

# THE LIVER CLEANSE



## HOLISTIC EDUCATION ACADEMY



**LIVE AND LEARN SERVICES**

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**HOLISTIC EDUCATION AND LIFE SKILLS ACADEMY**

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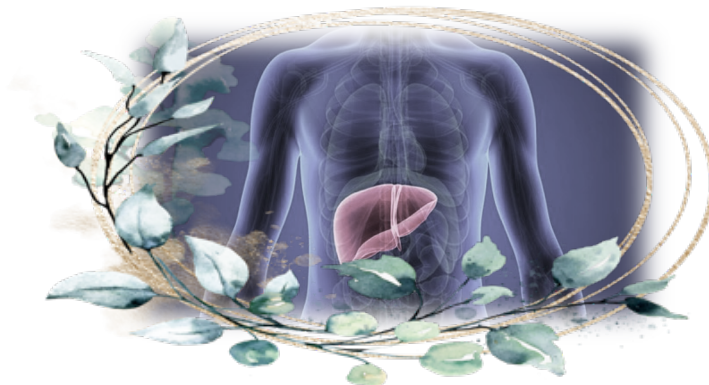
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# THE IMPORTANCE OF THE LIVER



- ➔ The liver is the most complex organ in the body other than the brain; it is the primary key to health.
- ➔ Supplies all the body's cells with nutrients, enzymes & hormones.
- ➔ Filters nearly 1.5 litres of blood per minute.
- ➔ The liver is the protector of the heart.
- ➔ 95% of all disease is caused by obstructions in the liver and gallbladder; known as Gallstones.
- ➔ If the Liver is blocked, it cannot help the body eliminate toxins.
- ➔ The liver produces 0.7 litres of bile daily. Bile helps with digestion, nutrient absorption and detoxification. Bile absorbs fats. Fats absorb minerals, such as calcium, proteins and carbs. Bile contains important antioxidant and anti-mutagenic properties reduces cancer and heart disease. Bile deficiency can lead to osteoporosis (insufficient absorption of calcium) Bile deficiency leads to undigested food gas, discomfort and bloating which are key signs of liver congestion.
- ➔ The most important thing for overall health is not removing disease but removing the cause of disease i.e. toxins.
- ➔ If the Liver is blocked, it cannot help the body eliminate toxins. All dis-ease is caused by an obstruction of some sort.
- ➔ All dis-ease is caused by an obstruction of some sort. A blocked liver cannot deliver clean blood to the body. Dirty, congested blood leads to all kinds of dis-ease. Any time a duct is blocked by a stone, that duct cannot remove the toxin. On a large scale this leads to septic shock; on a small scale this is what causes allergies and disease.





# SYMPTOMS OF GALLSTONES

- Appetite issues (cravings or lack of one)
- Difficulty breathing
- Liver cirrhosis, hepatitis, pancreatitis and most infections
- Heart disease / Kidney diseases
- Brain disorders
- Duodenal ulcers
- Cancer
- Multiple Sclerosis
- Fibromyalgia /Chronic Fatigue, low energy, "brain fog"
- Elevated estrogen (leading cause of breast cancer)
- Depression
- Impotence and other sexual issues
- Prostate diseases
- Urinary problems
- Hormonal imbalances
- Menstrual and menopausal disorders
- Hot and cold flashes /Excessive heat and perspiration in the upper part of the body.
- Problems with vision/Puffy eyes
- Skin disorders / liver spots / Cuts and wounds that do not heal or keep bleeding
- Dizziness and fainting spells
- Loss of muscle tone /Wasting away
- Constipation, diarrhea, nausea, frequent vomiting, Flatulence
- Hernia
- Haemorrhoids
- Pain in the back and shoulder area, frozen shoulder
- Pain the upper abdomen, dull pain on the right side of body
- Sciatica
- Joint problems
- Osteoporosis
- Scoliosis
- Gout
- Asthma / Allergies /Multiple chemical sensitivities
- Headaches and migraines
- Tooth and gum problems
- Herpes, thrush
- Shakes and chills, Cold extremities
- Excessive weight
- Very greasy hair and hair loss
- Angry personality
- Nightmares

# HEALTHY LIVING THROUGH CLEANSING



If you have never cleansed your liver before it is important to note that in today's society with fast foods and high protein consumption even a young person will already have large amounts of stones in the Liver, Gallbladder and Kidneys. To cleanse them all out will require up to possibly a year. However, each cleanse will mean greater health and energy throughout the body and more overall vitality as well as far less illness and disease.

Disease takes away from your quality of life, it is not actually a symptom of illness, but it is the body's way of finding a solution to toxicity in the body.

Stones in the Liver, Gallbladder and Kidneys build-up over many years of improper diet. Stones are a by-product of too much protein consumption and foods that drives the body into a strong acidic condition. In countries that consume large amounts of protein there is a prevalence of conditions such as heart disease, cancer, depression arthritis etc. Interestingly, the lesser developed countries that consume less to no protein have far lower rates of these diseases.

It is also important to routinely cleanse the digestive tract. Many people do colonics. However, this has some serious draw backs and problems, so it is recommended that the best way to cleanse the entire digestive tract and bowels is with a saltwater cleanse. Saltwater cleansing is an ancient Ayurvedic practice which is part of this Liver Cleanse.

Liver Cleansing is one of the most powerful things you can do for your overall health, and the best practice that you can do to handle so many problems that the body experiences. Liver cleansing is inexpensive and not difficult. The alternatives to letting things go and hoping for the best is sickness, hospitalization, surgery and life-threatening diseases. So why not take the easy road and practice some preventative measures in order to avoid many problems further down the track.

It is important to note that some stones get so large that it can take up to 12 cleanses, one per 3-4 weeks, to finally break them all down and remove them. It is recommended to do this cleanse every 3-4 weeks for best results.

This Cleanse is based on the information found in the research and writings of Dr. Andreas Moritz -The Amazing Liver and Gallbladder Cleanse. It is very important to follow the simple instructions exactly.



# INGREDIENTS AND SUPPLIES

- Cold pressed Extra Virgin Oil
- 2 Pink grapefruits
- Clean pure water
- Himalayan Salt or non-iodised salt. You can check if the salt is iodised by putting it into water. If it is milky it is iodised.
- 6 litres pure organic Apple juice or Malic Acid
- Epsom Salts
- Ornithine Capsules.
- Citrus fruits such as oranges



## LIVER CLEANSE PROCEDURE

### Days 1-6

#### Apple Juice

Each day, for the first 6 days of the week prior to the cleanse, sip a total 1 litre of organic Apple juice throughout the day. This is very important as the malic acid in the apples softens the stones allowing them to be passed. If you are allergic to apples you can buy malic acid alone and mix 3 tablespoons in 1 litre of water instead and drink that in place of the apple juice.

Do not drink the Apple juice 1 hour before or 2 hours after meals.

There is no prescribed diet for these days, but it is recommended to abstain from meat eating and eat as much fresh organic fruits and vegetables as possible, raw if possible.

Do not use any spices during this time and do not take any medications you can live without. You will not drink the apple juice the day of the cleanse.

### Day 7

#### Saltwater Digestive Tract Cleanse

Immediately upon waking early do not eat or drink anything.

1. Boil approximately 1 Litre of clean pure water
2. Once boiling remove from the heat and add 1 level tablespoon of salt and stir until dissolved.
3. Let cool to lukewarm and drink a glass at a time. Follow each glass by moving around to help process the water. You can follow each drink of the salt water with a little fresh water to rinse. When completed you may drink fresh water to satisfy any thirst.
4. You will feel the urge to eliminate the bowels at some point.

Do not hesitate as you may not make it. Each time you evacuate, wash with fresh water or shower directly afterwards if you feel to do so.

# DAY 7

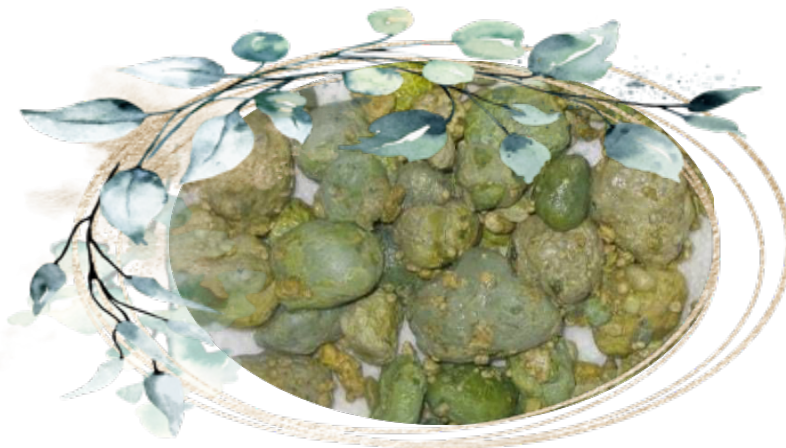
## Liver Gallbladder Cleanse

1. While doing the saltwater digestive tract cleanse, mix 5 cups of water with 4 tablespoons of Epsom Salts and stir until fully dissolved. Cut up the oranges which you can eat between each Epsom salt drink if you wish.
2. 2 hours after finishing the digestive tract saltwater cleanse begin by drinking your 1<sup>st</sup> Glass of the Epsom salt water.
3. 2 hours later drink your 2<sup>nd</sup> glass of Epsom salt water.
4. Again 2 hours later drink your 3<sup>rd</sup> Epsom salt water.
5. Drink your 4<sup>th</sup> cup of Epsom salts water 2 hours prior to going to bed. The fifth cup will be for the morning.
6. Immediately upon finishing your 4<sup>th</sup> glass of Epsom salts, squeeze the grapefruits and strain out ALL pulp to obtain 200mls of grapefruit juice and add this to a 1 cup of olive oil.
7. Make preparations for going to bed.
8. 2 hours after your 4<sup>th</sup> and last glass of Epsom salt water you will shake up and homogenize the olive oil and grapefruit juice mixture and drink it completely down. You will want to wash this down with a small amount of water.
9. Immediately take the 2 Ornithine capsules. This is important as it helps to anesthetize the tract to eliminate any pain.
10. Climb into bed and lay down on your right side and go to sleep. Ensure your head is higher than your abdomen. If you feel some pain sleep in a foetal position and massage your abdomen to help. Sleep until you wake up naturally, it is best if this is at least 8 hours.
11. Upon awakening immediately drink the last glass of Epsom salt water.

## Congratulations!

You will very shortly have a bowel movement and see many stones!

You may also see what looks like a silvery white chaff floating on the water in the bowl as well. This is aluminium that was in your body and contaminating you!!!



# LIVER GALLBLADDER MAINTENANCE



## FOODS TO EAT

While there's strictly no such thing as a "detox liver diet," or foods that will cleanse the liver, there are specific foods that can support your liver detox efforts.

- Green tea
- Leafy greens
- Nuts
- Olive oil
- Salmon
- Berries
- Citrus fruits
- Purple sweet potatoes
- Beetroot juice
- Whole grains
- Alkaline forming foods.
- Cruciferous vegetables: Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Bok Choy
- Supplements such as: Milk thistle, Green tea, Curcumin, NAC, Ginger, Artichoke, Dandelion, Black pepper.

## FOODS TO AVOID

It goes without saying that maintaining a healthy diet is key to supporting overall health. Avoid the following:

- High sugar foods
- Overly processed food
- Acid forming foods.
- Alcohol
- White bread, rice and Pasta.
- Fried Foods.



# ALKALINE AND ACID FOODS



Acid/Alkaline Food Chart					
Most Acidic	Acidic	Acidic	Alkaline	Alkaline	Most Alkaline
Artificial sweeteners	Wheat	Oysters	Almonds	Kiwi	Lemons
Alcohol	Whole wheat	Shrimp	Amaranth	Lettuce	Limes
Beef	Barley	Salmon	Apples	Millet	Watermelon
Hot dogs	Oat bran	Sardines	Apricots	Molasses	Grapefruit
Bacon	Chicken	Yogurt	Avocados	Musk Melon	Asparagus
Milk	Turkey	Peanut butter	Bananas	Oranges	Broccoli
Cheese	Cod	Pecans	Beets	Peaches	Garlic
Ice cream	Haddock	Pinto beans	Cabbage	Pears	Onions
White flour	Eggs	Spelt	Carrots	Pineapples	Mangoes
White sugar	Butter	Kamut	Cauliflower	Sweet Potatoes	Papaya
White pasta	Corn	Peas	Celery	Squash	Parsely
Soft drinks	Corn oil	Pumpkin seeds	Cherries	Zucchini	Spinach
Box cereal	Currants		Cucumbers	Quinoa	Dandelion
			Parsnips	Okra	Kale
			Dates	Radishes	Swiss chard
			Flax seeds	Berries	Umeboshi
			Grapes	Sauerkraut	plums
			Green beans	Coconut Sugar	
			Mushrooms	Green tea	
			Tofu		
			Wild rice		
			Green tea		
			Maple Syrup		
			Raw honey		
			Ginger tea		

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