

H.E.A.L.'s Incurables Series:

Liver Flushing



Health Through Nutrition Series

HEAL Marketplace

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H.E.A.L. Marketplace is owned and operated by Dara & Michael Dietz. Who believe together we can make a difference and create a brighter happier tomorrow for all of us.

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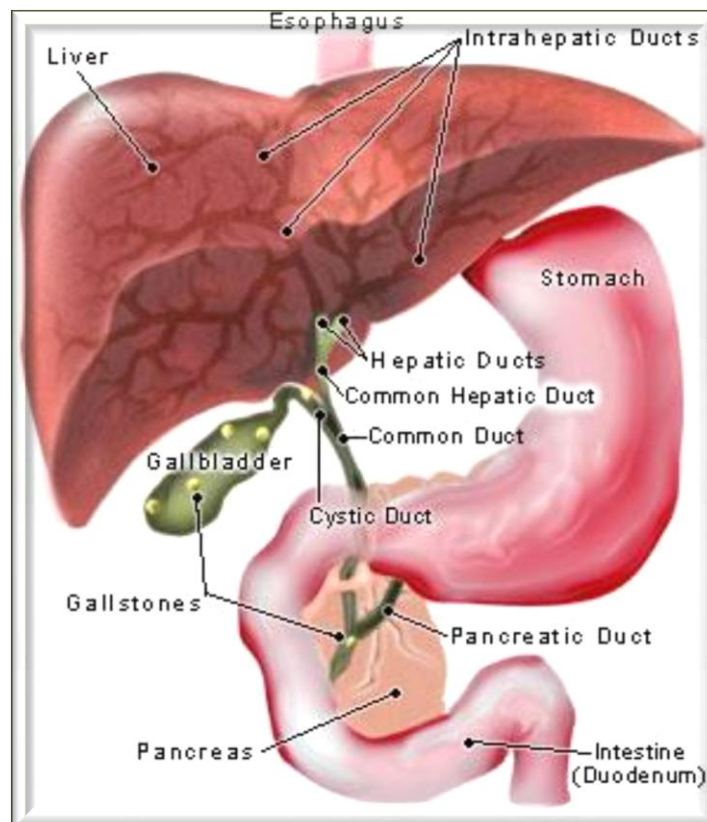
Cleansing the Liver

Everyone under estimates the power of the cleansing programs. Failure to do the cleansing programs rigorously and repeatedly can cause you to **not get well**.

I've spoken with members who swore they were on the Incurables program, **yet they only cleansed their liver once in a while**, every few months. They did not seem to regard it as critical. It is.

The Liver Cleansing Routines support the liver in the work of healing your body. It does not matter what the disease or injury, **if the liver is not actively doing the work of waste removal, you will not have a healing experience**.

Everyone wants a **"silver bullet"**, they hope H.E.A.L. will provide them some herbal remedy in a bottle to reverse all the damage, heal their diseases and fix decades of unconscious living in a weekend. This just can't be done. *Anyone who claims they can do this is lying.*



MY LIVER CLEANSING TESTIMONY

I began liver flushing when my knee failed to respond to any of the normal healing routines I had been doing. The fire-ball of pain in my knee sent me looking for answers. While researching in Dr. Christopher's material I happened across this simple sentence, "nervine herbs can be helpful in cases of nerve pain." That was all I needed to read. I secured a bottle of the General Nervine Tonic and quickly applied the liquid solution right on my knee. Instantly the flames of pain were quenched. The relief lasted nearly three hours before needing a reapplication.

Even though this proved to be the turning point in my healing a rapid return to health did not occur. I seemed to be settling into a chronic condition of knee pain. Some days I felt pretty good, but there was always the awareness that my knee was not healthy. ***This is not an acceptable way to live.*** I continued to do **hot and cold** on my knee, **BF&C packs**, anything I could think of to focus the healing powers of my body on this area. Nothing helped, for unknown reasons healing had stalled.

The time had come to get serious; **when nothing is working it is time to liver flush.**



The first week of flushing I noticed a huge relief. The amount of pain I felt dropped about 60%. I removed the stool I had been using to keep my knee stable from beneath my desk. I also stopped using ice packs, and begin strengthening the knee by exercising with light weights.

The next week I did a light kidney flush and raw food program. By Friday of that week I was hurting again, it seemed I'd regressed a bit.

Week three, Monday morning I began another week of liver flushing. By Thursday I knew I had made tremendous progress, I was practically pain free. I had been juice fasting since Sunday night.

Friday morning I decided to end my juice fast and have a favorite dish I'd been dreaming of all week. Except for the French bread the meal could be considered raw. To make a long story short, **I crashed, big time.** Friday night I was in a world of hurt, again. It was a horrible set back. *I had broken an important rule for coming off a juice fast.* **There must be at least one day of eating raw before using cooked foods again.** The bread was more than my system could handle.

The next week of liver flushing provided some relief but did not bring me back to the nearly pain free place I had experienced. **It took two more weeks of liver flushing, an entire month, (each week of liver flushing must be followed by a week of kidney flushing) before I regained the pain free condition I had experienced at the end of my second week of serious liver flushing work.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	Liver Flushing & Juice Fasting Monday-Friday					
Week 2	Kidney Flushing & Raw Food Program Monday-Friday					
Week 3	Liver Flushing & Juice Fasting Monday-Friday					
Week 4	Kidney Flushing & Raw Food Program Monday-Friday					

I found liver flushing the only herbal therapy that would move my case forward. I've seen this in other cases I've advised on.

When nothing seems to work, do a liver flush. *Cleansing the liver is always a good idea,* when you are ill, injured or just emotionally down, do a liver flush. If you do not like the way your life is going, do a liver flush. **Clean up the inside and the outside will take care of itself.**

HEAL Marketplace's Liver Flush Kit



Small Liver Kit

This is enough for 1 person for 1 week.

- 4 oz Echinacea
- 2 oz Detox
- 2 oz L/G-A/P
- 8 oz Detox Tea



HEAL Marketplace Starter Kit

- 1 lb Superfood
- Lower Bowel Formula #1
- Lower Bowel Formula #2
- 4 oz Echinacea

Prerequisites

Everyone, who wants a healing experience, I MEAN EVERYONE, needs to start with the same basic programs for the first TWO MONTHS. They may need to add some of the [specific herbal Formulas](#); listed on our website, but nobody escapes doing ALL of these Foundational Programs.

BOWEL CLEANSING

BOOSTING WITH ECHINACEA

JUICING & SUPERFOOD

These programs must be established and continued throughout the week of liver flushing. Here is why.

The Bowel is the largest elimination organ in the body. If it becomes backed up or is not working properly for any reason, all the toxic waste you are stirring up for elimination will be reabsorbed. This can cause you to experience what is sometimes called 'crashing'. When this happens a person can feel as though they are coming down with the flu. They can experience muscle aches all over. Mental depression can set in. All of this is because they have overloaded their system with toxins.



A second reason for using the bowel cleansing program is to absorb the toxic waste the liver is dumping into the bowel, which can burn when eliminated. The charcoal and Clay absorb the toxic waste and bind the contents of the bowel making elimination much more comfortable.

Boosting with Echinacea also prevents the 'crash' from happening. When you boost your immune system you are providing more agents to aid in the removal of toxins from your system. This will enable you a shorter recover period from any illness and quicker elimination of toxins for a faster over all healing time.



Superfood & Juicing provide the raw nutrition your body needs to rebuild its damaged system with. The master herbs you are using do not contain all the nutrition needed to do the work they are capable of doing. The raw nutrition provided by juicing and using Superfood goes directly to cellular level and is available for your body as material for your healing process.



Incurable Program

Raw Food Schedule

Sample Daily Schedule for 5 day Programs

7:00am	Take LBF#2 then Drink 8-16oz warm distilled or purified water .
7:10am	Skin Brush , then take hot & cold shower – 7 repetitions.
7:45am	Drink Liver Flush or Kidney Flush Drink.
8:00am	Drink 2 cups of Detox Tea with Extracts
8:15am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
9:00am	Morning Fresh juice with Nature's SuperFood . – optional; fresh fruit blended in drink.
9:30am	Morning walk.
10:30am	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
11:30am	Take LBF#2
12:00pm	Lunch: fresh juice or salad or fruit.
1:30pm	Drink 2 cups of Detox Tea with Extracts
2:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
3:00pm	Take LBF#2
4:00pm	Fresh juice with Nature's SuperFood .
4:30pm	Drink 2 cups of Detox Tea with Extracts
4:45pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
5:30pm	Take LBF#2
6:00pm	Dinner: fresh juice or salad or fruit. Take L.B.F.#1 .
7:00pm	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster .
8:30pm	Take LBF#2

Liver Flush Shopping List:

- 20 lbs Golden Delicious Apples
- 20 lbs Carrots
- 2 lb Fresh Ginger Root
- 1lb Fresh Garlic
- 16 oz Extra Virgin Olive Oil

Optional Veggies to juice (use what is best for you)

- Celery
- Cabbage
- Onions

Fresh Fruit and Veggie Juice is a requirement for a proper Liver Flush. You may also want to make batch of Potassium Broth for use during your week of Juice Fasting.

Potassium Broth Recipe:

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Fill a large pot with:

- 25% *potato peelings,
- 25% *carrot peelings and whole chopped beets,
- 25% chopped onions including 50 cloves of garlic,
- 25% celery and dark greens.
- Add hot peppers to taste.
- Add enough distilled water to cover vegetables

Simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth.

Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

** If you have no use for a large amount of peeled potatoes or carrots you can use the entire vegetable instead of just the peeling. Use 25% potatoes & 25% carrots unpeeled & chopped.*

Five-day Cleansing and Detoxification Program for Liver

IMPORTANT NOTICE: You must complete the 2-week bowel detoxification and rebuilding program using Lower Bowel Formula Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Then you may either do this 5-day Liver Cleanse, or the 5-day Kidney Cleanse. Or you may do both! The liver usually is detoxified before the kidneys, but you may reverse this if desired.

Upon arising drink 8 ounces of distilled water with lemon juice.

This is a great way to start your day. The lemon-water rinses and flushes your digestive tract of any leftover food and digestive juices.



Within 1 hour prepare the following Liver & Gallbladder Flush:

Mix in a Blender:

(Spring and Summer) 8 ounces of fresh a citrus juice combination

or

(Fall and Winter) 8 ounces of fresh apple and/or grape juice

With 8 ounces of Distilled Water



Liver Flush Day 1:

- ✓ 1 or 2 cloves of garlic (and increase daily)
- ✓ 1 or 2 tablespoons of organic virgin cold-pressed olive oil (increase daily)
- ✓ 1 small piece of fresh Ginger Root (about 1 inch long)



Day 1

2 cloves Garlic
1 tablespoon Olive Oil
1 Sm. piece Ginger Rt.



Day 2

4 cloves Garlic
2 tablespoon Olive Oil
2 Sm. piece Ginger Rt.



Day 3

6-8 cloves Garlic
2 oz (4 Tbs) Olive Oil
2-3 Sm. piece Ginger Rt.

Note:

Day 4 is to be the same as Day 2

Day 5 is to be the same as Day 1

For a smoother drink put the Garlic & Ginger Root through your juicer with your fresh fruit. Add the Olive oil to the fresh juice before drinking.



15-30 minutes after this drink, consume the following:

2 cups Detoxification Tea

2 dropperfuls of Liver/Gallbladder/Anti-Parasite tonic in 1 oz Detox tea

2 dropperfuls of the Detox Tonic in 1 oz Detox tea



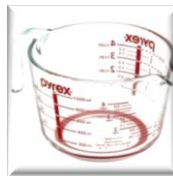
We suggest you pour two swallows of detox tea into two small shot glasses, add 2 dropperfuls of the LG/AP to the first cup and 2 dropperfuls of Detox Tonic to the second cup. Knock back the first shot followed by a cup of detox tea, then do the second shot and cup of tea.

Final instructions

This completes the liver Flushing Drinks. These can be repeated up to three times a day, each of the five days the program is being done. The 2 cups flushing teas and shots with the LG/AP & Detox formulas should be done every three hours (five times a day) regardless how many flush drinks you do each day.

Instructions for Making the Detoxification Tea

Measure 2 tablespoons Detox herbs for each 20 ounces Distilled water:



To make a gallon of tea use 1 ¼ cups Detox herbs in 1 gallon distilled water.



Combine in large pot:

1 ¼ cups Detox tea
1 gallon distilled water
Cover and soak all night.



In morning heat distilled water and tea to point of boil.
Remove from heat, cover and simmer for at least 15 minutes.
When ready to consume, strain into cup.



Food Programs

The two food program choices are:

*Juice Fasting for the entire Five Days, (more intense cleansing) **OR**
2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast (milder cleansing)*

Day #1 Breakfast

Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices.

Afternoon Snacks:

Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable food must be stopped by 6 p.m.

Day #1 Dinner

Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2, #3 and #4

Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening.

Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour!

If you get hungry, DRINK MORE!!!

Day #5:

Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva.

Remember, breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You may always eat more later, if you are still hungry.

After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.

Remember, this program restricts the types of food you will be eating, not the amount.

If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body.

Also remember to have a fun time.

Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian. Repeat this program until you are well and then do it at least once every 3 months.

Extra Strength Liver Flush

Members dealing with serious liver issues can use this flush daily. For the rest of us it is an excellent way to end the liver flushing week. After liver flushing for an entire week it is time to do the extra strength liver flush. The liver responds best when this flush is done between 6 & 10pm.

Preparation for Extra Strength Liver Flush

The Castor Oil Pack can be used nightly during the entire week of liver flushing. It will break up the congestion in the liver, allowing the waste to move out more freely. The pack is especially good when doing the extra strength liver flush.

Castor Oil pack over your liver



Items Needed:

- ✓ Castor Oil,
- ✓ Plastic Wrap,
- ✓ Flannel,
- ✓ Shallow Pan

Set heat to Low

Add Oil



Fold Flannel Once



Place in warm oil



Soak up oil



Spread Plastic wrap on counter



Place warm pack in center of wrap



Pick up entire Pack



Apply on right side over Liver.

After Flush is consumed, lie down and cover with towel and heating pad. Turn off heating pad before falling asleep. Leave pack on the entire night.

Juice 1 oz Ginger Root Juice and set aside.

Making & Consuming the Extra strength Liver Flush

- ✓ In Blender combine 8 oz Extra Virgin Olive oil with 8 oz grapefruit or your choice citrus juice.
- ✓ Now drink your ounce Ginger Root Juice followed quickly by the 16 oz mix of Olive Oil and citrus juice.
- ✓ When all liquids are consumed, retire to bed and lay on your right side for 45 minutes. Afterwards you can freely turn over and go to sleep.
- ✓ Keep castor oil pack on all night.

Morning Clean up

- ✓ In the morning remove pack and sponge off with Apple Cider Vinegar.
- ✓ After sponging take hot shower ending with Hot & Cold changes. (7 hots followed by 7 colds)
- ✓ Check first bowel movement of day for results. Most likely you will see small green pea shaped balls floating in the toilet. This would mean your gallbladder has emptied.
- ✓ Eat raw or light meals today.

The End

Other E-Books by H.E.A.L.

- Foundational Programs
- Liver Flushing
- Kidney Flushing
- Hydro-Therapy
- Healing with Poultices & Salves