wine
- Regular consumption of stimulating foods or substances such as meat, hot spices, chocolate, sugar, tobacco, narcotic drugs, etc.
- Stress
- Most pharmacological drugs
- Excessive exercise
- Overeating and excessive weight gain
- Watching television for several hours every day

Any of these factors have a blood thickening effect and, thereby, force cells to give up water. The cell water is used to restore blood thinness. To avoid self-destruction, however, the cells begin to hold on to water. They do this by increasing the thickness of their membranes. The clay-like substance, cholesterol, helps to surround the cells and prevent loss of cellular water. Although this emergency measure may preserve water and save the cell for the time being, it also reduces the cell's ability to absorb new water, as well as much-needed nutrients. Some of the unabsorbed water and nutrients are accumulated in the connective tissues surrounding the cells, causing swelling of the body and water retention in the legs, kidneys, face, eyes, arms and other parts. This leads to considerable weight gain. At the same time, the blood plasma and lymph fluids become thickened and congested. Dehydration also affects the natural fluidity of bile and, thereby, promotes the formation of gallstones.

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Tea, coffee, cola or chocolate share the same nerve toxin (stimulant), *caffeine*. Caffeine, which is readily released into the blood, triggers a powerful immune response that helps to counteract and eliminate this irritant. The toxic irritant stimulates the adrenal glands, and to some extent, the body's many cells, to release the stress hormones adrenaline and cortisol into the blood stream. The resulting sudden surge in energy is commonly referred to as 'the fight or flight response.' If consumption of stimulants continues on a regular basis, however, this natural defense response of the body becomes overused and ineffective. The almost constant secretion of stress hormones, which are highly toxic compounds in and of themselves, eventually alters the blood chemistry and causes damage to the immune and nervous system. Future defense responses are weakened and the body becomes more prone to infections or other ailments.

The boost in energy experienced after drinking a cup of coffee is not a direct result of caffeine, but the immune system's attempt get rid of it (caffeine). An overexcited and suppressed immune system fails to provide the 'energizing' adrenaline and cortisol boosts needed to free the body from the acidic nerve toxin caffeine. At this stage, people say that they are 'used' to a stimulant, such as coffee. So they tend to increase their intake of it to feel the 'benefits.' The often-heard expression "I am dying for a cup of coffee" reflects the peril of this situation.

Since the body cells have to continuously sacrifice some of their own water for the removal of the nerve toxin *caffeine*, regular consumption of coffee, tea or colas causes them to become dehydrated. For every cup of tea or coffee you drink, the body has to mobilize about 2-3 cups of water just to remove the stimulants, a luxury it cannot afford. This also applies to soft drinks, drugs or any other stimulants, including watching TV for many hours (see more about this in the section on *Lifestyle*). As a general rule, all stimulants have a strong dehydrating effect on bile, blood and digestive juices.

Rapid Weight Loss

Overweight people are at greater risk of developing gallstones than people of average weight. It is an undisputed fact that there are significant health benefits to be gained from losing excess pounds. Many people, for example, can normalize high blood pressure, blood sugar and cholesterol levels through weight loss.

However, achieving rapid weight loss through diet programs that advise very low intake of calories each day increases a person's risk of developing gallstones, both in the liver and gallbladder. Some low-calorie diets may not contain enough fat to enable the gallbladder to contract sufficiently to empty its bile. A meal or snack containing approximately 10 grams (one-third of an ounce) of fat is necessary for the gallbladder to contract normally. If this does not happen, the gallbladder retains the bile, which subsequently leads to stone formation.

Obesity is associated with increased cholesterol secretion into the bile ducts, which raises the risk of developing cholesterol stones. When obese individuals undergo rapid or substantial weight loss by following an unbalanced diet program, the congested and, therefore, undernourished body seeks to utilize nutrient and fat components from reserve deposits. This quickly raises blood fats and further increases the risk of gallstone formation. The sudden formation of gallstones among people following rapid weight loss programs appears to be a result of increased cholesterol and decreased bile salts in the bile.

Gallstones are also common among obese patients who lose weight rapidly after gastric bypass surgery. (In gastric bypass surgery, the size of the stomach is reduced, preventing the person from overeating.) One study found that more than one third (38 %) of patients who had gastric bypass surgery developed gallstones afterwards. Gallstones are most likely to occur within the first few months after surgery. The research findings, however, relate only to gallstones in the gallbladder. The damage done to the liver, itself,

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through this procedure is likely to be far greater than just causing a few gallstones in the gallbladder.

If substantial or rapid weight loss increases the risk of developing gallstones, the obvious way to reduce this risk is to lose weight more gradually. In fact, this problem is solved when toxic waste deposits are removed from the body, including gallstones, and a balanced lifestyle and appropriate diet are implemented.⁸ In such cases, weight loss does not *increase* the risk of gallbladder disease, but *reduces* it. By eliminating all stones from the liver and gallbladder, an obese person can drastically improve digestive functions and gain energy rather than waste. Such an approach cuts out the harmful side effects that may be associated with sudden weight loss.

Low Fat Diets

The promotion of a low fat diet as *the most healthy diet of all* can be held partly responsible for the continuous increase of liver and gallbladder disease among the population in the Western hemisphere. Foods high in protein are still heralded as the most important food to provide physical strength and vitality. Fats, on the other hand, have been branded as a culprit for causing many of today's chronic diseases. Yet, fats alone certainly cannot be held responsible for causing diseases such as atherosclerosis.

At the beginning of the twentieth century, heart attacks were extremely rare anywhere in the world. Since that time, fat consumption, per capita, has remained almost the same. What has risen most dramatically in the affluent parts of the world, however, particularly since World War II, is the consumption of protein. The overconsumption of protein foods in industrialized nations has caused an unprecedented number of circulatory diseases and fatalities through heart attacks. In comparison, these health problems occur only very rarely among ethnic groups who consume mostly vegetarian foods. In fact, a report issued by the American Medical Association

⁸ For in-depth details see the author's book '*The Key to Health and Rejuvenation*'.

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stated that a vegetarian diet could prevent 97% of all cases of thrombosis leading to heart attacks.

Although a balanced vegetarian diet may contain larger amounts of fats, the fats do not seem to have any detrimental effects on the circulatory system. By contrast, overeating proteins of animal origin causes thickening of liver blood vessels, which leads to gallstone formation; and gallstones cut down bile production in the liver. Diminished bile secretions reduce the body's ability to digest fats. Due to indigestion, weight gain and other discomforts arising therefrom, a person is naturally advised to cut down on fats. But this further prevents the gallbladder from completely emptying its bile contents, which leads to more problems with fat digestion. Eventually, the body will run short of useful essential fats and fat-soluble vitamins. This prompts the liver to increase cholesterol production, which causes even more stones to be formed. The less fat the body receives with the food, the worse the situation becomes. But since fats cannot be digested properly, the body enters a vicious circle, which in most cases can only be stopped by removing *all* gallstones from the liver and gallbladder, and then gradually increasing fat intake to normal levels.

Low fat milk, for example, may be one of the culprits that start off this vicious cycle. In its natural state, full fat milk contains the right amounts of fats required for the digestion of milk proteins. Without the natural quantity of fat in the milk, the gallbladder is not stimulated to release the right amount of bile required to digest both the milk proteins and the milk fats. Hence, proteins and fats are left undigested in the gastro-intestinal tract. The proteins putrefy and the fats turn rancid. All this leads to severe lymphatic congestion, as is often seen among formula-fed babies suffering from intestinal colic. This may be responsible for the formation of gallstones in the liver of very young children. Even the *whole fat milk* offered in food stores today has a reduced fat content, certainly not sufficient to make milk digestible for most people.⁹

⁹ For further details about the dangers involved in eating low fat or 'light' foods, as well as milk, see the author's book, *The Key to Health and Rejuvenation*.

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2. Pharmacological Drugs

Hormone Replacement Therapy (HRT) and Birth Control Pills

The risk of developing gallstones is four times higher among women than men. It is especially high among women who have used or use birth control pills and hormone replacements. According to medical research, oral contraceptives and other *estrogens* double a woman's chance of developing gallstones. The female hormone, *estrogen*, contained in contraceptive pills and hormone replacements increases bile cholesterol and decreases gallbladder contraction. Therefore, this estrogen-effect may not only be responsible for causing gallstones in the liver and gallbladder, but also for many other diseases that arise from diminished liver and gallbladder functions. Earlier medical research also implicated *progestogens* contained in HRT drugs in the development of gallstones.

Women who go through menopause can find great relief from menopausal symptoms by doing a series of liver cleanses. Improved liver performance and an increased production of bile, in particular, can prevent and reverse osteoporosis and other bone/joint problems if diet and lifestyle are also balanced.

Other Pharmaceutical Drugs

Medications prescribed for people to lower their body fat (lipids), including *clofibrate* (Atromid-S) or similar cholesterol-lowering drugs, actually increase cholesterol concentrations in the bile and, thereby, lead to an increased risk of gallstones. These drugs lower blood fats, which they are designed to accomplish. This, however, causes the liver cells to assume that the body is running short of fats; hence, they produce more cholesterol which is secreted into the bile ducts. The imbalanced composition of bile (excessive cholesterol)

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causes gallstones, both in the liver and gallbladder. *Octretide*, one of the new generations of ‘statin’ drugs, prevents the gallbladder from emptying itself after a fatty meal, leaving plenty of bile behind to form stones. The dangers involved in such a method of medical intervention are obvious; they are certainly more serious than having raised levels of blood fats (contrary to common belief, there is no scientific evidence, to date, that shows heart disease is caused by high blood fats).

According to several studies published in various medical journals, such as the Lancet, there are certain antibiotics that also cause gallstones. One of these is *ceftriaxone*, used to treat lower respiratory tract infections, skin and urinary tract infections, pelvic inflammatory disease, bone and joint infections, as well as meningitis.

Similarly, anti-rejection drugs given to kidney and heart transplant patients increase the likelihood of gallstone formation. Also, *thiazides*, which are water pills used to control high blood pressure, may bring on gallbladder disease in patients with gallstones. Furthermore, children taking *furosemide* are likely to develop gallstones, according to research published in the *Journal of Perinatology*. And *prostaglandins* have no fewer side effects.

All drugs are toxic by nature and require detoxification by the liver. Yet, impaired liver function permits many of the poisonous chemicals to enter the bile. This alters the natural balance of its constituents and leads to the development of gallstones in the liver and gallbladder. It may be worth mentioning that the above findings only refer to gallstones in the gallbladder and do not reveal the severity of damage that these drugs can cause to the liver itself. If pharmacological drugs are able to generate some gallstones in the gallbladder, it can be assumed that they produce hundreds, if not thousands, of them in the liver bile ducts. Time and again, I, personally, have observed that people who have taken medical drugs in the past, have had considerably more gallstones than those who took none. Symptomatic treatment always has a price tag attached to it; that is, the impairment of basic liver functions. It is far easier and more beneficial for the body to remove all gallstones, restore normal blood values and improve digestion and waste removal than to suppress symptoms of any disease. Symptoms are *not* the disease,

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they only indicate that the body is attempting to save and protect itself. They signal the body's need for attention, support and care.

3. Lifestyle

Disrupting the Biological Clock

The way we organize and live our lives has a tremendous impact on how our body functions. The body's efficiency and performance largely depend on predetermined biological rhythms that are in synchrony with the so-called *circadian rhythms* of nature. Circadian rhythms are closely linked with the movements of our planet around the sun and its axis. They are also influenced by the motions of the moon and other planets in relation to the position of the earth.

Our body follows more than 1,000 such 24-hour rhythms. Each individual rhythm controls the timing of an aspect of our body's functions, including heart rate, blood pressure, body temperature, hormone levels, secretion of digestive juices and even pain threshold. All these rhythms are well co-ordinated with one another and are controlled by the brain's 'pacemaker device,' known as *suprachiasmatic nuclei*. This area of the brain regulates the firing of nerve cells that seem to set the clocks of our biological rhythms. If one rhythm becomes disrupted somehow, other rhythms are thrown off balance too. There are, in fact, numerous disorders that can arise from interference with one or more of our biological rhythms, as a result of 'mistakes' in our lifestyle.

This section deals with some of the most common 'deviations' that particularly affect the functioning of the liver and gallbladder. By attuning your daily routine to the natural schedule of your body, you can greatly assist it in its ceaseless effort to nourish, cleanse and heal itself. Moreover, you can also prevent new health problems from arising in the future.

The Natural Sleep/Wake Cycles

Our natural sleep/wake cycles and basic body processes are regulated by the alteration of day and night. The onset of daylight triggers the release of powerful hormones (*glucocorticoids*), of which the main ones are *cortisol* and *corticosterone*. Their secretion has a marked circadian variation. These hormones regulate some of the most important functions in the body, including metabolism, blood sugar level and immune responses. Peak levels occur between 4AM and 8AM, and gradually decrease as the day continues. The lowest level occurs between midnight and 3AM.

People change their natural, daily sleep/wake schedule in a number of ways. The peak of cortisol's cycle changes if, for example, you regularly go to sleep after midnight, instead of before 10PM, and/or you arise in the morning after 8AM or 9AM, instead of with the sun, at around 6AM. This hormonal time-shift can create chaotic conditions in the body. Waste materials that have accumulated in the rectum and urinary bladder during the night, normally meant to be eliminated between 6AM and 8AM, are partially retained and reabsorbed. When you disrupt your natural sleep/wake cycles, the body's biological rhythms become desynchronised with those regulated by darkness/daylight. This can lead to numerous types of disorder, including chronic liver, respiratory and heart diseases.

An upset *cortisol* cycle can also bring on acute health problems. It has been found that more strokes and heart attacks occur in the morning than at any other time of day. Blood clots form most rapidly at about 8AM. Blood pressure also rises in the morning and stays elevated until late afternoon. At around 6PM it drops off and hits its lowest point during the night. To support the basic hormonal and circulatory rhythms in the body, it is, therefore, best to go to sleep early (before 10PM) and rise no later than the sun does (ideally at around 6AM). [Note: These times change according to season. During the wintertime we may need a little more sleep; in the summer time we may need a little less.]

One of the *pineal gland*'s most powerful hormones is the neurotransmitter *melatonin*. The secretion of melatonin starts between 9:30-10:30PM (depending on age), inducing sleepiness. It reaches peak levels between 1-2AM and drops to its lowest levels at midday.

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The pineal gland controls reproduction, sleep and motor activity, blood pressure, the immune system, the pituitary and thyroid glands, cellular growth, body temperature and many other vital functions. All of these depend on the regular melatonin cycle, which can be disrupted by sleeping late or working night shifts.

The brain also synthesizes *serotonin*, which is a very important neurotransmitter related to our state of physical and emotional well-being. It affects day and night rhythms, sexual behavior, memory, appetite, impulsiveness, fear and even suicidal tendencies. Unlike melatonin, serotonin increases with the light of the day; physical exercise and sugar also stimulate it. If you get up late in the morning, the resulting lack of exposure to sufficient amounts of daylight reduces your serotonin levels during the day. And since melatonin is a breakdown product of serotonin, this also lowers the levels of melatonin during the night.

Any deviation from the circadian rhythms causes abnormal secretions of the brain hormones—melatonin and serotonin. This, in turn, leads to disturbed biological rhythms, which can upset the harmonious functioning of the entire organism, including metabolism and endocrine balance. Suddenly, we may feel to be ‘out of sync’ and become susceptible to a wide range of disorders, from a simple headache to depression, to a fully-grown tumor.

The production of growth hormones, which stimulate growth in children and help maintain muscle and connective tissue in adults, also depends on proper sleeping cycles. Sleep triggers growth hormone production. Peak secretion occurs at around 11PM, provided you sleep starts before 10PM. This short period coincides with dreamless sleep, often referred to as ‘beauty sleep.’ It is during this time that the body cleanses itself and does its main repair and rejuvenation work. If you are sleep deprived, growth hormone production drops dramatically. People who work the night shift have a greater incidence of insomnia, infertility, cardiovascular illness and stomach problems. Also, performance falls and accident rates are higher during the night.

Natural Meal Times

Ayurveda, the *Science of Life*, declared thousands of years ago that in order to maintain physical and emotional well-being, the body must be fed according to a natural time schedule. Like most other functions in the body, the digestive process is also controlled by circadian rhythms. The secretions of bile and other digestive juices peak at midday and are at their lowest during the night. For this reason, it is best to eat the largest meal of the day at around midday and take only light meals for breakfast and dinner. This enables the body to digest the food properly and absorb the appropriate amount of nutrients necessary for the maintenance of proper functions throughout the body. To avoid interfering with the secretion of digestive juices at lunchtime, it is ideal to eat breakfast not later than 8AM. The evening meal is digested most efficiently when eaten no later than 6PM to 7PM.

Any long-term disruption of this cycle, either caused by irregular eating habits or placing the main emphasis on evening meals and/or breakfast, leads to accumulation of undigested foods, lymph and blood congestion. This also disturbs our natural instinct. If it were fully alive and developed, we would naturally want to eat only those foods that are suitable for our body type, and eat these when we can digest them best. One of the leading causes of gallstone formation is accumulation of improperly digested foods in the intestinal tract. Eating meals irregularly or having substantial meals at those times of the day when the body is not prepared to produce the appropriate quantities of digestive juices, generates more waste than the body is able to eliminate (also see Disorders of the Digestive System, Chapter 1).

4. Miscellaneous Causes

Watching Television for Several Hours

Scientific research has shown that watching television can dramatically increase cholesterol production in the body. Cholesterol is also a stress hormone that increases during physical or mental strain. ‘Television-stress’ is especially pronounced among children, who can experience a soaring rise of up to 300% cholesterol within a few hours of watching television. Such excessive secretions of cholesterol alter the composition of bile, which causes formation of gallstones in the liver.

Exposure to television is a great challenge for the brain. It is far beyond the brain’s capacity to process the flood of incoming stimuli that emanate from an overwhelming number of rapidly changing picture frames appearing on the TV screen every split second. The resulting stress and strain takes its toll. Blood pressure rises to help move more oxygen, glucose, cholesterol, vitamins and other nutrients around the body, including the brain. All of these are used up rapidly by the heavy brainwork. Add to this the tension associated with the content of some programs—violence, suspense and the noise of gunshots, cars, shouting, etc.—and the adrenal glands respond with shots of adrenaline to prepare the body for ‘fight or flight’ response. This stress response, in turn, contracts or tightens the large and small blood vessels in the body, causing a shortage of water, sugar and other nutrients in the cells.

There may be several kinds of symptoms resulting from this effect. You may feel tired, shattered, exhausted, stiff in the neck and shoulders, very thirsty, lethargic, depressed, and even too tired to go to sleep. Stress is known to trigger cholesterol production in the body. Since cholesterol is the basic ingredient of stress hormones, stressful situations use up large quantities of cholesterol to manufacture these hormones. To make up for the loss of cholesterol, the liver raises its own production of this precious commodity. If the body did not bother to increase cholesterol levels during such stress encounters, we would have millions of ‘television deaths’ by now. Still, the stress

response comes with a number of side effects, one of which is the formation of gallstones.

Emotional Stress

A stressful lifestyle can alter the natural flora (bacteria population) of the bile, thereby causing formation of gallstones in the liver. One of the leading stress-causing factors in life is not having enough time for oneself. If you do not give yourself enough time, you will feel pressured. Continuous pressure causes frustration, and frustration eventually turns into anger. Anger is an indication of severe stress. Anger has a very taxing effect on the body that can be measured by the amounts of adrenaline and nor-adrenaline secreted into the blood by the adrenal glands. Under severe stress or excitement, these hormones increase the rate and force of the heartbeat, raise blood pressure and constrict the blood vessels in the secretory glands of the digestive system. In addition, they restrict the flow of digestive juices, including stomach acids and bile, delay onward movement and absorption of food, and inhibit elimination of urine and feces. When food is no longer digested properly and significant amounts of waste are prevented from leaving the body via the excretory organs, every part of the body becomes affected, including the liver and gallbladder. This congesting effect, resulting from the stress response, gives rise to great discomfort on the cellular level and is felt as emotional upset. Chronic stress or, rather, the inability to cope with stress, is now held responsible for 85-95% of all diseases. These are commonly referred to as *psychosomatic diseases*. Stress-induced obstructions not only require deep physical cleansing, such as liver, colon and kidney purges, but also approaches that trigger relaxation.¹⁰

During relaxation the body, mind and emotions move into a mode that supports and enhances all the functions of the body. Contracted blood vessels open again, digestive juices flow, hormones are balanced, and waste gets eliminated easily. Therefore, the best

¹⁰ In his book, *Its Time to Wake Up*, Andreas Moritz offers profound, effortless methods of relaxation.

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antidote to stress and its harmful effects are methods of relaxation, such as meditation, yoga, spending time in nature, playing with children or pets, playing or listening to music, etc. To cope with the fast pace of modern life and give the nervous system enough time to unwind and release any accumulated tension, it is vital to spend at least one hour a day by yourself, preferably in silence.

If you have had any stressful periods in your life, or currently have difficulties calming down or unwinding, you will greatly benefit from doing a liver cleanse. Having gallstones in the liver is, by itself, a major cause of constant stress responses in the body. By eliminating these stones, you will become naturally calm and relaxed. You may also discover that you once your liver is clean, you will become much less angry or upset about situations, other people or yourself, regardless of the circumstances.¹¹

Conventional Treatments for Gallstones

Conventional treatments for gallstones aim at either dissolving gallstones in the gallbladder, or removing the gallbladder through surgery. However, these treatments have no effect whatsoever on the large amounts of stones congesting the bile ducts of the liver. I wish to emphasize at this point that every person who has gallstones in the gallbladder has many more in the liver. The removal of the gallbladder or its stones does *not* substantially increase bile flow because the stones that are stuck in the liver bile ducts continue to hold up the flow of bile. Even in the case of surgical removal of the gallbladder, the situation remains very problematic for the body. Since the pumping device for bile (gallbladder) is missing, the little bile that is made available by the liver comes forth merely in a dribbling mode. So, the uncontrolled flow of bile into the intestinal tract continues to cause major problems with the digestion and absorption of food, particularly if it contains fat. The result is an ever-

¹¹ To fully understand emotions and their root causes and free yourself from their limitations, refer to the author's book, *Freedom From Judgment—How to Access Your Eternal Gifts of Love, Wisdom and Power*.

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increasing amount of toxic waste that accumulates in the intestinal tract and lymphatic system. The restricted ability to digest and assimilate fats stimulates the liver cells to increase production of cholesterol. The side effect arising from this emergency maneuver of the body is the generation of more gallstones in the liver bile ducts. Therefore, removing the gallbladder is not a solution to digestive problems but, rather, a cause of further and more serious complications in the body, such as cancer and heart disease.

Any treatment of the gallbladder, however advanced and sophisticated it may be, can only be considered a drop in the ocean because it does not remove the main problem, which is the congestion of bile ducts through hundreds or thousands of gallstones in the liver.

Conventional medicine offers three main approaches to treating gallstones:

1. Dissolving Gallstones

For patients with mild, infrequent symptoms, or those who do not want surgery, a number of different drugs are available that claim to dissolve gallstones. On the surface it seems like a good idea to gradually dissolve gallstones through drugs that contain bile salts (oral dissolution therapy). Given in pill-form over a period of twelve months, these drugs may achieve a decrease in cholesterol levels in the bile. But there is no guarantee for this. According to the *British Medical Journal*, the use of bile salts has a failure rate as high as 50%. In addition, many ‘successful’ patients simply do not experience complete gallstone dissolution in their gallbladder. For the few patients who do, the recurrence rate can be as high as 50%. Other dissolving agents, such as *methyl tert-butyl ether*, have no advantages over bile salts. Unsuccessful treatment may lead to surgery.

More recently, solvents have been directly instilled into the gallbladder by means of a small catheter placed in the skin. This approach has been shown to be more effective in dissolving cholesterol stones, but does not resolve the major issue—the accumulation of gallstones in the liver. There is not enough scientific

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research yet to determine what side effects accompany this method of treatment.

2. Shock Waves

Another alternative method to surgery is *lithotripsy*, a technique where the gallstones are literally pounded into submission by a series of sound waves. In a 1993 report by *Lancet*, this therapy has great setbacks because it can result in kidney damage and raise blood pressure. Both of these side effects can lead to an increase in the number of gallstones in the liver (see *Disorders of the Circulatory and Urinary Systems*, Chapter 1).

In addition, this procedure, in which gallstones are fragmented through shock waves, leaves toxic gallstone residue behind which can quickly become a breeding place for harmful bacteria and parasites and, therefore, infections in the body. Recent studies have confirmed that most patients undergoing this kind of treatment experience internal bleeding, ranging from a small hemorrhage to major blood loss that requires blood transfusion. This treatment also has a high stone-recurrence rate.

3. Surgery

In 1991, 600,000 Americans had their gallbladder removed through surgical intervention. Since then, the number has steadily increased. A gallbladder operation costs between \$8,000 and \$10,000 and takes about 30 to 45 minutes with *laparoscopy*. While open gallbladder surgery-*cholecystectomy*-is still commonly used for patients with frequent or severe pain, or with a history of acute *cholecystitis*, laparoscopic cholecystectomy has now become the preferred surgical technique. With traditional surgery, the gallbladder is removed through an open technique requiring a standard skin incision and general anesthesia. During laparoscopic cholecystectomy, also called ‘keyhole operation,’ the stone-filled

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gallbladder is literally pulled through a small incision in the abdomen. Sometimes, open cholecystectomy is required if a keyhole operation fails.

With a keyhole operation, patients seem to recover much faster and often leave the hospital and return to regular activity within days. However, since its introduction, this ‘band aid’ approach to treating gallbladder disease has prompted many patients to have a gallbladder operation unnecessarily; that is, to rid the patient of some persistent symptoms of discomfort.

Apart from having had no effect on the overall mortality rate from gallbladder diseases, laparoscopic surgery does have its risks. As many as 10% of patients coming out of surgery have stones remaining in the bile ducts, according to the U.S. National Institute of Health (Note: The bile ducts referred to here are not liver bile ducts). According to Mayo Health Oasis, other hazards include lost gallstones in the peritoneal cavity, abdominal adhesion and possibly infective *endocarditis*. And according to the *New England Journal of Medicine*, the procedure can cause hemorrhage, inflammation of the pancreas—a potentially fatal condition—and perforation of the duodenal wall. There may also be injury and obstruction of bile ducts and leakage of bile into the abdomen, increasing the chance of suffering a potentially serious infection. About 1 in 100 patients are at risk of dying from this kind of operation.

Bile-duct injuries have increased dramatically as a result of using keyhole surgery. In Ontario, Canada, where 86% of all gallbladder operations are performed in this way, the number of bile duct injuries has risen by 305% since this method has become standard practice.

In a number of patients, gallstones are caught in the common bile duct (the main bile duct leading to the duodenum). In such cases, the removal of the gallbladder does not alleviate the symptoms of gallstone disease. To help the condition, a flexible tube is placed in the mouth and advanced to the point where the common bile enters the duodenum. During the procedure, the opening of the bile duct is enlarged and the stones are moved into the small intestines. Unfortunately, many of the stones may become stuck in the small or large intestine, becoming a source of constant intestinal infection or related problems.

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Conclusion

None of the above procedures address the *cause* of gallbladder disease. In fact, they contribute to further disruption of the digestive and eliminative processes in the body. The short-term relief that a patient may experience after his gallbladder has been removed, may mislead the patient to believe that he has been cured. In truth, however, the continued or even worsened impairment of proper bile secretion by the liver may lead to the development of far more serious health problems than just gallbladder disease.

The following Chapter describes a simple procedure that painlessly, and safely and effectively removes not only the few gallstones in the gallbladder or large bile ducts, but also, and most importantly, the hundreds and thousands of gallstones in the liver. It is extremely unfortunate that millions of people have had their gallbladder removed unnecessarily or lost their lives because of liver and gallstone disease. Fortunately, there is a simple, risk-free, inexpensive approach available to every person to naturally restore their liver and gallbladder health and prevent diseases from arising in the future.

Chapter 4

The Liver Cleanse

Cleansing the liver and gallbladder from gallstones is one of the most important and powerful approaches to improving your health. The liver cleanse requires six days of preparation, followed by 16-20 hours of actual cleansing. To remove gallstones you need the following items:

Apple juice	Six 1-liter (32oz) containers
Epsom salts*	4 tablespoons dissolved in three 8-oz glasses of water**
Virgin olive oil, cold-pressed	One-half glass (4oz)
Either fresh grapefruit (pink is best), or fresh lemon and orange combined***	Enough to squeeze 2/3 glass of juice
2 pint jars, one with a lid	

Note: * Look for ‘oral’ Epsom salts (in German-speaking countries it is known as ‘Bittersalz.’ For those in the US, check out Rite Aid Drug Stores or any natural food stores. Some packaging labels describe it as a natural laxative.

** I have chosen ‘glass’ instead of ‘cup’ as a measuring unit to avoid confusion about what ‘cup’ means in different continents.

*** If you cannot tolerate grapefruit juice or if it tends to make you nauseous you may use equal amounts of freshly squeezed lemon and orange juice instead. The effect is the same with either choice.

Preparation

- **Drink 1 liter (32oz) of packaged apple juice per day for a period of six days.** (You may drink more than that if it feels comfortable). The *malic acid* in the apple juice softens the gallstones and makes their passage through the bile ducts easy. The apple juice has a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhea during the first few days. Much of the diarrhea is actually stagnant bile, released by the liver and gallbladder (indicated by a brownish, yellow color). The fermenting effect of the juice helps widen the bile ducts. If this becomes somewhat uncomfortable, you can mix the apple juice with water. Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before and two hours after meals, and in the evening). This is in addition to your normal water intake. **Note:** Preferably use organic apple juice, although for the purpose of the cleanse any good brand of commercial apple juice, apple concentrate or cider works just as well. It may be useful to rinse your mouth out with baking soda and/or brush your teeth several times per day to prevent the acid from damaging your teeth. [In case you are intolerant or allergic to apple juice, see other options explained in *Having Difficulties with the Cleanse*, at the end of this chapter.]
- **Dietary recommendations:** During the entire week of preparation and cleansing, avoid taking foods or beverages that are cold or chilled; they chill the liver and, thereby, reduce the effectiveness of the cleanse. All foods or beverages should be warm or at least room temperature. To help the liver prepare for the main flush, try to avoid foods from animal source, dairy products and fried food items. Otherwise, eat normal meals, but avoid overeating.

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- **The best times for cleansing:** The main and final part of the liver cleanse is best done over a weekend, when you are not under any pressure and have enough time to rest. Although the cleanse is effective at any time of the month, it should preferably coincide with a day between full moon and new moon. The 6-day preparatory period can start 5-6 days before the full moon.
- **If you take any medication:** While on the liver cleanse, avoid taking any medication, vitamins or supplements that are not absolutely necessary. It is important not to give the liver any extra work that could interfere with its cleansing efforts.
- **Make sure that you cleanse your colon before and after you do a liver cleanse.** Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing, either done a few days before or, ideally, on the sixth day of preparation, helps to avoid or minimize any discomfort or nausea that may arise during the actual liver flush. It prevents back-flushing of the oil mixture or waste products from the intestinal tract. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colon hydrotherapy) is the fastest and easiest method to prepare the colon for the liver cleanse. Colema-board irrigation is the second most preferable method (see details in *Keep Your Colon Clean*, Chapter 5)
- **What you need to do on the sixth day of drinking apple juice:** If you feel hungry in the morning, eat a light breakfast, such as a hot cereal; oatmeal is the most ideal choice. Avoid sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals; etc. Fruits or fruit juices are fine. For lunch eat plain cooked or steamed vegetables with white rice (preferably Basmati rice) and flavor it with a little unrefined sea or rock salt. To repeat, do not eat any protein foods, butter or oil, or you might feel ill during the actual cleanse. Do not eat or drink anything (except water) after 2PM, otherwise you may not flush out any stones! Follow the exact timing given below to receive the maximum benefit from the liver flush.

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The Actual Cleanse

Evening

6:00PM: Add *four* tablespoons of Epsom salts (magnesium sulfate) to *three* 8oz. glasses of filtered water in a jar. This makes four servings, $\frac{3}{4}$ glass each. Drink your first portion now. You may take a few sips of water afterwards to get rid of the bitter taste in the mouth or add a little lemon juice to improve the taste. Some people drink it with a large plastic straw to bypass the taste buds on the tongue. It is also helpful to brush your teeth afterwards or rinse out the mouth with baking soda. One of the main actions of Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass. Moreover, it clears out waste that may obstruct the release of the stones.

8:00PM: Drink your second serving ($\frac{3}{4}$ glass) of Epsom salts.

9:30PM: If you have not had a bowel movement until now and not done a colon cleanse within 24 hours, take a water enema; this will trigger a series of bowel movements.¹²

9:45PM: Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and remove pulp. You will need $\frac{3}{4}$ glass of juice. Pour the juice and $\frac{1}{2}$ glass of olive oil into the pint jar. Close the jar tightly and shake hard, about 20 times or until the solution is watery. Ideally, you should drink this mixture at 10:00PM, but if you feel you still need to visit the bathroom a few more times, you may delay this step for up to 10 minutes.

¹² For more details on enemas, refer to the author's book, '*The Key to Health and Rejuvenation*'.

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10:00PM: Stand next to your bed (do not sit down) and drink the concoction, if possible, straight. Some people prefer to drink it through a large plastic straw. If necessary, take a little honey between sips, which helps chase down the mixture. Most people, though, have no problem drinking it straight. Do not take more than 5 minutes for this (only elderly or weak people may take longer).

LIE DOWN STRAIGHT AWAY! This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than the abdomen. If this is uncomfortable lie on your right side with your knees pulled towards your head. **Lie perfectly still for at least 20 minutes and try not to speak!** Put your attention on your liver. You may even feel the stones traveling along the bile ducts like marbles. There won't be any pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed, and the bile that is excreted along with the stones keeps the bile ducts well lubricated (this is very different in the case of a gallbladder attack where magnesium and bile are not present). Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check if there are already small gallstones (pea green or tan colored ones) floating in the toilet. You may feel nauseous during the night and/or in the early morning hours. This is mostly due to a strong, sudden outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil mixture back into the stomach. The nausea will pass as the morning progresses.

The Following Morning

6:00-6:30AM: Upon awakening, but not before 6am, drink your third $\frac{3}{4}$ glass of Epsom salts (if you feel very thirsty drink a glass of warm water before taking the salts). Rest, read or meditate. If you are very sleepy, you may go back to bed, although it is best if the body stays in the upright position. Most people feel absolutely fine and prefer to do some light exercises, such as Yoga.

8:00-8:30AM: Drink your fourth and last $\frac{3}{4}$ glass of Epsom salts.

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10:00-10:30AM: You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. One hour later you may eat regular (but light) food. By the evening or the next morning you should be back to normal, and feel the first signs of improvement. Continue to eat light meals during the following days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side effects.

The Results You Can Expect

During the morning and, perhaps, afternoon hours after the cleanse you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water. Most of the gallstones are pea-green and float in the toilet because they contain bile compounds (see **Figure 13a**). The stones come in different shades of green and may be bright-colored and shiny like gemstones. Only bile from the liver can cause the green color. Gallstones can come in all sizes, colors and shapes. The light colored stones are the newest. Blackish stones are the oldest. Some are pea-sized or smaller, and others are as big as two or three centimeters in diameter (about 1 inch). There may be dozens and, sometimes, even hundreds of stones (of different sizes and colors) coming out at once (see **Figure 13b**). Also watch out for tan-colored and white stones. Some of the larger tan-colored or white stones may sink to the bottom with the stool. They are calcified gallstones that were released from the gallbladder and contain heavier toxic substances with only small amounts of cholesterol (see **Figure 13c**). All the green and yellowish stones are as soft as putty, thanks to the action of the apple juice.

You may also find a layer of white or tan-colored chaff or ‘foam’ floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals, which can easily rupture small bile ducts. They are equally important to release.

Try to make a rough estimate of how many stones you have eliminated. To permanently cure bursitis, back pain, allergies or other

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health problems, and to prevent diseases from arising, you need to remove **all** the stones. This may require at least six cleanses which can be performed at two to three-week or monthly intervals (do not cleanse more frequently than that). If you cannot cleanse this often, you may take more time between cleanses. The important thing to remember is that once you have started cleansing the liver, keep cleansing it until no more stones come out. Leaving it half clean for a long period of time (three or more months) can cause greater discomfort than not cleansing it at all.



Figure 13a: Green-colored gallstones

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Figure 13b: Mixed types of gallstones



Figure 13c: Calcified and semi-calcified gallstones (cut in halves)

The liver, as a whole, will begin to function more efficiently soon after the first cleanse and you may notice sudden improvements, sometimes within a few hours. Pains will lessen, energy will increase and clarity of mind will improve considerably.

However, within a few days, stones from the rear of the liver will have traveled ‘forward’ towards the two main bile ducts exiting the liver, which may cause some of the previous symptoms of discomfort to return. In fact, you might feel disappointed because the recovery seems so short-lived. But all of this shows that there are still stones left behind, ready to be removed with the next round of cleansing. Nevertheless, the liver’s self-repair and cleansing responses will have increased significantly, adding a great deal of effectiveness to this very important organ of the body.

As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger bile ducts, they may combine to form larger stones and produce previously experienced symptoms, such as backache, headache, ear ache,

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digestive trouble, bloating, irritability, anger, etc., although these may be less severe than they were before. If a new cleanse no longer produces any stones, which usually happens after 6-8 cleanses (in severe cases it may take more than 10-12), your liver can be considered to be in excellent condition. Still, it is recommended to repeat the liver cleanse every six months. Each cleanse will give a further boost to the liver and take care of any toxins that may have accumulated in the meanwhile. **Note:** Never cleanse when you are suffering an acute illness, even if it is just a simple cold. If you suffer from a chronic illness, however, cleansing your liver may be the best thing you can do for yourself.

Important! Please read carefully:

The liver cleanse is one of the most invaluable and effective methods to regain one's health. There are no risks involved if all of the directions are followed to the letter. Please take the following instruction very seriously. There are many people who followed a liver flush recipe that they received from friends or through the Internet, and suffered unnecessary complications. They did not have complete knowledge of the procedure and the way it works, and believed that just expelling the stones from the liver and gallbladder is sufficient.

It is likely that, on their way out, some gallstones will get caught in the colon. They can quickly be removed through colonic irrigation. This should ideally be done on the 2nd or 3rd day after the liver flush. If gallstones remain in the colon, they can cause irritation, infection, headaches and abdominal discomfort, thyroid problems, etc. These stones can eventually become a source of toxemia in the body. If colonics are not available where you live, you can take a coffee enema followed by a water enema. This, however, does not guarantee that all the remaining stones will be removed. There is no real substitute for colonic irrigation. Doing a colemac-board enema, though, is the closest you can have to a professional colonic. If you settle for anything less than a colonic irrigation, mix one level teaspoon of Epsom salts with one glass of warm water and drink it first thing in the morning on the day of your chosen colon cleanse.

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[To acquire a colema-board and view a video demonstration on how to use it, see Suppliers List].

On the importance of colon and kidney cleansing: Although the liver cleanse on its own can produce truly amazing results, it should ideally be done *following* a colon and kidney cleanse, in that order. Cleansing the colon (see also section on *Preparation*) ensures that the expelled gallstones are easily removed from the large intestine. And cleansing the kidneys makes certain that toxins coming out of the liver during the liver cleanse do not put any burden on these vital organs of elimination. However, if you have never had kidney trouble, kidney stones, bladder infection, etc., you may go ahead with the *colon cleanse—liver cleanse—colon cleanse sequence*. But make certain that you cleanse the kidneys at a later stage. There should definitely be a kidney cleanse some time after the first 2-3 liver cleanses and, again, after your liver has been completely cleaned out (see also *The Kidney Cleanse* in Chapter 5). Or else, you may drink a cup of kidney tea (see *Kidney Cleanse recipe*) for 2-3 days after each liver cleanse. Follow the same instructions as given for the main kidney cleanse.

People whose colon is severely congested, or who have a history of constipation, should consider doing at least 2-3 colon cleanses before their first liver cleanse. And to reemphasize, it is very important that you cleanse your colon within three days after you have completed each liver cleanse. Removing gallstones from the liver and gallbladder may leave some of the stones and other toxic residues in the colon. It is essential for your health to clear them out.

Having Difficulties With The Cleanse?

Intolerance to Apple Juice

If you cannot tolerate apple juice (or apples) for some reason, you may substitute the following herbs: *Gold Coin Grass* and *Bupleurum*. The herbs are made into a tincture and sold as *Gold Coin Grass*

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(GCG), 250 ml or 8.5 oz, for US\$16.00. It is made available by *Prime Health Products* (see *Suppliers List* at the end of the book).

Malic acid in apple juice does exceptionally well in dissolving some of the stagnant bile and making the stones softer (see details on *malic acid* below). The aforementioned herbs are also effective in softening gallstones and, therefore, can be used as a preparatory step for the liver flush, although it may take a little longer than with using apple juice. The proper dosage for the tincture is 1 tablespoonful (about 15 ml) once daily on an empty stomach, about 30 minutes before breakfast. This regimen should be kept for 8-9 days prior to the actual day of the liver flush.

You Suffer from Gallbladder Disease or Don't Have A Gallbladder

If you suffer from gallbladder disease or your gallbladder has already been removed, you may need to take Gold Coin Grass for 2-3 weeks (approximately 1 bottle supply) prior to liver cleansing. For details, see the previous section.

People Who Should Not Use Apple Juice

There are people who may have difficulty drinking apple juice in the large amounts required for the liver cleanse, but are not aware of it. These include people suffering from diabetes, hypoglycemia, yeast infection (*Candida*), cancer and stomach ulcers.

In such cases, apple juice can be replaced with *malic acid* in capsule or powder form. The preparation period is the same as for taking apple juice, except that the 1 liter of apple juice per day are replaced by 1500—2000mg of malic acid taken with 2 glasses of warm water. Drink this solution in small amounts throughout the day. Another alternative is to use the same instructions as for those who are intolerant to apple juice. You may try the malic acid during one

cleanse and the Gold Coin Grass during another cleanse, and see which one works best for you. Food grade malic acid powder (not mixed with magnesium or other ingredients) is very inexpensive and can be purchased through the Internet or from some natural health food stores (see *Suppliers List*).

The Liver Flush Did Not Deliver the Expected Results

In some cases, albeit very rare, the liver cleanse does not produce the expected results. The following are the main reasons, and their remedies, for such difficulties:

1. It is likely that severe congestion in your liver bile ducts (due to gallstones) has prevented the apple juice from penetrating completely during the first cleansing attempt. The herbs, *Chinese Gentian* and *Bupleurum*, help to break up some of the congestion and can, thereby, prepare your liver for a more successful cleanse. These herbs are prepared as a tincture, called “Chinese Bitters,” made available through *Prime Health Products* (see *Suppliers List* at the end of the book).

The proper dosage for this tincture is 1/2 to 1 teaspoonful (about 5 ml) once daily on an empty stomach, about 30 minutes before breakfast. This regimen should be followed for three weeks prior to drinking the apple juice (or using the Gold Coin Grass preparation, discussed in previous section). Any unpleasant cleansing reactions usually disappear after 3-6 days. They can be minimized by following the tissue cleansing method using hot ionized water (see *Simple Guidelines to Avoid Gallstones*), and by keeping the colon clean.

2. You did not follow the full instructions properly. Leaving out any one item from the procedure, or altering the dosages or timing of the steps laid out, may prevent you from obtaining the full results. In quite a few individuals, for example, the liver flush does not work at all unless the large intestine is cleansed first. The backup of waste and gases prevents the oil mixture from moving easily through the gastrointestinal tract. The best time for a colonic irrigation, or an alternative method, is on the day of the actual liver flush.

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Headache or Nausea During the Days following Liver Cleansing

In most cases, this occurs when the directions have not been followed carefully (see above section). However, on some rare occasions, gallstones may continue to pass out of the liver after completing the liver flush. The toxins released by these stones can enter the circulatory system and cause discomfort. In such a case, it may be necessary to drink 4oz of apple juice for seven consecutive days, or for as long as the discomfort lasts, following the liver flush. Make certain to drink the juice at least $\frac{1}{2}$ hour before breakfast. In addition, a repeat colon cleanse may be necessary to clear out any of the late-coming stones. In addition, the tissue-cleansing method (ionized water), as mentioned above, helps to remove the circulating toxins. If you place a small piece of fresh ginger into the thermos flask, the ionized water will quickly stop the nausea.

Feeling Sick During the Cleanse

If you have followed all of the directions given in the outlined procedure properly but feel sick sometime during the actual liver flush, please don't feel alarmed that there is something wrong. Although rare, it sometimes happens that a person may vomit or be nauseated during the night. This is caused by the gallbladder ejecting bile and gallstones with such force that it shoots the oil back into the stomach. When the oil returns to the stomach, you get sick. In such an instance, you may be able to feel the expulsion of stones. It will not be a sharp pain, just a mild contraction.

During one of my 12 liver cleanses, I spent a miserable night. But despite throwing up most of the oil mixture, the cleanse was just as successful as all the others I had done (the oil had already done its job, that is, prompting the release of gallstones). If this happens to you, remember that this is only one night of discomfort. Recovery from conventional gallbladder surgery involves many more months of pain and suffering as the scar tissue mends.

Chapter 5

Simple Guidelines to Avoid Gallstones

1. Cleanse Your Liver Twice a Year

After you have eliminated all of your gallstones through a series of liver cleanses, it is best to cleanse the liver twice a year. The best date for a liver cleanse is about one week before a seasonal change. Begin the liver cleanse at around the 15th of March, the 15th of June, the 15th of September or the 15th of December, with the actual day of the cleanse coinciding with an equinox or solstice day. Repeat six months later.

During the ten days before and after a seasonal change the immune system is generally low, which makes many people more susceptible to catching a cold. This also is also the time of year when gallstones in the liver and gallbladder tend to increase in number and size.

2. Keep Your Colon Clean

A weak, irritated and congested large intestine is a breeding place for bacteria, which simply do their job. That is, they break down potentially hazardous waste material. As a side effect of their life-saving activities, the microbes produce poisonous substances. Some of the toxins produced by the bacteria enter the blood, which delivers them straight to the liver. Constant exposure of liver cells to these toxins impairs their performance and reduces bile secretion, which leads to further disruption of digestive functions.

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When we eat highly processed foods that have been stripped of most nutrients and natural fiber, the colon has difficulty moving the food mass or chyme along. Processed foods tend to make for a dry, hard or sticky chyme that does not pass easily through the intestinal tract. The muscles wrapped around the colon can easily squeeze and push fibrous, bulky chyme along, but they have great difficulty dealing with fibreless, gooey, sticky chyme. When chyme sits too long in the colon, it becomes harder and drier. If that were the only thing that happened—chyme turning into hard, dry feces—we would only need to worry about constipation (which millions of Americans suffer from). But there is more. After the chyme/feces plasters itself onto the walls of the colon, it begins to do several things, including:

- Ferment, rot and harden, thereby becoming a breeding ground for parasites and pathogens (disease-causing agents), and a storehouse for toxic chemicals that can pollute the blood and lymph and, thereby, poison the body.
- Form a barrier that prevents the colon from interacting with and absorbing nutrients from chyme.
- Restrict movement of the colon walls, making it impossible for the colon to rhythmically contract in order to speed the chyme along its way. (How well could you do your job if you were covered with thick sludge?) The following are some of the symptoms manifesting as a result of colon dysfunction:

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- Lower back pain
- Neck and shoulder pain
- Skin problems
- Brain fog (difficulty concentrating)
- Fatigue
- Sluggishness
- Colds and flus
- Constipation or diarrhea
- Digestive problems
- Flatulence/gas
- Bloating
- Crohn's disease
- Ulcerative colitis
- Colitis/Irritable Bowel Syndrome (IBS)
- Diverticulitis/Diverticulosis
- Leaky Gut Syndrome
- Pain in lower stomach (especially left side)

The large intestine absorbs minerals and water. When the membrane of the large intestine is impacted with plaque, it cannot assimilate and absorb minerals (as well as some vitamins). When this occurs, deficiency diseases are created regardless how many supplements you take. Most diseases are, in fact, deficiency disorders. They arise when certain parts of the body suffer malnourishment, particularly minerals (see also *Take Ionic Minerals* in this Chapter).

There are several methods that can be used for colon cleansing:

1. Keeping the colon clean through *colonic irrigation*, for example, is an effective preventive method to safeguard the liver against toxins generated in the large intestine. Colonic irrigation, also known as *Colon Hydrotherapy*, is perhaps one of the most effective colon therapies. Within a 30-50 minute session, it can eliminate large amounts of trapped waste that may have taken many years to accumulate. During a typical colonic a total of 3-6 liters of distilled or purified water is used to gently flush the colon. Through gentle abdominal massage, old deposits of *mucoid fecal matter* are loosened, detached from the colon wall and subsequently removed with the water.

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Colonics have a ‘relieving’ effect. There is usually a feeling of lightness, cleanliness, and increased clarity of mind following a colonic. However, during the procedure itself you may feel a slight discomfort from time to time, whenever larger quantities of toxic waste detach themselves from the intestinal walls and move towards the rectum.

Colonic irrigation is a safe and hygienic system for cleansing the colon. Rubber tubing carries water into the colon, and waste out of the colon. The released waste material can be seen floating through a tube, showing the type and quantity of waste eliminated.

Once the colon has been thoroughly cleansed through two, three or more colonics, diet, exercise or other health programs are likely to be much more effective. It is estimated that 80% of all immune tissue resides in the intestines. Therefore, cleansing the colon from immune-suppressive toxic waste and removing gallstones from the liver can make all the difference in the treatment of cancer, heart disease, AIDS or other serious illnesses.

2. If you do not have access to a colon therapist, you may greatly benefit from using a *colema board* (see *Suppliers List*), as a second best choice. The colema board allows you to clean your colon in the comfort of your own home. The colema colonic is a do-it-yourself treatment that is easy to learn and perform.

3. Another method of cleansing, which uses Epsom salts, does not only cleanse the colon, but also the small intestine. This may become necessary if you have major difficulties absorbing food, repeated kidney/bladder congestion, severe constipation, or are simply unable to do a colonic. For three weeks, mix 1 teaspoon of oral Epsom salt (magnesium sulfate) with 1 glass of warm water and drink first thing in the morning. This oral enema flushes out your entire digestive tract and colon, from top to bottom, usually within an hour, prompting you to eliminate several times. It clears out much of the plaque and debris from the walls, along with the parasites that have been living there. Expect the stools to be watery for as long there is intestinal waste to be disposed of. Stools adopt a normal shape and consistency once the entire intestinal tract is clean. This treatment can be done 2-3 times per year. Expect some cramps or gas formation, at times, while on this cleanse (a result of releasing toxins).

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4. Castor oil is a traditionally used, excellent remedy to clear waste material from the intestines. It is less irritating than Epsom salts and has no side effects other than normal cleansing reactions. Take one to three teaspoons of castor oil in 1/3 glass of warm water on an empty stomach in the morning or before going to sleep at night (depending on which works out better). It is a very beneficial treatment for stubborn cases of constipation. It can also be given to children (in smaller dosages). Although, it is not recommended to replace Epsom salts with any other cleanser during the liver cleanse, in case of an allergy to Epsom salts, castor oil could be used instead.

5. Aloe Vera juice is another very effective way to cleanse the gastro-intestinal tract. However it should not be used as a replacement for the colonics or colemas before and after a liver cleanse. Aloe Vera has both nourishing and cleansing effects. One tablespoon of Aloe Vera juice diluted with a little water before meals, or at least once in the morning before breakfast, helps to break down old deposits of waste and bring basic nutrients to cells and tissues. For those who feel their liver is still releasing a lot of toxins several days after a liver cleanse, may greatly benefit from drinking Aloe Vera juice.

Aloe Vera has been found to be effective in almost every illness, including cancer, heart disease and AIDS. It is helpful for all kinds of allergies, skin diseases, blood disorders, arthritis, infections, Candida, cysts, diabetes, eye problems, digestive problems, ulcers, liver diseases, haemorrhoids, high blood pressure, kidney stones and strokes, to name a few. Aloe Vera contains over 200 nutrients, including the vitamins B1, B2, B3, B6, C, E, Folic acid, iron, calcium, magnesium, zinc, manganese, copper, barium, sulphate, 18 amino acids, important enzymes, glycosides, polysaccharides, etc. Make certain you only purchase pure, undiluted Aloe Vera, available in health food stores. One of the best brands is produced by the company, *Lily of the Desert*, Texas, USA. It is made of 99.7% organic Aloe Vera juice, with no water added.

Caution: With regular drinking of *Aloe Vera*, diabetics may improve the ability of the pancreas to produce more of its own insulin. Therefore, diabetics should consult their physician to monitor their need for extra insulin, since too much insulin is dangerous. Many diabetics report a reduction in the amount of insulin required. Make certain you purchase only undiluted Aloe Vera juice.

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6. COLOSAN is a blend of various oxides of magnesium designed to gently release oxygen in the digestive tract for the purpose of cleansing it. COLOSAN is a powder that you mix with citrus juice and drink. This drink produces oxygen in the intestinal tract, which eliminates all old fecal material, parasites and mucus. COLOSAN is available from *Family Health News* or other online companies (see *Supplies List*).

3. The Kidney Cleanse

If the occurrence of gallstones in the liver, or another situation, has led to the development of sand or stones in the kidneys or bladder (see *Urinary Disorders* in Chapter 1), you may also need to consider cleansing the kidneys. The kidneys are very delicate, blood-filtering organs that easily get congested through poor digestion, stress and irregular life-style. The main causes of congestion in the kidneys are kidney stones. Most kidney crystals/stones, however, are too small to be recognized through modern diagnostic instruments, such as X-ray.

The following herbs, when taken daily for a period of 20-30 days, can help dissolve and eliminate all types of kidney stones, including uric acid stones, oxalic acid stones, phosphate stones and amino acid stones. If you have a history of kidney stones, you may need to repeat this cleanse a few times, at intervals of six-eight weeks, before your kidneys are completely clean.

Ingredients:

- | | |
|---------------------------|---------------------------|
| 1. Marjoram (1oz) | 2. Cat's Claw (1oz) |
| 3. Comfrey Root (1oz) | 4. Fennel Seed (2oz) |
| 5. Chicory Herb (2oz) | 6. Uva Ursi (2oz) |
| 7. Hydrangea Root (2oz) | 8. Gravel Root (2oz) |
| 9. Marshmallow Root (2oz) | 10. Golden Rod Herb (2oz) |

Instructions:

Take 1oz each of the first three herbs and 2oz each of the rest of the herbs and thoroughly mix them together. Keep them in an airtight container. Before bedtime, soak 3 heaping tablespoons of the mixture in two cups of water, cover it and leave covered overnight. The next morning bring the concoction to a boil, then let it simmer for 10-15 minutes and strain.

Drink a few sips at a time in 6-8 portions throughout the day. This tea does not have to be taken warm or hot, but do not refrigerate it. Do not add sugar or sweeteners. Leave at least one hour after eating before taking your next sips.

Repeat this procedure for 20 days. If you experience discomfort or stiffness in the lower back area it is because of salt crystals from kidney stones passing through the ureter ducts of the urinary system. Any strong smell and darkening of the urine at the beginning of or during the cleanse indicates a major release of toxins from the kidneys. Normally though, the release is gradual and does not change the color or texture of the urine very much. **Important:** Support the kidneys during the cleanse by drinking extra amounts of water, a minimum of 6-8 glasses per day.

During the cleanse, avoid consuming animal products, dairy foods, tea, coffee, alcohol, carbonated beverages, chocolate and any other foods or drinks that contain preservatives, artificial sweeteners, coloring agents, etc. In addition to drinking this kidney tea each day, you may also chew on a small piece of rind from an organic lemon on the left side of your mouth and a small piece of carrot on the right side of your mouth 30-40 times each. This stimulates the kidney functions. Make certain that there is at least half an hour in between chewing ‘cycles.’

4. Drink Ionized Water Frequently

Drinking ionized water has a deep cleansing effect on all the tissues of the body. It helps reduce overall toxicity, improves circulatory functions and balances bile. By boiling water for 15-20

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minutes it becomes charged and saturated with negative oxygen ions. When you take frequent sips of this water throughout the day, it begins to systematically cleanse the tissues of the body and help rid it of certain positively charged ions (those associated with high acidity and toxins).

Toxins and waste carry a positive charge and, thus, naturally tend to attach themselves to the body, which is negatively charged overall. As the negative oxygen ions enter the body, they are pulled towards the positively charged toxic material. This turns waste into neutral fluid matter which is easily and effortlessly discharged by the body. For the first couple of days or even weeks of cleansing your body tissues in this way, your tongue may take on a white or yellow coating, an indication that the body is clearing out a lot of waste. If you have excessive body weight, this cleansing method can help you shed many pounds of body waste in a short time, without the side effects that normally accompany sudden weight loss.

Instructions:

Boil water for 15-20 minutes and pour it into a thermos flask. Stainless steel flasks are fine, too. This keeps the water hot and ionized throughout the day. Take one or two sips every half hour all day long and drink it as hot as you would drink tea. This method can be used any time you do not feel well, have the need for decongesting, keeping the blood thin, or want to just feel more energetic and clear. Some people use it for a certain duration, such as 3-4 weeks; others use it ongoing.

The oxygen ions are generated through the bubbling effect of boiling water, similar to water falling on the ground or breaking against the shore. In the thermos flask, the water will stay ionized for up to 12 hours or as long it remains hot.

5. Take Ionic Essential Minerals

Your body is like ‘living soil.’ If it has sufficient minerals and trace elements to work with, it is able to nurture you and produce

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everything you need to live and grow. These essential materials, however, can get easily depleted when you do not get enough of them through your food. Centuries of constant use of the same agricultural fields have led to foods that are highly nutrient-deficient. The situation worsened with the onset of chemical fertilizers which force crops to grow more rapidly with no regard to nutrient availability. When minerals and trace elements run low in the body, important functions can no longer be sustained, or become subdued. Disease is generally accompanied by lack of one or more of these important substances.

Because of the unnatural situation of mineral depletion in our soil today and, therefore, in our bodies, it is a good idea to supplement with minerals. The crucial question is whether the minerals sold in nutrition stores or pharmacies are capable of replenishing the mineral supply to the cells of the body. The answer is: "Highly unlikely!"

Minerals are commonly made available in 3 basic forms: capsules, tablets and colloidal mineral water. Before the depletion of soils, plant foods were our ideal mineral provider. When a plant grows in a healthy soil environment, it absorbs existing colloidal minerals and changes them into ionic, water-soluble form. The ionic minerals are an angstrom in size, whereas the colloidal minerals, also known as inorganic, metallic minerals, are about 10,000 times larger (micron-size). Ionic, water-soluble, plant minerals are absorbed readily by our body cells. In contrast, colloid particles packed into complex compounds and delivered in pill form stand a chance of less than 1% absorption. The minerals found in colloidal mineral waters are not any better absorbed. They are not water-soluble, just suspended between water molecules.

Common compounds include calcium carbonate, zinc picolinate, etc. These colloid particles tend to get caught in the blood stream and subsequently deposited in different parts of the body. In the form of deposits they can cause major mechanic and structural damage. Many health problems today are the direct result of ingesting such metallic minerals, including osteoporosis, heart disease, cancer, arthritis, brain disorders, kidney stones, gallstones, etc.

Fortunately, there is a very efficient way to obtain minerals in the size and with the characteristic of plant minerals. By vaporizing minerals in a vacuum chamber (without oxygen), they are prevented

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from oxidizing and forming into complex states. Once vaporized, the minerals can be combined with purified water and be made readily available to the cells of the body. One company located in Minnesota (USA) has managed to create a delivery process capable of converting colloids into 99.9% water-soluble, ionic minerals. The company, ENIVA, makes these minerals available via distributorship (see *Suppliers List*). I recommend the basic '*Body Essentials Plus*,' consisting of one 32oz-bottle of ionic minerals for the morning and a second one for the evening (these are two distinct supplements: AM and PM). Another excellent product is '*Ionic Silver*,' a powerful antiviral and antibacterial natural substance that greatly helps the body deal with environmental pathogens and internal toxins.¹³

6. Drinking Enough Water

To produce the right amount of bile each day (1-1 ½ quart, or 1.1—1.5 liters), which the body requires for proper digestion of food, the liver needs plenty of water. In addition, a lot of water is used for maintaining normal blood volume, hydrating the cells and connective tissues, flushing out toxins, and carrying out literally thousands of other functions. Since the body cannot store water the way it stores fat, it is dependent on regular, sufficient water intake.

To maintain proper bile production and bile consistency, as well as balanced blood values, you need to drink about 6-8 glasses of water each day. The most important time to drink water is right after getting up. First, drink one glass of (warm) water to make it easier for the kidneys to expel (concentrated) urine. A second glass of warm water (to which can be added the juice of one slice of lemon plus one teaspoon of honey) helps to cleanse the gastro-intestinal tract. Other important times for drinking water (one glass at room temperature or warm) are about ½ hour before and 2 ½ hours after meals. These are

¹³ The author, himself, uses the Eniva minerals on a daily basis and recommends them to his clients as a method of prevention and promotion of good health. **Note:** To order any products from Eniva, you require a sponsor name and ID. You may use the name and ID of the author, Andreas Moritz, #13462.

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the times when a well-hydrated body would naturally signal thirst. Having enough water available at those times ensures that the blood, bile and lymph remain fluid enough to conduct their respective activities in the body. Since hunger and thirst signals are very similar, if you do feel ‘hungry’ at those times, it may be because you are actually becoming dehydrated. Therefore, it is a good idea to first drink a glass of water (room temperature or warm) and then check whether your hunger has subsided.

If you suffer from high blood pressure and use drugs for this condition, make sure you have your blood pressure monitored regularly. With the increase of water consumption, your blood pressure may return to normal within a relatively short period of time. This would make the intake of medication obsolete, even harmful. By drinking enough water you may also start losing weight if you are overweight, or gain weight if you are underweight.

The most superior water I personally have come across is Prill Water. This is a description taken from the web site of Global Light Network <http://global-light-network.com>:

“To make Prill water, first rinse off the beads very well. Then place them in a one-gallon glass container of water...it can be old yucky tap water... and let it sit for 24 hours. Then you can pour off 3 quarts of very pure and therapeutic water. Leave the remaining one quart and the Prill beads and then fill the container...from then on, you can draw off 3 quarts of Prill water every hour for the rest of your life. After the Prill water is made, it can be stored in any container even a cheap plastic bottle like distilled water comes in....

“Prill water can be used in so many ways. You can drink it, you can cook with it, you can bathe in it, you can give it to your plants, you can give it to your pets and every time any of it goes down the drain, it will begin restoring the water in your area. When enough of us around the world are using Prill water, we will transform to water of the Earth!!!

“When you make Prill water, the Prill beads transform water at the molecular level and make what Jim Carter calls thin water. The water forms single molecules of two hydrogen atoms and one oxygen atom that are very tightly and permanently bound together. In some magical way, the chlorine and fluoride in the water are dissipated and the water is pure and pristine as glacial water and will super hydrate

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your body even better than clustered water because you can afford to drink it all day. This is a huge part of the magic of Prill Water.”

I can attest to the good taste of the water, its ‘thinness’ and its excellent hydrating and cleansing effects.

7. Cut Down on Alcohol

Alcohol is liquefied, refined sugar and highly acid-forming. Thereby, it has a strong mineral-depleting effect in the body. The organ most affected by alcohol is the liver. If, for example, a generally healthy person drinks two glasses of wine within one hour, the liver is not able to detoxify all of the alcohol. Much of the alcohol is converted into fatty deposits and, eventually, gallstones in the liver. If the liver and gallbladder have already accumulated a number of gallstones, alcohol consumption will make these stones grow faster and more plentiful in a shorter period of time.

Like coffee or tea, alcohol also has a strong dehydrating effect. It reduces the water content of the body’s cells, blood, lymph and bile, thus impairing blood circulation and elimination of waste products. The effects of a dehydrated central nervous system are delirium, blurred vision, loss of memory and orientation, slow reaction time, and what is generally called ‘hangover.’ Under the influence of alcohol and subsequent dehydration, the nervous system and immune system become depressed, which leads to a slowing of the digestive, metabolic and hormonal processes in the body. All of this promotes the development of even more gallstones in the liver and gallbladder.

It is better for those who have had a history of gallstones to avoid alcohol altogether. Many of my clients who stopped drinking any kind of alcohol, including beer and wine, have spontaneously recovered from such problems as panic attacks, arrhythmia, respiratory problems, various heart conditions, sleeping disorder, gallbladder attacks, pancreas infection, prostate enlargement, colitis, and other inflammatory diseases. If you suffer from any disease at all, it is best to stay away from any dehydrating beverages, such as alcohol, coffee, tea or sodas (especially diet drinks). This allows the body to direct all

of its energy and resources towards healing the affected part(s) of the body.

8. Avoid Overeating

One of the greatest causes of gallstones is *overindulging in foods*. Therefore, one of the most effective methods to prevent gallstones is ‘under-eating.’ Eating in moderation and an occasional day of ‘fasting’ on just liquids (ideally once per week) help the digestive system to remain efficient and deal with most existing deposits of undigested foods. Liquids include vegetable soups, fruit juices, vegetable juices, herbal teas and water. Leaving the dining table still a little hungry maintains a healthy desire for good nutritious foods. Overeating, on the other hand, leads to congestion and cravings for *quick-energy* foods/beverages, such as sugar, sweets, white flour products, potato chips, chocolate, coffee, tea and soft drinks. All of these foods and beverages lead to gallstone formation.

9. Maintain Regular Meal Times

The body is controlled by numerous circadian rhythms, which regulate the most important functions in the body in accordance with pre-programmed time intervals. Sleep, secretion of hormones and digestive juices, elimination of waste, etc., all follow a specific daily ‘routine.’ If the routine is disrupted more often than it is kept, the body becomes imbalanced and cannot fulfill its essential tasks. All tasks are naturally aligned with and dependent on the schedule dictated by the circadian rhythms.

Having regular meal times makes it easy for the body to prepare for the production and secretion of the right amounts of digestive juices for each meal. Irregular eating habits, on the other hand, confuse the body. Furthermore, it loses its digestive power by having to adjust to a different mealtime each time. Skipping meals here and

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there, eating at different times, or eating between meals especially disrupts the cycles of bile production by the liver cells. The result is the formation of gallstones.

By maintaining a regular routine of eating, the body's 60-100 trillion cells are able to receive their daily ratio of nutrients according to schedule, which helps cell metabolism to be smooth and effective. Many metabolic disorders, such as diabetes or obesity, result from irregular eating habits and can be improved by matching the eating times with the natural circadian rhythms. It is best to take the largest meal of the day at around midday and only light meals at breakfast (no later than 8AM) and dinner (no later than 7PM).

10. Eat a Vegetarian Diet

Eating a balanced vegetarian diet is one of the most effective ways to prevent formation of gallstones, heart disease and cancer. If you feel you cannot solely live on foods that are of vegetable origin, then at least try to substitute red meat with chicken, rabbit or turkey for some time. Eventually, you may be able to go fully vegetarian. All forms of animal protein decrease the solubility of bile, which is a major risk factor for gallstones.

You can greatly reduce the risk of developing gallstones by adding more vegetables, salads, fruits and complex carbohydrates to your diet. Aged cheese, commercial yogurt, as well as highly processed and refined foods cause imbalanced bile constitution. In addition, try to avoid fried and deep-fried foods. Especially, the heated oils used in fast food restaurants are a quick way to produce gallstones.

11. Avoid ‘Light’ Food Products

There are several scientific studies today indicating that ‘*light*’ foods encourage appetite and overeating and do **not** reduce weight; on the contrary, they may lead to weight gain.

The more *enzymatic energy* is contained in food, the faster we feel satisfied and the more efficiently the food is converted into usable energy and bio-available nutrients. By contrast, low-calorie, ‘light’ foods impair bile secretion, digestion and excretory functions. Elevated levels of blood fat indicate that bile secretions are low, blood vessel walls have thickened and fats are no longer adequately digested and absorbed. Hence, a person with high blood fat actually suffers from ‘fat deficiency.’ A low-fat diet may even raise cholesterol production in the liver, in direct response to an increased demand for fats in the cells and tissues of the body. The side effects of this survival maneuver by the body are development of gallstones and weight gain, or wasting.

Low-fat and other low-calorie diets are damaging to health and should only be prescribed if at all, in acute liver and gallbladder disorders when digestion and absorption of fat are severely disrupted. After removing all gallstones and normalizing liver functions, it is necessary to gradually increase fat and calorie consumption again to meet the high-energy demands of the human body. The presence of gallstones in the liver and gallbladder impair the body’s ability to properly digest fat and other kinds of high-energy food. Rare or minimal consumption of these foods over a prolonged period of time affects some of the most basic metabolic and hormonal processes in the body. This may have serious repercussions for one’s health. By eating a diet low in proteins as well as cleansing the liver and gallbladder, normal, balanced fat intake poses no further risk of developing gallbladder or liver problems.

12. Eat Unrefined Sea Salt

Refined salt has virtually no benefit to the body. On the contrary, it is responsible for causing numerous health problems, including gallstones. The only salt that the body can digest, assimilate and utilize properly is unrefined, unprocessed sea salt or rock salt. For salt to be useful to the body, it needs to penetrate foods, e.g., allowing the moisture of the fruits, vegetables, grains, legumes, etc. to dissolve the salt. If salt is used in its dry state it enters the body in a non-ionized form and creates thirst (a sign of being poisoned). It causes further harm because it is not being properly assimilated and utilized (also see Chapter 3).

You may dissolve a pinch of salt in a small amount of water and add that to fruit or other foods that are not usually cooked. This will aid in the digestion of those items while helping to de-acidify the body. Adding a pinch to drinking water generates alkaline properties and provides you with important minerals and trace elements. It may be worth mentioning at this point that food should taste delicious, but not salty, in and of itself. Pitta body types require less salt than other body types.¹⁴ (To purchase untreated and unrefined sea salt, see ‘Suppliers List.’)

Important Functions of Real Salt in the Body:

1. Stabilizes irregular heartbeat and regulates blood pressure—in conjunction with water. Naturally, the proportions are critical.
2. Extracts excess acidity from the cells in the body, particularly the brain cells.

¹⁴ To determine your Ayurvedic body type, refer to *The Key to Health and Rejuvenation*.

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3. Balances sugar levels in the blood, which is particularly important for diabetics.
4. Is essential for the generation of hydroelectric energy in the cells in the body.
5. Is vital for the absorption of nutrient components through the intestinal tract.
6. Is needed to clear the lungs of mucus and sticky phlegm, particularly in asthma and cystic fibrosis.
7. Clears up catarrh and congestion in the sinuses.
8. Is a strong natural antihistamine.
9. Can prevent muscle cramps.
10. Helps prevent excess saliva production. Saliva that is flowing out of the mouth during sleep may indicate salt deficiency.
11. Makes bones firm. Twenty seven percent of the body's salt content is located in the bones. Salt deficiency and/or eating refined salt versus real salt are leading causes of osteoporosis.
12. Regulates sleep; acts as a natural hypnotic.
13. Helps prevent gout and gouty arthritis.
14. Is vital for maintaining sexuality and libido.
15. Can prevent varicose veins and spider veins on the legs and thighs.
16. Supplies the body with over 80 essential mineral elements. Refined salt, such as the common table salt, has been stripped of all but two of these elements. In addition, it contains harmful additives, including aluminum silicate, a primary cause of Alzheimer's disease.

13. The Importance of Ener-Chi Art

Ener-Chi Art is a unique method of rejuvenation that helps restore a balanced flow of Chi (vital energy) through the organs and systems in the body, within less than one minute. I consider this healing approach to be a very profound tool in facilitating a more successful

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outcome of all other natural healing methods. When Chi flows properly through the cells of the body, the cells can remove their metabolic waste products more efficiently, absorb all the oxygen, water and nutrients they need more readily and conduct any necessary repair work more swiftly. The body can much more easily restore its health and vitality when there is constant, unrestricted availability of Chi. Although I consider the liver cleanse to be one of the most effective tools to help the body return to balanced functioning, by itself it may not be able to restore its overall vital energy due to many years of congestion and deterioration. Test results have shown that Ener-Chi Art may very well fill this gap. Its rate of effectiveness so far has been 100% for every person who has been exposed to it.

The use of *Ener-Chi Ionized Stones* is another very practical and effective tool to improve one's health and vitality. (For more information on Ener-Chi Art and Ionized Stones see *Other Books and Products by the Author* at the end of this book.)

14. Getting Enough Sleep

Tiredness precedes any type of disease, whether it is cancer, heart disease or AIDS. Although impaired liver functions, low immunity and overeating can also cause fatigue, in most cases it results from lack of quality sleep, e.g., sleep before midnight.

Some of the most vital processes of purification and rejuvenation in the body are initiated and carried out during the two hours of sleep before midnight. Physiologically, there are two entirely different types of sleep, as verified by brain wave measurements. These are *before-midnight sleep* and *after-midnight sleep*. Sleep occurring in the two hours before midnight includes deep sleep, often referred to as 'beauty sleep.' Deep sleep occurs for about one hour and generally lasts from 11PM to midnight. During deep sleep you are in a dreamless state of consciousness where oxygen consumption in the body drops by about 8 %. The rest and relaxation that you gain during this hour of dreamless sleep is nearly three times more profound than

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what you get from the same length of sleep after midnight (when oxygen consumption in the body rises again).

Deep sleep hardly ever occurs after midnight and it does only if you go to sleep at least two hours before midnight. If you regularly miss out on deep sleep, your body and mind become overtired and the stress responses are unnaturally high. Stress responses include secretions of the stress hormones *adrenaline*, *cortisol* and *cholesterol* (a part of the cholesterol secreted during a stress response may end up as gallstones). To keep these artificially derived energy bursts going, you may feel the urge to use such nerve stimulants as cigarettes, coffee, tea, candy, colas, alcohol, etc. When the body's energy reserves are finally exhausted, chronic fatigue results.

When you feel tired, all of your body cells are tired, not just your mind. In fact, your organs, digestive system, nervous system, etc., will also suffer from lack of energy and will not be able to function properly. When you are tired, your brain no longer receives adequate amounts of water, glucose, oxygen and amino acids, which make up its main food supply. This situation can lead to innumerable problems in your mind, body and behavior.

Doctors at the University of California, San Diego, have found that losing a few hours of sleep not only makes you feel tired during the next day but can also affect the immune system, possibly impairing the body's ability to fight infection. Since immunity diminishes with fatigue, your body is unable to defend itself against bacteria, microbes and viruses and cannot cope with the build-up of toxic substances in the body.

Getting enough sleep, therefore, is the most important prerequisite for restoring health of body and mind. Try to get to sleep before 10PM and rise between 6AM and 7AM, or earlier, depending on your sleep requirements. It is best not to use an alarm clock, to allow for a natural phasing out of sleeping cycles. Removing all the gallstones from the liver and gallbladder and getting enough sleep will reduce any tiredness that may be there during the day. Should the problem continue, the kidneys might need to be cleansed as well (to dissolve kidney stones see *The Kidney Cleanse* in Chapter 5).

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15. Avoid Overworking

Working too hard too many hours overtaxes the body's energy system. Overworking particularly stresses the liver. To meet the excessive demand for energy in the brain or other parts of the body, the liver tries to convert as much complex sugar into simple sugars (glucose) as possible. If there is a shortfall of energy, or energy supplies run out altogether, the body has to take recourse to an emergency stress response, which makes extra energy available but, at the same time, disrupts circulatory and immune functions.

The continuous secretion of adrenaline and other stress hormones that occurs in a person who 'never stops working' can eventually make him a *workaholic*. This is a condition in which work becomes the major source of excitement in a person's life. The excitement is provided by the 'thrill effect' of the stress hormones.

To avoid exhausting your liver and damaging your immune system, make enough time for yourself. Try to allocate at least one hour each day for meditation, yoga, exercise, listening to music, artistic activities or being in nature. The body is not a machine that can run continuously without having a break. Overworking the body and mind in any way will eventually demand extra recovery time from an illness. In the long run, overworking as a means of getting things done faster or earning more money more quickly, not only cuts years off one's life but also cuts life off one's years, as the old saying goes.

The liver is designed to provide energy for a certain number of years; overextending this 'service' damages or destroys the liver prematurely. By living by a code of moderation with regard to eating, sleeping and working, the body can maintain an efficient and vital energy system throughout life. Another old saying recommends that we spend one third of our life sleeping, one third working, and one third for recreational pursuits. This wise formula maintains balance on all levels of life: mind, body and spirit; overworking upsets it.

16. Exercise Regularly

Our technological and economic advancement has led to an increasingly sedentary lifestyle, which requires additional forms of physical movement to keep our bodies vital and healthy. Regular exercise helps to increase our capacity to digest food, eliminate physical impurities, balance our emotions, promote firmness and suppleness, and strengthen our ability to deal with stressful situations. When performed in moderation, exercise serves as a great immune stimulant and improves neuromuscular integration in all age groups. Boosting self-confidence and self-esteem is an important by-product of exercise that stems from improved oxygen supply to the cells. This results in greater well-being in all parts of the body and mind.

The liver, especially, seems to benefit from aerobic exercise. The increased availability of oxygen during and after exercising greatly improves circulation and enhances the flow of venous blood from the liver towards the heart, especially. A sedentary lifestyle slows this process, causing stagnation of blood flow in the liver development of gallstones. For that reason, regular, non-strenuous exercise can prevent new stones from forming.

On the other hand, physical exertion resulting from over-exercising leads to secretion of excessive amounts of stress hormones, leaving the body restless and shaky. When the body is depleted of energy, it is unable to do the repair work that arises from a strenuous workout, leaving the cardiovascular system weak and vulnerable to other stress factors. Overexertion can also have a detrimental effect on the thymus gland. Specifically, the thymus gland, which activates *lymphocytes* (immune cells that defend us against disease) and controls energy supplies, may actually shrink in size and cause the body to become agitated and vulnerable to all kinds of health problems.

In light of this, it is best to choose a form of exercise that gives you a sense of joy and satisfaction. Whenever you exercise make certain that you always breathe through your nose and keep your mouth closed, in order to avoid the harmful '*adrenaline breathing*.' Aerobic exercises are effective and beneficial as long as one maintains nasal breathing (versus mouth breathing). If you run out of breath, slow down or stop exercising. You may resume the exercise

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once your breath is back to normal. This simple advice can prevent you from potential harm, such as exhaustion, too much lactic acid, etc., arising from exercising.

Considering how crucial exercise is for a healthy body and mind, try to exercise every day, even if it is only for 10 minutes. It is important, though, not to do more than 50% of your capacity for exercise. The main thing is to not become tired. For example, if you can swim for 30 minutes before getting tired, swim for only 15 minutes. In time, your capacity for more exercise will unfold. Remember, both excessive exercising and lack of exercise weaken the immune system, impair liver functions and flood the blood with toxic chemicals.

17. Get Regular Exposure to Sunlight

Your body is capable of synthesizing Vitamin D through a process whereby the sun's ultraviolet rays interacts with a form of cholesterol present in the skin. Regular exposure to sunlight has been shown to regulate cholesterol levels. But unlike cholesterol-lowering drugs, sunlight does *not* increase cholesterol in the bile, which is a major cause of gallstones. Rather, sunlight has a holistic effect, meaning that all functions in the body can benefit. Ultraviolet light is proven to lower blood pressure, facilitate cardiac output, increase glycogen (complex sugar) stores in liver, balance blood sugar, improve the body's resistance to infections (increase of lymphocytes and phagocytic index), enhance oxygen-carrying capacity of the blood and increase sex hormones, among many other health-promoting effects.

Sunbathing may be harmful, however, for those who live on a diet rich in acid-forming, highly processed foods and refined fats or products that contain them. Also alcohol, cigarettes, and other mineral and vitamin-depleting substances, such as allopathic and hallucinogenic drugs, can make the skin vulnerable to ultraviolet radiation. After having cleared the liver and gallbladder from all gallstones, moderate sun exposure will cause no harm. During the summer period it is best to avoid direct sun exposure between 10AM

and 3PM, whereas in winter and spring the same period may be beneficial for the body.

For maximum benefits, it is best to take a shower before sunbathing. Contrary to common belief, it is important to not use sunscreens. Sunscreens do not prevent cancer but cause it. Sunscreens ‘successfully’ cancel out the sun’s positive effects.¹⁵ Start your sunlight treatment by exposing your entire body (if possible) for a few minutes to begin with and then increase your time in the sun by a few more minutes each day until you reach 20-30 minutes during each exposure. Alternatively, walking in the sun for an hour has similar benefits. This will give you enough sunlight to keep your body and mind healthy, provided you incorporate the basic aspects of a balanced diet and lifestyle.

18. Take Liver Herbs

There are a number of herbs that can further improve liver performance and keep it nourished and vital. They can be made into a concoction and are best taken as a tea for 10 days during each change of season or at times of acute illness. Although there are many herbs that help liver function and maintain clean blood, the following are among the most prominent ones:

Dandelion root (1oz)	Comfrey root ($\frac{1}{2}$ oz)
Licorice root (1oz)	Agrimony (1oz)
Wild yam root (1oz)	Barberry bark (1oz)
Bearsfoot (1oz)	Tanners oak bark (1oz)
Milk thistle herb (1oz)	

For maximum effectiveness it is best to use all of these herbs, in combination, if possible. To do this, mix them together (in equal parts, except for Comfrey root = $\frac{1}{2}$ amount), and add about 2 tablespoons of this mixture to 0.75 liter (24oz) of water. Let it sit for

¹⁵ To learn more about the beneficial effects of sunlight and the harmful effects of sunscreens, see *The Key to Health and Rejuvenation*.

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six hours or overnight, then bring the mixture to a boil, letting it simmer for about 10 minutes before straining. Drink two cups of this ‘herbal tea’ per day on an empty stomach, if possible.

Taken on its own, tea made from the bark of the *red lapacho tree*, also known as *Pau d’Arco*, *Ipe Roxa* and *Taheebo*, has powerful effects on the liver and immune system. The American Indian herb, *Chaparral*, although tasting very bitter, is also an excellent liver and blood purifier.

19. Apply Daily Oil Therapy

Oil therapy is a simple, yet astoundingly effective method of cleansing the blood that has been shown effective for numerous disorders, including blood diseases, lung and liver disorders, tooth and gums diseases, headache, skin diseases, gastric ulcers, intestinal problems, poor appetite, heart and kidney ailments, encephalitis, nervous conditions, poor memory, female disorders, swollen face and bags under the eyes. The therapy consists of sipping and swishing oil in the mouth.

To apply this therapy you need cold pressed, unrefined sunflower or sesame oil. In the morning, anytime before breakfast, put one tablespoon of oil in your mouth but do not swallow it. Slowly swish the oil in your mouth, chew it and draw it through your teeth for 3-4 minutes. This thoroughly mixes it with saliva and activates the released enzymes. The enzymes draw toxins out of the blood. For this reason, it is important to spit out the oil no later than 3-4 minutes after doing this. You don’t want the toxins to be reabsorbed. You will find that the oil takes on a milky white/yellowish color (saturated with toxins and billions of destructive bacteria).

For the best results, repeat this process two more times. Then rinse out the mouth with $\frac{1}{2}$ teaspoon baking soda or $\frac{1}{2}$ teaspoon unrefined sea salt. This solution removes all remnants of the oil and toxins. Additionally, you may want to brush your teeth to make sure your mouth is clean. Tongue scraping is advised.

Some of the visible effects of oil swishing include elimination of gum bleeding and whitening of teeth. During times of illness, this procedure can be repeated three times per day, but only on an empty stomach. Oil therapy greatly relieves and supports liver functions as it takes toxins out of the blood that the liver has not been able to remove or detoxify. This benefits the entire organism.

20. Replace All Metal Tooth Fillings

Metal dental ware is a constant source of poisoning and, possibly, allergic reaction in the body. All metal corrodes in time, especially in the mouth where there is a high concentration of air and moisture. Mercury amalgam fillings release their extremely toxic compounds and vapor into the body, a reason why German dentists are prohibited by law from giving them to pregnant women. This product is already banned in a number of European countries.

If mercury is considered dangerous for mother and baby, it must be considered dangerous for everyone. The liver and kidneys, in particular, which have to deal with noxious substances, such as those released by metal fillings, become gradually poisoned. Cadmium, for example, which is used to make the pink color in dentures, is five times as toxic as lead. It does not take much of it to raise one's blood pressure to abnormal levels. Thallium, which is also found in mercury amalgam fillings, causes leg pain and paraplegia. It affects the nervous system, skin and cardiovascular system. All wheelchair patients who have been tested for metal poisoning tested positive for thallium. Many people who were in a wheelchair several years after they received metal fillings completely recovered after removing all metal from their mouths. Thallium is lethal at a dose of 0.5-1.0 gram.

Other elements contained in metal fillings are known for their cancer-producing (carcinogenic) effects. They include nickel, which is used in gold crowns, braces and children's crowns, and chromium. All metals corrode (including gold, silver and platinum) and the body absorbs them. Women with breast cancer have often accumulated large amounts of dissolved metals in their breasts. Once the mouth is

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cleared of all metals, they will also leave the breasts. And most cysts will shrink and disappear by themselves.

The body's immune system naturally responds to the presence of toxic metals in the body and, eventually, develops allergic reactions. These allergies may show up as a sinus condition, tinnitus, enlarged neck and glands, bloating, enlarged spleen, arthritic conditions, headaches and migraines, eye diseases and even more serious complications, such as paralysis or heart attacks. An obvious way to improve all of these conditions is to replace all metal fillings with *plastic fillings* that contain *no* metals. Additionally, cleanse the liver and kidneys, and drink tea made from liver herbs (see above recipe) for 10 days after replacing a filling.

21. Bring Balance to Your Emotional Health

On a deeper level of manifestation every physical ailment *is* an imbalanced emotion. Emotions are signals of comfort or discomfort that our body sends us at every moment of our conscious existence. They contain specific vibrations that serve as a kind of weather report, telling us how we feel about ourselves, about others and about what is 'good' or 'bad,' 'right' or 'wrong' in our lives and our world. Emotions are like reflections from a mirror that reveal to us everything we need to know to go through the trials and tribulations of life. Our body, which can only be *felt*, is such an emotional mirror or messenger. A dirty mirror reflects only certain parts of us or makes us look distorted. If we are emotionally stuck and unable to understand what is happening to us, it is because we are not open to listen to, understand and follow the messages that our body is trying to convey to us.

All emotional problems indicate a lack of awareness. If we are not completely aware why these emotions and/or physical challenges are there, we are out of touch with ourselves and, hence, are incapable of making positive changes in our life. Many people are so disconnected from their feelings that they do not even know *what* they feel. Practicing mindfulness brings our attention back to where we are and

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who we are. By staying *with* our emotions as long as they last, we can unleash the tremendous creative powers that lie dormant within us. Emotions are not there to be judged or suppressed; they are there to be understood. As we learn to observe them, we will begin to understand their true meaning. Instead of unconsciously *reacting* to a difficult situation or person, we will be able to consciously *act*, out of our own free will.

Emotions want to be acknowledged because they are the only way our body can tell us how we truly feel about others and ourselves. By accepting and honoring all of our feelings and emotions, rather than repressing them, we begin to experience a different reality in life, one that offers us freedom from judgment and freedom from pain. We will begin to see a sense and purpose in everything that is happening to us, regardless of whether it is ‘right’ or ‘wrong,’ ‘good’ or ‘bad.’ This eliminates fear, and all of the other emotions that arise from fear. Balancing our emotions is one of the most important non-physical ways of attaining a sound state of health, happiness and peacefulness.

The approaches, messages and artwork contained in my book, *Freedom From Judgment—How to Access Your Eternal Gifts of Love, Wisdom and Power*, have been designed to bring balance to your emotional health (see *Other Books and Products by the Author*). In fact, your entire perception of problems, limitations, disease, pain and suffering may become profoundly altered after reading this book. In addition, what formerly may have led you to age faster or, perhaps, even experience a physical illness, may become rapidly transmuted into powerful opportunities of generating joy, abundance, vitality and rejuvenation throughout the rest of your life.

In the meanwhile, you may greatly benefit from doing the following simple method of balancing emotions:

Transfer your mind back to a time in your early childhood, perhaps, when you were three years old. Remember how totally free and joyful you were. You had no preconceived notions of what was right or wrong, good or bad, beautiful and ugly, etc. See yourself interacting with other people with wonder, total ease and innocent openness. You are interested in all there is and you feel safe, nourished and loved. Now go forward in time to a situation in your life where you no longer felt this way, where you felt a lack of love or ignored, rebuked, criticized, abused, etc. Notice the contraction and

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coldness in your heart. Once again, go back to the innocent spirit of your childlike nature and bring it into that situation that caused you so much pain. Fill yourself with that three-year old innocence and untainted joy and radiate it all around you. See it filling everyone with that same joyful radiance. Now move to another event in your life that caused you unhappiness and repeat this process. Go through every difficulty or negative experience in your life and heal it with your three-year old joyful self.

This exercise is so efficient because in reality there is no linear time; it is just a concept we use to separate events that have occurred, occur now or may occur in the future. So, in truth, past events have just as powerful effects on us today as they had then. For this reason, there is so much fear, tension, stress, anger, conflict and violence in our world. Most people cannot let go of their past experiences and, thus, recreate similar scenarios to deal with them in one way or another. But, by undoing their negative impact through this simple exercise of self-empowerment, you can literally change your past and, thereby, your present and future realities.

It may take 1-2 weeks (20-30 minutes per day) to sift through and heal all of your past unbalanced emotions in this way, but it is worthwhile. Whenever you react negatively to something in your life it is because you have had an unbalanced emotional experience prior to that. By balancing all the unwanted experiences that have occurred between your early childhood and this moment, you can literally wipe out the root causes of every emotional, mental, physical and spiritual problem and prevent new ones from occurring.

Chapter 6

What Can I Expect from the Liver Cleanse?

A Disease-free Life

Disease is not part of the body's design. Symptoms of disease merely indicate that the body is trying to prevent serious harm or even a life-threatening situation from occurring. We become sick when our immune system is suppressed and overburdened with accumulated toxic waste. Wherever congestion has reached a climax, the body tries to clear it in a number of ways. Its methods of self-defense and cleansing often require fever, infection, inflammation, ulceration and pain. In more serious cases, cancer and buildup of plaque inside artery walls help avert imminent demise.¹⁶ Most types of internal 'suffocation' are preceded or accompanied by a blockage of the liver bile ducts. When the liver, which is the main factory and detoxification center of the body, becomes congested with gallstones, disease is a likely outcome.

By clearing the liver bile ducts from all obstructions and maintaining a balanced diet and lifestyle, the body naturally returns to a state of balance (homeostasis). This balanced state is what is commonly called 'good health.' The old saying, "prevention is better than cure" applies most appropriately to the liver. If the liver is kept free of gallstones, it is very difficult to upset this balanced state. Having a clean liver basically means having a clean bill of health.

Health insurance companies and their clients could greatly benefit from the liver cleanse in a number of ways. These companies would

¹⁶ To learn more about the four major causes of disease, how disease develops, the true reasons for cancer, heart disease and AIDS, etc., refer to *The Key to Health and Rejuvenation*.

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be able to considerably lower their premium rates and expenditures while the insured population enjoys much better health, fewer sick days of work, and freedom from the fear and pain that typically accompany disease. Older generations would no longer be considered such a burden, as they would be able to take care of themselves more and more rather than less and less. Health care costs could be cut down drastically, which may be the only way to safeguard continued progress and prosperity in nations such as the United States and the United Kingdom. If the current trend of escalating health expenditure in the United States continues to grow as fast as it has most recently, major corporations are likely to end up bankrupt. In 2001, the cost of health care in the US exceeded the \$1 trillion mark.

Good health care cannot be measured by how much money is being spent on treating symptoms of disease. Treating the symptoms of an illness inevitably requires further treatments because the origins of disease are ignored and become worse if unattended. To ‘successfully’ treat symptoms, which implies suppressing the body’s own healing efforts, you need to take recourse to poisonous drugs, radiation or surgery. All of these forms of medical interventions have harmful side effects which, in turn, become the cause of new diseases that require further treatment. The quick-fix-approach of suppressing symptoms of disease is a major cause of chronic illness, premature death and, of course, spiraling health costs. By comparison, it is very inexpensive to (actually) cure disease and prevent new diseases from arising. Conventional health care is becoming less and less affordable for most people in the world and is likely to become a rare privilege for a relative few in the future. If the liver cleanse were being prescribed by doctors in the United States, even just to patients with gallbladder disease, it could help the 20 million gallstone sufferers to live a normal, comfortable life and eliminate or prevent numerous other related illnesses.

The liver cleanse does much more than merely restore proper gallbladder and liver functions, it helps people take active care of their health for the rest of their lives. Taking out an insurance policy against disease cannot guarantee a disease-free life. Good health develops naturally when you keep the body free of gallstones and other toxic waste deposits, and when you fulfill the most basic

requirements for maintaining youthfulness and vitality throughout life.

Improved Digestion, Energy and Vitality

The meaning of ‘good digestion’ comprises three basic processes in the body:

1. The food we eat is broken down into its nutrient components.
2. The nutrients are readily absorbed, distributed to all the cells and metabolized efficiently.
3. The waste products resulting from the breakdown and utilization of food are completely eliminated through the excretory organs and systems.

The body requires good digestion in order to guarantee continuous, efficient turnover of its 60-100 trillion cells. To sustain homeostasis, the body needs to make 30 billion new cells to replace the same number of old, worn-out or damaged cells. If this occurs smoothly, day after day and year after year, the new generations of cells in the body will be as effective and healthy as the previous ones. And even if certain cells, such as brain and heart cells, cannot be replaced (this theory is about to become obsolete), their constituents are nevertheless renewed constantly, e.g., carbon, oxygen, hydrogen, and nitrogen atoms.

The natural turnover of cells or atoms, however, is no longer complete or efficient in the majority of people who live in a fast-paced world that has little time for a healthy lifestyle and balanced diet. People are unhealthy today because they eat unhealthy foods. In contrast, a nourishing diet consists of natural, unpolluted foods and fresh, clean water. Only very few societies that live in remote and secluded areas, such as the Abkhasian Mountains in Southern Russia, the Himalayan Mountains in India, Tibet and China, the Andes in South America, or Northern parts of Mexico, have managed to maintain their youth and health at all age levels. Their diet consists

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only of pure, fresh foods. But you don't need to live in remote areas of the world to be healthy. In fact, it is very normal, for example, to have completely clean blood vessels at age 100 or older (see **Figure 14**).

By cleansing the body and giving it the best possible treatment we can all raise our quality of life to a high level of energy and vitality, which is the natural state of health that every human being deserves. A well-functioning digestive system and gallstone-free liver provide the main conditions through which the body can regulate the smooth turnover of cells without accumulating toxins. This is the best antidote to aging and disease any person can have.



Figure 14: Open artery of a 100-year old American woman

Freedom from Pain

Pain is a signal that the body uses to identify and correct certain problems or malfunctioning. Pain is not a disease in itself, but the sign

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of a proper immune response to an abnormal situation. When the pain subsides naturally, without the use of painkillers, it shows that the body has returned to a state of balance. Chronic pain indicates that the immune response is not sufficient and that the cause of the problem has not yet been removed.

Cleansing the liver and gallbladder from all gallstones can help reduce and eliminate pain in the body, regardless of whether it is felt in the joints, head, nerves, muscles or organs. The body is as healthy as the blood and lymph are. If the blood and lymph contain large amounts of toxins, which is the case with a congested liver, there may be irritation, inflammation and infection, or damage of cells and tissues in the weaker parts of body. If the functions of digestion, metabolism and elimination of waste material in the body are impaired due to weak liver performance, the *blood immune system* cannot accomplish its healing work in the body.

The healing response is predicated upon on an efficient immune system, the greater part of which is located in the intestinal tract. The liver, which is the main organ controlling digestion and metabolism of food, must be free of all obstructions (gallstones) in order to prevent the immune system from being overtaxed. If immunity is low in the intestines it will also be low in all other parts of the body. Pain relief is automatic when congestion subsides and the immune system returns to its full power and efficiency. Pain is not something that requires treatment, unless it is unbearable. Since chronic pain is caused by chronic congestion, the liver, intestines, kidneys and lymphatic system should be cleansed before attempting to treat the pain. In almost every case, this relieves all pain and restores vibrant health and proper immune functions.

A More Flexible Body

Physical flexibility is a measure of how well the organs, joints, muscles, connective tissues and cells are nourished by the food we eat, the water we drink and the air we breathe. The digestive and metabolic processes that make these things available to the cells need

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to be in top condition for health to be a permanent reality. Stiffness in the joints and muscles indicates presence of acidic metabolic waste products in these parts of the body due to poor digestion and elimination.

Anyone who practices yoga, gymnastics or any other form of exercise and does one or more liver cleanses notices greatly increased flexibility of the spine, joints and muscles. Deposits of mineral salts in the neck and shoulder areas begin to lessen, and aches and stiffness disappear. The whole body feels more ‘connected,’ as the connective tissues that keep the cells together become more fluid again.

A river of pure, clean water flows more easily and with less friction than a river that is thickened by a lot of filth and mud. One of the liver’s most important functions is to keep the blood thin so that it can distribute nutrients to the cells, collect waste materials and carry messenger hormones to their destinations on time. Thick blood is the common denominator across most illnesses in the body and can be recognized by a lack of flexibility in certain body parts, among other symptoms. If the spine and joints are permanently stiff and painful, this indicates that most of the internal organs are suffering from circulatory problems. Blood circulation greatly improves when gallstones cease to congest the liver. This leads to increased flexibility and mobility of the body. A good and regular exercise program helps to support and maintain newly found flexibility.

A flexible body also suggests that the mind is open and adaptable. A rigid body, on the other hand, is a sign of a rigid and fearful mind. As the body is supplied with thinner blood and hardened structures begin to soften again, mental attitude also becomes more expansive and accommodating. This enhances our ability to flow with the opportunities of life in the present moment, adding great joy and fulfillment to each and every day.

Reversal of the Aging Process

Aging is generally viewed as an unavoidable phenomenon that will afflict every person sooner or later. However, this viewpoint

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applies only to its ‘negative’ consequences. Aging can also be seen as a growth process that makes life richer, increases wisdom and enhances experience and maturity, assets that are rarely found in young age. The negative aspect of the aging process, which the majority of people identify with, is a metabolic disorder that develops gradually over a period of time.

The unwanted effects of aging result from malfunctioning that occurs on the cellular level. When the body’s cells are unable to remove their daily-generated metabolic waste material fast enough, some of it is deposited in the cell membranes. In fact, the cell membranes become cellular ‘garbage bins.’ The cells cannot rid themselves of all their own waste because the surrounding connective tissue is congested with other waste material (due to lymphatic blockage). In due time, this inefficient waste disposal becomes more pronounced and apparent. The withheld waste gradually cuts off the cells’ supply of oxygen, nutrients and water, and increasingly thickens their membranes. The cell membranes of a newborn baby are very thin, nearly colorless and transparent. The average 70 year old person today has cell membranes that are at least five times as thick as those found in a baby’s body; the membranes’ color is generally brown and, in some cases, even black. This cell—degenerative process is what we generally refer to as ‘aging.’

Even during aging, all cells in the body are routinely replaced with new cells. Yet, the new cells are generally in not much better shape than the old ones were. The affected tissues or groups of cells have become weaker and suffer malnutrition, giving the new generation of cells a very poor start in life. Consequently, not before long, the membranes of the new cells also become clogged up. They never even have a chance to develop into healthy young cells. As more and more of the cells and the surrounding connective tissues become saturated with toxic substances, entire organs in the body begin to age and deteriorate as well.

The skin, which is the largest organ in the body, also begins to suffer from malnourishment. Consequently, it may lose some of its elasticity, change its natural color, become dry and rough, and develop blemishes that consist of metabolic waste products. At this stage, the negative aspect of the aging process becomes visible on the

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outside. So, it is very obvious that external aging, which is a direct result of defective cell metabolism, first occurs inside the body.

Impaired digestion and liver function are the main causes of inefficient cell metabolism. Both functions improve dramatically when *all* the gallstones in the liver and gallbladder are eliminated and other toxic waste materials are removed from the organs, tissues and cells through simple methods of cleansing (as discussed in this book). As soon as the cells begin to shed their 'dark skin' (a natural result of the cleansing), the absorption of oxygen, nutrients and water increases, and so do cell vitality and efficiency. As digestion and metabolism continue to improve, instead of being old and tired, the cells will become young and dynamic again. This is the time when the actual aging process becomes reversed and the positive aspects of aging begin to dominate.

Inner and Outer Beauty

The results of steadily improving cell metabolism will affect the way you feel about your inner self as much as it will show on the outside. Older people look radiant and youthful when they are truly healthy. Young people can look quite old if their bodies are toxic and tired. Naturally, if you want to achieve outer beauty you must develop inner beauty first.

If your body has accumulated a lot of waste material it is not capable of imbuing you with a sense of beauty and worthiness. There are still groups of indigenous people living in the most remote parts of the world who enjoy perfect health and vitality. They regularly purge their liver, kidneys and intestines with oils, herbs and liquids. These practices have become lost to modern societies where the main emphasis is on improving the superficial physical appearance and, in the case of an illness, fixing its symptoms rather than removing the cause.

Those who have done a series of liver cleanses report that they feel much better about their body, their life and their environment. In many cases, the person's self-esteem and ability to appreciate others

improves as the body becomes increasingly purified. The liver cleanse can greatly contribute towards developing vitality and inner beauty. This will not only slow or reverse the aging process but also make you feel more youthful and attractive, regardless of your age.

Improved Emotional Health

The liver cleanse has direct implications on how you feel about yourself and others. Under stress, you are likely to become irritable, annoyed, frustrated and even angry. Most people assume that stress has something to do with the external problems they face in their lives. Yet this is only partially true. Our response to certain issues, situations or people is only negative because we are not able to cope with them.

The liver, which maintains the functions of the nervous system by supplying it with vital nutrients, also determines our stress response. Gallstones impede the proper distribution of nutrients, which forces the body to take recourse in several emergency measures, including excessive secretion of stress hormones. For a short while, this quick first aid measure helps to maintain most bodily functions, but sooner or later the body's equilibrium becomes disturbed and the nervous system aggravated. Given this imbalanced state of affairs, any external pressure or demanding situation may trigger an exaggerated stress response which, in turn, may give rise to the feeling of being stressed or overwhelmed.

Our emotional health is intimately linked to our physical health. Cleansing the liver and keeping it clean helps maintain emotional balance. By removing the gallstones you also root out any deep-seated anger and resentment that may have been stored there for a long time. This relief or letting go of past, unresolved issues may create a new sense of being alive. The sense of freedom and euphoria commonly felt almost immediately after a liver cleanse indicates what can be in store for you once your liver has been completely cleansed.

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A Clearer Mind and Improved Creativity

Clarity of mind, memory recall, creativity and ability to concentrate and focus attention all depend on how well the brain and nervous system are nourished. An ineffective circulatory system has a dulling and suppressing effect on all mental processes. This, in turn, adds stress and strain on the nervous system.

With each new liver cleanse you undertake, you are likely to notice a further improvement in mental faculties. Many people report that their mind becomes less turbulent and more relaxed. Others report a sudden influx of expansive thoughts that help to improve their work performance and creative output. Artists generally find that there is an opening of a new dimension to their creative expression, including perception of colors, shapes and forms.

Those involved in techniques of spiritual growth or self-improvement will find that the elimination of all gallstones in the liver may help them gain access to deeper, formerly hidden areas within themselves and utilize more of their mental potential. The liver cleanse particularly helps balance the *solar plexus chakra*. The solar plexus represents the energy center in the body responsible for will power, energy absorption and distribution, as well as liver, gallbladder, stomach, pancreas and spleen functions. This central part of the body and emotions becomes far more comfortable after doing a series of liver cleanses.

Chapter 7

What People Say About The Liver Cleanse

“The liver cleanse, 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 wasn’t 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 five 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 still my problems continued, each time reappearing in different areas of my body with worse symptoms. 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 didn’t 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 Cleanse* book!!!! At present I have completed 6 cleanses. It’s not quite complete but the difference is so noticeable that I can speak about it with great confidence. The last six months have been truly amazing for me.

“So far I have passed about 2000 stones ranging from the size of a pea to a golf ball. Also 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

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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 Cleanse* 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*

"I completed my tenth liver cleanse about three weeks ago, and this last one was clear of any stones. I have removed in excess of nine thousand stones over a period of about twelve months. My health is so much better, no tiredness, boundless energy. For the twelve 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 its thanks to you and your wonderful book. With my very best wishes."

Robert M., U.K.

"A client of mine, age 33, is a nice man who had a benign brain tumor removed two years ago and headaches since the age of 10. A

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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 cleanses of which he has now done two. The three weeks since the last cleanse 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 second cleanse; he could not believe what came out. He’s really grateful and delighted with the results and the book.”

Geoffrey M., Health Practitioner, U.K.

“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.” This was the beginning of an e-mail message that Susan, a 62-year old client of mine from Arizona, sent me recently. “He was a bit disturbed when I first saw him,” she continued, “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 failure 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.”

Her message ended by saying how grateful she was for having received all the advice and recommendations that had given her the

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power to claim a healthy normal heart. Susan is one in thousands of people who were listed as incurable heart disease patients, but through liver cleansing and changes in diet and lifestyle has beaten the odds.”

“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.”

P.B., Spain

“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 value tested twice yearly to monitor my endocrine system. Two years ago, blood tests also showed elevated cholesterol level of 229 mg% [200mg per 100 ml]. My endocrinologist wanted to put me on a cholesterol-lowering drug called Lipitor,¹⁷ which I steadfastly refused.

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

“In addition, my required dosage of SYNTHROID® for my hypothyroidism has been reduced from 0.175 to 0.125 during the past two years, with further reductions coming. I recently finished my sixth liver cleanse and I look forward to continued improvements of my health and vitality.”

Bryant Wangard, Minnesota, USA

¹⁷ For more information about Lipitor and high cholesterol, see Chapter 1.

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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.¹⁸ The third day I had a bowel movement, mostly pulverized 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.”

D.P., Germany

“I have recently completed my 9th liver cleanse and am extremely excited about the results. Towards the evening of the day of that cleanse I passed a calcified gallstone that measured a little less than 2 ½ inches in length and 1 ½ inches in width (see **Figures 6b** and **6c**), 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 cleanse 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 9th cleanse did

¹⁸ Colosan is an effective colon cleanser, described in *The Key to Health and Rejuvenation*.

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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 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 cleanse 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 cleanses, 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!”

L.M., California, USA

“Until cleanse #11, I really didn’t have much to say except I released over 2,000 stones. However, since the last cleanse, 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!”

P.V., Minnesota, USA

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“I’ve done the cleanse 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.”

Alexi, USA

My Own Story:

“When I was eight years old, my uncle—who was the leading iridologist¹⁹ in Germany at that time—examined my eyes and told me that I had ‘stones’ in my liver. From age six 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, skin diseases and a short scoliosis of the spine. Every 4-5 weeks I suffered fainting spells while standing in a church, a bank or post office. These fainting spells became more and more severe and were accompanied by vomiting and diarrhea. I was sick in bed for 3-4 days after each one of these episodes. No doctor was able to offer an explanation for these debilitating symptoms.

“At age 15, I began to 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, milk). After I completely avoided these foods, most of my symptoms disappeared. However, my liver seemed sluggish, the scoliosis remained, and I was heading towards another series of crises. About 10 years later I began to suffer major gallbladder attacks. The stones that my uncle had seen years earlier had grown larger and multiplied many times. [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 attacks that lasted 3-10 days each. These were

¹⁹ Iridology or the Science of Eye Interpretation is a medically accepted, diagnostic method in Germany and several other countries. It can quickly reveal the existence and causes of physical ailments through careful study of the iris.

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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 true solution to this problem.

“I began to experiment with different herbs, treatments and liver cleansing methods prevalent in various cultures and over eons of time. From all the methods I researched, tested and tried, the procedure outlined in this book turned out to be the most effective for me. During my first real liver cleanse, I passed over 500 gallstones. My gallbladder attacks stopped from that very day. Other problems, such as backaches, joint pain, short scoliosis and digestive problems, improved with each new cleanse. After 12 cleanses and 3,500 gallstones less, my liver was completely clean and, at last, my health was the way I 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 30 years ago.”

Andreas Moritz, Minnesota, USA

Chapter 8

Frequently Asked Questions

The following are the most frequently asked questions with corresponding answers regarding gallstones, the liver cleanse 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 are there to transport bile from the liver cells towards the intestinal tract; similar to water pipes delivering water to a home or field. To block bile ducts also means to cut off oxygen and nutrient supply to the liver cells. This would go against the very design of the body. So there is no advantage to having the bile ducts clogged up. Since bile also carries toxins out of the liver, congested bile ducts obstruct this vital function, damaging the liver and leading to overall toxicity in the body.

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

A. Most people eliminate any remaining stones during the past-colonic, the one done after the liver cleanse. If you continue to feel dullness in the head, tiredness or other symptoms of toxicity in the body, use one of the intestinal cleansers such as Aloe Vera juice, castor oil, colosan, etc. Discontinue use as soon as the discomfort subsides. In some cases, a second colonic may be necessary. These difficulties, albeit rare, usually arise due to ‘spastic colon,’ a chronic condition in a segment of the large intestine that inhibits bowel function.

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Q. I am pregnant. Is it OK for me to do the liver cleanse?

A. Although the liver has no known side effects on mother and baby, to be on the safe side, it is better to postpone the liver cleanse until six weeks after delivery. For future pregnancies, however, I recommend that you ensure you are gallstone-free before conception. This will ensure optimum health for both yourself and your baby during and after the pregnancy.

Q. I cannot tolerate apple juice. Is there an alternative?

A. The malic acid in apple juice seems to have the best properties for preparing the liver and gallbladder to expel gallstones easily and effectively. Try to drink the apple juice very slowly and/or water it down. If you still cannot tolerate apple juice, you may substitute with 1,500—2,000mg malic acid powder dissolved in two glasses of water. The herb, Gold Coin Grass, is another good alternative (see details in Chapter 4).

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

A. It's up to you to decide. After a liver cleanse, it takes about two weeks before enough gallstones have moved from the rear of the liver towards the two hepatic ducts (exiting the liver) to make another purge worthwhile. You may want to do the cleanse every two weeks until no more stones come out, or else take more time between each cleanse. If you decide to do a cleanse every two weeks, start drinking the apple juice two weeks after the last main purge. Most people prefer to cleanse 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, headache, backache, and so on.

Q. Shall I avoid doing the liver cleanse while I am menstruating?

A. Although the liver cleanse is also effective when done during menstruation, it is more convenient and comfortable for women to

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cleanse their liver before or after the monthly cycle. Besides, menstrual bleeding is a form of cleansing the body and it is best for the body not to cleanse at two ends at the same time.

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

A. For optimum results, the liver cleanse should always be preceded and followed by some form of colonic cleansing (see also *Keep Your Colon Clean* in Chapter 5). The quickest and most reliable method of freeing the colon of spastic or congested areas is colonic irrigation. Once the colonic therapist tells you that your colon is clean, you can skip the colonic prior to liver cleansing and replace it with one of the other methods of colon cleansing. However, continue having colonics after each liver cleanse, ideally within three days. The past-colonic 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 irritation or inflammation. I strongly recommend that you do not do the liver cleanse without having a colonic afterwards.

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

A. Your liver functions started improving the moment the first stones were expelled. Gallstones constricting the liver bile ducts have a suffocating effect on surrounding liver cells. Releasing the stones through the liver cleanse helps them ‘breathe’ 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 are also cleared (through repeated cleansing). Once all stones have been removed, the liver as a whole can repair itself and restore normal functions.

Q. How long does it take to receive the full benefits from completing a series of, let's say, 6-8 liver cleanses?

A. Once your liver has released the last gallstones, the digestive functions will improve significantly, which will benefit every part of

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the 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 are to be viewed as positive side effects. If other causes of ill health have been eliminated as well (see *Simple Guidelines to Avoid Gallstones*, Chapter 5), 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 six 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 anyone at my age still benefit from the liver cleanse?

A. Age is no impediment for the body to be healthy. As long as your liver is alive, the liver cleanse can help you improve its functions and, thereby, increase the nutrient and energy supply to the cells of your body. The negative aspect of aging is just a progressive state of malnourishment and toxicity, both of which can be helped with a series of liver cleanses and adjustment of diet. The elderly respond very well to the liver cleanse 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 cleanse were to be introduced into facilities for elderly people, it could help restore these people’s health, dignity and self-sufficiency and, perhaps, even start off a new vibrant phase of life for them.

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 cleanse help?

A. There is no medical therapy to date that can remove fat deposits from the liver. But 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, and lack of proper sleep. Whatever may be the cause of the congestion in your liver, by repeatedly cleansing it, it will gradually improve and repair itself to the extent possible. Consider taking another scan (although I do not generally recommend scans) after your sixth or eighth liver cleanse and let your doctor compare it with the previous one. The difference will be like black and white. Once your liver is cleared of fatty deposits, similar deposits will also disappear from other parts of the body, e.g. breasts, thyroid, arteries, etc. All of this, of course, is contingent upon your maintaining a balanced, low protein, preferably vegetarian diet and healthy lifestyle.

Q. Can taking Epsom salts have harmful side effects? I find it to cause soreness in my anus during the cleanse?

A. Epsom salts (magnesium sulfate) can be found in mountain regions and is contained in sea salts. It is also manufactured synthetically by combining natural minerals. So long as the liver is congested, Epsom salts has no harmful side effects. The soreness in your anus stems from the strong toxins that get released during the cleanse, not from the Epsom salts. If your gastro-intestinal tract were completely clean of toxic waste material, the magnesium in the Epsom salts would simply be absorbed and cause no further bowel movements (magnesium is a powerful laxative). There would be no irritation and, therefore, no side effects, such as cramps, gas, bad breath, etc. These forms of discomfort result only from the release of toxins. The Epsom salts are chemically altered as they pass through your small intestines. In other words, Epsom salt reaching the colon is no longer in the same original form as when you ingested it.

If you find that during a successful liver cleanse the last 8-10 bowel movements in the morning or afternoon consisted merely of water without any stones or white cholesterol segments, you can reduce the dosage of the last two helpings of Epsom salts by one-half each. If you are totally intolerant or allergic to Epsom salts, try other natural colonic cleansers that work fast, such as castor oil or *Colosan*, which consists of a blend of various magnesium oxides. Colosan can be purchased from the American company *The Family Health News* (see *Suppliers List*), or other online retailers. The disadvantage with most other colon cleansers is that, unlike Epsom salts, they do not

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open the bile ducts to release the gallstones into the intestinal tract—an essential part of the cleanse.

Q. Is any type of olive oil suitable for the liver cleanse?

A. The olive oil should be cold pressed and 100% pure. Usually olive oil that bears the label “Extra Virgin Olive Oil” is the best but, nevertheless, read the label carefully. It should state that the oil has not been mixed with other oils. Unfortunately, in some countries, olive oil is sold as ‘extra virgin’ but contains 80% soy oil. Real olive oil has a greenish color. Avoid those that are of a golden color. Organic olive oil has the best taste. If you are not sure about its authenticity, test it out with the *Kinesiology* muscle test.²⁰

Q. I read on the Internet that the stones people passed during the liver cleanses are just hardened lumps of olive oil. Is there any truth to this?

A. There is an effort on behalf of certain individuals and establishments to discredit the beneficial effects of the liver cleanse by proposing that these gallstones are actually made of olive oil or are caused by the liver in response to the sudden ingestion of large quantities of oil. These individuals have their own reasons for doing this, which is not for me to elaborate on. They have obviously never done a liver cleanse, themselves, otherwise they would realize what these stones are made of. First, olive oil does not assume such a putrid smell as is emanating from the gallstones. Second, olive oil cannot congeal into such relatively hard structures, even if were chemically altered and manipulated in a laboratory. This is even more impossible given the short time frame the olive oil has to travel through the gastro-intestinal tract and the total unavailability of any thickening agents. Third, analysis of the majority of the released gallstones reveals the presence of all basic ingredients that make up the bile

²⁰ There are many books and videotapes available that can teach you how to apply this simple testing method. Kinesiology muscle testing can tell you immediately whether a food product is suitable for you, or not. There is also an exact description of the testing procedure in *The Key to Health and Rejuvenation*.

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fluid. Many of these consist of layers and layers of old, dark green bile, something that doesn't happen overnight. The rest of the stones are the typical calcified gallstones found in the gallbladder. Fourth, the olive oil mixture does not even pass through the liver, as would be if it were combined with food. Therefore, the liver does nothing but release gallstones and bile. The liver is not a soap factory either. Fifth, once the liver and gallbladder are completely clean, there are no more gallstones being released. If these stones were indeed made from olive oil, they would occur even after all liver bile ducts are open. However, this is not the case. There are thousands of people from all over the world who have saved their gallbladders by the liver cleanse. Others have fully regained their health and even saved their own lives by doing these cleanses. Those who promote such false claims prevent their compatriots and themselves from improving their well-being.

Q. I am taking food supplements. Should I continue taking them while doing the liver cleanse?

A. It is best to avoid any supplements or medicines during the cleanse, unless they are absolutely essential. Besides, they are wasted as they are flushed out with the bile and Epsom salts. In addition, medicinal drugs and substances such as sleeping pills have a suppressive effect which can render the cleanse ineffective.

Q. I have done eight livers cleanses 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 don't understand is why my first liver cleanse produced no stones whatsoever and the second one only six or seven small ones. During the following cleanse I passed about a thousand, much to my amazement. Can you explain why I wasn't successful with the firsts two cleanses?

A. You are one of these rare people whose major bile ducts in the liver were solidly congested with gallstones and it took three cleanses to soften the hardened structures and break them down. It is not true that the first two cleanses weren't successful. They were. They did the groundwork or digging, and the following cleanses just removed what was already dug up—thanks to your patience and persistence!

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Q. During a total of five liver cleanses I have passed over 1,200 stones. My fifth cleanse, however didn't produce more than 20 stones. Does this mean that my liver is clean now?

A. Not necessarily. It may be that your five cleanses have successfully removed all the stones that were held in one of the two major biliary duct networks, but the second one may still be blocked. Further cleansing will open it, too. You may even release more stones during future cleanses than you did with the previous ones.

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

A. Although, it sounds reasonable to give back to the body what it has lost as part of the cleansing, I have found that it is far better to let the body do the job itself. This way, the body is stimulated to take care of its own needs rather than forcing it to use eternally supplied 'crutches.' In addition, it is far easier to replenish electrolytes and friendly bacteria when the intestinal tract is clean. In fact, balance is usually restored in less than 24 hours.

Q. What role do gallstones play in children's diseases? You mention diabetes, but how about things like leukemia, juvenile rheumatoid arthritis, etc.? Can a child have developed enough gallstones at a very young age to contribute to serious disease?

A. It is becoming increasingly obvious that gallstones can form in children just as easily as they do in older people. In fact, age is not a risk factor at all for gallstones. Regardless whether it is a child or an adult who regularly drinks diet sodas, eats hamburgers or lives of low fat foods, both of them will manufacture gallstones from such dietary choices. Many children are literally poisoned by what they eat or drink, including the popular 'healthy' breakfast cereals.²¹ It is no surprise that so many children today have already accumulated hundreds, sometimes, thousands of gallstones in their liver. The more they have gathered, the more likely they are to suffer from such serious illnesses as you have mentioned. I developed gallstones before

²¹ To learn more about the astounding scientific research conducted on breakfast cereal foods, see *The Key to Health and Rejuvenation*.

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the age of six and began to experience debilitating illnesses from age eight, just from eating foods made from animal protein.

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 flush them?

A. It depends on how many gallstones you have already accumulated, what kind of foods or beverages you consume, your emotional state and lifestyle. Alcohol, coffee, other stimulants and diuretics, such as sugar and meat, can almost immediately lead to thickening of bile and, thus, form stones. Some stones can reach pea-size within several weeks.

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 ionic selenium (see *Ionic Minerals*, Chapter 5).

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 her/his prevailing condition, diet and lifestyle. In some cases, the waste is so hard and fixed to the colon wall that it may take a series of up to seven 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 three 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

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or arms. These aches and pains will let you know that it is time, again, for another colon cleanse. You can also check for any congestion in the colon with your hands by looking for any tender spots in the colon area.

Q. Do colonics have side effects?

A. There are no side effects. It is possible, however, for some people to have cold-like symptoms or a headache after a colonic. Toxins, which have been lying dormant in the colon, are now being flushed out, and a small amount may be reabsorbed into the body's system. Such a healing crisis generally passes quickly and the person will realize a greater feeling of well-being with further treatments.

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. When food is not digested properly feces tends to attach to the inside of the bowel. Layer upon layer of fecal encrustation inhibits the lining of the intestine to produce the necessary intestinal flora. The resulting lack of lubrication intensifies the congestion and generates toxemia. This, in turn, upsets the normal acid-alkaline balance (pH) and further inhibits the growth of friendly 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 supportive environment, the friendly bacteria will again thrive and disease-causing bacteria will find it difficult to develop.

Concluding Remarks

Cleansing the liver is not something that was invented recently. All the ancient cultures and civilizations knew of the necessity to keep the liver clean. There are plenty of useful cleansing formulas around that were handed down through the generations either by ancestral education or traditional healers. Although the exact mechanisms of these time-tested cleansing procedures were not as well known then as, perhaps, they are today (through the methods of scientific understanding and investigation), they are no less valid, scientific and effective than any new proven therapy. Medical science has yet to come to terms with the fact that there are numerous useful methods of healing that have worked for millions of people throughout the ages and this can make all the difference in the treatment of the most threatening diseases that plague modern societies.

Every house and appliance requires some form of maintenance or repair work from time to time; otherwise it will lose the true purpose for which it was designed. The same principle also applies to the liver. There is no other organ in the body besides the brain that is so complex and has so many vital functions as the liver. We clean our teeth and wash our skin every day because we know that exposure to food, air, chemicals, etc., tends to leave residues that can make us feel unclean and uncomfortable. Not many people, however, think that the same principle of cleaning applies also to the inner parts of the body. The lungs, skin, intestines, kidneys and liver deal with a tremendous amount of internally produced waste, which is a necessary by-product of breathing, digestion and metabolism.

Under normal circumstances, the body can properly deal with the metabolic waste products that accumulate daily by eliminating them safely from the system. These normal circumstances include eating nutritious and organic foods, living in a pollution-free environment,

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having plenty of physical movement and exercise and living a balanced, joyful lifestyle. Yet, how many of us can claim to live such fulfilling lives? What happens when our diet, lifestyle and environment are no longer balanced enough to suit the body's requirements for energy, nourishment and flawless circulation? One of the organs that suffers the most from an overload of toxic chemicals, poor quality of food and lack of exercise is the liver. Hence, it is of utmost importance for everyone who is concerned about their health to ensure that their liver is cleansed and remains free of any obstructions and weaknesses.

Cleansing the liver is not something someone else can do for you. Rather, it is a self-help method that requires a profound sense of self-responsibility and trust in the natural, innate wisdom of the body. You will only feel drawn towards cleansing your liver when you know deep within yourself that this is something you absolutely have to do. If you do not feel this way, it may be best put this book aside for the time being and wait. When the time is right, you will feel the definite impulse or desire to improve your liver's functioning.

Although the liver cleanse is not a cure for diseases, it sets the precondition for the body to heal itself. In fact, there is rarely an ailment that cannot be significantly helped by improving liver performance. To understand the great significance of the liver cleanse one needs to personally experience how it feels to have a liver that has been relieved of two handfuls of gallstones. For many people, the liver cleanse has been an "amazing" experience, reason enough to share it with those willing to help themselves.

Suppliers List

Ionic Water-soluble Minerals:

ENIVA Corporation
P.O. Box 49755
Minneapolis, MN 55449,
USA
Toll Free: 1-866-999-9191
Tel: 1-763-398-0005
Fax: 1-763-795-8890
Web Site: <http://www.eniva.com>

Note: To order any products from Eniva, you require a sponsor name and ID. You may use the name and ID of the author, Andreas Moritz, #13462.

Sources of Unrefined Sea Salt:

Redmond Minerals, Inc.
P.O. Box 219 Redmond, UT 84652
Toll Free: 1-800-367-7258
Tel: 1-435-529-7402
Fax: 1-435-529-7486
E-mail: mail@redmondminerals.com
Web Site: <http://www.realsalt.com/>

The Grain and Salt Society
273 Fairway Drive
Asheville, NC 28805
Toll Free: 1-800-TOP-SALT (1-800-867-7258)
Fax: 1-828-299-1640
E-mail: topsalt@aol.com
Web Site: <http://www.celtic-seasalt.com/>

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Products for the Alternative Versions of the Liver Cleanse:

Gold Coin Grass

Chinese Gentian and Bupleurum

Prime Health Products

15 Belfield Road, Unit C

Toronto, Ontario, Canada M9W

Tel: 1-416-248-2930 **or** 1-416-248-0415

E-mail: jchang@sensiblehealth.com

Fax: 1- 416-248-0415 **or** 1-416-233-5347

Web Site: <http://www.sensiblehealth.com>

Malic Acid Powder, Food Grade

Presque Isle Wine Cellars

94440 W Main Rd

North East, PA 16428

Tel: 1-814-725-1314

Web Site: <http://www.piwine.com>

Colosan

The Family Health News

9845 N.E 2nd Avenue

Miami Shores, FL 33138

Tel: 1-800-284-6263

1-305-759-9500

Web Site: <http://www.familyhealthnews.com>

Colema Board Colon Cleanse Equipments

The AWWsome Online Store

2225 Vista Ave Redding, CA 96001

1-530-244-4321 for Customer Service

E-mail: storemanager@awwsomestore.com

Web site: <http://www.awwsomestore.com>

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Amen Health Products
P.O. Box 1635
Cottonwood, CA 96022
Contact at: info@amenhealth.com
Toll-free 1-888-387-2636 Mon.-Fri.,
9:00 am to 5:00 pm Pacific Standard Time
Web site: <http://www.amenhealth.com>

Free Colema Board Video Demonstration:
Web Site: <http://www.colema.com/videodemo.htm>

Herbs for the Kidney Cleanse

The Present Moment
3546 Grand Avenue
Minneapolis
Minnesota
Mail Order: 1-612-824-3157

Prill Water

Global Light Network
Web Site: <http://www.Global-Light-Network.com>

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Other Books and Products by the Author

The Key to Health and Rejuvenation— Breakthrough Medicine for the 21st Century

This book meets the increasing demand for a clear and comprehensive guide that can help make people self-sufficient regarding their health and well-being. It answers some of the most pressing questions of our time: How does illness arise? Who heals, who doesn't? Are we destined to be sick? What causes aging? Is it reversible? What are the major causes of disease and how can we eliminate them?

Topics include: The placebo and the mind/body mystery; the laws of illness and health; the four most common risk factors of disease; digestive disorders and their effects on the rest of the body; wonders of our biological rhythms and how to restore them if disrupted; how to create a life of balance; why to choose a vegetarian diet; cleansing the liver, gallbladder, kidneys and colon; removing allergies; giving up smoking naturally; Using sunlight as medicine; the 'new' causes of heart disease, cancer and AIDS; and antibiotics, blood transfusions, ultrasounds scans, immunization programs under scrutiny.

The Key to Health and Rejuvenation sheds light on all the major issues of health care and reveals that most medical treatments, including surgery, blood transfusions, drugs, etc., are avoidable when certain key functions in the body are restored through the natural methods described in the book. The reader also learns about the potential dangers of medical diagnosis and treatment as well as the reasons vitamin supplements, 'health' foods, light products, 'wholesome' breakfast cereals, diet foods and diet programs may have contributed to the current health crisis rather than helped resolve it. The book includes a complete program of health care, which is primarily based on the ancient medical system of Ayurveda.

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It's Time to Wake Up—

**As we leave behind the age of struggle and ignorance
we need to learn everything anew,**

because only a new seed can yield a new crop.

It's time now for a new way of life.

It's time for Abundance, Love and Spiritual Wisdom.

In this book the author brings to light man's deep inner need for spiritual wisdom in life and helps the reader develop a new sense of reality that is based on love, power and compassion. He describes our relationship with the natural world in detail and discusses how we can harness its tremendous powers for our personal and mankind's benefit. *It's Time to Wake Up* challenges some of our most commonly held beliefs and offers a way out of the restrictions and limitations we have created in our lives.

Topics include: What shapes our Destiny; using the power of intention; secrets of defying the aging process; doubting - the cause of failure; opening the heart; material wealth and spiritual wealth; fatigue—the major cause of stress; methods of emotional transformation; techniques of primordial healing; how to increase health of the five senses; developing spiritual wisdom; the major causes of today's earth changes; entry into the new world; twelve gateways to heaven on earth; and many more.

Freedom From Judgment—

How to Access Your Eternal Gifts of Love, Wisdom and Power

"Do you know that there is a place inside you—hidden beneath the appearance of thoughts, feelings and emotions—that does not know the difference between good and evil, right and wrong, light and dark? From that place you embrace the opposite values of life as *One*. In this sacred place you are at peace with yourself and at peace with your world." *Andreas Moritz*

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In *Freedom From Judgment*, Andreas Moritz poignantly exposes the illusion of duality. He outlines a simple way to remove every limitation that you have imposed upon yourself during the course of living duality. You will be prompted to see yourself and the world through a new lens—the lens of clarity, discernment and non-judgment. And you will find out that mistakes, accidents, coincidences, negativity, deception, injustice, wars, crime and terrorism all have a deeper purpose and meaning in the larger scheme of things. So naturally, much of what you will read may conflict with the beliefs you currently hold. Yet you are not asked to change your beliefs or opinions. Instead you are asked to have *an open mind*, for only an open mind can enjoy freedom from judgment.

Our personal views and worldviews are currently challenged by a crisis of identity. Some are being shattered altogether. The collapse of our current World Order forces humanity to deal with the most basic issues of existence. You can no longer avoid taking responsibility for the things that happen to you. When you *do* accept responsibility, you also empower and heal yourself.

Freedom From Judgment shows you how you create or subdue your ability to fulfill your desires. Furthermore, you will find intriguing explanations about the mystery of time, the truth and illusion of reincarnation, the misleading value of prayer, what makes relationships work and why so often they don't. Find out why injustice is an illusion that has managed to haunt us throughout the ages. Learn about our original separation from the Source of life and what this means with regard to the current waves of instability and fear so many of us are experiencing.

Discover how to identify the angels living amongst us and why we all have light-bodies. You will have the opportunity to find the ultimate God within you and discover why a God seen as separate from yourself keeps you from being in your Divine Power and happiness. In addition, you can find out how to heal yourself at a moment's notice. Read all about the "New Medicine" and the destiny of the old medicine, the old economy, the old religion and the old world.

Note: The books are available in both printed, bound form, and as electronic books on the Internet. The electronic versions may be

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downloaded into a computer from the publisher's web site,
<http://www.1stbooks.com>

Ener-Chi Art

In collaboration with Dr. Lillian Maresch, Andreas Moritz has developed a new system of healing and rejuvenation that is designed to restore the basic life energy (Chi) of an organ or system in the body, within a matter of minutes. Simultaneously, it also helps balance the emotional causes of illness.

Eastern approaches to healing, such as Acupuncture and Shiatsu, are intended to enhance well-being by stimulating and balancing the flow of Chi to the various organs and systems of the body. In a similar manner, the energetics of Ener-Chi Art is designed to restore a balanced flow of Chi throughout the body.

According to most ancient systems of health and healing, the balanced flow of Chi is the key determinant for a healthy body and mind. When Chi flows unhindered through the body, health and vitality are maintained. By contrast, if the flow of Chi is disrupted or reduced, health and vitality tend to decline.

A person can determine the degree to which the flow of Chi is balanced in the body's organs and systems by using a simple muscle testing procedure. To reveal the effectiveness of Ener-Chi Art, it is important to apply this test both before and after viewing each Ener-Chi Art picture.

To allow for easy application of this system, Andreas has created a number of healing paintings that have been 'activated' through a unique procedure that imbues each work of art with specific color rays. To receive the full benefit of an Ener-Chi Art picture, all that is necessary is to look at it for about one-half minute. During this time, the flow of Chi within the organ or system becomes fully restored. When applied to all of the organs and systems of the body, Ener-Chi Art sets the precondition for the whole body to self-heal and rejuvenate in its own time.

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To order individual prints or complete sets of these pictures, contact the address below.

Ener-Chi Ionized Stones

Ener-Chi Ionized Stones are stones and crystals that have been energized, activated and imbued with life force through a special process introduced by Dr. Lillian Maresch and Andreas Moritz—the founders of Ener-Chi Art.

Stone ionization has not been attempted before, because stones and rocks have rarely been considered useful in the field of healing. Yet, the inherent power of stones to hold and release vast amounts of information, and to exert a balancing influence upon everything they come into contact with, once ionized, may have far-reaching effects. This may be one of our keys to survival in a world that is experiencing high-level pollution and destruction of eco-balancing systems.

Ionized Stones are alive, conscious and highly reactive in the sense that they ionize and purify any natural substance with which they come into contact. They also help protect us from harmful radiation caused by devices such as television, computers and other appliances.

Also, by placing an ionized stone next to a glass of water or plate of food, the water and food become ionized, increasing digestibility and nutrient absorption. The beneficial uses are numerous: Ionizing foot bath for detoxification of the body; drinking ionized water and eating ionized foods for improved health and vitality; immediate aura and chakra balancing; ionizing weak or injured organs and tissues; creating a balanced and energized environment; enhancing other healing therapies; and improving plant growth, among many other benefits.

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For further information contact:

Ener-Chi Resources, Inc.
E-mail: EnerChiArt@aol.com
Web Site: <http://www.ener-chi.com>

About the Author

Andreas Moritz is a medical intuitive and practitioner of Ayurveda, Iridology, Shiatsu and Vibrational Medicine. Born in Southwest Germany in 1954, Andreas had to deal with several severe illnesses from an early age, which compelled him to study diet, nutrition and various methods of natural healing while still a child.

By the age of twenty Andreas had completed his training in Iridology—the diagnostic science of eye interpretation—and Dietetics. A year later he qualified as a teacher of meditation. In 1981, he began studying Ayurvedic Medicine in India and completed his training as a qualified practitioner of Ayurveda in New Zealand in 1991. Rather than being satisfied with merely treating the symptoms of illness, Andreas has dedicated his life's work to understanding and treating the root causes of illness. As a result of this approach, he has had astounding success with cases of terminal disease where conventional methods of healing proved futile. Since 1988, he has been practicing the Japanese healing art of Shiatsu, which has given him profound insights into the energy system of the body. In addition, he devoted eight years of active research into consciousness and its important role in the field of mind/body medicine.

Andreas Moritz is also the author of *The Key to Health and Rejuvenation*, *It's Time to Wake Up* and *Freedom From Judgment*. During his extensive travels throughout the world he has consulted with heads of state and members of government in Europe, Asia, and Africa, and has lectured widely on the subject of health, mind/body medicine and spirituality. His popular *Your Health Is In Your Hands* workshops assist people in taking responsibility for their own health and well-being. After taking up residency in the United States in 1998, Andreas has been involved in developing a new innovative system of healing and rejuvenation—*Ener-Chi Art*. Ener-Chi Art consists of a series of light ray-encoded oil paintings that can instantly restore vital energy flow (Chi) in the organs and systems of the body and also help to bring balance to the disturbed ecosystems on the planet.

