

This material is quoted from

William Donald Kelley's book "One Answer to Cancer"

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The Liver-Gallbladder Flush - Cleanse

As prescribed by **William Donald Kelley, DDS**, in 1981.

Dr. Kelley is the author of **"One Answer to Cancer"**

INSTRUCTIONS (Required items are capitalized.)

Preparation: Drink as much Organic (or 100% pure) **APPLE JUICE** as comfortable, for 5 - 6 days before the liver flush, in order to soften gall stones. For maximum softening, add PHOSFOOD drops (ortho-phosphoric acid) to the apple juice, for a total of 60 drops per day *in each quart of apple juice*.

Drink one quart Apple Juice per day, each morning for 4-6 days..

During these 4-6 days, follow the low fat diet for meals.

Rinse your teeth after taking the ortho-phosphoric acid: Brush them briefly with a BAKING SODA solution (or Milk of Magnesia), to neutralize the acid.

"Phosfood Liquid" is from Standard Process Inc., Palmyra, WI 53156

(<http://www.standardprocess.com>). It is sold by some homeopathic pharmacies, vitamin suppliers, and by some health practitioners. "Super Phos 30" is a similar product.

START -> 3 hours following dinner, and 7 hours before bed, typically on a Saturday. (For an 11 pm bedtime, finish eating dinner by 1 pm.) Take 2 Table-spoons (1 oz.) EPSOM SALTS, dissolved in 6 oz. cool water. Then rinse your mouth with water. (Use a "shaker jar" to dissolve the Epsom salts. The taste is much less objectionable with cool water.) Drink more water, as desired... Epsom salts are MgSO₄ -- magnesium sulfate -- an intestinal purge, and also a muscle relaxant for the bile ducts and the gall bladder, to prevent cramps and retention of gall stones. Epsom salts are available in drug stores.

Hour 2 -> Optional, but always to be used if "stomach cramps" should occur during the liver flush. (This is rare when using Epsom salts. Cramps would indicate that stones are lodged in, and blocking liver ducts.) However, this step is very beneficial in ALL cases, to stimulate the liver's release of waste and bile. Begin with several plain, warm-water enemas - then follow with a 4 cup ORGANIC COFFEE enema. Use 1 Table-spoon (1/2 oz.) coffee per cup, drip-filtered. Dissolve 1/2 cup (4 oz.) EPSOM SALTS into the hot coffee, then cool the coffee down to 98 - 100 degrees F. (body temperature) before using. (You can rapidly cool the pan in a sink of cold water.) Retain the coffee enema for 10 - 15 minutes, while relaxing in a reclining position on a floor mat.

Hour 3 -> Take 1 Table-spoon (1/2 oz.) EPSOM SALTS, dissolved in 4 oz. cool water. Then rinse your mouth with water. Drink more water, as desired...

Hour 4.5 -> (Optional) This step is used to increase bile flow, which helps dislodge stones deep in the liver ducts. This step also helps to eliminate hunger. Eat: 8 oz. CREAM on fresh berries or FRUIT, mixed. (organic heavy cream, without carrageenan) (frozen berries are optional if necessary) *Blueberries will work.*
or: These variations have also worked: 8 oz. CREAM and 6 - 8 oz. fruit KEFIR, mixed.
or: 16 - 32 oz. vanilla HIGH-FAT ICE CREAM (quality ice cream, without carrageenan)

Hour 7 -> Bedtime -- Have the required items prepared: Have a TIMER handy, and ALKA-SELTZER "GOLD".

Take 4 ornithine (8 if insomnia is a concern) with a small amount of water.

Take 4 oz. (1/2 cup) room-temp. **Organic OLIVE OIL**, followed by 4 oz. fresh-squeezed **LEMON JUICE**. Olive oil, taken following the above procedure, causes the liver ducts and the gall bladder to forcefully contract, and expel their collection of gall gravel and gall stones. (The acid lemon juice speeds the transit of the olive oil thru the stomach and into the duodenum, which helps prevent or minimize nausea.) Next: Rinse your teeth: Brush them briefly with a BAKING SODA solution (or Milk of Magnesia), to neutralize the acid of the lemon juice.

*** Go Immediately to Bed, "face down." Pull your right knee fully upwards, towards your right shoulder. A pillow under your left shoulder will help. Now relax into this position, and then shift your weight to your right side. Keep your right knee held fully upwards, to your chest. Using a TIMER, hold this position for 30 minutes. (You can briefly stretch your right leg, if necessary.) Gall bladder contractions and expulsion of stones will occur at this time. These can often be felt and heard. Optional, but helpful: Massage your gall bladder with your finger tips, up under your right ribs. After 30 minutes - relax, stretch out, and go to sleep.

If any nausea or acid-reflux is felt during the night, get up and immediately take ALKA-SELTZER "GOLD" in water (the "Gold" type contains no aspirin). This is safe and effective.

The following morning, immediately do the following: Take 2 Tea-spoons (1/3 oz.) EPSOM SALTS, dissolved in 3 oz. cool water. Next, drink 8 - 12 ounces of water. Later, drink more water or orange juice, as desired. Wait 2 - 3 hours before eating a light breakfast.

Plan to repeat the liver flush at least 6 times, especially when large gall stones (1/2 to 1+ inches across) are expelled -- or when there is a large volume of stones (more than about 1/4 cup). If few (or no) gall stones are seen, this is OK -- however this is usually a false negative. Repeat the flush in 4 - 6 weeks. When a large volume of gall stones is seen, the liver flush should be repeated in 2 weeks.

Generally, the liver flush is repeated at 2 - 4 week intervals until the volume of gall stones seen (each time) has been greatly reduced. This can require 10 - 15 flushes, or more, because your liver will be "pulling" cholesterol out of your body, where it may have accumulated for many years or decades.

After the initial series, repeat the liver flush 2 - 4 times per year, for "maintenance."

Liver cleanse - Gallbladder cleanse - Liver flush - NO surgery

Items needed:

<i>1 or 2 gallons</i>	<i>Apple Juice, pure, organic</i>
	<i>Phosfood</i>
	<i>Epsom Salts</i>
<i>4 to 6</i>	<i>Lemons, fresh, organic</i>
<i>8 oz.</i>	<i>Cream, organic (without carrageenan)</i>
	<i>Fruit</i>
<i>½ cup</i>	<i>Olive Oil</i>
	<i>Baking Soda (to brush teeth)</i>
	<i>Ornithine (for sleeping)</i>
	<i>Alka-Seltzer Gold (no aspirin)</i>
	<i>Timer or clock</i>

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Lemon/Olive Oil Drink
from the
Immune Restoration Handbook
by **Mark Konlee**

Strain and drink one or more times weekly - even daily.
To enhance the taste, make it with grape juice.

Prepare the Lemon/Olive Oil Drink:

- 1. In a blender, place the juice of one lemon and the rind of ½ lemon (cut up).**
- 2. Add one cup of orange juice, red grape juice, grapefruit, other fruit juice or water.**
- 3. Add one tablespoon of cold pressed extra virgin olive oil.**
- 4. Optional - add a one-inch piece of raw ginger root. (Helpful to digest the olive oil.)**
- 5. Blend at high speed for one minute.**
- 6. Pour mixture through a strainer to separate the juice from the pulp. Discard the pulp. NOTE: If you remove the lemon seeds before blending, you may omit Step 6.**

The drink may be consumed all at once.

NOTES: (A) Those who are allergic to citrus fruit will benefit from the cold pressed olive oil and should use 2 to 4 tablespoons daily. (B) If neuropathy is present, add one tablespoon of lecithin granules to the drink or take two lecithin capsules twice daily with the drink. Triple-strength lecithin is recommended. (C) If you use whole leaf aloe vera juice daily, you can add one tablespoon daily to the Lemon/Olive Oil Drink. (D) If you have low body temperature, take 2 or 3 cayenne capsules with the Lemon/Olive Oil Drink. Do not use cayenne if you have acid-reflux syndrome.

More expensive brands of olive oil (Monks, Krinos) not only taste better, but also are more therapeutic. For a fresher taste, look for cold pressed olive oil in a darkened jar or can. (In a clear jar, the olive oil is exposed to ultra-violet light which causes lipid peroxides to form; hence, the oil becomes rancid.)

Lymph fluid drains into the liver. Then, movement of lymph out of the liver is necessary for cleaning infections from the lymph system. Without this movement, lymph nodes become swollen. Many persons have taken the Lemon/Olive Oil Drink and reported a reduction in swollen lymph nodes, strongly suggesting that the Lemon/Olive Oil Drink has a direct antiviral effect. Lemon oil (from the rinds) is an essential oil, reported by several sources to be antiviral.

Pectin from citrus rinds and from apple sauce (not apple juice) helps in the assimilation of fats and oils. The lecithin and olive oil is totally dispersed throughout the Lemon/Olive Oil Drink. Pectin in the lemon rind causes this dispersion of the oil. Proof of oil absorption could come from a blood test, and is also indicated by the return of saliva pH to normal (6.4).

Lemon juice helps to dissolve minerals in the food for better assimilation. This drink can be used with dietary supplements to improve their assimilation. Olive oil also increases the production of bile in the liver. Bile helps emulsify fats and helps the liver get rid of toxins and waste products.