

# Liver Flush Protocol

## Materials:

- 1 gallon of apple juice
- 2 ounces of ortho-phosphoric acid (Phosfood /Standard Process or Orthophos Nutra-Dyn)
- Enema bag and tip ( colon tube- **optional**) Coffee                      EPSOM SALTS
- Whipping cream and berries
- Olive oil [EXTRA VIIRGIN COLD PRESSED
- ORGANIC GRAPEFRUIT JUICE    ENEMA BAG AND TIP

1. Add 1 bottle (2 ounces) of ortho-phosphoric acid to the gallon of apple juice, and shake. Over the next three to five days, drink the full bottle of juice (this usually breaks down to about 3-4 full glasses a day, best taken between meals). Be sure to rinse your mouth out with baking soda or brush your teeth after drinking the juice to prevent the acid from damaging the teeth.

2. On the sixth day (whatever day you finish the gallon) eat a normal lunch.

3. Two hours after lunch, take 1-2 tablespoons of Epsom salts dissolved in warm water.

4. Four hours after lunch, take a 1 quart (two dose) coffee enema. See accompanying sheet for instructions.

5. Five hours after lunch, take 1 tablespoon of Epsom salts dissolved in warm water.

**START HERE OPTION** (6.) Six or seven hours after lunch, eat a dinner of heavy whipping cream and fruit, as much as desired. Any fruit is acceptable; most patients generally prefer a mixture of berries, either frozen or fresh. The mixture of fruit can be blenderized to make a shake.

7. At bedtime, drink 8 ounces olive oil **blended** together with 8 ounces of fresh organic grapefruit juice. Immediately after finishing the oil, go to bed and lie on the right side with knees drawn up for 30 minutes. You may feel nauseated during the night, due to the release of stored toxins from the gallbladder and liver. This is normal, and will pass. To us it is a good sign because it means the procedure is working. Use ginger tea to ally nausea.

8. Upon arising in the morning, take two of a one quart coffee enema. Be aware that the green jelly bean like particles in your stool are **not** gall stones, but emulsified fat. Gall stones are hard like pebbles.

## THE COFFEE ENEMA

Coffee enemas have been used for over a hundred years, as a generalized detoxification procedure. Despite rumors to the contrary, coffee enemas are perfectly safe when taken as directed. Coffee enemas stimulate the liver and gallbladder to release stored toxins and wastes, and this enhances liver function.

Unless otherwise specified, **ONLY when on the Gerson Therapy** we recommend each patient take the enema each morning.

We usually recommend patients prepare a quart of coffee, using 2-4 tablespoons of coffee per quart. The water should be purified with the reverse osmosis filtration unit; if you do not have such a unit, store bought spring water will suffice. Of course, organically grown coffee would be best for this procedure.

However, Folger's Regular is of high quality and the cleanest of all commercial brands, and as a second choice, we recommend this for your enemas. NO FREEZE DRIED.

The coffee should be made in a stainless steel or glass coffee-maker. Aluminum is not recommended, since aluminum is a toxic metal and can leach into the coffee while perking. It is acceptable to make the coffee the night before use; this allows the coffee to cool. The coffee is best used at body temperature. If it cools too much over night, reheat slightly before using.

### QUICK BREW METHOD

Place 2-4 tablespoons of organic coffee in a coffee filter, held in a strainer, placed over the cup. Add hot water. Place this cup of coffee in the enema bag.. Add three cups of purified water. This will bring it to body temperature, immediately ready for use.

When preparing to take the enema, empty colon first, (you may take a plain water enema).

Then lie on your left side in bath tub, or on your hands and knees, or stand bent at the waist, lubricate and insert tip

Release the stopper, and let about a pint of coffee slowly flow in, then reclamp.

Wait five seconds Then allow the rest in. At first, it may be difficult to retain the enema, but we usually recommend holding the coffee about ten to 15 minutes before expelling

At first, some people may feel slightly jittery, although most patients find the enemas relaxing. Usually, the jitteriness lessens after about the third enema, if needed.

### HISTORY OF THE LIVER FLUSH

The liver flush, in a simpler version, was first used at the Lahey Clinic in Boston during the 1920s as a means of improving liver function. The procedure we recommend is a refinement of the original technique, and serves several important functions.

First, the ortho-phosphoric acid helps remove calcium and lipids (fats) from arteries, and normalizes cholesterol metabolism. The phosphoric acid, working with malic acid found in apple juice, also dissolves and softens gallstones in the gallbladder.

Second, the magnesium in the Epsom salts relaxes the sphincter of the gallbladder and bile ducts, allowing for easy passage of the softened, shrunken stones.

Third, finally, the cream and the oil cause a strong contraction of the gallbladder and liver, forcing out stored wastes, bile, and stones, which easily pass into the small intestine.

These wastes and stones are then excreted through the large intestine, which is why it must be moving well before doing the flush. We have found that the liver flush is a simple way of removing gallstones without surgery, while at the same time lowering cholesterol levels and most importantly improving liver function.