

# The Master Liver/Gallbladder Flush

*Cleansing the Liver and Gallbladder for Optimal Health*



*“A good old-fashioned gallbladder flush is the single greatest thing you can do to improve your health.”  
--Saying from the old-time Naturopaths*

The old-time naturopaths used to say that a good old-fashioned Gallbladder Flush was the single greatest thing you could do to improve your health. Although that may seem like a dramatic statement, over the years, we have found there is an amazing amount of truth to it.

**We all have them.** We have supervised literally hundreds of people who have done the Master Flush, and who had overnight dramatic changes in their health – and close to 100% of everyone passed gallstones – clearly visible in the next day’s stool — frequently from 20 to 100 of them after the first Flush. A small percentage of people do not pass stones on their first Flush – but do so after the second or third gallbladder flush. Due to the silent but toxic nature of commercial oils hidden in many foods, eating these foods causes a stagnant bile syndrome, precipitating gallstones and bile sludge throughout the biliary tract. This is so common in the U.S. that literally everyone passes stones after the Flush. After your own First Flush, there is a phenomenal impact when you see visible stones in the toilet the next day. A little light goes on in your brain – as you realize the importance of eating healthy oils – and the striking consequences of eating the bad ones.

These stones vary from person to person, but the average person has both small ones, such as gravel or small pea-size; others are the size of small and large marbles; bigger ones look like large wads of green clayish chewing gum stuck together or greasy clay-like wads embedded throughout the stool (the day after the

## What Does The Liver/ Gallbladder Flush Do?

- Helps cleanse stagnant waste from the liver/gallbladder
- Helps improve liver functioning and bile flow\*
- Helps purify the blood and lymph\*
- Helps rejuvenate the body\*

Flush). Upon examination, if you cut open one of the “marbles” passed in the stool, there are layers upon layers of compacted grease rings, often bright green in color (but the outer coating often appears greenish brown with a hard outer casing). Colors of the gallstones vary, but bright pea green and darkish green are common. Other colors are black, brown and more rarely, red.

**How did these “stones” form?** After years of eating “bad oils” (you know - those chips, fried foods, pizza, mayonnaise, margarine, commercial bagels and breads, cookies and pastries full of toxic 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” and creating all sorts of symptoms – irritability, difficulty sleeping, poor digestion, dry skin, poor eyesight, depression and much more.

**Grease Balls and Sludge.** In the daily routine of eating seemingly “healthy” commercial foods — but which typically contain “bad” oils plus toxic food chemicals, the quality of the bile, which should be a light, thin, oily texture, becomes thick and viscous — more like dehydrated syrup than the consistency of a thin machine oil. This sludgy bile stagnates and slowly forms thick concretions over time – like grease balls – which then “jam” or impedes normal physiology of the gallbladder which can include the liver and the upper intestinal tract – and which can slowly lead to a gradual expansion of symptoms – including fatigue, headaches, food allergies, burping after meals, smelly gas, environmental sensitivities, poor immune tolerance and much more.

**20 Years of Perfect Diet.** 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. We’ve seen many people after 20 years of “no cheating” — eating an excellent diet (although their previous diet was pretty abominable) – and even they pass 40 to 60 clearly defined gallstones on their first Flush. Once these stones form, changing your diet will not clear them. You need a good gallbladder Flush.

When these grease balls form (and there’s really no better descriptive name – they are sludgy, clayish, wadded concretions nesting in the lining of the gallbladder, the biliary tract or embedded in the small intestines) – they need to be flushed out. What a **quantum leap** you can experience in the new freedom of your previously hampered physiology.

## **10 Allergies Cleared Overnight**

After doing only a single Liver/Gallbladder Flush, Cindy, a menopausal woman in her 50's, cleared over 10 food allergies overnight. No, this is not an exaggeration – literally overnight. One day, she couldn't eat 10 different foods, and the very next day after the Flush, she could eat them – yogurt, tomatoes, nuts, etc.

This dramatic case history leads to an interesting question: does a person really have food allergies – or do they really have a congested liver/gallbladder tract which impedes their digestive capacity for certain foods? Many people have seen their so-called “food allergies” of many years clear after the gallbladder Flush. And of course, if you go back to your “junk” food diet with toxic oils (especially restaurant meals), you'll most likely return to the stagnant bile syndrome. But there's always the next Flush.

### **Repeat the Flush 3 to 4 times.**

After seeing the dramatic results with literally hundreds of people doing the Flush, the following was developed as an easy protocol so that just about anyone can breeze through it and get great results the very first time. We estimate that the average person in the U.S. needs to repeat this Flush at least 4 times (spaced by 4 to 6 weeks in between Flushes).

### **Miracles With The First Flush**

As one medical doctor remarked, “Many of my patients get miracles with the very first Flush. Because the Flush clears so much stagnation in the liver/gallbladder tract, my patients are able to clear many symptoms literally overnight – symptoms that years of nutritional supplements or other therapies could not clear.”

**Preparing for the Flush.** To ensure the best results, the recommended procedure entails taking a liquid herbal drink upon arising each day for 3 to 6 weeks before the Flush. If a person has been eating a healthy diet with a lot of fresh, whole foods, only the 3 week sequence may be needed before the Flush Day. If a person has a history of being chronically ill or weak or a history of eating a poor diet (many refined, commercial foods, especially restaurant meals, mostly cooked foods or a lot of heavy foods such as cheese, cooked meats, etc.), then the 6-week sequence is recommended.

**Strive for a Healthy Diet before the Flush.** For best results, during the 3 to 6 week prelude, strive to eat a healthy diet which contains at least 1/3 raw foods (especially fresh organic (or pesticide-free) fruit and organic salads) in addition to home-prepared meals made with fresh, whole, organic foods. Slowly

increasing the amount of raw foods in the diet provides healthy bulk to the stool, gentle intestinal stimulation and cleansing in addition to an abundance of raw enzymes. Also during this prelude, try to limit animal flesh foods (red meat, poultry, fish, etc.) to once per day only (or less, if desired). This allows the body to alkalinize at a more rapid rate and lightens the digestive enzyme stress.

## **Master Liver/Gallbladder Flush: Ingredients Needed**

### **6-Week Pre-Flush Readiness Procedure:**

- a) Gallbladder Nano-Detox™
- b) Liver Nano-Detox™

### **Master Flush Day**

- a) 5-10 organic apples
- b) Epsom Salt Drink
  - 1) Epsom Salts – 1 small box
  - 2) 1 medium organic lemon
- c) Flush Drink
  - 1) Premier Olive Oil: 1 to 2 bottles
  - 2) Quantum Hyssop Complex – 1 bottle
  - 3) ParaStat – 1 bottle
  - 4) Fresh, organic oranges – 1 or 2

### **Post-Flush Cleansing Drink (for 3 days)**

- 1) Fresh, organic tomatoes – 6 to 8
- 2) Fresh, organic celery – 1 or 2

### **Regular Bowel Eliminations.**

This 3 to 6 week prelude allows the time for the gastrointestinal tract to heal and become regular. It is very important that bowel eliminations become regular (at least one complete, healthy bowel elimination per day). If the bowel eliminations have not been consistently regular, take **Quantum Cleanse Blend** during the 3 to 6 week prelude (½ teaspoon mixed in ½ cup purified water or juice, first thing in the morning, after the Nano products.) For best results, the bowel eliminations should be regular at the time of the Flush.

**Caution:** If you are taking medical drugs, do not do this Flush. Wait until you have been

off all medical drugs for at least one month (or longer) before starting the Flush procedure.

## **The Master Liver/Gallbladder Flush**

**1. The 3 to 6-Week Prelude.** For 3 to 6 weeks, take the following drink, first thing in the morning, upon arising. If you have a history of constipation and heavy meat eating, use the 6-week sequence. The herbs in Gallbladder Nano-Detox™ are well known in Chinese medicine for softening and breaking down gallstones.

- a) DHLA Nano-Plex™: ½ teaspoon
  - b) Liver Nano-Detox™: ½ teaspoon
- Mix together in ½ cup purified water. Wait 10 minutes to eat.
- Optional Products** (you may also use one or all three of the following products):
- c) DHLA Nano-Plex™: ½ teaspoon
  - d) Heavy Metal Nano-Detox™: ½ teaspoon
  - e) Ashitaba Nano-Detox™: ½ teaspoon

Add these to the first drink and take first thing in the morning. For further gallbladder support, it is helpful to sprinkle one capsule of Quantum Turmeric mixed into food several times per week.

For this 3 to 6 week prelude, continue to eat your regular meals and take your regular supplements.

**2. The Day Before the Flush Day.** On the day before the Flush Day, continue to eat your regular meals, except eliminate

all animal flesh foods (red meat, poultry, fish, etc.) and eliminate all oils and fats. For example, eliminate cheese, olive oil, oily salad dressings, etc. You may have other condiments. (For example, you may have vinegar and sea salt on your salad.) Take your regular supplements during this day.

**3. The Flush Day.** The day of the Flush, eat nothing but organic, peeled apples throughout the day, beginning in the morning. Do not eat any other foods or drinks. Do not take any supplements. You may have as many apples and as much purified water as you wish.

**4. At 4 PM,** stop eating apples. However, purified water may still be consumed.

**5. Epsom Salts Drink. At 5 PM,** take an Epsom Salts (magnesium sulfate) drink. Mix ½ teaspoon of Epsom Salts in ½ cup purified water; add 1 to 2 teaspoons of freshly squeezed lemon juice (to neutralize the somewhat bitter taste of the salts). The purpose of the Epsom salts is to help loosen the bowels and clear stagnant fecal matter in the intestinal tract, helping to initiate bowel eliminations. (Epsom salts have been historically used to gently produce bowel movements in constipation.) This drink is used *before* the Flush drink to ensure that the bowels are open so the Flush can download stagnant waste easily. After taking the Epsom salts drink, you may experience a bowel movement from ½ hour to several hours, although for many people, the salts act more as a bowel tonic rather than immediately producing a bowel elimination. The sulfate in the Epsom salts also acts to detoxify the GI tract before the Flush Drink.

**6. The Flush Drink.** Now it is time to take 4 spaced doses of top grade olive oil in which key detoxifying herbs have been added. This larger influx of oil into the body after 2 days without oil coupled with a lighter diet stimulates the gallbladder to excrete a larger amount of stored bile and thus propel stagnant residues out of the gallbladder and biliary tract and release them through the intestines.

**Note:** Absolutely do NOT substitute other oils for this Flush. Use only Premier Olive Oil. Many olive oils (even organic ones) have been solvent-extracted and often contain pesticide residues or other chemotoxins. In addition, it is a common industry practice to adulterate up to 40% of an olive oil bottle with other cheaper oils, such as cottonseed oil – and no, you won't find them listed on the label. The FDA does not currently test oils to determine truth in labeling. Consuming adulterated oils in high amounts can make you feel very sick. In contrast, Premier Olive Oil is 100% top-grade, “beyond organic” olive oil, traditionally produced without harsh chemicals.

**Flush Procedure:** Begin taking the olive oil doses every 15 minutes, starting at 6 PM. **At 6 PM,** open 2 Vcaps of Quantum Hyssop Complex and mix them in 3 or 4 tablespoons\* of Premier Olive Oil. Then consume the oil-herb mixture straight.

**\*Determining the Olive Oil Dose:** For a body size from 85 to 140 lbs., take 3 tablespoons of olive oil per dose; for body size 140 to 200 lbs., take 4 tablespoons of olive oil per dose.

Immediately after consuming the herb-oil mixture, chew one or two wedges of a fresh organic orange and swallow. (The

orange provides citric acid and works very well to clear the oily taste in your mouth and refresh the palate.) **At 6:15 PM,** repeat this procedure (take 3 or 4 tablespoons of oil mixed with 2 Vcaps of Quantum Hyssop). **At 6:30 PM,** repeat the procedure, but also add one Vcap of ParaStat to the olive oil–Quantum Hyssop mixture. **At 6:45 PM,** repeat this procedure again (adding one Vcap of ParaStat to the olive oil–Quantum Hyssop mixture. (Total amount of olive oil to be consumed in one hour = 12 or 16 tablespoons)

**Nausea:** If you have prepared for the Flush adequately, most people do not experience nausea, or if so, only mildly after taking the doses of oil. If you experience pronounced nausea after taking any of the doses of oil, discontinue taking the oil. You may need to prepare for a longer time before doing a Flush.

**7. You're finished!** Do not eat or drink anything else (except water, if desired) until the following morning. (Note: Be sure not to eat anything at all after the Flush. Eating even a small amount of food after the Flush can negate its fabulous cleansing effects.)

**Checking The Stool.** Often, several hours after drinking the last Flush Drink (during the night) or the following morning, various greenish concretions will typically pass in the stool. On the first Flush, it is common to see many (often hundreds) of small, pea-size green balls that float on top of the water in the toilet. Other concretions may be larger in size (the size of small or large marbles) or “wads” of greenish clay material. It is important to “break apart” and thoroughly check the stool with latex gloves or an old coat hanger to look for concretions so you will be aware of your success in passing old concretions.

Concretions are often present in the first stool passed after the Flush, but sometimes they only show up in the second stool or a day later. Often, some concretions may be found in the stools over the next few days after the Flush. When you find hardened concretions in the stool, *congratulate yourself!* Overnight, you have literally cleared years of stagnant waste which has been blocking your healthy digestive and intestinal physiology, creating unknown distress and accelerated aging.

**When to Repeat the Flush:** For the average person, the Master Flush should be repeated every 4 to 6 weeks for 3 to 4 times, then at least once per year.

## The Good Oils

**Feed yourself healthy “good oils”; steer clear of the “bad” ones.** Enjoy eating healthy oils as a regular part of your diet. Enjoy experimenting with new recipes for smoothies, salad dressings, main dishes, etc., made with healthy oils.

**List of key healthy oils to use often:** Quantum EFA Oil Blend (contains 4 key healthy oils in clinically tested ratios), Quantum Borage Oil, Premier Olive Oil (virgin, organic olive oil); Premier Sesame Oil (organic, unrefined sesame oil);

Premier Coconut Oil (unrefined, unheated, virgin coconut oil);  
Quantum Flax Oil (organic, unrefined flax oil).

Hopefully, you will be able to avoid eating the “bad” fats – the ones that cause such severe stagnation of congested bile, leading to gallstone concretions.

**List of oils to avoid:** margarine (all types), canola oil, safflower oil, cottonseed oil, lard, vegetable shortening, all highly heated oils, fried oils. Avoid foods that contain toxic oils, such as commercial white bread, bagels, muffins, cakes, chips, mayonnaise, fried foods, French fries, donuts, pizza, etc. Remember, just because an oil is sold in a health food store does NOT mean that it’s healthy. Also avoid nutritional supplements that contain toxic oils, such as magnesium stearate or vegetable stearate.

**What To Eat On the Day Following The Flush.** The day after the Flush, you may resume eating your regular diet and taking your regular nutritional supplements. To maximize your results, you may choose take the following morning drink in addition to your regular diet:

**OPTIONAL: The After-Flush Drink**

Since the Master Flush liberates a lot of stagnant, often putrid material in the GI tract, a more thorough, complete cleansing effect is possible by beginning the day with a good-tasting drink, called the After-Flush Drink and continuing it each day for 3 days. The day after the Flush, upon arising, make the following drink:

**The After-Flush Drink**

2 medium fresh organic tomatoes  
2 stalks organic celery  
Premier Olive Oil - 2 tablespoons  
Quantum Hyssop Complex - 2 Vcaps (open Vcaps)  
(Do not add salt or other seasonings.)

**Directions:** Blend the above ingredients together, then drink immediately.

Wait for 15 minutes (or more), then you may eat your regular breakfast.

Take this drink, first thing in the morning, for the first three mornings after the Flush. This will help you to have maximum clearance benefits for your Flush.

**Nutritional Supplements After the Flush**

Begin taking your regular supplements after the Flush, but also include these daily:

- 1) **ParaStat:** one Vcap per meal for 4 weeks (or more)
- 2) **Quantum Hyssop Complex:** one Vcap, two times daily (for 4 weeks or more)

**Get Back in The Queue**

After your first complete Flush, you may want to “get back in the queue” and begin preparing for your next Flush in 4 to 6 weeks. If so, begin taking the Nano-Detox™ drinks in the morning again (see beginning procedure).

*Congratulations on your  
newly cleansed body.*