

The Gallbladder Flush

From The Digestive Awareness Diet by John Pollard, DC

Ingredients:

- Three half gallons of Natural (Organic) Apple Juice (not reconstituted or frozen)
- One Large Grapefruit
- One Half Cup Olive Oil
- Two Tablespoons of Epsom Salts

The Gallbladder flush is a challenging, but safe procedure when followed properly.

In essence, you will soften and prepare your gall bladder for three days by drinking lots of apple juice. On the third night when you take the olive oil mixture, it will cause your gallbladder to dump its contents into your intestine during the night. The next morning, aided by Epsom salts, you will hasten the contents of the intestines through and out your system.

Step One:

Day 1: Drink One Half-Gallon of Apple Juice

Day 2: Drink One Half-Gallon of Apple Juice

Day 3: Drink One Half-Gallon of Apple Juice

On the third night, just before you go to bed, mix ½ of a freshly squeezed grapefruit, with ½ cup virgin olive oil. Squeeze the other half of the grapefruit into a separate glass. Stir the mixture just before drinking, so that the oil and juice combine. Drink the mixture as quickly as possible. Use the remaining juice to swish around in your mouth to clean out the oil taste. Time for bed. Lay on your right side as you go to sleep. It is possible to feel nausea or you might even throw up the grapefruit/oil mixture. If this happens, it is a plus because a significant amount of toxins will be gone from your body quickly. If you do throw up the mixture, do not drink Epsom Salts next morning. Repeat Steps 1 & 2 in a couple days. And then Step 3.

Step Two:

Day 3 Evening: Drink Olive Oil mixture

The first thing you do in the morning is mix at least two tablespoons of Epsom salts into a small amount of hot water. Then add to cooler water in a larger glass. Drink this as quickly as possible. Make sure you have easy access to a toilet for the next several hours. In addition, you should drink a large glass of water or juice about an hour after having the salts. You may eat a light breakfast about ½ hour after taking the salts.

Step Three:

Day 4 Morning: Drink Epsom Salts

Enjoy Your New Digestive Ability

The pectin in the apple juice will soften the gallbladder over the three days in preparation for the flush. You may also get a bit of cleansing if the juice itself loosens your stool. It's not easy to drink this much juice, so you will have to make a conscious effort. Just make sure to finish the half-gallon by the end of each day. Try to drink as much as you can early in the day so you aren't drinking too much juice late at night.

The Epsom salts help to help to evacuate the toxins that have been dumped into your digestive tube by the flush of the gallbladder and should create a few strong, evacuative, bowel movements within an hour or so.

If you are a typical person with short-term gall bladder symptoms, you will feel relay good, even fantastic, for at least a couple days after a Gallbladder Flush. The experience of improved digestion, well being and reduced shoulder pain or reflux will make the procedure well worth it. If your problems aren't longstanding, you may then be back to normal and one flush might be all you need.

You May Need Additional Flushes

The normal feeling after a Gallbladder Flush is a wonderful sense of well-being and clear headedness. You will find yourself much more in tune with your eating habits, and your digestion will be markedly improved. Your major gallbladder symptoms should be reduces or gone and your eating awareness will automatically increase.

If you are severely toxic, your first Gallbladder Flush may leave your feeling more unsettled than fantastic. This is particularly so if you didn't make it through the night without throwing up. The first flush can bring your symptoms closer to the surface and increase your awareness of digestive upset. If this happens to you, it means you will have started the process, but there is more to go. In this situation, start a second flush right away to "finish the job". Begin drinking ½ gallon of apple juice a day for three days and repeat the process. You should notice a significant improvement after your second flush.

Another possibility with long-term gallbladder problems is that you may feel great, but only for a few weeks. Eventually you may notice a return to your previous symptoms, though not as severe. Or, if you continue with unhealthy dietary habits, you may find yourself experiencing your same gallbladder symptoms again relatively soon. These are signs that you have more detoxifying to do. If so, you will need to perform the flush again to eliminate the next deeper layer of toxins. Each time you perform a Gallbladder Flush you will typically experience more digestive awareness and well-being for a longer period, perhaps two to three months the second time. Then, if the symptoms reoccur, you would repeat the procedure again, which should result in a sense of well being that will last three to six months, etc.