

Instructions for Liver and Gallbladder Flushing with the 4-Pack

Step 1: Prepare for your flush by taking Chinese Bitters in the morning and Coptis/Curcuma at bedtime for 3 weeks. The Bitters will decongest and purge toxins from your liver, the Coptis will improve bile flow, and the Curcuma will improve blood circulation.

Step 2: Switch from Bitters to GCG in the morning for the next 3 weeks, while continuing to take Coptis & Curcuma at bedtime. If your problem is severe, you may need to extend this step to several more weeks and use 2 bottles of GCG instead of 1 (be sure to take a 1 week break between the two bottles, to give your gallbladder a rest). If your problem is mild, you may be able to save time by taking both Bitters and GCG together in the morning (or one before breakfast and one before lunch) on an empty stomach. This works well for some, but highly sensitive people may experience headaches or liver discomfort.

Step 3: The day before the flush, get the following ingredients:

- At least 8 litres of organic apple juice or cider.
- 3 lemons or grapefruit.
- Un-iodized sea salt.

You will probably have to go to a health-food store for the organic apple juice (real organic apple juice contains pulp), since grocery-store apple juice tends to contain pesticides.

Step 4 (day 1 of the flush): Start a 2-day apple-juice fast, where you eat nothing but organic apple juice or organic apple cider. Drink 2 cups every 2 hours from 8AM to 8PM, and don't drink anything else except for plain water. You may find that you experience headaches during the first few hours; if this happens it is a liver detoxification reaction.

Step 5 (day 2 of the flush): Repeat the apple-juice fast from day 1, but this time, at the end of the day (~8:30PM) prepare a mixture of ½ cup of olive oil (extra virgin cold-pressed) and ½ to ¾ cups of freshly squeezed lemon juice or grapefruit juice. Now drink this mixture. Note that you may find this difficult and unpleasant; it will be thinner and easier to drink if you heat it up until it's warm. Immediately after drinking the mixture, go to bed and sleep on your right side. If you feel pain during the night, take 1 tablespoon apiece of Coptis and Curcuma. If the pain does not subside, a stone may have gotten lodged in the duct on the way out, in which case you should take 2 tablespoons of GCG, wait for 1½ to 2 hours, and then take 1 tablespoon apiece of Coptis and Curcuma again.

Step 6 (day 3 of the flush): Immediately after waking up, take 4 cups (1 litre) of warm water containing two teaspoons of un-iodized sea salt (if you don't have any, you can use 1/8 cups of fresh-squeezed lemon juice). Then wait at least an hour before eating. You should only eat vegetable broth or soft-cooked vegetables for the rest of the day: no pasta, meat, or dairy.

Step 7 (day 4): You can now eat normally, and your liver/gallbladder flush is complete. You should have already passed many stones during step 6, and you may continue passing stones well into the next morning.

Notes

- Your first flush will usually expel stones only near the front of your gallbladder. Larger, older stones near the back will usually not come out until several flushes have been performed. Even healthy people should flush periodically for preventive reasons.
- After taking Coptis at night, you should ideally drink 2 glasses of warm water upon waking in the morning (this will improve your bowel movements), then do some light morning exercises in order to get your blood moving and your liver working. Wait ¾ to 1 hour before taking your morning tincture (Bitters or GCG) on an empty stomach, then wait another ½ hour before eating breakfast. If you find this regimen too difficult, then take the tincture ½ hour before lunch instead, also on an empty stomach.
- Remember to save a few tablespoons apiece of GCG, Coptis, and Curcuma in case you need them during the flush. Not only can they help if you experience pain due to a stone getting lodged on the way out, but they can also help flush out stones if you find that no stones have come out even on day 3 of the flush.
- Do not be alarmed if you experience headaches after starting Chinese Bitters. Headaches are a common liver detoxification reaction, and they should go away in 1-2 weeks. If the headaches are unbearable, you can reduce the dosage.
- Some people use Epsom salts to make the flush work more effectively because they dilate the bile ducts. However, they weaken the kidneys, they may create “false stones” via condensation with the olive oil, and they have a dehydrating effect on your body so they are not recommended unless you are having no success using the traditional method alone.
- It is possible to flush without fasting, by eating only “organic whole foods” for 1 day and then taking 1 cup of olive oil/lemon juice mixture before going to bed. While this is less effective than the apple-juice flush, it can be suitable for people who can only eliminate a small number of stones per flush because it can be done as frequently as you want, unlike fasting.
- If you want, you can take Bitters *during* the flush by taking it in the morning ½ hour before your first drink of apple juice.
- For more information, you can check the “Gallbladder flushing” section of the SensibleHealth.com website.

Recommended dosages

Bitters: Dosage is ½ to 1 teaspoon daily, ½-hour before breakfast. However, reactions vary between individuals; people with very congested or sensitive livers experience pain or discomfort in the liver area, so they must start at a lower dosage (as low as 1/8 teaspoon in some cases) and then slowly work their way up as their livers improve.

Coptis: Reactions vary between individuals, so start with the recommended dosage (1 teaspoon to 1 tablespoon) and if you start having trouble sleeping, reduce the dosage. The right dosage should make you sleep better.

Curcuma: Use the same dosage that you found for Coptis.

Note: use with caution if you are also taking conventional medications. Separate herbs from medications with a meal.