

Master Liver/Gallbladder Flush Protocol

Total needed supplements

2 bottles Gallbladder ND

2 bottles Liver ND

2 bottles HepatoVen

3 bottles BilliVen

1 box Epsom Salts

1 bottle PRL Castor Oil

1 package PRL Organic Cotton Flannel

The following 2 items are mandatory unless you have been tested and show otherwise:

1 bottle Sunstar Ultra Phos

1 bottle Malic Acid

Although there are many variations of the Master Liver/Gallbladder Flush, this is the protocol that we find to have the best over-all effect for most people.

We divide this into a 30-day prep including a 7-day intense prep leading up to the flush. The preparation part is a major factor in obtaining maximum potential results.

The 30 Day Preparation

First 21 Days:

Nano Drink: 2 teaspoons of Gallbladder ND and 2 teaspoons of Liver ND in an 8 oz bottle of water and sip on throughout the day. (If you are taking other nanos

you may mix this with them – however do not mix with other supplements in the same bottle.)

Take 2 HepatoVen and 2 BilliVen – twice per day.

It is a good idea to do a coffee enema once or twice a week (test to see).

The Final 7 Day Prep:

Eat a cleansing diet – avoiding processed foods, sugar and caffeine. Eat a lot of FRESH fruits and vegetables.

The First 6 Days of the Final Week:

*Malic Acid powder and Ultra Phos (or an equivalent)

If you test for it – take 1/4 - 1/2 teaspoon of Malic Acid dissolved into a large bottle of pure water and drink throughout the day. Malic Acid is a good solvent for stagnant bile in the liver.

If you test for it – take 3 droppers full of SunStar Ultra Phos in a small bit of water – 3 times per day. Follow immediately with a glass of water to rinse out of the mouth.

*Do NOT let the Ultra Phos sit on the teeth very long.

Increase your Gallbladder ND and Liver ND dosage to 4 teaspoons during this week.

Increase the HepatoVen to 6 capsules per day.

Increase the BilliVen to 9 capsules per day.

Day 6 must be a vegetarian day avoiding protein and fats and oils.

***Please note that a colonic is recommended on the evening of Day 6 or the morning of Day 7 “Flush Day”**

Day 7 - "Flush Day"

If you did not perform a colonic on the evening of Day 6, it is recommended that one is performed this morning to best prepare your system.

Take the above supplements and these supplements only on this day including the Malic Acid and Ultra Phos. Consume prior to 2PM.

Fasting on this day is preferred. However, if you must eat, eat only raw fruits and vegetables; and if necessary, a little natural organic brown rice.

DO NOT eat anything after 2PM.

At 6PM take 1 tablespoon of Epsom Salts dissolved into a 6 ounce glass of water and drink straight down.

At 8PM repeat the Epsom Salt drink. This is very important.

At 10PM first prepare a Castor Oil Pack with Indian Castor Oil and Organic Cotton Flannel.

Then juice an organic grapefruit so that you have 6 ounces of liquid. Mix this in a glass container with 6 ounces of the PRL Olive Oil. Put a lid on the container and shake vigorously. Drink this mixture straight down.

Immediately go lay down on your right side and put the castor oil pack over your liver area. (Right side of the body at and just below the bottom rib.) Go to sleep if you can. If you cannot sleep, be sure to lie there for a minimum of 30 minutes. Longer is better.

If you feel the urge to void your bowels, do so.

Note: If there are a large amount of stones, it is quite normal to experience nausea after drinking the grapefruit/olive oil mixture. This is quite normal and usually passes after going to the bathroom – in most cases about 2 hours after taking the mixture.

Morning of Day 8

Take another dose of the Epsom Salts drink up rising.

Take a 2nd dose of the Epsom Salts 2 hours later.

Wait at least 2 hours after the 2nd dose before eating. It is best to eat lightly until dinner.

The stones should be passed in the stool any time between taking the grapefruit/olive oil mixture and throughout the next day.

*For this reason and the fact that often times the day after a person experiences fatigue, it is best to stay close to home and plan on having an easy day.

Day 9

A colonic is highly recommended on Day 9 as this will clear out any remaining stones that have been dispelled into the colon. This is especially helpful if there is any residual nausea, as the colonic quickly flushes out released toxins as well.