

# **PROTOCOL FOR LIVER CLEANSSES**

## **(1 Day)**

### **Utensils needed:**

- ◆ 1 medium-sized coffee cup (approximately 1 cup)
- ◆ 1 container of one quart and another of a pint (both with lids).

### **Ingredients needed:**

- ◆ Epsom salts (4 tablespoons) or 60 capsules (965 mg).
- ◆ Olive oil (½ cup). If possible, ozonated (20 minutes).
- ◆ Grapefruit (1 large or 2 small: the juice should fill ¾ of a cup).
- ◆ Ornithine (if you sleep well, 4 capsules; otherwise 8 capsules).
- ◆ Black walnut hull tincture: 10 to 20 drops.

### **Hints for the liver flush:**

#### **Do not omit any ingredients.**

- ◆ Do not do the cleanse if you are sick or constipated.
- ◆ Do it when you have a day off, without leaving the house, since you are going to pass several bowel movements.
- ◆ During the two days that follow, do not take any type of supplement (vitamins, etc.)
- ◆ Day one: from the moment you wake up until 2 p.m., eat only light, fat-free foods: fruit, vegetables, rice, pasta, etc.
- ◆ Starting at 2 p.m., do not eat or drink ANYTHING.

- ◆ **Optional:** you can put the mixture of Epsom salts and water in the refrigerator to lessen the bitter taste of the salts. You can also rinse your mouth out without swallowing the water after every sip. The option of taking the salts in capsules is the best for people who do not like the taste of the salts.
- ◆ If you suffer from any degenerative brain or spinal cord disease, replace the grapefruit juice with a combination of natural, freshly-made apple juice (from golden or red delicious apples), ½ teaspoon of citric acid, and the oil.

### **Method of preparation:**

- ◆ **3:00 p.m.:** mix and dissolve 4 tablespoons of Epsom salts in 3 cups of water (approximately 250 cc per cup) and put them in a 1-quart pitcher with a lid (enough for 4 doses of 3/4 cups each).
- ◆ **7:00 p.m.:** 1st dose of 3/4 cup of the mixture of Epsom salts, or 15 capsules with 1 cup of water.
- ◆ **9:00 p.m.:** 2nd dose of 3/4 cup of the mixture of Epsom salts and water, or 15 capsules with 1 cup of water (even if you have not eaten anything since 2:00 p.m., you will not be hungry).
- ◆ **10:45 p.m.:** put half a cup of olive oil in a container with a lid. Wash with hot water, dry, and squeeze the grapefruit, removing the pulp with a fork. The juice of a lemon can be added. Shake well to mix all ingredients until a watery solution forms. Also add 10 to 20 drops of black walnut hull tincture. Go to the bathroom before drinking this mixture.
- ◆ **11:00 p.m.:** drink the mixture that you just prepared and take 4 to 8 capsules of ornithine. Lie down immediately. If you don't, you will expel fewer stones. Try laying on your back with your head raised for at least half an hour, sleep in the position you want, and do not get up during the night unless it is strictly necessary.
- ◆ **When you wake up (not before 7 a.m.):** 3rd dose of 3/4 cup of the mixture of Epsom salts and water, or 15 capsules with one

glass of water. If you feel poorly when you wake up, do not take this dose until you feel better. You can lie back down.

- ◆ **9:00 a.m. (or 2 hours after the 3rd dose):** 4th and final dose of 3/4 cup of the mixture of Epsom salts and water, or 15 capsules with 1 glass of water. You can lie back down if you want.
  
- ◆ **11:00 a.m. (or 2 hours after the 4th dose):** you can eat now. First drink a fruit juice, then eat fruit a half-hour later. One hour later, eat a light lunch. You will feel completely recovered by dinner.
  
- ◆ It is normal to have several bowel movements throughout the day. Allow between two and three weeks between liver cleanses for greatest effectiveness. You can space them out more, but Dr. Clark always believed that more waste and liver stones will be removed if you do not allow more than three weeks to pass between cleanses, for the first three or four cleanses. However, they will be equally valid if even they are more spaced out.

