

## **LIVER ( C ) Serious Liver and Gall Bladder Detoxing**

*(Please listen to the accompanying Liver Cleanse Tele-class by Orest V. Pelechaty, CA at [www.HealAndRenew.com](http://www.HealAndRenew.com) to learn more about liver health and the two other liver cleanses)*

Among the MANY fad versions of this “flush”, most leave something to be desired. There is no need to torture oneself nor to make undue stress on your body/mind! So I only rarely recommend this unless a person has done a LOT of prep work, is disciplined, and has a low risk of crystallized gallstones (which can lodge in the biliary duct causing horrible pain and typically will get the person rushed into surgery). First rule of medicine is: *Do no harm!*

***Check with a truly knowledgeable doctor before embarking on this type of cleansing.***

My practice is based on Oriental Medicine emphasizing patience and harmony, and on my personal commitment to rationality and compassion: so we prefer a whole range of gentle and safe approaches for treatment and self care. If one has been growing gall stones then the safest and most intelligent response is a whole person program. Besides using professionally administered Oriental Medicine we also encourage prepping with the two stages of Liver cleansing (see sheets Liver A and Liver B) and then using essential oil protocols. **Therapeutic grade essential oils of the citrus family** will help dissolve the sludge in the gall bladder, and also most of the stones being formed. This makes it so much easier for herbal medicine and Acupuncture to be effective. Please refer to the EDR 4<sup>th</sup> Ed. Page 416

### **The Safer/Gentler Liver Flush (aka the Gall Bladder Purge)**

With complex patients and special cases such as often come to me as a last resort fasting can be a problem. Fasting on apple juice for 3 days or more (up to 8 big glasses per day) is unacceptable! Even doing an apple fast for a week (just eating apples and drinking water) although less unbalanced, is still quite difficult for most people to do. So my strategy would be to follow a lifestyle that prepares one gradually for a liver flush. Go thru a prep phase of using herbal medicines and complex homeopathy , while on a lite diet such as on Sheet Liver A. Leading up to the flush one can eat a few apples per day and make up the difference with malic acid as a supplement (dosage will vary, so consult with a health professional). Then pick a 36 hour time when you can be resting and healing while undisturbed.

Squeeze two lemons into 1-2 cups of extra virgin olive and take two tablespoons of this mixture every 15 minutes from 6 PM on, finishing the whole batch. Stay in bed as long as possible once finishing the concoction. Expect to make many trips to the toilet all of the next day (Sat or Sun are best) often expelling “goo” balls (mostly green, but some can vary in color). These can vary from the size of grains of sand to marbles or bigger. Most people pass a lot of these, some very few. If headachy or cramping use Young Living essential oils to manage symptoms. Drink warm water with fresh lemon!

That morning is best to skip solid food, relying on Fenugreek tea, or **Di-gize** in hot water. Breaking back into food nicely is crucial, especially if the flush was preceded with a fast. Start with brunch, eating steamed green leafies or fresh vegetable broth. Supper can also include fresh basmati rice or an organic baked potato (with no butter). Eat food very slowly and rest a lot. The following day start to re-introduce normal foods, gradually! Go easy on fats and proteins. Be meditative with food and life in general. Yoga, qigong, and walking are the preferred exercises at first. Make the most of your special time for inner healing and peace. Afterwards try daily Milk Thistle *Silybum marinarum* (use the tincture in hot water per label).

\*\*\*Products listed in Bold are available at [www.YoungLivingAbundance.com](http://www.YoungLivingAbundance.com)