

# Liver Cleanse Complete

## Components

- 1 Epsom salts capsules (also available in powder)
- 1 Ornithine
- 125ml olive oil (from the supermarket)
- 2 fresh pink grapefruit (from the supermarket)
- Large plastic straw (from the supermarket)

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread or preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

- Epsom salts: 4 Tablespoons (60 gr) or 60 caps.
- Olive oil : ½ cup (125 ml)
- Pink grapefruit: 1 big or 3 small ones
- Ornithine: 4 to 8 capsules to be sure you can sleep.
- Don't skip this or you may have the worst night of your life.

**2 PM** – From this time onwards do not drink or eat. Mix 4 tbs Epsom salts in 3 cups water (800 ml). This makes 4 servings of ¾ cup each (200ml). Put the jar in refrigerator or if you will be taking capsules, 15 capsules with every glass of water of 200ml.

**6 PM** - Drink 1 serving of ¾ cup (200ml)

**8 PM** - Drink another serving. Get ready for bed.

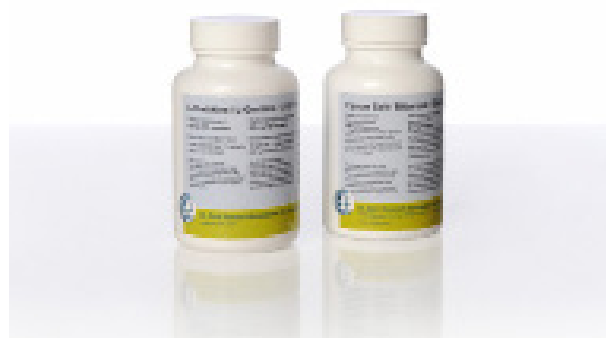
**9:45 PM** - Mix ½ cup (125ml) olive oil with ½ cup (125ml) or more of pink grapefruit juice. Shake hard until watery.

**10 PM** – Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Drink it standing up within 5 minutes. Lie down immediately. The sooner you lie down, the more stones you will get out.

**6:00 AM** - Upon awakening take your third dose of Epsom salts or 15 capsules with 200 ml water but not before 6 am.

**8:00 AM** - 2 hours later, take your fourth and last dose of Epsom Salts or 15 capsules with 200 ml of water.

**After 2 more hours you may eat.** Start with fruit juice. Half an hour later eat a fruit. After 1 hour you may eat regular food but keep it light. By supper you should feel rec



## More information for Liver Cleanse Complete

Inform yourself about the Clark therapy, and their cleanses in the books of Dr. Hulda Clark. You can find all the books in the category „Books and Videos“.