

# Liver & Gallbladder Cleanse

**Disclaimer:** This program was originally designed by Dr. Richard Brouse, biochemist, chiropractic physician, and board-certified clinical nutritionist.

I am not a doctor. Anyone considering natural treatment, including a cleanse, should always **consult a doctor first.**

This program is not intended for use by anyone **under the age of 25 or during pregnancy or breastfeeding.**

This cleanse is **NOT recommended for people with known large gallstones** (bigger than a dime and determined by ultrasound). Gallstones **MUST** be shattered by physician first before doing this cleanse.

If you're experiencing pain associated with liver or gallbladder complications, it is imperative that you seek medical advice and **consult with your physician before starting this or any other cleanse.**

People with health conditions like liver cirrhosis, hypoglycemia, diabetes, and any other chronic health condition are more at risk for complications. Please seek medical advice before starting this or any other cleanse.

Please keep in mind that **cleanses can be harmful to your body** if done incorrectly and enemas should only be done by trained professionals.

The information contained in this article is not designed to compensate for medical advice from a registered medical practitioner but as a recommendation to enhance overall health and vitality.

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# Liver and Gallbladder Cleanse

## **Shopping List:**

Epsom Salt	<i>Shaklee Alfalfa</i>
Fresh fruits and vegetables	<i>Shaklee Herb Lax</i>
Grapefruit juice	<i>Shaklee Soy/Whey Protein</i>
Herbal tea-optional	<i>Shaklee Liver DTX</i>
Organic apple juice/apple cider	<i>Shaklee Optiflora DI Probiotic</i>
Organic Olive oil	
Organic raw nuts, seeds, and whole grains	

## **Substitutions:**

Apple juice may be substituted with vegetable juice and ¼ tsp. pectin or 2 green organic apples.

## **Days 1 – 5:**

- Eat fruits, vegetables, raw nuts and seeds, and whole grains. Snacks between meals as needed.
- Daily, drink four 8 oz. glasses of apple juice and at least eight 8 oz. glasses of pure water. Preferably, drink these at room temperature and between meals.
- Discontinue any medications that are not absolutely necessary.
- Exercise
- Colonics or Enemas

## **Avoid:**

- Any milk products
- Animal and fish products
- Fried foods, high-fat foods
- Sugar and sugar substitute products
- Caffeinated drinks

## **Day 6:**

- Eat breakfast and lunch before noon.
- Drink only water until 4 PM. You may have a snack no later than 2 PM if needed. Discontinue everything else.
- At 5 PM, drink 2 tsp Epsom Salt in ¼ cup water. At 8 PM, drink 2 tsp Epsom Salt in ¼ cup water. At 9:30 PM, drink ½ cup Olive Oil
- Go to bed immediately after Olive Oil, lie on your right side with your knee pulled close to your chest for 30 minutes.

## **Day 7:**

- One hour before breakfast drink 2 tsp Epsom Salt with ¼ cup water You may continue this diet for the rest of the day, supplements included.

# Liver and Gall Bladder Cleanse

The liver and gallbladder cleanse has been around for a long time. There are several variations that can be found, many of them highlighting special products. Dr. Brouse has recommended the following cleanse for many of his patients since 1977. We have continued to hear successes that have drastically changed patients' blood results, allowed others to forego gallbladder surgery, and produced better general health. For some patients with specific health challenges, the cleanse will need to be customized for their specific needs.

## **The Liver**

The liver is our internal cleaning and maintenance system that filters toxins, bacteria, and antigen/antibody complexes from the blood that are absorbed from the intestines. It also detoxifies pollutants, hormones, and toxic substances produced by fungi, histamines, and ammonia in the blood. The American lifestyle causes the function of the liver to slow down causing accumulated toxins. Fat deposits in the liver cause excess cholesterol to enter the bile making it thick and clumpy, forming stones in the liver. **When our liver is overworked and toxins accumulate, symptoms such as fatigue, headaches, muscle aches, constipation and bowel disturbances, digestive disturbances, allergies, or neurological dysfunctions may occur.**

## **The Gallbladder**

The gallbladder is a small pear-shaped organ underneath the liver that stores bile made by the liver. Bile aids in digestion by emulsifying fat for further digestion and absorption in the small intestines. Gallstones are a common problem usually caused from a high-animal fat diet. Research has discovered that heredity can also contribute to gallstone formation. The most common type of gallstone is made up of crystallized cholesterol combined with bile salts. Gallstones may not cause any symptoms or may cause severe pain centered on the right side of the abdomen. **This cleanse not only gives these organs a time out, but also detoxifies the liver and allows any gallstones to be easily eliminated.**

## **Who and When**

This cleanse is recommended for people over 25-years-old, who are not pregnant or nursing. If you have large gallstones, seek advice from your natural doctor about this cleanse. When health symptoms indicate a congested liver or gallbladder, the cleanse can be followed any time. **The best results come with repetition. It should be repeated every three to four weeks until two consecutive cleanses do not produce any gallstones. When repeated within up to four weeks, the first part of the cleanse can be done in three days, making the cleanse a five-day process.** A maintenance program can then be followed with the cleanse twice a year. The best time for these cleanses is in the spring and fall when these seasonal changes encourage our bodies to detoxify.

# Instructions for the cleanse

***Choose seven consecutive days that are stress-free and the last two days can be spent at home.***

## **Exercise:**

If you are currently exercising on a regular basis at least 30 minutes, three times a week, continue. Morning is the best time to exercise for most people. If you are not currently exercising, and are physically able, walk briskly 20 minutes every day for the first 6 days of this cleanse.

## **Medication:**

Avoid taking any medications that are not absolutely necessary. They interfere with the liver's cleansing efforts.

## **Cleansing the Colon is Advised:**

Cleansing the colon before, during, and after the cleanse is highly recommended. This process increases the overall detoxification process, encourages a more thorough liver/gallbladder cleanse, and allows the stones easier passage through the colon. Potential headaches and nausea will be eliminated or minimized when the colonics are implemented with the cleanse.

## **The following is a list of methods to cleanse the colon:**

1. **Colon Hydrotherapy at a Healthcare Facility:** There are two basic types of colonic procedures that can be found at a health clinic. The gravity-fed colonic machine is an open system where the patient has control of the flow and elimination of the water. This system is highly recommended. The closed system includes a small tube (which carries water) inside a larger tube (which removes the waste material) inserted into the rectum. A therapist controls the water flow and pressure.
2. **Home Colonic:** This method is a great choice when a colonic from a therapist is not available. A colonic board can be obtained that will allow you to perform a colonic in the privacy of your home and at a time that is convenient for you. Colema Boards of California sells a plastic-formed board that is comfortable, and easy to clean and store. With this board, colonics can be taken throughout the year for ongoing cleansing.
3. **An Enema:** When a colonic is not available, a series of enemas are recommended during the cleanse.

## **The first five days:**

The first five days of this cleanse begin the detoxification process and prepares the body to eliminate gallstones and “sludge” from the liver and gallbladder. The cleanse diet is vegetarian to alkalize the body’s chemistry, which creates higher quality and thinner bile.

### **Eat/ Drink:**

- Drink and eat most foods and liquids at **room temperature or warmer**. This will contribute to keeping the bile thinned.
- This diet is largely **fruits and vegetables**, preferably organic, and many are eaten raw (this is a great time to make a green drink every day.) They can also be eaten steamed, stir-fried, baked, or made into a soup. Dried beans can be included in your daily diet. Most fruits and vegetables promote detoxification, but the following list is high in glutathione and some in sulfur, which helps the liver and gallbladder detoxify and thin the bile: beets, radishes, carrots, garlic, onion, artichoke, asparagus, broccoli, cabbage, kale, brussel sprouts, cauliflower, spinach, romaine lettuce, avocado, watermelon, papaya, rhubarb, kiwi, plums, pears, apples, cherries, figs, grapefruit, lemons, and limes. If these are difficult to obtain, look for frozen organic fruits and vegetables. The above-mentioned vegetables, when made into a soup with turmeric and oregano, contribute to cleansing the liver and gallbladder.
- **Drink, daily and between meals, four 8-ounce glasses of room-temperature apple cider or juice, preferably organic.** Another option, instead of the cider, is to mix ¼ tsp. pectin in a glass of vegetable juice, preferably freshly juiced or blended. Also, two fresh organic apples or cranberry juice without sugar can replace one serving of juice each day. People with hypoglycemia, diabetes, Candida, cancer, or stomach ulcers should replace the apple juice with vegetable juice.
- **Drink at least eight 8-ounce glasses of room-temperature pure water each day, preferably between meals.** Herbal tea can be substituted for water. Shaklee Performance can be used in moderation.
- **Raw organic nuts and seeds** can be eaten in moderation. Most contain arginine, which helps the liver detoxify ammonia. They also contain glutathione and omega-3 fatty acids which support normal liver detoxification.
- **Shaklee Instant Soy/Life Shake** can be mixed into a drink three times a day. If soy is an allergy, use the Shaklee 180 Whey.
- **Whole grains** such as rice, barley, quinoa, and oats can be eaten when simply cooked in water. Whole-grain, high-fiber bread can be eaten in moderation.
- **Stevia and small amounts of honey or maple syrup** can be used.
- **Organic olive oil, coconut oil, and avocado oil** can be used in salad dressings and stir-fries because, as fruit oils, they do not contribute to toxicity.
- **Eat until comfortably full;** do not over-eat or under-eat.
- **Snack between meals as needed;** this is a perfect time to drink a protein smoothie, have a piece of fruit, a Shaklee Fiber Bar, or a handful of raw nuts or seeds.

## **Avoid:**

- **Any milk products** - (mucous formers)
- **Animal and fish products;** including eggs, red meats, and poultry - (create toxic residues in the liver and decrease the solubility of bile).
- **Fried foods, high-fat foods and fats, and processed foods.**
- **Sugar products and sugar substitutes.**
- **Caffeinated coffee and teas, and sodas.** (Note: If caffeine has been a daily consumption, gradually decrease the amount taken each day to avoid headache withdrawals.)

## **Supplements:**

Continue your regular food supplement program. If your current program does not include the following list of supplements, add them to your daily list to be taken throughout the day with your meals. They are very important to cleanse and prepare the elimination system to excrete liver sludge and gallstones:

1 to 4 Herb Lax  
10 to 40 Alfalfa  
1 to 4 Liver DTX  
½ to 1 Shaklee Fiber Bar  
1 Optiflora DI  
3 servings of Shaklee Instant Soy/Life Shake or Shaklee 180 Whey protein.

## **The Importance of These Supplements:**

**Herb Lax:** The amount will vary for every individual. Take enough Herb Lax throughout the day to be just above the effect of diarrhea. This combination of herbs and soluble fibers is a natural gastrointestinal purgative that will help with bowel cleansing by removing the accumulation of metabolic wastes.

- Buckthorn bark reduces irritation caused by an inflamed gallbladder and detoxifies the liver.
- Fennel seed powder reduces irritation to the mucous membranes of the gastrointestinal tract and increases bile production in the liver.
- Rhubarb root thins the bile in the gallbladder and promotes liver cleansing.

Culver's root detoxifies the liver and increases bile flow from the gallbladder

**Alfalfa:** Take a small handful of Alfalfa tablets with each meal. The high level of chlorophyll in alfalfa promotes an alkaline state in the blood, deodorizes the body, reduces the effects of inflammatory endorphins, helps normalize blood lipids, detoxifies the liver by stimulating bile flow, and increases the kidneys' filtration rate.

**Liver DTX:** This combination of herbs and extracts should be taken during this cleanse and in your regular daily nutrient regime. Its benefits give antioxidant and bile-flow enhancing properties that protect and stimulate the body's normal ability to maintain healthy liver cells.

- Milk Thistle extract helps make the proteins that contribute in the regeneration of liver cells and stimulates the liver to produce additional bile for improved digestive function.
- A blend of Schizandra and Reishi mushroom extracts has antioxidant properties that protect and detoxifies the liver.
- Dandelion extracts, turmeric, and artichoke improve and maintain normal bile flow, stimulate a sluggish gallbladder, promote blood purity, and remove excess water to improve overall liver function.

**Fiber:** The Shaklee Fiber Bar is a combination of three fibers. **Soluble fiber** promotes the growth of healthy microflora. **Insoluble fiber** possesses passive, water-attracting properties that help to increase bulk, soften stool, and shorten transit time through the intestinal tract. **Resistant starch** supports the long-term health of the colon. Fiber is very important to move toxins through the body as quickly as possible, so they do not reabsorb into the bloodstream.

**Optiflora DI:** The powder contains FOS and inulin that feeds the 'friendly' bacteria in the probiotic. The probiotic capsule contains live organisms that support the immune system, and help promote healthy intestinal activity, good digestion, and colon regularity.

**Shaklee Instant Protein/Life Shake:** This vegetable-based protein contains minimal amounts of fat and cholesterol, provides all the essential amino acids, high levels of calcium, antioxidants, and better lipid metabolism control. It is a high-quality, easy-to-digest protein that can replace animal proteins. All these factors make it the best choice for a healthy liver and gallbladder.

## **The 6th day:**

**Eat your normal vegetarian breakfast and lunch** (at noon). Drink water until 4 PM. A snack can be eaten no later than 2 PM. Then discontinue taking food supplements and eating any food because it may inhibit the stones from flushing out.

**At 5 PM** - dissolve 2 teaspoons (if you are 150 lbs. or under) or 3 teaspoons (if you are over 150 lbs.) of Epsom Salt in ¼ cup of warm water and drink it. Follow it with a choice of ¼ cup of water mixed with ¼ cup of fresh lemon or lime juice or 1/2 cup of undiluted grapefruit juice.

**At 6:30** - If you are too hungry to go without food until the morning, eat a raw apple or avocado.

**At 8 PM** - repeat the above instructions for the Epsom Salt Drink.

**At 9:30 PM** - drink ½ cup olive oil (if you are 150 lbs. or under) or 2/3 cup olive oil (if you are over 150 lbs.). Follow it with a choice of ¼ cup of water mixed with ¼ cup of fresh lemon or lime juice or 1/2 cup of undiluted grapefruit juice. Go to bed immediately. Lie on your right side with your right knee pulled close to your chest for at least 30 minutes. Note: Some people have reported slight to moderate nausea after taking the olive oil. Nausea should diminish and disappear by the time you go to sleep. If the olive oil induces vomiting, do not take any more olive oil. Go to sleep and finish the cleanse the next day.

## **The 7th day:**

Throughout this day, stay close to a bathroom because you may experience diarrhea-type elimination that may have gallstones. (A colonic this day will make elimination easier and more complete.)

**One hour before breakfast**, repeat the above instructions for the Epsom Salt Drink.

The rest of the day, eat your vegetarian breakfast, lunch, and dinner with supplements included.

**Congratulations!** You have just completed the Liver and Gallbladder Cleanse. Your regular diet can be resumed on the 8th day.

**Repeat the cleanse** It is advised to repeat this cleanse in the next two to four weeks to continue the detoxifying action of the liver and gallbladder, especially when there are more gallstones suspected. The repeated cleanses can be done in 3 to 4 days, with the last day including the Epsom salt and olive oil.



## **Keep the Liver and Gallbladder Healthy:**

Eat lots of vegetables and fruits, preferably organic and fresh. The vegetables listed in the **"EAT"** section and raw seeds and nuts contain phytochemicals that help thin the bile.

- Legumes should be included in your menu every day. The antioxidants and fiber keep these organs running smoothly.
- Consume "clean" animal products and fish. Soy protein, taken daily, reduces the saturation of cholesterol in the bile, thus reducing the potential for stones.
- Use olive oil regularly because it thins the bile.
- Drink at least 8 glasses of pure water every day.
- Continue to take Liver DTX, Alfalfa, Optiflora DI, and fiber daily.
- Do not skip meals. Better yet, eat several small meals throughout the day. Avoid overeating. Lose excess weight slowly because quick weight loss can cause gallstones.
- Take the least amount of medication possible. Avoid environmental chemicals and food additives. These choices will ease the toxins that pass through the liver.
- Avoid processed, fatty or fried foods. Low fiber foods, such as white flour products, encourage congestion. Limit the consumption of sugar products.
- Coffee and carbonated beverages should be eliminated or used only occasionally.