

## GALLBLADDER FLUSH

### **ABSOLUTELY DO NOT DO WITHOUT CONSULTING A DOCTOR FIRST!**

- Drink ½ gallon of apple juice daily for (4) four days with 90 drops of Phosfood Liquid. Eat all apples, applesauce and pears that you want. This routine will soften any stones to the extent of being able to squash them between your fingers.
- On the evening of the third day and the following morning take (1) one tablespoon of Disodium Phosphate in water or juice.
- On the fourth day, eat no solid food.
- On the evening of the fourth day make a cocktail of four ounces of olive oil and four ounces of fresh squeezed lemon juice. Shake vigorously and drink right down. Sleep this evening lying on your right side. In the morning, you will pass green and brown stones varying from the size of grains of sand to some as large as your thumbnail with the appearance of peanuts or raisins. Watch your stools to note results.
- During the entire procedure and the week following, 6 choline per day should be used at intervals of 2 am / 2 mid-day / 2 pm.

*The gallbladder is a small pouch-like sack that hangs below the liver. It collects, stores and concentrates the bile produced by the liver. When fats and oils coming from the stomach enter the upper portion of the small intestines, the gallbladder excretes the stored bile in order to facilitate digestion. The bile works like a detergent to break fat globules into smaller and smaller chains, thereby assisting absorption and transport. Over the years, bile formation and excretion can become sluggish, bile can become thick and crystallize into the formation of stones which obstruct the bile channels. When this occurs, depending upon the extent of the problem, bile backs up, the liver/gallbladder system is impaired and digestion is disturbed. Many symptoms of discomfort are a result of this primary problem, such as bloating, gas, belching, joint aches, headaches and skin complaints (rashes). Flushing this system as described above is safe and effectual toward restoring normal metabolism and preventing further breakdown. Thousands have done this as an alternative to major surgery.*

*Many experience great results with no discomfort to mention. However, cramps, nausea and/or diarrhea could be experienced as the gallbladder attempts to process the recommended quantity of oil and lemon juice. This quantity (4 oz. of oil and 4 oz. lemon juice) while safe, urges the expulsion of the gallbladder's entire contents. This means that in its attempt to digest the oil/Lemon cocktail it will have to draw upon its entire store of bile and void its contents completely, forcing the removal of the softened stones that would otherwise remain lodged. This is a "flushing" procedure designed to remove all old bile and related congestion. New bile will soon be flowing and normal digestion restored.*

*In case of unusual pain or discomfort, consult your doctor.*