Safe Liver and Gallbladder Cleansing

by Dr. John Douillard, DC, CAP

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Why Cleanse Your Liver?

Liver detox and gallbladder flushes have become very popular in recent years, and for good reason! Using olive oil to successfully flush the gallbladder first appeared in the British Medical Journal in 1882 and 1885, and was likely used much earlier as a folk remedy. (11,12) For millennia, Ayurveda implicated that ghee taken along with lemon juice was a successful protocol to detoxify the body and reset liver and gallbladder function. (13)

Today, one-quarter of women worldwide have gallstones (1), and cholecystectomy (removal of the gallbladder) is the #1 most common elective abdominal surgery in America today with over 750,000 per year. (2) Gallbladder disease has increased by 20 percent in the last 3 decades, costing America $6.2 billion a year in collective medical bills. (2)

I have been administering this Liver & Gallbladder Bile Flush in my practice for more than 30 years with great success. Until now, I have never publicly published this cleanse. I have always felt that, while it is a very effective protocol, it is not meant for anyone anytime. To ensure the best results and avoid any potential side effects (discussed within this eBook), there are a series of preparatory steps that I feel everyone should take before proceeding with the flush.

In this eBook, I will discuss the many functions of the liver and gallbladder, how they have become so congested and compromised and, most importantly, guide you through the steps to prepare you for a safe and effective Liver & Gallbladder Bile Flush.

The Five Steps for a Safe Liver & Gallbladder Bile Flush (Summary)

2. Restore liver function and decongest gallbladder and bile/pancreatic ducts.
3. Take the “Tummy Tenderness Test.”
4. Successfully and comfortably finish a 4-Day Ayurvedic detox.
5. Perform the Liver & Gallbladder Bile Flush after successfully completing steps 1-4.
Take the Liver and Gallbladder Symptom Test

If you answer “yes” to one or more of the questions below, your liver and/or gallbladder may need support:

- Do you ever get nauseous after a meal?
- Do you ever feel heavy after a high-fat meal?
- Do you ever get occasional heartburn after a meal?
- Do you have trouble digesting wheat, dairy, soy, grains, beans, corn, nuts or seeds?
- Do you ever have sluggish, green, or greasy stools?
- Do you gas or bloat after a meal?
- Do you feel tight or tender under the rib cage after a meal?
- Do you have a history of any gallbladder problems?
- Do you feel better with digestive enzymes?
- Do you feel a pain or ache under the right side of the rib cage?
- Do you have a history of constipation, loose stools or mucus in the stools?
- Do you belch frequently after a meal?

Common Symptoms Related to Gallbladder Concerns:

If you regularly experience one or more of the symptoms below, your liver and/or gallbladder may need support:

- Gas and bloating
- Indigestion
- Food sensitivities
- Occasional heartburn
- Occasional constipation
- Looser stools
- Gray stools
- Yellow stools
- Green stools
- Headaches
- Blood sugar concerns
- Nausea
- Stomach discomfort
- Abdominal discomfort
- Chest discomfort
- Breathing concerns
The Wisdom and Science Behind the Liver & Gallbladder Bile Flush

Here at LifeSpa, I do my best to prove the ancient wisdom of traditional medicines with modern science. After 30 years of administering this Liver & Gallbladder Bile Flush and seeing remarkable results, I have been convinced that the gallbladder and the production of bile in the liver is the kingpin to digestive strength and our ability to healthfully detoxify.

When one completes the flush described at the end of this eBook, there are congealed pieces of material that are released into the toilet that will float at the top of the water. They range from small pea-size to quarter-size, vary in color from green to black, look similar to small stones, but are soft. There is controversy over what makes up these pieces of material, and studies have delivered mixed messages.

Some reports suggest that the pieces released are nothing more than “soap stones” made of congealed olive oil and lemon. However, there are numerous anecdotal references that suggest something more therapeutic is occurring.

In a comprehensive article in the journal *The Alternative Medicine Review*, a study was cited from *The Lancet* that evaluated the material released during the cleanse. They found that 75 percent of the stone was fatty acids, primarily formed by digestive enzymes acting on the olive oil and lemon. The stones they evaluated were devoid of cholesterol, calcium or bile, which are typically seen in gallstones. (54,55,57)

Then, in one case study and in numerous anecdotal reports, ultrasonic evidence of the gallbladder showed a reduction in the number of gallstones following the ingestion of the olive oil and lemon juice mixture. (54-56)

In the 1880s and 1890s, researchers and medical journals seemed more interested in writing about what worked, rather than trying to write a study explaining why something couldn’t work and, in the end, declaring the therapy “a myth,” as written in the *Lancet* article. (57) I find it frustrating as I scan the medical literature for studies identifying the mechanism behind gallbladder cleansing. The clinical benefits I have seen over the years and the
overwhelmingly positive reports from gallbladder-cleansers around the world should demand a deeper scientific investigation into why it works—as opposed to why it doesn’t—so that more people can benefit!

When we think of gallstones, we think of calcified cholesterol stones which are as hard as you would expect a stone to be. These hard gallstones will not be seen floating on the surface of your toilet bowl. They will sink to the bottom and most likely go unnoticed. The floating “stones” released in this flush, or what I call “congealed bile sludge,” are soft, not hard like calcium stones would be.

Biliary sludge, or thick and viscous bile, has been linked to a number of digestive and gallbladder health concerns that are admittedly poorly understood by the research community. (58)

In the one chemical examination mentioned above, the green congealed bile sludge “stones” had none of the classic constituents of a gallstone: cholesterol, bilirubin or calcium. They determined that 75 percent of the stone was fatty acids linked to the digested olive oil and lemon, but 25 percent of the material was unidentified in this report! (57) The procedure used to flush the stones in this report was a one day cleanse without 6 days of preparation with apple juice, and no Epsom salts to open the bile ducts and flush the bile. It seems unreasonable to me that the lack of success with this one-day bile flush compared to a comprehensive seven-day flush would pass judgement on the institution of liver cleansing that has been used successfully for thousands of years. Their conclusions that gallbladder cleansing is a misleading myth is a fundamentally unscientific conclusion. (57)

Studies do suggest that malic acid-rich apple juice thins the bile and dilates the bile ducts for the week prior to the flush. (52) This thinning process reduces the bile sludge and allows much of the thick and viscous bile to be released as part of the preparation. This is why many feel better during the preparatory phase. The flush will empty the bile from the gallbladder and purge any congested bile from the liver and bile ducts. This will be seen as green-pigmented liquid in the toilet, and is what makes the “green soap stones” green.

The green “soap stones” may, in part, literally be the soap needed to scrub and thin the bile sludge and, to a certain extent, separate the toxins from the bile. The “soap” being the digestive-enzyme provoked congealed olive oil and lemon juice. The lemon or citric acid along with oil has a congealing or binding effect on toxins that has been used for thousands of years in Ayurveda as a primary tool of detox with good science to back it up, called “lipophilic-mediated detoxification.” (13)

Regardless of the exact mechanism behind this cleanse, I am convinced of its benefits, but I am also a strong believer that it must be performed at the right time, only when needed, and when the liver and gallbladder have been properly prepared.
The Causes of a Congested Liver and Gallbladder

There are many reasons for the signs of liver/gallbladder congestion:

1. Most commonly in our society, **excessive stress** literally turns off the digestive-provoking parasympathetic nervous system and exhausts the emergency and degenerative sympathetic nervous system. (5)

2. A **history of sluggish bowel function** will allow toxins to be re-absorbed through the enteric cycle back to the liver, affecting bile production and flow. (6)

3. **Pesticides** on our foods and **environmental toxins** kill intestinal microbes that manufacture the digestive enzymes we need. (7,8)

4. However, the major and insidious cause of liver and gallbladder congestion is the **diet of processed and refined foods** that many have been consuming for the past 6 decades. A diet high in processed, refined, bleached, boiled and deodorized **omega-6 polyunsaturated fatty acids** has caused an epidemic of poor liver and gallbladder health, making gallbladder removal surgeries the #1 elective abdominal surgery in America. (1,2)

FREE 1 Hour Lecture
with Dr. John Douillard, DC, CAP
For more information on how to do safe liver cleansing, watch this free lecture by visiting: http://lifespa.com/episode-43-safe-liver-cleansing/
Safe Liver & Gallbladder Bile Flush Prerequisites

Before starting this Liver and Gallbladder Bile Flush,
I highly recommend that you finish all of the following four prerequisites:

**Prerequisite #1:**
Avoid processed, packaged foods.
Eat organic. Avoid food pesticides.

**Processed Food – Public Enemy #1 for Your Liver**

The main toxic ingredients used to preserve packaged foods are boiled, bleached, refined and deodorized omega-6 polyunsaturated fatty acids (PUFAs) or vegetable oils. Once refined, they miraculously extended the shelf life of any packaged food, but science suggests they might actually shorten the lifespan of those who consume them.

After the FDA took cholesterol out of the American diet in the 1960s, good fats were replaced with trans fats, hydrogenated oils and vegetable oils used as preservatives that were refined, bleached, boiled and deodorized. While these polyunsaturated omega-6 vegetables oils may lower cholesterol, new studies have found that they actually *increase* the risk of heart disease. (3,4) Today, these oils are still in supermarket breads, crackers, pre-packaged foods, desserts and most baked goods. In fact, it would be a challenge to find a packaged food *(even in your health food store!)* that does not use these refined omega-6 fatty acids as preservatives. These processed fats have slowly compromised our digestive systems.

In one study, these oils were linked to chronic inflammation of the liver and intestines, which is related to increased risk of fatty liver disease, inflammatory bowel disease, obesity, Alzheimer’s disease and arthritis. (3) In the same study, when consumption of these refined omega-6 vegetable oils was reduced while increasing the consumption of omega-3 fatty acids such as fish oils, the rates of chronic inflammation were reduced significantly. (3) In fact, the intake of omega-3 fatty acids have been found to reverse non-alcoholic fatty liver disease. (4)
Type II diabetes, obesity and depression are all linked to healthy liver function and the ability to burn and utilize good fats as energy. If you cannot properly digest fats, you store them and gain weight. If you cannot deliver good fats to the gut and brain, neurotransmitters that are required for mood stability become depleted. The liver is the primary regulator of fasting blood glucose levels, and when it becomes congested with processed dietary fats, it becomes unable to regulate healthy blood sugar levels.

In one study, a diet of processed foods increased the risk of metabolic syndrome by a whopping 141 percent. (9) In the same study, those who ate a whole food, non-processed diet that included whole grains and whole wheat reduced their risk of metabolic syndrome by 38 percent.

**Metabolic syndrome includes:**

- Abdominal obesity
- High triglycerides
- Low HDLs
- High blood pressure
- High blood sugar

**Remove these Processed Food Toxins From Your Diet to Protect Your Liver**

Let’s take a closer look at some of the digestive-compromising, liver-congesting toxins produced from processed foods. (10)

1. **Heterocyclic Aromatic Amines (HAAs)**
   These cancer-causing chemicals are produced by damaging proteins under high heat and processing foods. HAAs are present in many protein-rich foods of animal origin, including pre-packaged or cooked meat, fish, poultry, gravies and sauces derived from pan residues and scrapings of cooked meats.

2. **Polycyclic Aromatic Hydrocarbons (PAHs)**
   Polycyclic aromatic hydrocarbons (PAHs) are known carcinogens that are formed from the incomplete combustion of fossil fuels such as wood, coal and oil. PAHs can enter the food chain from environmental contamination or from food processing. Foods containing the highest concentrations of PAHs include cooked or smoked meat or fish, smoked or cured cheese, tea and roasted coffee.

3. **Acrylamide**
   Acrylamide is mutagenic, neurotoxicant, reproductive toxicant and carcinogen from high heat cooking
of starch-based foods, including bread, bakery products, breakfast cereal, chips, French fries, cocoa-based products and coffee.

4. Chloropropanols
Chloropropanols are carcinogens formed from the breakdown of protein during the manufacturing of processed foods. They are found in soybean oil, cereal, toasted bread, coffee, cheese, licorice, baked goods, processed garlic, liquid smokes, malts, cured or smoked meat or fish or soups, pre-prepared meals, savory snacks, gravy mixes and soy sauce.

5. Furan
Furan is a mutagenic and carcinogenic by-product of high heat treatment of carbohydrates. Furan is found in processed canned and jarred goods such as soups, pastas, sauces, gravy and baby food and brewed coffee.

6. Trans fatty acids
Trans fatty acids are produced from the hydrogenation of liquid oils (mainly of vegetable origin). This produces solid fats and partially hydrogenated oils such as margarines, spreads, shortenings and frying oil, which are more stable than liquid oils.

They have been found to raise bad cholesterol and decrease good cholesterol and have been associated with an increased risk of coronary heart disease.

7. Nitrosamines formed during drying, curing and preserving
Nitrosamines are carcinogenic agents formed during food processing. They are found in processed cheese, soybean oil, canned fruit, meat products, cured or smoked meats, fish and fish products, spices used for meat curing, beer and other alcoholic beverages, meat products and fish. Drying, kilning, salting, smoking or curing promotes formation of nitrosamines.

Follow these guidelines for at least one month prior to the Liver & Gallbladder Bile Flush:

1. To your best ability, avoid processed, refined or packaged foods. If it comes in a package, read the label. If it has any of the above toxic ingredients, an ingredient you cannot pronounce or that is unknown to you, don’t eat it.

2. Shop for organic foods as much as possible. Pesticides on conventionally-grown foods have been shown to damage the intestinal wall and kill microbes that manufacture certain digestive enzymes. (7,8)

Taking processed foods and pesticides out of the diet for a month or more will allow the liver, gallbladder and bile ducts to naturally decongest. The body will begin to heal!
Prerequisite #2: 
Restore Liver Function and Decongest Gallbladder and Bile/Pancreatic Ducts in 10 Steps

The gallbladder does not produce bile, it just stores bile that is manufactured in the liver in a highly concentrated 15-20x form. (14) The concentrated nature of the bile stored in the gallbladder sheds light on how the gallbladder evolved. Anthropologists agree that our ancestors did not have meat for breakfast, lunch and dinner. When they did catch a rabbit, they ate all of it. The fatty parts, like the brain, eye balls and intestines spoil quickly, so that was eaten first and all at once. This intake of so much fat at once required a source of unmitigated bile. Such a bile surge would require some time for the bile to be replenished, suggesting that these fatty feasts were not a daily occurrence.

This is one of the reasons why a liver and gallbladder flush needs to be carefully administered. Excessive flushing of bile can leave you:

- depleted
- tired
- exhausted
- unable to detoxify
- metabolize fats for fuel,
- or even depressed.
What is the Real Cause of Gallbladder Pain?
A low quality, highly processed fatty diet will gunk up the bile ducts, causing thick and viscous bile sludge that cannot flow easily through the very small bile ducts. (58) When these ducts become congested, bile will build up in both the liver and gallbladder. The result is a host of digestive symptoms related to a congested gallbladder or the inability for the liver to produce an adequate amount of bile. (58) The pancreas manufactures digestive enzymes that pass through the pancreatic duct into the small intestine. In 91 percent of the population, before the pancreatic duct enters the small intestines it joins with the common bile duct. (14) Congestion in the bile duct can cause backflow of bile back up into the liver, gallbladder and pancreas. The result of this delivers two blows: an inability to deliver digestive enzymes and bile to the small intestine for digestive purposes, and backflow of bile and digestive enzymes which can cause serious health concerns in the liver, gallbladder and pancreas. (15)

Simply cleansing the liver and gallbladder or, for that matter, removing the gallbladder does not fix the underlying problem causing the thick, viscous bile sludge, poor liver function and congested bile and pancreatic ducts. In fact, if the Liver & Gallbladder Bile Flush is performed on someone with overly congested bile ducts, the liver flush can force the bile back into the stomach, causing extreme nausea and/or vomiting during the cleanse. Proper preparation spares one from such a detox or cleansing reaction.

A Healthy Liver – the Bedrock of Great Digestion

Most of us know that the liver is the great detoxifier of the body. Maybe not as many know that it is also a major manufacturer of enzymes, hormones and proteins.

For example, it can lose three-fourths of its cells and still function, continuing with its more than 500 vital functions. (14)

Yes, it is the only organ in the body that can regenerate itself! But how does it help us digest?

- The liver manufactures bile and bile breaks down fats. Without bile, you would throw up every time you ate a donut. Your body just wouldn’t be able to handle all the fat.
- The bile also regulates the consistency of the stool. Without bile, you might not poop for a week.
• The bile also neutralizes acid from the stomach. Without bile, the stomach acids would linger in the stomach longer than they should, causing heartburn or indigestion.

• Over time, a lack of available bile to buffer the acids from the stomach would cause the stomach to slowly reduce the production of stomach acid (HCl).

• Without adequate HCl, the ability to digest the protective anti-nutrients and proteins in wheat, grains, nuts, seeds, beans and other harder-to-digest foods becomes an issue and a cause of indigestion.

• The bile takes toxic cholesterol from the liver into the intestines in an attempt to dump it out into the toilet. If you don’t eat enough vegetable fiber, up to 94% of the toxic cholesterol can be reabsorbed right back to the liver, causing congestion in the liver, gallbladder and bile ducts and a dumping of toxic fats into the blood, the fat and the brain.

• With ample fiber in the diet, the bile will scrub the villi of the intestinal wall of toxic fat soluble chemicals, toxins and undesirable bacteria and take them to the toilet. This allows the beneficial gut microbes to support optimal immunity, mood and most physiological functions.

• The liver regulates blood sugar levels along with the pancreas. If the liver is congested, it may secrete excess sugar into the blood, raising blood sugar levels.

Follow these steps for one month to cleanse and decongest your liver, gallbladder and bile ducts:

1. **Drink one Green Tonic a day for one month.**

The purpose of the Green Tonic is to rejuvenate the bile and liver. It’s chock-full of vital nutrients made accessible via the steaming and blending of the vegetables. The steaming also helps break down the cell wall, making it easier to digest.

**Green Tonic Recipe – makes about two 8 ounce servings**

- 1 bunch parsley
- 3 medium zucchini
- ½ lb. green beans
- 5 stalks celery

1. Steam all ingredients for 8-10 minutes, and then mix in blender.
   You can add a little warm water.
2. Drink 1 Green Tonic, or up to 3 per day, as a meal or with meals. Use as needed for gallbladder pain and/or to optimize gallbladder function.

3. **Options for more flavor:**
   Make it a soup by adding garlic, ginger, and salt, pepper and lemon to taste.
   Add 1 small beet with a slice of fresh ginger and the juice of ½ a lemon.
   Other green vegetables can be substituted.
   Avocados add a nice creamy texture.

**2. Eat one red beet per day for one month.**

Beets have natural nitrates that open up the bile ducts and increase bile flow. Studies suggest that beets can increase the liver production of detox enzymes, such as glutathione, and decongest an ischemic liver. (16) A beet a day keeps the doctor away!

**Beet Tonic Recipe – makes 1 serving depending on beet size**

- 1 fresh beet, peeled and grated
- Juice of ½ lemon
- 2 Tbsp. flax oil

1. Combine all ingredients and eat immediately, or save covered in the fridge for up to 24 hours.
2. Eat 1 beet’s worth of this salad daily.
3. The Beet Tonic can be eaten as a side dish or as a topping to an entrée, soup, or steamed or raw veggies.

**3. Increase your consumption of these bile-boosting foods and spices for one month prior to the Liver & Gallbladder Bile Flush:**

- Apples
- Artichokes
- Beets
- Bitter greens
- Celery
- Fennel
- Fenugreek
- Ginger
- Leafy greens
- Turmeric
4. For one month, start your day with an 8-12 ounce glass of juice/blend of apple, celery and beet along with breakfast.

This counts toward your 1 beet a day requirement. Apples are high in malic acid, which naturally opens bile ducts and allows bile to flow. Apples are also shown to increase the elimination of bile acids into the toilet, more effectively detoxifying the body and forcing the liver to manufacture new bile. (17,18) Celery is also a cholagogue or natural bile mover.

5. For one month, drink a cup of tea made of ginger, fennel and fenugreek seeds with each meal.

Boil a tablespoon each of fresh ginger (chopped), fennel seeds and fenugreek seeds in a pot of water to tea strength. Strain and store in refrigerator for up to 3 days.

Numerous studies suggest that fenugreek may be one of the most powerful herbs for liver, gallbladder and digestive health. **Fenugreek works by removing cholesterol out of the bile and increasing the bile acid concentration by almost four times.** (19,20)

Better bile flow is what it is all about. Think of your bile like a Pac-Man that gobbles up toxic cholesterols, environmental toxins and bad fats circulating in the blood. Bile breaks down the good fats we need for the heart, brain and skin and also buffers the stomach acids required to digest wheat, dairy and other hard-to-digest foods.

6. For one month, eat at least 50 grams of fiber per day.

Soluble fiber attaches to toxic bile and escorts it to the toilet, forcing the liver to manufacture fresh bile. Without adequate fiber in the diet, 94% of the bile in the intestines with toxins in tow are reabsorbed back into the liver where it re-circulates fatty toxins back into circulation. If there is a deficiency of high quality fats, or in starvation situations, the same bile will be reused up to 17 times, circulating from the liver to the intestines and back into the liver—all the while carrying and dumping toxins. (14) **Hunter-gatherers ate about 100 grams of fiber each day while the average American eats only 15-20 grams.** (21)

For best results, with the goal of rebooting gallbladder function, try to eat at least 50 grams of fiber per day. The easiest way to accomplish this task is with **beans and lentils.** One cup of beans, split peas or lentils average between 10-15 grams of fiber per cup. Adding 1-3 servings of beans or lentils to your diet...
each day gets you half way there.

Fruits, vegetables, nuts, seeds and whole grains will get you the rest of the way.

**Fruits and Vegetables** (22,23)

- **Apples, bananas, oranges, strawberries** all have around 3 to 4 grams of fiber. (Eat the apple peels - that's where the most fiber is!)
- **Avocado** is surprisingly high in fiber with 10.05 grams per cup.
- **Pears** have 5.52 grams of fiber in a medium-sized pear.
- **Raspberries** win the fiber race at 8 grams per cup.
- **Exotic fruits** are also good sources of fiber: A mango has 5 grams, a persimmon has 6 grams, and 1 cup of guava has about 9 grams.
- **Dark-colored vegetables.** In general, the darker the color of the vegetable, the higher the fiber content. Carrots, beets, peas, Brussels sprouts and broccoli are fiber-rich. Collard greens and Swiss chard have 4 grams of fiber per cup. Artichokes are among the highest-fiber veggies, at 10 grams for a medium-sized artichoke.
- **Whole grains.** Wheat barley and oatmeal average about 5 grams per cup.
- **Potatoes.** Russet, red, and sweet potatoes all have at least 3 grams of fiber in a medium-sized spud, if you eat the skin and all.
- **Ground Flaxseeds** have almost 4 grams of fiber per 2 tablespoon.
- **Chia Seeds** have a whopping 5.5 grams of fiber per tablespoon.

>>> Click here for a more expansive list of the fiber content in most foods

7. Exercise your liver and gallbladder with lemon and olive oil for one month prior to the Liver & Gallbladder Bile Flush.

Take 1-2 teaspoons of lemon juice and 1-2 tablespoons of **extra-virgin organic artisan olive oil** together before bed for a month to exercise the liver and gallbladder.

This is like a mini liver/gallbladder workout every night. This procedure must be tolerated well before
attempting the full Liver & Gallbladder Bile Flush as described below.

Lemons reduce uric acid levels and increase bile flow. In addition to this lemon juice/olive oil mixture before bed, try to consume the juice of 1 lemon per day for a month mixed in hot or room temperature water or squeezed onto food, salad or veggies. (24)

Olive oil has been used for centuries to help flush the liver and gallbladder. It was first reported in the British medical Journal in 1882 and 1885. (25,26)

8. Reboot Digestion with Five Spices (Gentle Digest). Take 1-2 capsules before meals for one month prior to the Liver & Gallbladder Bile Flush.

In Ayurveda, there are five digestive spices that have been used for thousands of years with incredible success. They are fennel, coriander, cumin, cardamom, and ginger. These five digestive spices for gas, bloating and rebooting the natural strength of the digestive system. Perhaps the most profound aspect of these spices is how gentle, yet powerful they are. I find that even folks with the most sensitive digestive systems can do well on these five spices.

Chewing a handful of cumin, fennel, cardamom and coriander seeds after a meal is still a common practice in India. This is why you will often find a bowl of fennel seeds awaiting you at the door as you exit your favorite Indian restaurant.

These spices - ginger, cumin, coriander, fennel and cardamom - make up LifeSpa’s digestive formula, Gentle Digest. There seems to be a full library of research on these five spices for digestion but, for this eBook, I will only touch on the highlights.

Numerous studies suggest that these five spices build digestive self-sufficiency in these ways:

- Increase bile flow (47) (no need for bile salts)
- Increase pancreatic enzyme activity (47) (no need for digestive enzymes)
- Increase small intestine enzyme activity (47) (no need for digestive enzyme supplements)
- Decrease gas and bloating (50) (no need for HCl supplements)
- Increase fat and sugar metabolism (47)
- Are powerful free radial scavengers (48)
- Support optimal weight (49)
- Support microbiology health (especially ginger) (50)
- Improve gut health (50)
- Support a healthy growth rate of good bacteria (especially ginger) (50)
- Decrease H. pylori from adhering to stomach (49)
- Are digestive stimulants (51)
- Quicken the transit time in the intestines – supporting better elimination (48)

What is fascinating about these studies is that these five spices seemed to support the body’s **natural ability** to digest, rather than just treat its problematic symptoms. For example, while the studies show that they improved fat and sugar metabolism, they seemed to do so by boosting more bile acid and pancreatic enzyme flow. (47,51)

Digestive enzyme supplements provide the enzymes we need to digest protein and starches, while these spices amp up the body’s production of digestive enzymes and bile. (47,51) **This is an example of resetting digestion, rather than brewing dependency on digestive aids.**

In one study, ginger was shown to support healthier cells of the intestinal wall as well as boost the proliferation of good microbes in the gut. (50)

In another study, these spices blocked the bacterium H. pylori – which is linked to indigestion and stomach ulcers – from proliferating and adhering to the stomach lining. (49)

These spices seem to work with the body’s digestive intelligence by supporting better digestive function, a healthier environment for the digestive microbes, healthier villi and improved intestinal function. (47,48,50)
9. Increase Bile Production and Decongest the Liver with Liver Repair. Take 1-2 capsules before
meals for one month prior to the Liver & Gallbladder Bile Flush.

Thousands of years ago, Ayurvedic experts suggested herbs to protect the liver from toxins, poisons, stress
and the environment. Today, these herbs are needed more than ever to ward off much higher levels of
stress, pollutants and toxins. As the herbs that help detoxify and protect the liver are bitter in nature,
many folks tend to avoid that taste in their diet. These 5 Ayurvedic herbs have been used for thousands of
years to protect the liver, and new research has confirmed this ancient wisdom. They are: Bhumyamalaki,
Barberry, Turmeric, Guduchi and Amalaki – which make up the LifeSpa Liver Repair formula.

- **Bhumyamalaki (Phyllanthus amarus)** – is Ayurveda’s most revered liver-protective herb. In
  one study, it supported the healthy function of liver cells when exposed to alcohol stress. (32) In
  another study, Bhumyamalaki enhanced liver cell recovery from alcohol-induced liver cell injury.
  It did so by restoring liver enzymes to normal levels after injury. (33)

- **Barberry (Berberis vulgaris)** – are extremely bitter, vitamin C-rich berries that have been used
  for centuries to protect the liver, increase bile flow, support healthy cell replication (4) and
  healthy blood sugar. Studies suggest that barberry is rich in an alkaloid called berberine and is a
  potent antioxidant and liver-protectant against toxins. (34)

- **Turmeric (Curcuma longa)** is a bitter rhizome that has
  literally thousands of studies suggesting benefits for the skin,
  digestion, brain and liver. (35) For the liver, turmeric has been
  shown to boost the body’s natural antioxidants and liver- and
  brain-protectant properties when exposed to alcohol-induced
  oxidative stress. (36-38) Turmeric is perhaps the most well-
  studied herb for the increased production and delivery of
  bile. In one study, just 40mg of the extract of turmeric
  increased the contraction of the gallbladder by 50%. (27)

  In numerous studies, when turmeric was compared with the extract of turmeric, curcumin,
  turmeric outperformed the extract. Curcumin is just 1 of 300 constituents of turmeric. (28)

  Studies suggest that when turmeric is combined with black pepper in a ratio of 16:1, the
  absorption rate is increased by 2000 percent. (29,30)

  **Note:** Turmeric is high in oxalic acid which, in excess, can precipitate as gallstones. If you are sensitive
to oxalate, you may want to avoid turmeric, although the science is not totally clear here. In one study,
curcumin was found to significantly reduce oxalic acid levels when subjects were fed a high oxalate,
gallstone-promoting diet. (31)
• **Guduchi (Tinospora cordifolia)** – has been shown to exhibit antioxidant effects protecting both the liver and kidneys while exposed to a wide array of toxins including heavy metals, environmental toxins and pollutants. Guduchi supports production of powerful liver-protective enzymes, such as superoxide dismutase (SOD), catalase and glutathione peroxidase, which are all depleted when exposed to alcohol. (39)

• **Amalaki (Emblica officinalis)** – or Indian Gooseberry is a small fruit that is rich in vitamin C, antioxidants and nitric oxide-producing compounds. (40) It has been shown in studies to support healthy liver cells by increasing superoxide dismutase (SOD), catalase and glutathione. (9) In another study, one of the tannoids in amalaki demonstrated protection against alcohol-induced brain mitochondrial dysfunction. (41,42)

10. **Decongest Bile and Pancreatic Ducts with Beet Cleanse. Take 1-2 capsules before meals for one month prior to the Liver & Gallbladder Bile Flush.**

Beet Cleanse is a formula I created to decongest the bile and pancreatic ducts and encourage the clearing of congested bile. (16) It combines the bile-moving benefits of beets and fenugreek described above, with the de-obstructive circulatory benefits of *shilajit* and *cinnamon*. It also supports digestive strength, healthy blood sugar, and intestinal health.
In Ayurveda, there is a condition called *upward-moving vata or udvarta*. There are many reasons for this condition, including stress and various forms of indigestion. What is interesting about this condition is that when vata goes up from the pelvis instead of down, it brings with it toxins from the large intestines to the liver and gallbladder that were ear-marked for the toilet.

Over time, the upward-moving vata can cause the stomach and the liver to adhere itself to the underside of the diaphragm, rendering the stomach unable to digest hard-to-digest foods like wheat, dairy and fatty foods. If the stomach has adhered itself to the underside of the diaphragm, there will be soreness, tenderness, pain or tension when your press just under your rib cage, on the left or right side, just below the breasts. **Resolving this problem is key to a healthy and safe Liver & Gallbladder Bile Flush.**

**The short list of digestive-related issues that can result from upward-moving vata are:**

- Hay fever
- Occasional headaches
- Breakouts
- Brain fog
- Sore throats
- Occasional heartburn
- Indigestion
- Occasional constipation
- Weight gain
- Gluten intolerance
- Dairy intolerance
- Achy neck and shoulders
- Issues with the eyes, ears, nose and throat

To remedy this, there is a simple home therapy I call “**Stomach Pulling**,” in which the stomach is pulled down away from the diaphragm, freeing the stomach to digest optimally once again.

**The Stomach – An Organ that Likes to Hang**

The diaphragm is a big flat muscle that separates your chest cavity from your abdomen and regulates breathing depth and patterns. The stomach is designed to hang underneath the diaphragm. But after years of:
• upward-moving vata
• Liver, gallbladder bile congestion
• stress
• shallow breathing (through the mouth)
• lack of exercise
• lack of yoga, and
• indigestion

... the diaphragm can begin to tighten and pull the stomach up towards itself.

If the stomach presses up on the diaphragm, over time it can cause a condition called a *hiatal hernia*, which is when the stomach actually pushes up on the diaphragm with steady pressure and part of the stomach herniates through the diaphragm.

Before the esophagus becomes the stomach, the esophagus travels through the diaphragm. Right where the esophagus passes through the diaphragm, there is a sphincter called the *lower esophageal sphincter*, which opens and closes to allow food through and keep the digestive acids from refluxing up into the esophagus, which can burn or irritate the esophageal lining. When the stomach adheres to the underside of the diaphragm, a small part of the stomach can eventually slip through the lower esophageal sphincter, which not only allows acid to reflux into the esophagus by altering the function of the lower esophageal sphincter, it also compromises the total function of the stomach.

But years before the stomach herniates through the diaphragm, in the case of upward-moving vata or chronic liver/gallbladder congestion, the upward-moving pressure of the stomach on the diaphragm can cause the diaphragm to tighten and the top side of the stomach to adhere to the lower side of the diaphragmatic wall. When this happens, instead of the stomach hanging freely to contract and digest food completely, half of it is stuck to the wall of the diaphragm, rendering the stomach unable to contract and digest efficiently (in a healthy digestive process, the stomach must contract to empty itself of food and liquid).

If half of the stomach is bound to the diaphragm and is unable to hang freely, the stomach simply will not produce the acid it needs to digest hard-to-digest foods and proteins like wheat, gluten, dairy, soy, corn, and nuts, among others.

The stomach acid production process sends a critical message to the pancreas, liver and gallbladder to secrete pancreatic enzymes and bile to get ready for digestion. Bile also neutralizes the acids getting ready to be dumped into the small intestine by the stomach. If there is insufficient acid production in the stomach, there will not be sufficient bile and pancreatic enzyme secreted into the small intestine, which
are required for digestion, assimilation and detox. This will further dial down digestive strength to the point where a host of digestive concerns will eventually ensue.

As illustrated above, with half of the stomach stuck to the diaphragmatic wall, the stomach cannot contract to move the foods through the stomach and out into the small intestine for the next phase of digestion. This can result in foods, fats and acids lingering in the stomach, causing irritation to the stomach wall and further signaling the stomach not to produce the needed amount of acid to digest the food efficiently. This results in a reactive lack of bile production from the liver. The stomach needs bile as a buffer before it will produce digestive acid and the liver needs adequate stomach acid to trigger the production of bile from the liver.

**Take the Tummy Tenderness Test**

To determine if you have this condition, take your thumb and press deeply under the left side of your rib cage and see if it is tender to touch. If you feel sore in this area, you might have a stomach that is beginning to adhere to the diaphragmatic wall, and it may be responsible for many of the digestive or upward-moving vata health concerns that I have mentioned above. You may also want to poke under the right side of the rib cage as well and see if that area is sore. The liver hangs closely to the diaphragmatic surface on the right side; if it is sore, you may need to treat the right side as well.

**Stomach Pulling Self-Corrective Technique**

I think everyone should know how to do this very simple at-home procedure to maintain the strength of your digestion. Many folks spend years avoiding certain foods and the list of “do not eat” foods just keeps growing. Stomach pulling gives you an incredible digestive boost. It takes a little while to master this technique, but I encourage everyone to learn it. If you do not digest wheat, dairy or fatty foods well, this is a must.

Stomach pulling will actually pull the stomach down and break up the adhesions between the diaphragm and the stomach. Please watch the video here to see how to practice this technique. In the video included in Part II of my article/video series on Acidic Digestion, I demonstrated a lying down version of Stomach pulling.

**Here is a simple description to help you understand the video instruction:**

**Step 1.** Sit in a chair with a back rest, so your stomach muscles can relax. Take your left thumb and poke just under the rib cage on your left side. Use your right hand on top of your left to help put more pressure of the left thumb to push in more deeply. Soreness is an indication that you need this and that
you are in the correct spot.

**Step 2.** With your thumb pressing into your stomach just under the rib cage, begin to lean forward. This will soften the tummy and allow you to push more deeply into the abdomen and stomach.

**Step 3.** While your right hand and your right thumb are pushing in just below the rib cage, begin to pull down towards your navel, in effect pulling your stomach downwards and separating it from the diaphragm.

**Step 4.** At the beginning of an inhale, as you continue pulling down on your stomach with your thumbs, begin to lean back in your chair. (A rocker works best. Be sure the stomach muscles do not contract while you lean back). This will extend your back, leveraging the rib cage upwards as you pull the stomach downwards in the direction of the navel.

**Step 5.** At the end of the inhale, lean forward again in your chair and exhale as you go all the way forward. Press your left thumb in as deeply in as possible, back it up with the right thumb and reinstate the motion of pulling down. Continue alternating between leaning forward and back, coordinating the exhale with flexion and the inhale with extension.

**Why the breathing?** As you inhale, the diaphragm is contracting, the rib cage is moving upwards and the stomach is naturally being pulled down away from the diaphragm, supporting your action.

**Step 6.** Continue this exercise as you work your way across the left (and right, if you felt soreness there) side of the rib cage.

**Perform Stomach Pulling for 2 minutes, twice a day, until soreness and tension under the rib cage on both sides is gone.** Making sure this area is free of adhesions, tension and tenderness is an important prerequisite before doing the Liver & Gallbladder Bile Flush.

**NOTE:** While this is a valuable exercise for anyone who feels soreness in the stomach (on the left side) or liver/gallbladder area (on the right side), be cautious to never overdo it. Use pressure that is easily tolerated. Too much pressure can bruise the area and cause it to become even more sore over time. Using a back massager (G-5 or Genie Rub) can be used to give a self-visceral massage on the lower ribs and upper abdomen. This can be used in conjunction with the Stomach Pulling Technique or as a standalone therapy.

**Learn a few more simple techniques to support your liver and stomach function:**

- **Nasal Breathing Exercise:** Deep nasal breathing during exercise is one of the best ways to expand the diaphragm and create space in the abdominal cavity.
- **Sun Salutations:** This series of yoga asanas alternates extension and flexion, naturally stretching and massaging the region around the diaphragm and stomach junction.
- **Relaxing When You Eat:** Eating in a relaxed and spacious way is one of the most effective ways over time to redirect vata back downwards.
Prerequisite #4:
Gentle Ayurvedic Detox

The final step to make sure your body needs - and is ready - for the Liver & Gallbladder Bile Flush is a gentle Ayurvedic detox. This cleanse will challenge your liver and gallbladder’s ability to function optimally by using ghee (clarified butter) to provoke a liver/gallbladder flush, as well as a cellular detox.

Successfully completing this cleanse without difficulty suggests that the liver, gallbladder and bile ducts are functioning as they should. Making sure of this before the Liver & Gallbladder Bile Flush is important to avoid unwanted side effects. Forcing the gallbladder to contract if the liver, gallbladder or ducts are congested could overwhelm the body’s already compromised detox channels.

In my practice, I find that most liver and gallbladder issues are resolved after doing this one month preparation and one of these Gentle Ayurvedic Detox protocols. Many people do not find it necessary to actually do the final step, which is the Liver & Gallbladder Bile Flush.

According to Ayurveda, the digestive strength and detox channels must be open before a detox or cleanse is performed. At LifeSpa, we have three Ayurvedic cleanses to choose from. All three will safely reset digestion, liver, lymph and gallbladder function—each needed for a successful Liver & Gallbladder Bile Flush.

After one month of completing the prior prerequisites, start one of the following cleanses. Click on the following links to learn more about each cleanse and how to perform them.

- **Group Colorado Cleanse** – a 2-week guided group detox and comprehensive digestive reset held each spring and fall
- **Anytime Colorado Cleanse** – a 2-week self-guided detox and comprehensive digestive reset
- **Short Home Cleanse** – a 4-day self-guided detox with digestive support and free instructional eBook

**NOTE:** If you successfully complete one of these without problems and you are still feeling the need to flush your liver and gallbladder, wait 4 weeks after the Ayurvedic detox and then perform the following Liver & Gallbladder Bile Flush.
Ayurvedic Cleanse: Summary of Benefits

Here’s a list of the benefits of cleansing with ghee, explained in detail below:

1.Flushes old bile from the body. (46)
2.Stimulates the liver to make new bile, so 94% of old toxic bile is not re-absorbed. (43)
3.Scrubs the intestines of toxins and bad bugs. (46)
4.Supports the primary source of energy and immunity for the cells of the gut. (44)
5.Supports the health of the beneficial bacteria in the gut who make butyrate. (44)
6.Lubricates and softens the hardened tissues of the body. (46)
7.Pulls stored fat soluble toxins and molecules of emotion out of the body. (45)
8.Encourages fat metabolism and weight loss. (45)
9.Supports stable mood and energy levels. (46)
10.Supports the body’s natural defense mechanisms against bad bacteria and overgrowth. (44)

During an Ayurvedic cleanse, ghee is taken daily at increasing dosages to force the gallbladder to flush out its existing bile (which is often thick and viscous from multiple uses), and stimulate the liver to make new bile. Bile acts as an intestinal scrub and, in concert with the butyric acid from the ingested ghee, helps to support the health of the gut wall and the microbes who manufacture butyrate all along the gut.

Ghee also has a saturating effect, called *oleation*, on the body. This is a process whereby, during the cleansing period of taking ghee daily, the oil penetrates the soft tissues, lubricating and softening the hardened tissues of the entire body.

The ghee has a lipophilic effect on other fatty acids and fatty toxins in the body (which are *lipophilic*, meaning they are attracted to other fats like ghee), acting like a chelating agent to pull stored fat soluble toxins out of the body and back into the intestines for removal from the body. (46) Molecules of emotion – which, according to Ayurveda are also lipophilic and store in the fat cells – can also be “pulled” out of their hiding places using this method.

During a ghee cleanse, the diet is classically one of no fat. Ingesting ghee first thing in the morning forces the body directly into a fat metabolic state. By not having any fat in the diet during the cleanse, the body quite naturally stays in a fat metabolic state. This allows for the burning of fat, a detoxification effect as mentioned above, and an experience of stable energy and mood.

The ancient wisdom of using ghee for cooking and cleansing may provide needed butyric acid that helps support the health, integrity and function of the gut wall with extended benefits throughout the entire body.
The History of Liver and Gallbladder Cleansing

Using a mixture of ghee and lemon juice for seven days is a hallmark of Ayurvedic cleansing. Egyptian’s reportedly ingested oils as a method of detoxifying as well. Today, the scientific term for this is called lipophilic-mediated detoxification – where the good fats bind with toxic fats and are pulled out, or chelated out, of the body. In one of the studies on our Ayurvedic cleanses using ghee and lemon juice, heavy metals and environmental pollutants continued to be detoxified out of the body for 3 months after a cleanse like the one you just completed. (13)

The successful use of olive oil as a gallbladder flush was first written up in the *British Medical Journal* in 1982 and 1885. (11,12) I first heard of the gallbladder cleanse in 1981, when I was in Chiropractic College in Los Angeles. Liver and gallbladder cleansing using olive oil, lemons and apple juice has been a part of the natural health fabric in America for centuries.

Over the years, there are a handful of authors who need to be acknowledged for their work in helping to refine the process of liver and gallbladder detox. Other than those reported in the 1800s which I have mentioned, an English herbalist, Frank Roberts, wrote about this cleanse in the 1950s. Hanna Kroeger, who I met several times in Boulder, came to America in the 1950s and quickly became a pioneer in the world of herbal medicine. She wrote about liver and gallbladder cleansing. A dentist, Dr. William Kelley wrote about this cleanse in his book, *One Answer to Cancer* published in 1981 and Hulda Clark, a Canadian PhD and Naturopath, brought more national attention to these cleanses in the 1990s with her book, *The Cure For All Cancers*. Most recently, Andreas Moritz has written a beautiful book, *The Liver and Gallbladder Miracle Cleanse* on this classic cleanse and has made many refinements to the procedure, many of which I use here in this version of the Liver & Gallbladder Bile Flush. (53)
Why All the Preparation for This Cleanse?

The Liver & Gallbladder Bile Flush as described here is a powerful cleanse. I have witnessed many patients recover from chronic ailments like migraine headaches, pain, food intolerances, chronic digestive health issues, chronic fatigue, mood issues and more. As this cleanse has become more and more popular, I have also witnessed many patients who read about this cleanse online, attempted it on their own, and then had lingering side effects such as fatigue, brain fog, depression or no lasting benefits from the cleanse. Many also report severe nausea, vomiting, cramping and even fainting during the cleanse itself.

I never felt that this cleanse was for anyone at any time, as it is such a powerful process that requires a certain amount of baseline energy and stamina. For this reason, I have never published this cleanse on my site until now. I am doing so only with a set of prerequisites that I have given to my patients through the years.

These prerequisites will often solve the digestive health issues, and you may find that you may not even need to perform this final step, the Liver & Gallbladder Bile Flush. I realize many of you finished all the prerequisites and are ready for the flush. These prerequisites are designed to prepare the liver, gallbladder and bile ducts to make it easier for bile to be flushed – making the night of the flush much more comfortable along with a more successful result. Enjoy!
The Safe Liver & Gallbladder Bile Flush Protocol

Please Note: Only attempt this flush after successfully completing the prerequisites in this eBook.

Supplies

- 1.5 gallons of apple juice (about 16 lbs of apples if juicing your own)
  - or 96 oz of cranberry juice (almost 3 litres)
  - or 4 Tbsp of malic acid
  - or 18 oz of raw apple cider vinegar
- 4 Tbsp of Epsom salt
- 1/2 cup of olive oil
- 1 cup fresh lemon juice (about 6-8 lemons)
- 1/2 cup lemonade (or 1/2 a lemon and natural sweetener)
- 3/4 cup fresh grapefruit juice (1-2 grapefruits)
- Optional: baking soda
- Optional: enema bag.

Days 1 - 6: Six Days Prior to the Flush:

Our goal is to soften congested bile before the flush with malic acid.

Drink 32 oz of one of these 4 Malic Acid Options, throughout each day, during Days 1-6:

Note: Diabetics, those with prediabetes, hypoglycemia, candida, SIBO, or acid reflux should not use fruit juice for the preparation, and should instead use Option 3 or 4.

- **Option 1**: Drink apple juice, which according to the journal, The Lancet, is an effective means of softening gallstones. (52) Drink 32 oz throughout each day.
- **Option 2**: Dilute 16 oz of cranberry juice in 16oz of water. Drink 32 oz throughout each day.
- **Option 3**: If you are concerned about drinking apple or cranberry juice because of the sugar or acid content, use a malic acid powder mixed in water instead. The malic acid powder can be found at a natural health food store:
  Add 1/2 teaspoon of malic acid powder to 8 ounces of water. Drink 32 oz throughout each day.
- **Option 4**: Mix 6 Tbsp of raw apple cider vinegar (ACV) in 32 oz of water. Drink 32 oz throughout each day.
• During the six days of preparation, eat whole foods.
• Avoid processed foods, added sweeteners, and fried foods.
• Avoid cold foods and cold drinks.
• Meals should be preferably cooked. Drinks should be warm, hot or room temperature.
• Make lunch your biggest meal and eat light at night.

Day 6: Morning of the Bile Flush

It is best to do this flush when you can relax on the night of Day 6 and during Day 7. Do not take any herbs or vitamins during the first or second day.

1. Eat a non-fat and no added-fat breakfast and lunch that excludes beets, nuts, seeds, oils, dairy, meat, avocado or other high-fat or high-protein foods.
2. Drink your 32 ounces of your Malic Acid Option of choice by 2pm.
3. After 2pm, do not eat or drink anything but water. Drink plenty of water up to 5:30 pm (a half hour before the Epsom salt drink).

Day 6: Evening of Bile Flush

4. At 6pm, drink ¾ cup (6 ounces) of water with 1 tablespoon of Epsom salt fully dissolved in the water.

   NOTES: Adding the juice of ¼ of a lemon is best for neutralizing the taste of the Epsom salt. Be sure to stir in the Epsom salt so it is completely dissolved. Water can be consumed again to stay hydrated around 6:30-7:30pm.

5. At 8pm, repeat the Epsom salt drink from step #4 (¾ cup of water with 1 tablespoon of Epsom salt fully dissolved in the water). Water can be consumed again from 8:30-9:30pm.

6. After the second dose of Epsom salts, it is important to have had a bowel movement. By 9:30pm, if you have not yet had a bowel movement, take a warm water enema. Use enough water to trigger a natural bowel movement. This typically happens very quickly.
The Flush

1. At 10pm, drink ½ cup of olive oil with ¾ cup of freshly squeezed grapefruit juice (shake to mix).
2. Follow this with up to ½ cup of lemonade. You can make your own lemonade with the juice of ½ a lemon with ½ teaspoon of raw honey or natural sweetener in ½ cup of water.
3. Immediately lie in bed on your back, or right side, with your knees up for 20 minutes. Lie as still as possible until you fall asleep. During this period, you can often feel your gallbladder contracting under your right ribs.

Drink water as needed from 12:30am-5:30am. The Epsom salt and loose stools are dehydrating, so drinking water is important.

4. If you have nausea during the night, sit up or walk around. If needed to cope with nausea, take ¼ teaspoons of baking soda with ½ cup of water.
5. During the night or in the morning, expect some diarrhea that may be greenish with numerous black, green, and brown spheroid pieces of congealed bile. Actual gallstones will sink to the bottom of the toilet. In the detox process, congested bile will congeal with the olive oil and citrus acid from the lemon and grapefruit juice, and be released and float in the stool.

**NOTE:**
- Small BB-sized bile pieces are likely from congestion in the hepatic ducts from the liver.
- Large quarter-sized bile pieces are likely from a congested gallbladder.
- Medium-sized (dime or nickel) bile pieces are likely from congestion in the common bile duct or cystic duct from the gallbladder.
- Green bile is fresh, brown is older and black is toxic.
- Interesting fact: The word “melancholy,” suggesting a tired, depressed mindset, comes from two words: melan = black, choy = bile or black bile.

**NOTE:** Only proceed with day two if Day 6 and the flush were comfortable. Some bloating, nausea, burping, loose bowel movements, cramping are normal. If any of these signs were excessive and you are feeling depleted or exhausted, do not attempt the procedure on Day 7.

Instead, follow with 2-3 warm water enemas on Day 7 until you see clear fluid. Repeat these enemas in the morning, afternoon and evening to make sure all the congested bile has been flushed out of the intestines. This will be when you see clear fluid. Eat a light meal of cooked vegetables in the morning as soon as the appetite returns. If feeling exhausted, have a nonsweet protein shake and a bowl of oatmeal to replenish.
Day 7

1. At 6am, repeat the Epsom salt drink from the day before: ¾ cup of water with 1 tablespoon of Epsom salt completely dissolved.

2. Drink water as needed from 6:30-7:30am, and then again after 8:30am.

3. At 8am, repeat the Epsom salt drink from step #1: ¾ cup of water with 1 tablespoon of Epsom salt completely dissolved.

4. Sometime after the 8am Epsom salt drink, the cleanse should wind down with 2-4 completely loose bowel movements without any congealed bile pieces or fecal matter. If you are still eliminating solid or semi-solid fecal matter, follow up with a warm water enema until your bowel movements are clear. Repeat the enema in the afternoon until you are eliminating clear fluid. This ensures that all the congealed bile has been eliminated from the intestinal tract.

5. At 10am, have some fruit juice (pure fruit juice that isn't sweetened with sugar or corn syrup). At this point, you can start drinking water again.

6. At 10:30am, eat some fruit.

7. At 11:30am, have a light meal, such as steamed veggies, broth, rice, soup, and/or a whole grain such as quinoa or rice. Avoid processed foods, grain products, dairy, sugar, alcohol, and meat.

8. Have a light meal for dinner and begin eating normally the next day.

9. Remember, it will take a few days to replenish the bile completely. During this time, you may feel very mentally clear, but the physical endurance from bile delivering fats as fuel may lag for a few days. During these first few days, don’t push yourself physically, mentally or emotionally.

**Note:** Loose stools often continue through Day 7.

**Congratulations!**

**Recommended Reading**

Many of the details of this Live & Gallbladder Bile Flush are taken directly from Andreas Moritz’s book, with some small modifications, *The Liver Gallbladder Miracle Cleanse*. I suggest reading this book before cleansing as it is a great resource for understanding the details of liver and gallbladder cleansing. This eBook is primarily designed to offer preparatory strategies to ensure safe liver cleansing.
Follow-Up Liver & Gallbladder Bile Flushing

Repeat the Liver & Gallbladder Bile Flush only if you:

- experienced positive changes in digestion
- felt strong and vital within a couple of days after the first flush
- had no negative side-effects.

In this case, repeat the bile flush every 4-5 weeks until there are no congealed pieces of bile floating in the stool (which means that during Day 6 night and Day 7 morning you only see fecal matter followed by clear liquid).

Following up with regular Short Home Cleanse or Colorado Cleanse a couple of times a year should suffice in maintaining a healthy liver and gallbladder, assuming a seasonal diet with minimal processed and packaged foods.
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Dr. John is the former Director of Player Development for the New Jersey Nets NBA team, author of 7 books, a repeat guest on the Dr. Oz show, and featured in Woman’s World Magazine, Huffington Post, Yoga Journal and dozens of other publications. He directs LifeSpa, the 2013 Holistic Wellness Center of the year, in Boulder, CO.