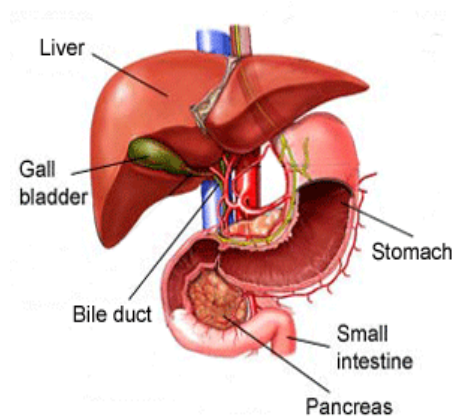


## ~ Ask Granny Earth ~

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The Liver and associated organs

## Ask Granny Earth

### The Liver Flush

As more people become aware of natural healing, there is a growing concern about the importance of keeping the liver in good health.

The liver is one of our most important and largest vital organs, weighing 3-4 pounds. It lies behind the lower ribs on the right side of the body. While it is capable of regenerating its own tissue faster than any other organ, it can also function with only 20% of its original mass before we begin to have serious health problems. The liver aids digestion by making over 1,000 different enzymes. It filters out impurities from the blood, stores nutrients, regulates hormones and plays an active part in the immune system's function. The liver makes bile, 1-1 ½ quarts every day. It is full of tubes (biliary tubing) that deliver bile to one large tube; the common bile duct. The gall-bladder, which is attached to the common bile duct, acts as a storage reservoir for bile. Eating protein triggers it to squeeze itself empty after about 20 minutes. Bile goes down the bile duct to the intestine, where it aids in the breakdown of these protein molecules so they can be further digested.

For many people, the biliary tubing is choked with gallstones. They may develop allergies, hives or eczema, but have no other symptoms. Dr. Hulda Clark says, "If they have hives or eczema, you can be sure that they have gallstones." Most gallstones have cholesterol crystals in them and at the center of each stone is a clump of bacteria, suggesting that a bit of dead parasite might have started the stone forming in the first place (Dr. Hulda Clark: [www.drclark.net/info/liver](http://www.drclark.net/info/liver)). As the stones grow and become more numerous, the pressure on the liver causes it to make less bile and slow the flow of lymphatic fluid. With gallstones present, much less cholesterol leaves the body. The gallstones pick up bacteria, viruses and parasites, passing through the liver. Then, nests of infection form, supplying us w/bacteria and parasite stages.

Dr. Clark (better known as 'the parasite lady') says, "You can't clean a liver with parasites living in it." However, time and space does not permit me to get into parasite cleansing in this article. For more information on that subject, you might want to check out her web site (above) or buy her book, **The Cure for All Diseases**.

Dr. Clark's theory is that you need to 'zap' daily for a week before and complete the parasite program prior to doing the liver flush. She also suggests completing the kidney cleanse program before doing the liver flush. This is to get the urinary tract in top condition so it can more effectively remove toxins released from the flush.

Here are the ingredients you'll need to do the liver flush, followed by the procedure:

**Epsom salts:** 4 tablespoons

**Virgin Olive oil:** ½ cup

**Fresh, pink grapefruit:** 1 large or 2 small, enough to squeeze 2/3 cup juice.

**L-Ornithine (Amino Acid):** 4-8 capsules, to be sure you can sleep.

**A large plastic straw:** to help drink the potion.

**A pint glass jar with a lid.**

**Black Walnut Tincture:** 10-20 drips, to kill parasites coming from the liver.

Choose a day like Saturday to do the flush, so you can rest the next day. Eat a no-fat breakfast and lunch;

**2:00 pm:** Do not eat or drink after 2 o'clock. Mix 4 Tablespoons Epsom salts in 3 cups water and pour into a jar; this makes 4 servings,  $\frac{3}{4}$  cup each. Set jar in fridge to get cold.

**6:00 pm:** Drink one serving ( $\frac{3}{4}$  cup) of cold Epsom salt water. Get the olive oil and grapefruit out to warm up.

**8:00 pm:** Drink another  $\frac{3}{4}$  cup of Epsom salt water. Get your bedtime chores done. Time is critical for success.

**9:45 pm:** Pour  $\frac{1}{2}$  cup olive oil into the pint jar. Wash grapefruit twice in hot water and dry. Squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least  $\frac{1}{2}$  cup, more (up to  $\frac{3}{4}$  cup) is better. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly; shake until watery (only fresh grapefruit juice does this).  
Visit the bathroom; don't be late for your 10:00 drink.

**10:00 pm:** Drink the olive oil, grapefruit juice, walnut tincture potion you have mixed. Take 4 ornithine capsules with the first sip to make sure you'll sleep through the night. Drinking through the straw helps it go down easier. Get it down within 5 minutes. Be ready for bed ahead of time. Lie down immediately, on your right side.

**Next morning:** upon awakening (not before 6:00 am), take 3<sup>rd</sup> dose of Epsom salts water ( $\frac{3}{4}$  cup). You may go back to bed.

**2 hours later:** Take your 4<sup>th</sup> Epsom salts water ( $\frac{3}{4}$  cup). You may go back to bed again.

**After 2 more hours:** you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food, but keep it light. By supper you'll feel recovered. Expect diarrhea in the morning. Look for gallstones in the toilet. They'll be green and they'll float. You'll need a total of 2,000 stones before the liver is clean enough to rid you of allergies, bursitis or upper back pains permanently. You may repeat the flush at two- week intervals. Never cleanse when you're ill.

It appears that allergies and eczema are caused, at least in part, by a sluggish liver and gallbladder, as is bursitis and upper back pain. When the liver is malfunctioning, it sends toxins out through the skin. If you have chronic skin conditions such as hives or eczema, you might want to try the liver flush.