

Body Code System™

Liver and Gallbladder Flush

The liver and gallbladder flush is an important detoxifying agent which will help restore the normal functional capacity of these organs. It is not recommended for clients under 25 years of age or clients with known large stones. Listed below are the steps that should be followed:

- (1) Monday through Saturday noon, drink as much apple juice as your appetite will permit in addition to regular meals and any supplements that may have been prescribed. The apple juice should preferably be purchased from a health food store to assure there are no additives.
- (2) At noon on Saturday, you should eat a normal lunch .
- (3) Three hours later, drink one bottle of magnesium citrate laxative (widely available in the US at drug stores) this will begin to flush the intestines of toxic waste materials, so plan on staying home or near a bathroom!)
- (4) Two hours later, repeat step 3.
- (5) You may have grapefruit juice, grapefruit or other citrus fruits or juices for your evening meal.
- (6) At bedtime, you may have one of the following:
 - a cup of unrefined olive oil followed by a small glass of grapefruit juice; or
 - a cup of warm unrefined olive oil blended with a cup of lemon juice.(Unrefined olive oil may be purchased from any health food store. It is best to use fresh citrus juice, but canned or bottled are permissible).
- (7) Following step 6, you should go immediately to bed and lie on your right side with your right knee pulled up close to your chest for 30 minutes.
- (8) The next morning, one hour before breakfast, drink one bottle of magnesium citrate laxative.
- (9) Be sure to continue with your normal diet and any nutritional program that has been prescribed for you.

Some clients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice; this nausea will slowly disappear by the time you go to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs only in rare instances.

This flushing of the liver and gallbladder stimulates and cleanses these organs as no other method. Clients who have chronically suffered from gallstones, biliousness, backaches, nausea, etc. occasionally find small gallstone-type objects in the stool the following day. These objects are light green to dark green in color. They are very irregular in shape, gelatinous in texture, and vary in size from grape seeds to cherry seeds. If there seems to be a large number of these objects in the stool, the flush should be repeated in two weeks.