

**Next Morning.** Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 AM.

**2 Hours Later.** Take your forth (the last) dose of Epsom salts. Drink ¾ cup of the mixture. You may go back to bed.

**After 2 more hours** you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

**How well did you do?** Expect diarrhea in the morning. Use a flash light to look for gallstones in the toilet with the bowel movement Look for the green kind since this is *proof* that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks, but gallstones float because cholesterol inside. *Count them all roughly*, whether tan or green. You will need to count a total of 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains *permanently*. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowel water. It may be tan colored harboring millions of tiny white crystals. Cleaning this chaff is just as important as purging stones.

### Congratulations

You have taken out your gallstones without surgery! I like to think I have perfected this recipe but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands, of years ago.

THANK YOU, HERBALISTS!

How safe is the liver cleanse? It is very safe. My Opinion is based on over 500 cases, including many persons in their seventies and eighties.

None went to the hospital, none even reported pain. However it can make you feel quite ill for one or two day's afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse programs first.

Excerpts taken from Hulda Clark's book. *The Cure For All Cancers*

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**HARMONY &  
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# Overnight Liver/Gallbladder Flush

Cleansing the liver of gallstones dramatically improves digestion which is the basis of your whole health. You can expect your allergies to disappear; too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper, arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1-1/2 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choke with gallstones. Some develop allergies or hives but some have no symptoms. When the Gallbladder is scanned or x-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, but most are too small and not calcified, a prerequisite for visibility on x ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white green, or tan colored.

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## Get Started!

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take **no** medicines, vitamins or pills that you can do without: they could prevent success. Stop the parasites program and kidney herbs too the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only.

<b>Epsom Salt's</b>	4 tablespoons
<b>Olive Oil Cold Pressed</b>	½ cup (light olive oil is easier to get down)
<b>Fresh Pink Grapefruit</b>	1 large or 2 small, enough to squeeze 2/3 to ¾ cup juice
<b>Black Walnut Hull Tincture</b>	10 drops (optional)
<b>Ornithine</b>	4-8 depending on your experience with the parasite program, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
<b>Large plastic straw</b>	To help drink potion
<b>Pint jar with lid</b>	

2:00 **PM** Do not eat or drink (other than water) after 2 o'clock.

Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, ¾ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only)

6:00 **PM** Drink one serving (¾ cup) of the ice cold Epsom salts.

If you did not prepare this ahead of time, mix 1 tbs. in ¾ cup of water now. You may add 1/8 tbs. vitamin C powder to improve the taste. You may also drink few mouthfuls of water afterwards or rinse your mouth.

Get the olive oil and grapefruit out to warm up.

8:00 **PM** Repeat by drinking another ¾ cup of Epsom salts. You haven't eat since two o'clock, but you won't feel hungry. Get your bedtime chores done. Timing is critical for success: don't be more than 10 minutes early or late.

9:45 **PM** Pour ½ cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least ½ cup more, (up to ¾ cup) is best. You may top it up with lemonade. Add this to the olive oil. Add 10 drops Black Walnut Hull Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late.

10:00 **PM** Drink the potion you have mixed. Take 4 to 8 capsules with the first sips to make sure you will sleep through the night. Drinking through a large plastic straw helps it go down easier. You may use ketchup, cinnamon, or brown sugar to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes.

**LIE DOWN IMMEDIATELY.** You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). **GO TO SLEEP!**

**IMPORTANT: This Information is for educational purpose only. It is not intended for diagnosing & treating disease. If you have a serious illness we recommend you to consult a competent practitioner before beginning a course of treatment.**