



## **Cleansing the Liver/Gallbladder**

*A Key Therapy to Gain and Keep Your Best Health*

### **What does the liver do?**

Your liver's job is to make sure that your body absorbs the nutrients it needs and dumps everything else that it doesn't need! Your liver's major duties are to:

- Metabolize protein, fat and carbohydrate to provide energy and nutrients
- Store vitamins, minerals and glucose
- Filter the blood by helping to remove harmful chemicals and bacteria
- Make bile, which breaks down the fats which you eat
- Help uptake and storage of fat-soluble vitamins: A, E, D and K
- Store extra blood that can be used in times of extra need or stress
- Make serum proteins which maintain fluid balance of the blood and act as carriers
- Help maintain electrolyte and water balance of the body's fluids
- Make immune substances, such as gamma globulin
- Break down and eliminate excess hormones, such as estrogen

### **An Amazing Organ**

Your liver is an amazing organ. Indeed, it is your "live-r"; it keeps you living. The liver is your major organ of digestion and assimilation, helping to provide vital nutrients that keep you healthy and repair diseased or damaged tissue. Your liver also helps to eliminate wastes from food and environmental toxins from your body. Liver disease is currently the fourth most common cause of death in the U.S. (after heart disease, strokes and cancer). How sad that the majority of deaths from liver disease could be prevented with proper eating habits as well as using natural liver cleansing agents.

One of the liver's main jobs is to make bile, an amazing 1 to 1½ quarts per day. The liver synthesizes bile and delivers it to the gallbladder through the biliary tract (many tiny bile ducts.) The gallbladder is attached to the common bile duct and acts as the storage reservoir for bile. When you eat fat, the stomach signals the gallbladder that fat is on the way. The gallbladder in turn contracts, sending bile into the small intestine to emulsify the fats. This bile is of extreme importance in all areas of the body.

Normal bile is the consistency of a light oil. When the liver is subjected to dietary stress, the bile becomes thick like honey and forms sludge. This can form small clay-like balls and stones which lodge in the liver, along the biliary tract, and in the intestines. Because of this clogging of the bile tubing, many people develop poor digestion, chronic allergies or allergic reactions such as sinus problems or hives, chronic pain and stiffness in joints, and much more. Often a scan or xray of the gallbladder shows nothing. Sludges of old, sticky bile and gallstones are often not in the gallbladder, but lodged in the liver or in the bile tubing. Many stones may be too small or not calcified, making visibility on x-ray almost impossible. Ultrasound may sometimes detect uncalcified gallstones, but not always.

# Fitness Arts

## **Bile Sludge: From “Bad Fats”**

For many people, including children, this biliary tract is choked with gallstones. After years of eating “bad oils” (you know- those chips, fried foods, pizza, mayonnaise, margarine, commercial bagels and breads, cookies, and pastries full of hydrogenated oils, anything with canola oil, etc.), the liver and gallbladder in the average person has become quite congested, like a sewer that is partially blocked- and worse yet, which starts “backing up.” If bile is not produced and cannot flow freely poor health is sure to ensue.

## **Gallstones**

There are over half a dozen varieties of gallstones, most which contain cholesterol crystals. These stones can be black, red, white, green, or tan-colored. The most common is the pea-green color. As the stones grow and become more numerous, they clog the tubing, creating back pressure on the liver, causing it to make less bile. Imagine what would happen if your garden hose had marbles in it. Much less water would flow, which in turn, would decrease the ability of the hose to squirt out the marbles.

Click here to do a Google search of “**gallstone images**” – This is what may be inside of you!  
[www.http://images.google.com/images?hl=en&q=gallstones&um=1 &ie=UTF-8&sa=N&tab=wi](http://images.google.com/images?hl=en&q=gallstones&um=1 &ie=UTF-8&sa=N&tab=wi)

## **Bile: A Natural Parasite Killer**

With gallstones, much less cholesterol leaves the body because bile flow in the small intestine is needed to precipitate excess cholesterol from the blood. As a consequence of reduced bile flow, cholesterol levels may rise, even though the person may eat a good diet. Bile is a key factor that naturally kills many pathogens, such as parasites, which commonly enter the digestive tract via food. If the bile flow weakens, the digestion becomes less efficient, paving the way for more infection. Since gallstones are porous, they can pick up bacteria, cysts, viruses, and parasites that are passing through the liver. In this way, nests of infection can form, continuously burdening the body’s defense systems. The body’s immune system must fight ceaselessly to keep these harmful organisms in check. Yet the body cannot rid itself completely of the beachhead of these organisms without first purging these bile formations. Intestinal bloating and other chronic digestive problems are difficult to clear permanently without eliminating the gallstones and gallstone sludge from the liver and intestines.

## **Liver Stress Factors**

Unfortunately, our fast-paced lives and fast food diets burden the liver with many stresses. Major liver stresses include eating fried foods, hydrogenated oils, processed food and foods with additives and preservatives (many are not declared on the label and others are disguised by misleading terms). In addition, the liver must battle environmental toxins such as lead emitted from gasoline, pesticides, herbicides, cleaning compounds, smog, and thousands of newly made chemicals every year. Devastating liver stress factors come from alcohol and recreational drug use such as marijuana, cocaine, and designer drugs. Many medical drugs, such as painkillers and cholesterol drugs, can adversely affect the liver. An estimated 5% of hospital patients in the U.S. suffer from significant adverse reactions to drugs prescribed by doctors. In fact, from 2 to 4% of all hospital admissions are



from patient reactions to drugs prescribed by their doctors. An ongoing stress for your liver is the excess hormones which it must break down, such as adrenalin, constantly being made by your body in response to over-active and fast-paced lives.

### **What can go wrong?**

As your liver becomes stressed, symptoms of liver toxicity begin to occur. When the liver is not working efficiently, it gets “backed up,” so to speak.

Common symptoms of a poorly functioning liver:

1. Digestive problems (such as burping often, bloating, intestinal gas, stomach pain)
2. Food allergies and sensitivities
3. Chemical sensitivities (such as reactions to gasoline, cleaning agents, soaps, cosmetics, etc.)
4. Rashes, various kinds of skin problems
5. Eye problems (such as blurred vision, eye pain, decreasing eyesight, eye flutters or twitches, etc.)
6. Difficulty sleeping
7. Irritability, frequent anger, depression
8. Tendon or muscle problems (such as frequent sprains/strains, muscle injuries, delayed healing)
9. Swelling of the breasts
10. Menstrual problems (such as too little or too much blood flow, blood clotting, cramps)
11. Testicular problems
12. Headaches (especially pain at the vertex of the head, and throbbing headaches).

### **The Liver’s Energetic Pathways**

According to the science of acupuncture, the liver meridian (a major energy channel of the body) flows through different parts of the body, especially influencing the eyes, digestion, tendons, muscle, and the sexual organs. The ancient theory of Oriental Medicine also describes how the liver is related to anger. Thus, if a person is easily angered, a liver cleansing program may be needed to clear the “stuck” energy of a congested liver pathway. Because we are all besieged with environmental toxins more than ever before, we recommend frequent cleansing of the liver and gallbladder.

### **What will a Liver/Gallbladder Flush do?**

- Cleanse stagnant waste from the liver and gallbladder
- Improve liver function and bile flow
- Help purify the blood and lymph
- Help lower cholesterol levels

Apart from helping with the pain and discomfort of a poorly functioning digestive system, all of the symptoms mentioned below may also be helped by a series of flushes. They are:

- Chronic pain, especially in joints, upper back, and shoulders
- Digestive problems (such as burping often, bloating, intestinal gas, stomach pain)
- Food allergies and sensitivities
- Chemical sensitivities (such as reactions to gasoline, cleaning agents, soaps, cosmetics, etc.)

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- Rashes, various kinds of skin problems
- Eye problems (such as blurred vision, eye pain, decreasing eyesight, eye flutters or twitches, etc.)
- Difficulty sleeping
- Irritability, frequent anger, depression
- Tendon or muscle problems (such as frequent sprains/strains, muscle injuries, delayed healing)
- Swelling of the breasts
- Hormonal Imbalance
- Menstrual problems (such as too little or too much blood flow, blood clotting, cramps)
- PMS and Menopause
- Testicular problems
- Headaches (especially pain at the vertex of the head, and throbbing headaches). A headache of the gallbladder is most commonly over the right eye, at the temples or on one side of the head.)

## **Do I have to do a Liver/Gallbladder Flush?**

Sorry, changing your diet to healthy foods with only good oils might help you feel better- but it won't get rid of that greasy sludge in the gallbladder and biliary tract. Many people, after years of "no cheating"- eating an excellent diet, will pass 40-60 clearly defined gallstones on their first Flush. Once these stones form, changing your diet will not clear them. You need a good Liver/Gallbladder Flush- **even if you have already had your gallbladder removed.** After doing a Flush, many individuals report a new found freedom from a previously hampered physiology.

## **Kicking Out Old Problems**

The Mini Liver/Gallbladder Flush, after it has been repeated for a period of time (typically once a week for 8 weeks) or the Master Liver/Gallbladder Flush, in addition to coffee enemas, castor packs, salt flushes, a good diet, nutritional supplementation and exercise program, has helped many people dramatically improve their digestion, the keystone for good health. Many have found that years of old allergies to food, chemicals, scents, etc. have disappeared after a series of flushes. Incredibly, after a Liver/Gallbladder Flush series, internal pathways can open, which has resulted in the elimination of many types of pain, such as shoulder, upper arm, and upper back pain. This is because many types of external body pain originate from a nerve reflex arc that can link to congested organs, in this case, the liver and gallbladder. Once the reflex is cleared, the pain can be cleared. After an initial period of cleansing with the Master Liver/Gallbladder Flush, repeat it once or twice each year for continued clearance.