

Ayurvedic Lifestyle



Gall Bladder Cleanse

Taken From "**The Cure for All Diseases: With Many Case Histories** "
by Hulda Regehr Clark

Important 1: If the cleanse is effective you get more than 6 strong bowel movements. Some people get 8-10 loose bowel motions after the first or second drink. In that case they should discontinue the program immediately. This happens as the system responds to the treatment positively and strongly. Keep the system hydrated. You will be fine. You will also get the full benefit. But try to complete it, if you feel strong and stable. Usually the second and third cleanses are much easier.

Important 2: Preparation is vital, mental and physical. Sip water throughout the cleansing period. Expect diarrhoea during the cleanse. Look out for soft stones, which usually float. They can be any colour including pea green. If there is any chaff floating this is probably some cholesterol crystal. Repeat every 2 weeks. Up to 2000 stones can sometimes be cleared in people with bursitis, allergies and upper back pains.

Frequency: Once fortnightly, three times. For example on the 1st, 15th and 29th of the month

Things to buy:

- 1 Epsom salts 4 tbs (60 grams) get 180 grams for 3 cleanses
- 2 Olive oil 125 mls or 1/2 cup you will need 375 mls for 3 cleanses
- 3 Fresh grapefruit juice 200 mls or 1 cup (600 mls for 3 cleanses)
- 4 Mouth wash and vitamin c powder (for use after drinking the above items)

Procedure:

Prepare a solution of 4 tablespoons of Epsom salts in 3 cups of water and keep in the refrigerator (for reducing the bad taste) sometime in the morning. Finish your solids for the day with a filling, light lunch before 2 pm. During the rest of the day, just sip water or fruit juice. Do not eat any solids after 2 pm, to optimize the cleanse.

Cleanse: first day evening

- 6 pm Drink first quarter of the Epsom salt solution. Use mouthwash. Take vitamin C powder for taste
- 8.00 pm Drink second quarter of Epsom salt
- 9.45 pm Prepare for sleep. mix the olive oil with grapefruit juice and shake it.
- 10.00 pm Drink the olive oil and grapefruit juice while you stand up.
- lie down immediately after the drink (enables more stones to come out)
- keep still for the next 20 mins
- go to sleep

Second Day - Morning

- On waking up in the next morning (Say 6 am): Drink the 3rd quarter of the Epsom salt. If there is nausea, sip lemon water and walk for 2 - 3 minutes inside the house. And then drink the Epsom salts.
- 2 hours later: drink the last quarter of the Epsom salts

Breakfast, lunch and dinner on the second day

Eat your breakfast slowly 2 hours after the last Epsom salts drink. Keep it light, preferably cooked fruits or soup. don't plan anything outdoors until after lunch. Eat a light or soupy lunch (nothing deep fried, oil, high in nuts, peas or beans) Use digestive enzymes or acidophilus if bloating is suspected. Chew well. Sip water throughout the day. Rest well.