

## Mini-Liver/ Gallbladder Flush

*Cleansing The Liver/Gallbladder For Optimal Health*



### Whole Body Boost

Liver/gallbladder flushes are used to stimulate elimination of wastes from the body, to open the blood and lymph flow to the liver, to increase bile flow, and to improve overall liver functioning. Liver/gallbladder flushes can purify the blood and the lymph supply to the whole body when your liver "filter" has been cleansed.\*\*

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### How do you do the Flush?

Drink the Liver/Gallbladder Flush mixture first thing in the morning, then immediately swallow two capsules of Quantum Liver Complex and/or Quantum Gallbladder Complex. Wait 15 minutes, then repeat the entire Flush, once again swallowing two capsules of Quantum Liver Complex and/or Quantum Gallbladder Complex. Do not take any other food or supplements. After the second Flush, wait 90 minutes (or more) before eating. You may drink water or herbal tea during the 90 minutes.

At lunch time, you may eat your regular lunch and take your lunch supplements. At dinnertime, you may eat your regular dinner and take your dinner supplements.

Most people find the Liver/Gallbladder Flush drink pleasantly spicy and because of the olive oil, rather filling. Waiting 90 minutes before eating lets the Flush work its way through the digestive tract, unhampered by any food burden.

### How often do you do the Flush?

Repeat the Flush (both doses) once per week for 2 months. If you have been chronically ill, you may need to take only one dose of the Flush each week or skip weeks in between using the Flush. To help achieve optimal liver health, repeat this Flush at least once a year.

### On Liver/ Gallbladder Flush Days

On the days that you do the Liver/Gallbladder Flush:

1. Have your lunch and dinner contain a large, fresh organic salad with lots of leafy greens (no head lettuce) and grade 10 vegetables (cooked and raw).
2. Avoid additional oils or fats (such as butter, oil, dressings, fried food, etc.) in order to maximize the Flush.
3. Salad dressings may contain any of the following: avocado, garlic, onion, herbs, sea salt, or other spices.
4. Use minimal amounts of protein (meat or dairy), or preferably none.
5. Snacks may be homemade vegetable soup, vegetable broth, fresh, raw organic vegetable juice (preferably home-juiced), fresh raw vegetables, herbal teas or purified water.
6. Avoid all fruit on this day.

### 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\*

### Before the Liver/ Gallbladder Flush

On the day or two preceding the Flush, it is important that you are having regular bowel movements and that you do not have a fever or other pronounced cleansing symptoms. Otherwise, you may feel nauseated or very poorly on the day of the Flush.

### After The Flush

After the Flush, we recommend taking Premier Liver Complex and/or Quantum Gallbladder Complex daily along with the Quantum-5 Kit, five premier products from "once living" sources, designed to boost the optimal functioning of the liver and gallbladder, as well as the whole body.

### The Source Is Everything

Because most turmeric (from grocery or healthfood stores) is usually both oxidized and poor quality, we recommend only Quantum Turmeric to ensure best results from the Flush. After the Flush you can use Quantum Turmeric, a special liver cleanser, daily as a zesty spice mixed into your food (soups, vegetables, baked potatoes, etc.) Quantum Turmeric is made with grade 10 quality turmeric from India with its aromatic essential oil resins intact.

Secondly, we recommend only Premier Olive Oil for the Flush. Many brands of olive oil which we have tested (even expensive brands) were partially rancid, cut with cheaper oils (a common practice) or chemically tainted with toxic solvents. Consuming these oils can actually make you sick. Premier Olive Oil is 100% pure, extra virgin olive oil, traditionally pressed in Europe without solvents or caustic lye and has no added low grade oils.

**Caution:** If you are chronically ill or under a doctor's care, check with your doctor before trying a new program.

### Liver/ Gallbladder Flush Ingredients

The following proportions are for one flush for the average adult. Mix the following ingredients together in a high-speed blender:

1. 1/2 cup organic tomato juice (use 2 tbsp. of **Quantum Tomato Concentrate** in 1/2 cup water)
2. 2 tablespoons of **Premier Olive Oil** (organic, extra virgin, cold-pressed)
3. 2 Vcaps of **Allucidin Complex** or 1/2 tsp. freshly grated, raw, organic garlic (avoid commercial garlic which is usually too weak)
4. 2 Vcaps of **Quantum Turmeric**, a special liver cleansing herb. Open the capsules, then add to mixture.
5. To swallow: 2 Vcaps of **Quantum Liver Complex** or **Quantum Gallbladder Complex**.

# Mini Liver/Gallbladder Flush: *Ingredients*

## Quantum Tomato Concentrate

Just add water to the Quantum Tomato Concentrate to make delicious tomato juice, a perfect base for the Master Liver/Gallbladder Flush.

- 100% pure, non-hybrid, non-GMO organic tomato concentrate

*Grown on rich soil in South America*

- Rich in lycopene (a powerful, immune-boosting antioxidant) *A whopping 270 mg. lycopene/table-*

*spoon*

- Low-temperature, air-dried
- Raw, unheated, untreated concentrate  
*100% active enzymes and nutrients*
- Rich in potassium (an important mineral for kidney, heart, blood, muscle and nerve support)  
*A heaping 450 mg. potassium/tablespoon*
- No genetic tampering  
*No fillers, sweeteners or artificial flavor enhancers*



## Premier Olive Oil

*Premier Olive Oil acts as an efficient transporter for all nutrients of the Flush to be targeted to the liver and gallbladder. The oil facilitates a strong biliary response from the gallbladder which promotes increased blood flow to both the liver and the gallbladder.\**

- 100% pure, extra virgin, organic olive oil  
*Made from fully sun-ripened olives, hand-picked by local Berber tribes people from 1,500 year old live trees*

- Delicious, full-bodied gourmet taste  
*Not blended with inferior oils, such as canola or cottonseed oil (a common practice to cut costs but never disclosed on the label)*
- No pesticides, solvent residues or harmful chemicals

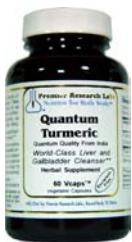
## Quantum Turmeric

*(Curcuma longa)*

*Turmeric, a bright yellow tuber, is rich in antioxidants and phytonutrients, in particular curcumin. It is a premier liver cleanser, helping to bind and down-load stagnant toxins. Turmeric is one of the most potent DNA repair agents ever discovered, helping to set right many dietary and chemical insults.\**

- Supports optimal liver and gallbladder health, cleansing and DNA repair\*

- Freshly ground, grade 10 Indian turmeric  
*Indian turmeric is considered the best in the world.*
- Encapsulated immediately after grinding to retain it unparalleled, active volatile essential oils (open a capsule to smell its rich, full-bodied aroma)



## Quantum Liver Complex

*Quantum Liver Complex is a master herbal formula for comprehensive liver and gallbladder cleansing and support.\**



- Synergistic, broad-spectrum phytonutrients for optimal liver and gallbladder function\*
- Powerful herbal extracts for unparalleled liver and gallbladder cleansing and support\*
- Every nutrient is premier-grown and the most effective species

*Contents: Milk thistle extract, fermented mycelial mushroom extracts, Brazilian pau d'arco, Indian turmeric, Citrus aurantium, Aloe vera concentrate, European carrot extract; in a base of Indian Noni, Nonhybrid European vegetable extracts, primary grown nutritional yeast, wild blue green algae, Grade A Japanese chlorella*

## Quantum Gallbladder Complex

*Quantum Gallbladder Complex is an advanced formula for comprehensive liver and gallbladder cleansing and support.\**



- Powerful, broad-spectrum phytonutrients
- Promotes efficient fat and cholesterol metabolism\*
- Promotes unparalleled gallbladder cleansing and support\*
- Every nutrient is premier-grown and the most effective species

*Ingredients: Citrus Aurantium, Indian guggul, Wild, Mountain-grown Chinese reishi, Grade A Chinese Cordyceps Sinensis Extract, Grade 10 Indian Turmeric, Grade 10 Indian Noni, European nonhybrid Vegetable Extracts, European Beta-Sitosterol, Primary Grown Nutritional Yeast, Wild Blue Green Algae, Grade A Japanese Chlorella (broken cell wall).*