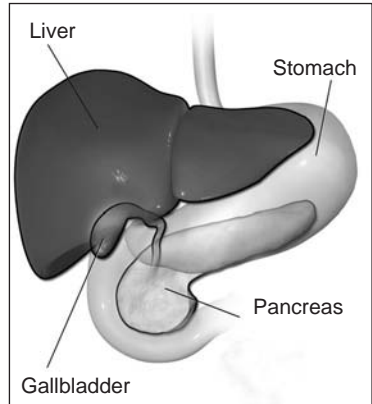


Liver

The liver is the second largest organ (after skin) in the body, weighing nearly two kgs in an adult. The size of the liver corresponds with the size of the human body.

Structure

The liver is situated in the upper abdomen on the right side, beneath (and loosely attached to) the diaphragm. It is nearly 21-22 cm across at its widest point, 15-17 cm at its greatest vertical height and 10-12 cm across front and back. The liver is composed of soft, red brown tissues, divided into lobes and enclosed by a tough fibrous capsule.



Liver and other organs

The liver has an intricate and complex system of blood vessels. If we were to build a factory to perform all chemical functions that a man's liver could perform, it would spread over a few acres. The circulatory system of the liver is unlike that of any other organ. It receives 25% blood supply from the hepatic artery. The major portion of 75% is received from the portal vein. This blood contains the final products of digestion.

Functions

All of the venous blood, returning from the pancreas, stomach, small intestine and spleen, converges into the portal vein. The liver gets first pickings of everything absorbed in the small intestine, where all nutrients are re-absorbed. So, it is the liver's job to process all food that your intestines absorb. Apart from the above, the liver also performs the following important functions:

- The liver is the main organ that processes foreign substances and make them friendly. Its primary secretion, the bile, is poured into the gallbladder and then, the duodenum (the first part of the small intestine), through the common bile duct. Everyday, the liver produces upto 400 ml of bile. Bile is important for fat digestion. The liver is full of tubes (biliary tubing) that deliver the bile to a large tube, the common bile duct.

- In addition, it has other important functions, similar to that of a ductless gland in the metabolism of carbohydrates and nitrogenous waste products.
- From the venous blood, the liver removes glucose, turns it into glycogen and stores it. When the body needs energy, the liver converts this glycogen back to glucose, which then travels through the bloodstream to the cells, where it is needed.
- The liver converts amino acids into proteins, such as albumin, prothrombin components, fibrinogen, transferrin and glycoprotein.
- It excretes the bile pigments, bilirubin and biliverdin, formed in the cells of the reticulo-endothelial system, from haemoglobin.

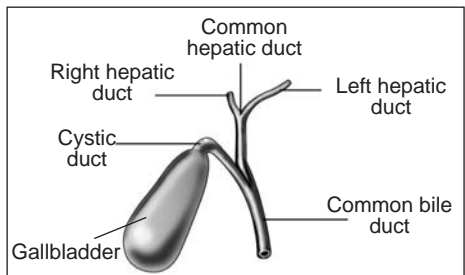
Briefly, the functions of the liver are:

- It is the chemical factory of the body
- It produces bile
- It processes all food
- It converts amino acids into proteins
- It is instrumental in clearing out harmful drugs and other chemicals from the body

Gallbladder

The gallbladder acts as a storage reservoir for bile in concentrated form and is attached to the common bile duct.

The pear shaped gallbladder stores bile, which is released into the small intestine in optimum quantities, as and when needed. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes and the stored bile travels down the common bile duct to the intestines. Without your gallbladder (when it is removed by surgery for instance) the liver will still produce bile, but since the bile can no longer be stored, it is



Biliary system

directly released into the intestine. This may result in indigestion of fat. Bile is designed to remove toxins, fat and sludge from the liver and flush out fatty and calcified deposits called gallstones. The longer

the bile remains in the gallbladder, the thicker this bitter greenish liquid becomes and the greater the likelihood of stone formation. These stones are also formed when too little bile is produced. They, in turn, decrease the ability of the liver to make bile, and as a result, less cholesterol and toxins are removed from the body.

How is bile made?

Our body is a wonderful system. It even uses worn out blood cells. The spleen breaks down haemoglobin in the worn out red blood cells into bile salts and other substances. Bile salts are safe for the body in normal amounts. The liver removes excess bile salts and wastes, and sends them to the gallbladder for storage, from where they are released into the small intestine for digestion.

Functions of bile

When bile is released into the intestine, it performs the following functions:

- When you eat a meal with fats, the gallbladder releases a large amount of bile to digest them. Bile is essential in the digestion of fats. The concept of emulsifying fats is similar to that of washing greasy dishes. Without adding soap, it is almost impossible to clean the grease. The same way, the gallbladder stores bile that emulsifies fat, so that it can be properly transported by the intestines into the bloodstream
- It neutralises the acid from the stomach
- It is a natural laxative for the colon

What are gallstones?

Stones can form anywhere in the body, where there is a liquid containing mineral salts that can be crystallised, and where the fluid is held for a while in a hollow organ, such as the gallbladder. The stones may be large or small and may grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can get lodged in the ducts, causing gallstone colic, one of the most painful illnesses. At other times, gallstones may be silent, and may not cause any pain or symptoms. In autopsies, examiners often find gallbladders full of gallstones.

Often, a gallstone is not a true stone. They are rather rubbery and soft. Most gallstones float. Only a few sink. They are mostly green. The size varies from that of rice grains to golf balls. Even large gallstones slip out easily through the anus. Pathological analysis of a stone sample after a Liver Cleanse was found to be 91% cholesterol and 9% bile salts, water and inert ingredients.

In many people, including children, the biliary tubes are choked with gallstones. Some people develop allergies or hives, but others exhibit no symptoms. When the gallbladder is scanned or X-rayed, nothing is visible. Typically, gallstones are not only in the gallbladder, but also in the bile duct and liver. More ever, most are too small and not calcified, a prerequisite for visibility in an ultrasound.

Even after surgical removal of the gallbladder, a little pocket remains where stones can accumulate. The Liver Cleanse will flush out the area and expel gallstones that may have formed post surgery.

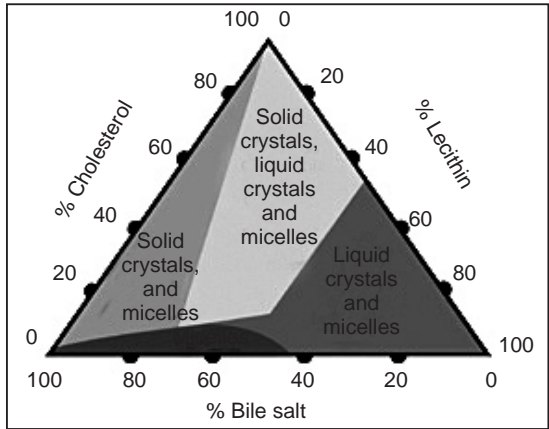
Symptoms

Symptoms of gallstones problem may include:

- Cramping and gas in the stomach or intestine
- Abdominal pain, which could transmit to the right shoulder
- If a gallstone remains lodged in the bile duct for a long time, there will be a build-up of bile behind it. This can result in obstructive jaundice
- Cholecystitis, an inflammation and possible infection in the gall bladder due to high levels of cholesterol

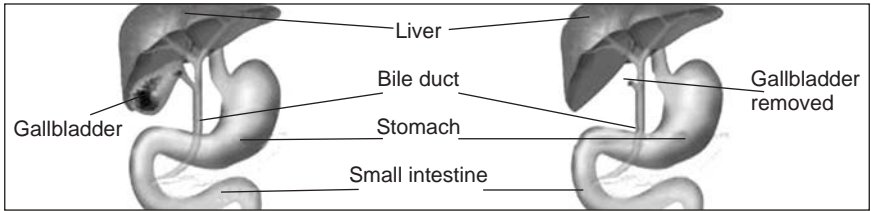
Why should the gallbladder not be removed?

You can survive without a gallbladder, but you are more prone to developing certain health problems. A gallbladder performs several



Composition of a gallstone

important roles, such as fat digestion and absorption, removal of cholesterol and other toxins from the body. When a gallbladder is removed, a new pathway for the bile is created. The trouble with this new pathway is that the bile irritates the pancreas. When a cell gets irritated, it performs its function irrationally. In this case, the pancreas cannot produce insulin normally. This may lead to diabetes.



Before gallbladder surgery and after

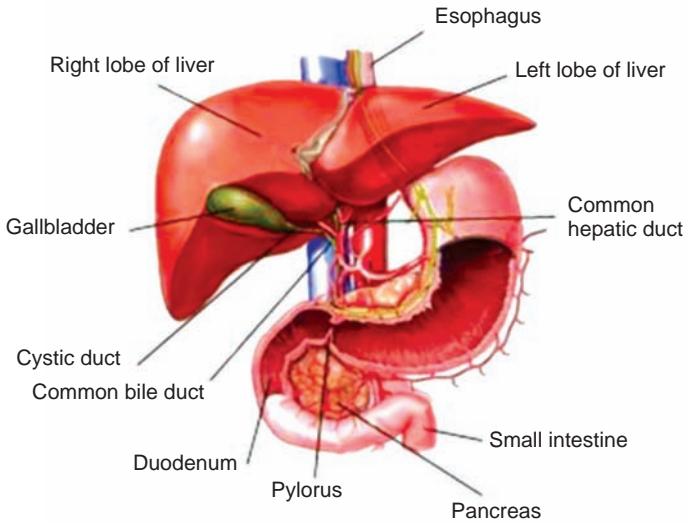
You are at a greater risk of developing a fatty liver, experiencing indigestion and developing deficiencies of essential fatty acids and fat soluble nutrients. Your liver continues to manufacture bile, but there is no longer a place to store or concentrate it. Therefore, the bile slowly trickles into the intestines.

Not digesting fat well means that you will not be able to digest essential fatty acids, including omega-3 and omega-6 fats. It also means you'll have a hard time absorbing fat soluble vitamins, such as vitamins D, E, A and K. A lot of antioxidants in vegetables are fat soluble, such as lycopene, lutein and carotenoids. If you don't produce enough bile, you will not be able to adequately absorb these lifesaving compounds from food. If you take any of the above mentioned nutrients in a supplement form, then without sufficient bile, you will not absorb them well.

Liver and diabetes

When bile ducts get blocked with gallstones, the bile may take another route and end up in the pancreas. Here, the bile attacks the pancreas, causes inflammation and destroys insulin secreting cells. This results in lack of insulin supply, leading to high blood sugar (hyperglycaemia), and disability of the liver and muscles to pick up glucose from the blood and store it. A Liver Cleanse gives relief to patients suffering from this type of diabetes.

Liver and other digestive organs



Ingredient for Liver Cleanse



Epsom salt (Magnesium sulphate)

Ingredient for Liver Cleanse



Extra virgin olive oil (only to be used)

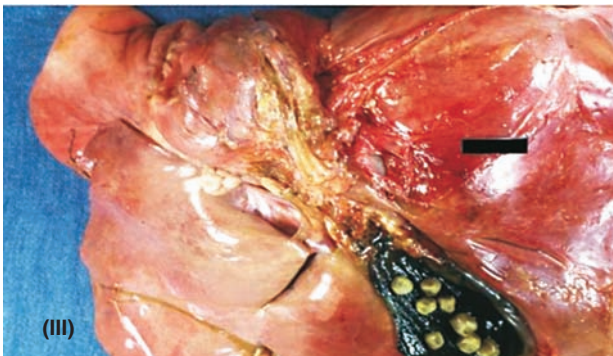


Olive oil (not to be used)

Gallbladder stones



The diameter of the biggest stone is about 2.5 cm
Coins are shown for comparison of relative sizes of the stones



The Gallbladder contains several gallstones of mixed types. They contain both calcium bilirubinate and cholesterol. The above pictures (I) and (II) show gallstones, which people got rid of by doing Liver Cleanses. The one on the top left is nearly 4.5 cm long and 2.5 cm wide. I have done more than 50 Liver Cleanses in the last 12 years and gotten rid of 4,000 stones (large, medium and small). The last picture shows the section of gallbladder containing stones.

Gallbladder stones



Stones of various size passed during a cleanse



Stones collected in a strainer

Liver Cleanse (Master Cleanse)

Cleansing the liver dramatically improves digestion, which is the basis of your complete health. You can expect your allergies to be reduced by upto 40%, immediately after the first cleanse. The benefits increase with each subsequent cleanse, wherein you will notice a reduction in the frequency and intensity of the allergy.

A Liver Cleanse also ensures a heart attack free life for at least six months following the cleanse, by removing cholesterol and fat deposited in the arteries and blood (see page 90).

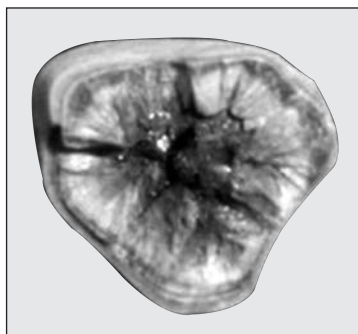
Incredibly, it also eliminates shoulder, upper arm and upper back pain, along with many other ailments. You will have more energy and an increased sense of well-being.

I suggest everyone to do a Liver Cleanse as soon as possible. Within 18 hours of this painless process, anyone can confirm that this Cleansing Therapy is very powerful.

Concept

1. Due to environmental pollutants and consumption of cooked food, toxins accumulate in the capillaries of the liver. To visualise this condition, imagine your garden hose with marbles in it. Very little water will be able to flow, which will not have the ability to flush out the marbles. With gallstones, very little cholesterol is able to leave the body and its levels rise. If you remove the marbles from the garden hose, water will flow freely. Similarly, once you do a Liver Cleanse, your cholesterol levels come down and the performance of the liver is improved.
2. Cleansing reduces clogging of blood capillaries inside the liver, bile duct and gallbladder.
3. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan coloured. The green ones get their colour from a coating of bile. Notice, in the picture on page 79, how many have embedded unidentified objects. Are they just flakes? You can observe a number of gallstones shaped corks with longitudinal grooves below the top. We can make

- out the blocked bile ducts from such shapes. Other stones are composites, made of many smaller ones, indicating that they regrouped in the bile ducts sometime after the last cleanse.
4. Gallstones, being porous, can pick up all bacteria, cysts, viruses and parasites passing through the liver.
 5. At the very centre of each stone, a lump of bacteria can be found. This is suggestive of a dead parasite that might have initiated the stone formation. In this way, nests of infection are formed, forever supplying the body with fresh bacteria.
 6. No stomach problem, such as ulcers and intestinal bloating, can be cured permanently without removing these gallstones from the liver.
 7. As the stones grow and become numerous, the back pressure on the liver causes it to make less bile.



Cross section of gallbladder stone

Preparation

- Plan to do your first Liver Cleanse at the earliest. To get the best results in the second round, do a Kidney, Parasite and Acidity Cleanse, before the second Liver Cleanse. You should have your kidneys, bladder and urinary tract in top working condition so that they can efficiently remove any undesirable substances absorbed from the intestine.
- Choose a Saturday (or a day before a holiday) for the cleanse, so that you can rest the next day. After having done numerous cleanses, I now do my Liver Cleanse even on a working day with only slight modification in my schedule.
- Eat a light breakfast and simple lunch, easy to digest. This allows the bile to build up, since less bile is required for digestion of light food. This develops pressure in the liver. The added pressure pushes out more stones. When you are on a fruit diet, you can pass out the maximum number of stones. The reason is simple. Fruits do not need bile for digestion

and the bile remains stored, resulting in more pressure that releases more stones.

- If you are doing any of the other cleanses, such as Kidney Cleanse, Acidity Cleanse or Parasite Cleanse, stop these cleanses by 2 pm, i.e., four hours before the scheduled Liver Cleanse. If you are taking regular medication for blood pressure, diabetes etc., you can continue to take it as usual.



Extra virgin olive oil

Ingredients

1. Extra virgin olive oil (250 ml) for a person of 70 kgs or more, 175 ml for people weighing less than 70 kgs and 150 ml for people who weigh less than 55 kgs (remember that only extra virgin olive oil is needed, not olive oil or virgin olive oil).
2. Fresh juice of orange (संतरा), sweet lime (मौसंबी), tangerine (कीनू) or pineapple (अनानास) approximately in the same quantity as the oil. Tetra pack juices can also be used.
3. Epsom salt or magnesium sulphate ($MgSO_4 \cdot 7H_2O$), four sachets of 20 gms each per person per Liver Cleanse, for a person weighing 70 kgs or more. People who suffer from hypertension or weigh any less, should have 15 gms of epsom salt. Those who are on regular medication to control hypertension, should take the regular dose of 20 gms. People suffering from hypotension should take a reduced dose of 15 gms, since epsom salt sometimes tends to marginally lower blood pressure.
4. Water (800 ml); to dissolve epsom salt. You can substitute water with orange/sweet lime, pineapple or apple juice, to avoid the unpleasant taste of epsom salt. However, for best results, have salt with water and observe better cleansing, by way of increased number of stones in stool.



Epsom salt

Schedule

2:00 pm Start the Liver Cleanse	Keep your epsom salt ready. Mix 80 gms (20 gms X 4 sachets = 80 gms) of epsom salt (individual needs may vary) in 800 ml of water. This makes four servings of 200 ml each. Keep the jar in a refrigerator to cool the liquid (for convenience and taste).
6:00 pm Dose 1	Drink one glass of the mixture. If you did not prepare this ahead of time, mix a single sachet (20 gms) of epsom salt in one glass of cold water. You may also drink a few mouthfuls of water afterward.
8:00 pm Dose 2	Repeat the procedure by drinking another glass of epsom salt mixture. Visit the bathroom, if needed.
9:45 pm Prepare medicine	Pour 175 ml of extra virgin olive oil into a glass. Prepare juice of orange or sweet lime, or get a tetra pack. You should have 175 ml of juice. Add this to the extra virgin olive oil. Mix the contents in a mixer/whipper for 10 seconds. The medicine is now ready.
10:00 pm Dose 3	Drink the medicine (mixture of oil + juice). Lie down quickly on your right side for 30 minutes, with your head up high on the pillow. The liver is on the right side. This way, more pressure is created on the bile ducts to push out stones. You may feel a train of stones travelling along the bile ducts, like marbles. You will not experience any pain because epsom salt has dilated the bile duct. After 30 minutes, you may sleep on any side that suits you.
6:00 am Dose 4	Have the third dose of epsom salt. If you experience diarrhoea or nausea, take the dose after going to the bathroom once.
8:00 am Dose 5	After Dose 4, wait for two hours and take a second dose of the extra virgin olive oil and fruit juice mixture (75 ml + 75 ml) and go back to bed, the same way as the previous night.

10.00 am Dose 6	Have the fourth and final dose of epsom salt.
11.00 am The course ends	You may start eating. The diarrhoea will come to an end any time now. Start with fruit juices because the digestive system is weak due to diarrhoea. You can eat fruits or light food after half an hour. By dinner time, you should feel recovered from the effects of epsom salt. You may eat regular food, but keep it light.

Note: You may postpone the entire schedule by a few hours if you go to bed late, around midnight, instead of 10 pm. Also, the interval between the doses may be increased or decreased up to an hour or a little more, to suit individual requirements. You may reduce the doses of extra virgin olive oil and epsom salt as follows:

S. No.	Weight	Approximate quantity				
		Extra virgin olive oil			Epsom salt	
		Total	1st dose	2nd dose	Total	Per dose
1.	> 70 kg	250 ml	175 ml	75 ml	80 gms	20 gms
2.	70 - 55 kg	175 ml	125 ml	50 ml	60 gms	15 gms
3.	< 55 kg	150 ml	100 ml	50 ml	50 gms	12 gms

How well did you do?

Loose motions may start any time after the first dose of epsom salt, due to the dilating action of the salt. However, stones come out only after taking the third/fourth dose of epsom salt. They may continue until 2-4 pm.

During diarrhoea, the body loses some essential mineral and nutrients. As a result, it takes some time to recover the lost nutrients. Hence, we need a gap of at least two weeks between two Liver Cleanses. Repeat the Liver Cleanse until all the stones are removed. Afterwards, it is sufficient to do it once in six months.

If possible, use a European toilet, so that you can see the stones float. In Indian toilets, they will be washed away. If you are using an Indian toilet, use a strainer or a net to collect stones, otherwise you will not believe that all this was inside you.

Traditional medical viewpoints

This procedure contradicts many traditional medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are not linked to pains, other than that of gallbladder attacks. They are thought to be few, not thousands. It is easy to understand why this thought is prevalent. Only when you have acute pain attacks, some stones in the gallbladder, big enough and sufficiently calcified, can be seen on an X-ray or radiography, bringing down their numbers (see page 101).

Facts

When the gallbladder is removed, the acute pain attacks subside, but bursitis, other pains and digestive problems remain. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones and anyone who dissects these stones can see that the concentric circles and crystals of cholesterol exactly match textbook pictures of gallstones. Such gallstones are from bile ducts.

Sometimes, the bile ducts are full of cholesterol crystals that did not turn into round stones. They appear as chaff, floating on the toilet bowl water. They may be tan coloured, harbouring hundreds of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

Effects of Liver Cleanse on allergies/asthma

Allergies and asthma are due to a disabled liver and extreme allergies are due to an extremely disabled liver. Allergies occur when a persons immune system reacts to substances in the environment that are harmless for most people. This is the case with people suffering from allergies from lacquer on floors, wall paints, plastic chairs, flowers and dust mites.



Asthma patient using a pump

Food has natural chemicals that need detoxification. Different parts of the liver have different detoxifying jobs. One part detoxifies plastics and solvents, the other detoxifies perfumes, another detoxifies newsprint ink and so on. By constantly changing our food, we avoid

overburdening any one of our detoxifying mechanisms. This is probably the basis for eating different food items in every meal in a day. We somehow know when we are ready for the same food again.

Anything that gets lodged in the bile duct obstructs the flow of bile. This causes pressure in that part of the liver and it produces less bile. The bile duct system is like a gigantic tree with a lot of interconnecting branches. When one is obstructed, others take over its job. However, when a whole section of the liver gets obstructed and cannot detoxify the chemicals, they cause allergy. An individual with an allergy problem of extreme levels needs to take one tablet of citrizine and/or any other anti-allergic drug. With the first Liver Cleanse, 40% of your problems will be relieved. The intensity and severity of the problems will also reduce by 40%. Thereafter, you will need the medicine only on alternate days. After the second cleanse, you will need one tablet every third day. After the third cleanse, you will need half a tablet every third day. In most cases, the requirement of anti-allergic tablets is almost zero after the fourth Liver Cleanse (results may vary slightly from person to person). If, even after the fourth cleanse, 10% of the problem persists, then the patient should do a Parasite Cleanse using Clarkia tincture, zapper, pulser and colloidal silver followed by a fifth Liver Cleanse. After five proper liver cleanses, not only will the allergy problem go away, but the patient will feel significantly better.

Asthma patients will find a lot of relief as well. They can endure indoor air again, sit on plastic chairs, read newspapers, eat seafood, breathe in polluted air, wear nylon or woollen clothing and leather shoes without any adverse reaction. This sounds unbelievable, but is true.

Frequently asked questions

1. We are a group of 22 ladies in the age group of 30-60 years.

We have one or more of the following problems:

- Acne
- Age and liver spots
- Allergies
- Anger/irritability
- Blood sugar imbalance
- Bone density loss
- Breast tenderness
- Depression
- Dry skin
- Facial hair
- Fatigue
- Feeling of being crazy
- Fibrocystic breast
- Foggy thinking

- Hair loss
- Headaches/migraines
- Hot/cold flashes
- Inability to lose weight
- Insomnia
- Irregular cycles
- Leg/muscle cramps
- Low libido
- Low thyroid symptoms
- Memory loss
- Menopausal problems
- Panic/weeping
- Sciatica
- Spondylitis/arthritis
- Swollen ankle/feet
- Uterine fibroids
- Vaginal problems
- Water retention

These are termed as normal and we are advised to live with them. Will a Liver Cleanse be helpful for us?

Yes. Even if you do just one Liver Cleanse, your opinion on the efficacy of this cleanse, either to reduce or even cure your problems, will change. With each subsequent cleanse your condition will further improve.

2. We are a group of 10 men with some of the following problems. Can you help?

- Acne
- Age and liver spots
- Allergies
- Anger/irritability
- Burning sensation during urination
- Depression
- Diabetes
- Dry skin
- Enlarged prostate
- Erectile dysfunction
- Fatigue
- Feeling of being crazy
- Foggy thinking/memory
- Hair loss
- Headaches
- Inability to lose weight
- Insomnia
- Lack of sex drive
- Leg/muscle cramps
- Loss of memory
- Low blood sugar
- Lower back pain
- Migraines
- Panic/weeping
- Reduced muscular strength
- Sciatica
- Spondylitis
- Swollen ankle/feet
- Thyroid problem
- Water retention

The Liver Cleanse is called Master Cleanse, as it can help us get rid of all the above problems. Do it once and feel the difference.

3. How does apple juice help in Liver Cleanse?

Apple juice helps in removing more stones, if taken for a day or two, before the Liver Cleanse. It also has certain properties that soften hardened stones.

4. How does oil enter the liver and cleanse it?

Cleansing the liver is the property of extra virgin olive oil. All patients get demonstrable positive results. We do not need any better proof.

5. What is so special about extra virgin olive oil?

Extra virgin olive oil comes from the goodness of carefully hand picked olives that are cold pressed within 24 hours of harvesting. The oil manufacturing process involves no heat, no chemical interaction, no solvents, no radiation and no microwaves, only pressure. The climate, soil, variety of olive tree and the time of harvest, account for the oil's flavour, smell and colour. Due to the time consuming process required to manufacture extra virgin olive oil and its limited production, true extra virgin olive oil is expensive. The flavour of extra virgin olive oil tends to break down at frying temperatures. Using it in raw form does not increase cholesterol or obesity.

6. Can I drink raw oil in such a large quantity?

That is the only way to do a Liver Cleanse. Just do it. Do not wait because you have a right to a better life.

7. Which are the common brands of extra virgin olive oil?

Figaro, Borges, Leonardo, Del Monte, Farrel, Bertolli, Milagro, Filippo Berio, Rafael, Salgado and Verdenso are commonly available brands of extra virgin olive oil. All of them are good. However use a sealed fresh bottle for best results.

8. Can I use regular olive oil or virgin olive oil?

Extra virgin olive oil has liver cleansing properties. If you are unable to get it, you may use others as a last resort.

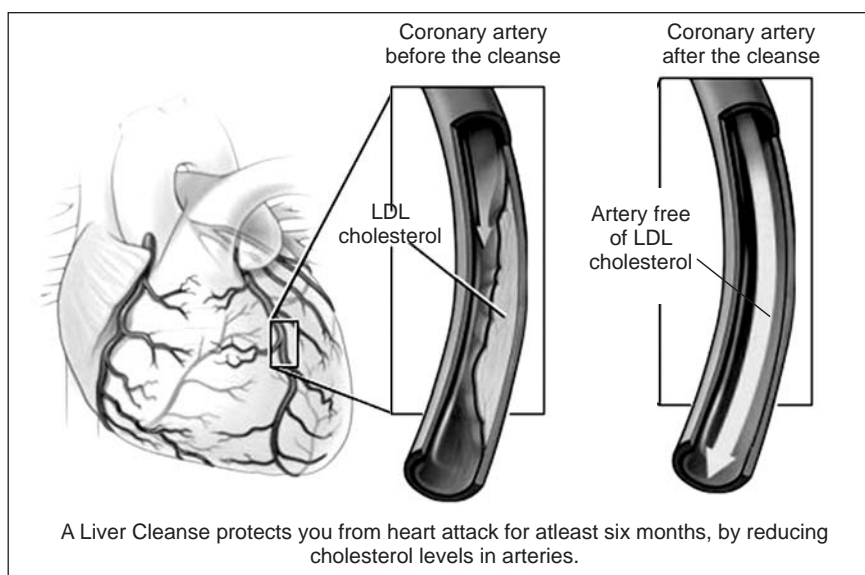
9. My neighbour told me that she has been taking 10 ml of extra virgin olive oil with lemon juice daily in the morning for the past two months for better liver health. Can I follow her?

There are around eight Liver Cleanse recipes. She is following one of them. This is also effective, but it takes a lot more time to achieve the same effect as compared to our Liver Cleanse. Just ask her to compare the results of her procedure with our method and notice the difference in just two days.

10. Can the Liver Cleanse avert bypass/heart attack?

Yes, definitely. Once the LDL (Low Density Lipoprotein) leaves the body, the chances of cardiac arrest/bypass are minimised. The LDL cholesterol, accumulated in your liver, is cleared by the Liver Cleanse.

It is an inherent property of the blood to balance all its ingredients uniformly in the body. It picks up accumulated cholesterol from comparatively high concentration areas, such as the coronary artery, and brings it to the liver. Thus, arterial blockages are reduced and you will avert a bypass procedure. A single proper Liver Cleanse helps you prevent heart attacks for at least 6 months!



Liver Cleanse - the Master Cleanse

In just five Liver Cleanses, my LDL cholesterol reduced from 154 mg/dL to 103 mg/dL. It is a commendable achievement by any standard.

11. I have not eaten any fatty food for the past 10 years. How can I have any excess bad cholesterol in my body?

Fat is required by living beings for lubrication of body parts. Therefore, the liver produces a limited quantity of fat and cholesterol from food. Due to cooked food and environmental pollution, the LDL cholesterol so produced is sometimes in excess of the requirement.

12. How can your Liver Cleanse treatment bring improvement in diabetic patients?

The liver synthesises sugar from vegetables and other food. Sometimes, the liver makes more sugar than the body needs, which causes the blood sugar levels to rise. Patients suffering from this type of diabetes experience considerable improvement after a Liver Cleanse.

13. I have high/low blood pressure. How can I take such a heavy dose of epsom salt?

If you are taking blood pressure regulating medicine, then it will not harm you. You can take your medicine while doing a cleanse.

If it is marginally low, then there is no problem. If it is significantly low, then you have to be careful, since epsom salt tends to lower blood pressure. You may have to reduce the dosage.

14. I have ulcers in the stomach. Can I take epsom salt?

If the ulcers are small and few in number, then the Liver Cleanse may cause some bleeding. However, the advantage of doing the Liver Cleanse will be much more than the risk of a little bleeding. One solution is to have green vegetable juices for a week, three times a day (200 ml each) to reduce the ulcers and then proceed with a Liver Cleanse. Another way is to have Gelusil or any other antacid, two spoons, before and after every dose of epsom salt to reduce irritation.

15. I am not ok with the taste of epsom salt. Is there a substitute? If not, then can I reduce the dosage?

Liver Cleanse uses epsom salt to dilate the capillaries in the liver, bile ducts and gallbladder and induce diarrhoea so that even big stones may pass smoothly in greater quantity. A Liver Cleanse can happen without epsom salt, using only extra virgin olive oil, but the elimination of toxins will only be 1/4th of the normal quantity. Epsom salt may cause temporary discomfort for a few hours. Bear with it. You can also mix orange/sweet lime juice to it for better taste.

16. Can I use only epsom salt to induce motion to treat constipation?

Epsom salt should not be used as a laxative. There are better options available in the market. Epsom salt is used in the Liver

Cleanse to dilate the bile ducts, induce diarrhoea and flush out more and bigger stones.

17. What do I do if vomiting/giddiness occurs while drinking epsom salt or extra virgin olive oil?

Normally this should not happen. However, if it does, it should be treated as a part of the cleansing process. Proceed with the cleansing process without changing anything. The residual medicine in the stomach will still yield results. Have some coconut water, without the pulp, in case of giddiness. You can also have any fresh fruit juice.

18. Is it possible to do a Liver Cleanse under careful medical supervision?

If you have read this book carefully and seen the videos on my website or YouTube channel, then you know that no other supervision is needed and you can do it on your own. If you have any apprehension, then you can find a list of volunteers in your neighbourhood on our website, who can help you with the Liver Cleanse.

19. Your therapy does not seem to have any scientific studies backing the promised results. How can you convince me that this is not quackery, but a genuine therapy?

Most alternative therapies do not have the luxury of having money spent on them, by way of marketing and advertising. We are wasting our precious health and time if we wait for universities and pharmaceutical companies to back these inexpensive procedures. This runs against their multi-billion dollar profit policies and they will strive to prevent the spread of such information. I suggest trusting your instincts and getting some basic knowledge of anatomy, chemistry and physiology, and applying some logic, common sense and will to understand the process behind our Cleansing Therapy.

20. Why should I believe in Liver Cleanse? Why should I waste my precious weekend? Is it possible that drinking extra virgin olive oil could turn out to be a sick joke?

Actually, most successful therapies sound quite scary the first time, as you hear something radically new and different. There are a

few such therapies, e.g., reiki, acupuncture, acupressure, amalgam replacement, colonics, enema and ozone therapy. I agree that pills are simpler, but the problem with them is that they do not and cannot deliver even 1/10th of the results delivered by a single Liver Cleanse.

21. What if something goes wrong?

Liver Cleanse has been a grandma's recipe for for many years. People in USA and other developed countries have been doing it. I have been practising this therapy since 2004. Thousands of patients have benefited. You need not worry about anything except diarrhoea for a few hours. However, it is recommended to read the Liver Cleanse procedure and watch my video '*Apna Ilaaj Apne Haath*' on my website.

22. My doctor says that he has never read about your Liver Cleanse in his course. What is your comment?

When the doctor says, "I cannot comment", you get scared. Just ask him, "What are the risks involved and the downside?", for each of the ingredients. He may again offer no comments, or say, "Diarrhoea and nausea". If he forbids you to do it, then remember that he is against it because he has not had an opportunity to experience this miraculous cure for himself, whereas, I recommend it based on my personal experience. Visit my website to see testimonials of patients who have already done it (www.drpiyushsaxena.com or www.thetempleofhealing.org), and look for someone in your neighbourhood. Talk to them or meet them. Science will be much better off if people maintain an attitude of open enquiry and test the observations of others, before forming rigid opinions. Proceed with your Liver Cleanse. You are not bound to trust the opinions of those who have never tried it themselves.

23. If the Liver Cleanse is so effective and has the potential to help a large number of people, how is it possible that it is not accepted by established medical practice?

Doctors practice medicine as it is established by the standard of care. These inexpensive, home-made therapies are not marketed because they do not generate any revenue. Today, there is a phenomenal growth in the practice of several alternative therapies that people consider last resorts, usually through word of mouth, as

a desperate attempt to try anything. When they observe significant improvement or even complete cure, much to the disbelief of the educated doctor, they slowly start to believe that there are other alternative methods to cure diseases, which are cheaper and easier.

Over the last 12 years, we have seen an exponential growth in the number of people following Cleansing Therapy and willing to share the benefits with others, purely to improve their health and not for any monetary benefits.

24. Who did the first Liver Cleanse?

The Liver Cleanse process started in USA and is now commonly followed in several western countries. In 1992, I remember reading about an 85 year old lady, Suzanne, who was suffering from several health problems. She could not stand. She had not eaten for days and suffered from severe constipation. She was confident that she would not live until the next morning. One of her friends advised her to take extra virgin olive oil. She took 400 ml of extra virgin olive oil at 11 pm and went to bed with no hopes. Around 2 am onwards, she started going to the toilet and did so five to six times until 6 am. In the morning, she observed that she was feeling much better. The rest, as they say, is history.

25. I am too busy to do a cleanse. Can you help me find time from my choc-a-bloc schedule?

According to the Pareto Principle, 80% of your achievements and revenues come from 20% effort. To begin with, compromise on your effort for the remaining 20% achievements and generate 80% surplus time. Utilise that extra time for Cleansing Therapy and other things that you want to do. Soon your efficiency will improve and you will have 120% achievement/revenue from 40% effort.

26. Why do you persuade so much to start a Liver Cleanse at the earliest?

Everybody, including me, is very happy after doing a Liver Cleanse. Its miraculous results give a new lease of life to everyone irrespective of whether they are sick or healthy. I want to share this with you to change your health. I believe that everybody has a right to better health. Hence, I persuade everyone to do a Liver Cleanse at the earliest and not delay it for frivolous reasons.

27. What is the difference between epsom salt, *sendha namak*, *lahori namak*, iodised salt and sea salt?

Epsom salt is magnesium sulphate ($MgSO_4 \cdot 7H_2O$), whereas the others are different forms of sodium chloride ($NaCl$). Only epsom salt is used for Liver Cleanse. Some dictionaries wrongly define epsom salt as *sendha namak*. Epsom salt does not have any vernacular name. However, in North India it is called 'magsulph'.

28. Where can I get original epsom salt?

There are no fake epsom salt products, because they are inexpensive. It is available for Rs. 7-10 per 20 gms. Epsom salt of non-food grade which is often marked as for bath use can also be used. It is available for Rs 30/- for 175 gms. Both serve the same purpose, except that in a 175 gms box you need to measure doses of approximately 20 gms each. Don't worry if it is one or two grams less or more than the advised dose.

29. What is the right quantity of water to dissolve 80 gms of salt?

The main active ingredient is epsom salt. The prescribed water quantity of 800 ml is for convenience. You can use water in any quantity, which may be much less or more than the recommended dosage.

30. I did a Liver Cleanse, but my stones are still in the same place and they are of the same size.

Take a print out from my website www.drpiyushsaxena.com of: i. How dependable are pathological reports, and, ii. Original reports. As a precautionary measure, get an ultra sound done in a different hospital without mentioning the previous report to confirm its correctness. However, if you still find some stones, do a Kidney Cleanse, Acidity Cleanse and most importantly, Parasite Cleanse with zapper and pulser followed by a Liver Cleanse once again. Then rest assured, it will be confirmed by any test that you don't have any stones in your gall bladder.

31. Can pregnant ladies and lactating mothers safely do it?

Yes, pregnant ladies (except during the last month) and lactating mothers (except in the first four months) can safely do a Liver Cleanse.

32. Can children do a Liver Cleanse?

It is absolutely safe for children more than 10 years and younger children, excluding infants and kids, may do it under careful supervision.

33. Do gallstones hurt when they pass through the common bile ducts?

No, they are extremely soft and never hurt. They pass out very smoothly. Many patients with gallbladder stone size of even 29 mm have passed it out conveniently in a Liver Cleanse.

34. Do gallstones sink in water?

Most gallstones are made of cholesterol (nearly 91%). They normally float, even if they are chaff. When they are calcified, they sink.

35. Should I take medicine to stop diarrhoea caused by the Liver Cleanse?

Diarrhoea is a condition of excessive, frequent and loose bowel movements. Normal diarrhoea sometimes needs treatment, whereas induced diarrhoea, caused by epsom salt during a Liver Cleanse is automatically cured in four to six hours after the cleanse, without any medication.

36. What if I do not get any loose motion even after taking all doses of epsom salt and extra virgin olive oil as advised?

I have come across only one such case so far. You may have developed some constitutional abnormality in your body if you have been taking heavy doses of allopathic medicines for a long time (5-10 years). In such a case, take a fifth dose of epsom salt at 11 am.

37. I am constipated. I drink one litre of water everyday in the morning. Otherwise, I do not get motions. My spouse takes ayurvedic powder every night to get motions. Should we take it on the Liver Cleanse day or avoid it?

Epsom salt is a laxative, so it should serve the purpose. You will not feel constipated. You may have water, but no medicine is needed on the day of cleansing.

38. Four members of our family did Liver Cleanse, exactly as you had recommended. Three members passed out stones, whereas I passed out only green water. Is there anything wrong with me? I am feeling much better though.

Do not worry. Everything is alright, since you are feeling better. It is the result of the Liver Cleanse. In your case, it might be that the stones were in the form of chaff or too small to be noticed. Some people pass out stones in subsequent cleanses. You may try again.

39. Can we drink water/tea during Liver Cleanse?

There is no need to be cautious about water intake. You may drink water during the cleanse to keep your body hydrated. You may also drink a little tea, but not much, as it adversely affects the cleansing process.

40. Can we add fresh lime in epsom salt for better taste?

Yes, epsom salt is persistent in its properties when mixed with lemon. So you can mix both, if it suits your taste buds.

41. I have an irresistible feeling of hunger during Liver Cleanse.

You can eat fresh fruits, drink fruit juice/coconut water or eat raw carrots, in limited quantity. However, you are advised not to eat any fried food or food in large quantity, as it will utilise the stored bile and adversely affect the flushing of stones.

42. I have headache, drowsiness, nausea and body pain. Can I take any medicine?

These are a few symptoms that may or may not show up during or just after the Liver Cleanse. Don't worry. They will disappear in a couple of hours after the cleanse. If the pain is unbearable, you can take a pain killer.

43. I usually sleep late at night. Can I postpone the schedule of my dosage?

Yes, you can postpone it by an hour or two or as per your sleeping pattern, but the serial order of the dosage must remain the same. The time interval between the doses can also be adjusted by upto an hour.

44. I slept on left side instead of right side, what can I do now?

It makes some difference, but it will not greatly affect the overall efficacy of the cleanse. If you realised this during the initial minutes of taking a dose, turn and sleep on your right side for at least 30 minutes.

45. For my morning 8 am dose, I took epsom salt instead of extra virgin olive oil. Should I continue the process by taking extra virgin olive oil?

The cleansing process ends with this dose of epsom salt. You need not take extra virgin olive oil. Try to make a chart of the dosage and mark it when done, to avoid any lapse in future.

46. I am a healthy person with a normal weight. Can I do a Liver Cleanse with half the dosage of epsom salt and extra virgin olive oil?

The recommended dosage for the Liver Cleanse gives assured results for all. For some people, even half dosage may give good results. However, follow the serial order as instructed.

47. I have a fatty liver. Should I do a Liver Cleanse?

Fatty liver is a term that describes the build-up of fat in the liver. It's normal to have some fat in your liver. If it is more than 5 to 10% of your liver weight, only then can it be termed as a fatty liver. Don't worry about it and start with your Liver Cleanse right away.

48. I have recently suffered from jaundice. Should I do a Liver Cleanse?

Jaundice is a disease affecting the liver, with symptoms such as yellowing of the skin and eyes. If you continue to experience acute symptoms of jaundice, then avoid doing a Liver Cleanse until the symptoms subside.

49. My kidneys have failed. I am on dialysis. I have been advised not to do a Kidney Cleanse. Can I do a Liver Cleanse?

Yes, but under supervision of a relative who has already done this cleanse. Your condition will improve a lot. You may contact me for more information.

50. I have diabetes. How can I do a Liver Cleanse?

If you are suffering from diabetes for a long time, ten years or more, then don't do a Liver Cleanse, or do it with reduced dosage, upto 50% less of the normal dosage as the internal organs of the body become weak due to continuous dosage of insulin.

However, if you haven't been on medicines for a long time and your general health is in good condition, then you should do a Liver Cleanse. You may have some fresh fruits, such as apple, orange, sweet lime and grapes (no mango or litchi), between the process, along with your regular medication.

51. I have hyperacidity. Can a Liver Cleanse will help ?

You should do a Liver Cleanse, followed by an Acidity Cleanse for maximum benefits.

52. I weigh nearly 120 kgs. How much epsom salt should I take?

Epsom salt dosage of 20 gms x 4 is the maximum permitted dosage. It must not be increased, in any case.

53. I am grossly underweight. My weight is 40 kgs, height 5'4" and I am 32 years old. Can I do a Liver Cleanse?

You can safely do a Liver Cleanse with half of the recommended dosage of ingredients. After a Liver Cleanse, you may gain weight, as your digestion as well as absorption of food will improve.

54. I am overweight by 22 kgs. How will a Liver Cleanse help?

During a Liver Cleanse, patients lose a lot of LDL cholesterol. The body retains a significant amount of water and other undesirable substances to keep the LDL in a diluted form, if it is beyond the desired limits. Once LDL cholesterol reduces, the undesirable substances and water also leave the body, resulting in weight loss of upto 2 kgs on a permanent basis.

55. I have liver cirrhosis. Should I do Liver Cleanse?

You are advised not to do a Liver Cleanse, if the symptoms are serious. Otherwise, do it with reduced doses, under the supervision of some one who has already done it.

56. I had some bleeding from anus after the Liver cleanse.

It is a rare phenomenon. It may be due to an already existing ulcer in the stomach or intestine. You may take Gelusil, as advised in question no. 14 on page 91. For relief from bleeding or pain, you can wipe it dry with a tissue paper or a soft cloth and apply any cream. You will be fine in an hour or two.

57. I am from a remote village. I cannot get extra virgin olive oil in nearby areas. Can I try any other oil for Liver Cleanse?

Try to get extra virgin olive oil as only this oil provides the best result. Currently, it is available in the food section of shopping malls of all major towns, which may be a few hundred kilometres from where you may be residing. However, as a last alternative, I suggest using extra virgin olive oil, virgin olive oil or olive oil, in that order. You will get some good result. In any case, start a Liver Cleanse at the earliest with whatever oil that you can get. Show the photographs on page 77-78 to the shop keeper.

58. I did a Liver Cleanse and later, I developed infection and fever.

The ingredients used for Liver Cleanse do not contain any bacteria or fungus to cause infection. You may have already had some infection. Normally, any type of infection takes 3-4 days to exhibit symptoms. Perhaps, you did a Liver Cleanse during this period. Though you benefited from the cleanse, the fever occurred when the bacteria proliferated. It is just a coincidence. If you feel that it was caused by the Liver Cleanse, then you are completely wrong. Take a proper antibiotic or any other medicine to fight the infection as recommended by your doctor.

59. With so many inconveniences attached to the Liver Cleanse, how can you recommend it?

I have never faced any inconvenience and neither do most people. I have listed many problems, so that you need not run to the doctor in a panic, whenever any minor discomfort arises.

60. Can anybody do this Liver Cleanse?

You can suggest this therapy to anybody, but only after you have tested it on yourself. Remember, in Cleansing Therapy, you are your own doctor, so be prepared to help your patients by setting your own example. However, if you have any of the following ailments with major discomfort, then you should preferably do a Liver Cleanse under the supervision of someone who has already done it:

- cancer
- diabetes (with five years or more on medication)
- cirrhosis of the liver
- tumour in the liver
- a major surgery in the past four months
- recovered from a long ailment
- elderly, and physically weak
- big ulcers in the stomach/intestine

If the case is acute, you may contact me for detailed guidelines.

Liver Cleanse

Opinions, allegations and clarifications

Time and again, many opinions of allopathic practitioners and other doomsayers have indicated that gallbladder stones cannot be cured by a Liver Cleanse. They say that it is a sick joke and an experiment by a quack. People experience cramping, diarrhoea, sweating, nausea or general sickness, but exult after they complete the Liver Cleanse. They feel much better after getting rid of 100 to 200 gallstones (sometimes even more) from their gallbladder! The opponents of Liver Cleanse say that we, the doers of Liver Cleanse, without any proof of having gallstones in the first place, shout out that we have gotten rid of those stones. They say that what we see in the toilet is actually just saponified oil (oil coagulated with apple or other juices), because the body cannot digest too much oil at one time, and to get rid of it, saponification takes place.

They cite the gallbladder example. The gallbladder is a tiny structure and does not have room to hold bile, hundreds of gallstones and the common bile duct. The number of stones observed in the stool would require a gallbladder the size of a football to hold them!

In view of the above allegations, I would like them to just type Liver Cleanse on Google search. More than 10 lakh search results appear. None of these sites are promoted by professional medical practitioners, who charge, directly or indirectly, hefty fee from patients. All of these sites are promoted by common people, like me, who have done a Liver Cleanse and so have their family members. Most of us do not charge any fee and mainly propagate it for a greater social cause.

I accept that bile duct is too thin to pass a stone, but epsom salt dilates it for a short while and, as a result, the gallbladder passes stones smoothly. Also, we, the practitioners of Liver Cleanse, have always maintained that gallbladder stones are not only in the gall bladder, but are also scattered in the liver and bile ducts. Most of them are not actual stones, but are soft cholesterol chaffs.

People claim that there is no proof, through ultrasound and pathological reports, that gallstones are passed in diarrhoea after a Liver Cleanse. This is a blatant lie. In fact, whenever a test is done

after a proper Liver Cleanse, the ultrasound reports confirm reduction in number of stones.

The theory of saponified oil, i.e., oil coagulated with fruit juice, is again a negative approach toward Liver Cleanse. Olive oil solidifies at refrigerator temperatures, roughly 3° C. Water is a pure substance, so it freezes at an exact temperature. On the other hand, olive oil is a complex mixture of oils and waxes. The temperature of our body is 37° C, thus, freezing of oil is ruled out. The LDL Cholesterol in the gall bladder stones melts at nearly 55° C. The stones in the Liver Cleanse diarrhoea melt at the same temperature when exposed to the sun. No chemical technique can create solid soft stones by coagulating oil with apple or citrus juice.

Above all, these opponents of Liver Cleanse, in the first place, have never done a Liver Cleanse. We have done it, felt it and propagate it for the benefit of human kind without any monetary benefit.

Do you need any more evidence to justify Liver Cleanse?