Cleaning the Gall Bladder

This remedy comes directly from a surgeon specialising in Gall Bladder and Liver conditions. He works in a main hospital in Oxford, England, and he doesn’t care if this brings him less work, the relief of certain conditions is what counts, to him.

Drink one litre of fresh, pure, unfiltered and organic apple juice, per day. (This has the effect of softening the gallstones so efficiently, that their consistency goes from rock-hard, to wet-chalk soft, and you’ll be able to crush them between your fingers very easily). Follow a normal diet, but be sensible!

On the sixth day, don’t eat an evening meal.

At around 9.00pm, take 1 – 2 tablespoons of Bicarbonate of Soda, dissolved in a large glass of tepid water. (I know, it sounds revolting. Unfortunately, it is.)

At 10.00pm, mix 150ml (a half-cup) of extra-virgin, cold-pressed olive oil with half that amount (75ml) of freshly-squeezed lemon juice.

Mix well, and drink.

I kid you not.

Go to bed, immediately.

Lie on your right side, with your legs drawn up as close to your chest as you can get them. If you can touch your chin, with your knees, so much the better.

Hold this position for as long as you can, but at least a half-hour. This enables the olive oil mixture to travel more quickly to the liver. You might need to drink a further smaller measure of bicarb and water, during the night, but this isn’t usual. Prepare it before retiring, to have it ready, just in case.

The following day – or even during the night – you will pass the gall-stones harmlessly through your system, without feeling a thing.

**To help your system break down and absorb calcium more efficiently:**

Take one glass of low-sodium mineral water:

Add two teaspoonsful of cider vinegar

Two teaspoonsful of good honey.

Drink 3 times per day, with meals.

**Cut down, eliminate or reduce the following diet items:**

* Bovine milk products. Replace with goat or sheep milk, cheeses and yoghurts. Try drinking soya or even rice milk.
* Coffee. Go for a good coffee substitute, made with barley and or chicory.

The foods in the left-hand column are very difficult for the liver to process. Follow this regime, twice a year, to help cleanse and detox the liver.

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| **Avoid/Eliminate :** | **Replace with :** |
| Red meats, heavy poultry | *Fish, tinned tuna, beans, pulses, lentils, peas.* |
| Eggs. | *Tofu*. |
| White bread, highly-processed cereals.  | *Wholemeal bread, non-sweetened cereals, and whole-grains., rice, barley, maize.* |
| Sugar, highly-sweetened foods, too much honey, syrups.  | *Molasses, lo-sugar (but not artificially sweetened) jams, marmite.*  |
| All milk productsCow, goat, sheep, all cheeses. | *Soya or rice milks,*  |
| Tomatoes, citrus fruits, bananas, Avocado pears | *Green vegetables, pineapple, grapes, melons, fruits in fruit juice.*  |
| All nuts except almonds | *Almonds, sesame seeds, sunflower seeds, pumpkin seeds, linseed.\*(see below)* |
| Coffee, chocolate drinks, cocoa, alcohol, and only 2 cups of tea/day.  | *Coffee substitutes, herb teas, fruit-juices (see list below) without added sugar.*  |
| Chocolate.  | *High-Carob chocolate (Health-food stores)* |
| Fried foods. | *Sauté food lightly in a non-stick pan, with a mere coating of olive-oil.*  |

**Limited foods :**

Strawberries, raspberries, blueberries, apricots, peaches, dried raisins and sultanas and dates, may be consumed 2 times a week, in small quantities.

***LESS than 1/8th of a teaspoonful of salt PER DAY.***

**\*Nut Combo:**

Take equal quantities BY VOLUME of almonds, sesame seeds, sunflower seeds and pumpkin seeds. Add a level tablespoonful of linseeds. Blend them all in a food processor until they resemble a coarse powder, like ground coffee. Transfer to a ajr, store in the fridge, and put into salads, sprinkle into soya milk, or on fruit allowed.

I like to dip a bit of wholemeal bread into a drop of excellent Extra-virgin, cold-pressed olive oil, and then dip it into the nut mix powder, and eat.

This diet should be followed for one month. Then, begin introducing “forbidden” foods, twice a week, and gradually return to a normal, but balanced and healthy diet. Use the above foods more than the forbidden ones, and gradually your system will become healthier.