

Liver/ Gallbladder Flush

By flushing or cleansing the internal organs of the body periodically, you can save many trips to the hospital in later years. You can also increase the overall performance of any medicines you may be taking. A Moritz liver flush is to create an internal cellular cleansing effect to pass calcified stones and other debris out of your body, returning you to a pristine state of health. Before you begin doing any of these procedures, you may want to consult a doctor to determine whether a liver and gallbladder flush will be harmful for you. In most cases, it will be helpful.

Day 1 to 5

Drink a minimum of 24 ounces (1000cc) of apple juice per day for 6 days in a row. Drink the juice 2 hours after meals. The apple juice has special concentrations of acids that soften the liver and gallstones. Make sure to avoid the following types of foods: protein rich (meats & nuts), fats, plain sugar, and alcohol. You also need to avoid drinking cold, icy drinks. You might need to have a colonic enema (coffee enema) or take high fiber supplement should you have serious constipation problem. In order to pass the stones which are being loosened and flushed out of your body, the colon must be as uninhibited as possible.

Day 6: You will need to mix 28g of Epsom salt (Magnesium Sulfate) with 360ml of warm water. Separate the mixture into 2 cups.

Drink 1000ml of organic apple juice before lunch. You want to have a very light breakfast on this day. **IMPORTANT:** At around 1pm, have a light lunch. Food recommended: Boiled vegetable or salad without protein, oil or fat including salad dressing.

- No other food or drink after 1.30pm. Just drink plain water.
- **At 6pm**, drink the 1st cup of warm water mixed with Epsom salt (180ml)
- **At 8pm**, drink the 2nd cup of warm water mixed with Epsom salt (180ml)
- **At 9.45pm**, mix at least 120 ml of Organic Olive Oil with 60ml of lemon juice or 180ml of grapefruit juice)
- **At 10pm**, drink the above mixture within 5 minutes, then lie down in bed immediately, keeping your head elevated. Stay completely still for about 20 minutes, in order to allow your liver and gallbladder to loosen the stones.

Day 7: You will need to mix 28g of Epsom salt (Magnesium Sulfate) with 360ml of warm water. Separate the mixture into 2 cups.

- **At 6.00am**, (it should be 8 hours after your drank the olive oil/grapefruit/lemon juice). Drink another mixture (180ml) of the Epsom salt. Then do light exercise or walking.
- **At 8.00am**, drink the last mixture (180ml) of the Epsom salt. Then, prepare to spend a good amount of the day on the toilet. You will be releasing many stones from the liver and the gallbladder on the day 6 and 7 after drinking the Epsom salt mixture.
- **At 10am**, you can drink some fruit juice and eat fruits then proceed to take light lunch (low in protein and fat) 1 hour later.
- For the following 2 to 3 days, continue to eat lightly.

Note:

In order to reap the full benefits of the Moritz Liver Flush, you might have to perform the same procedure once a month for few months. But, for a healthy person, twice per year will suffice. Over time, you will notice that the stones become fewer and fewer, until you are totally clean. Also, as a preventive measure, one teaspoon of olive oil per day and regular drinking of apple juice might prevent the future buildup of stones.

For people with confirmed fatty liver and liver/gallbladder ailments, we recommend to supplement the [Naturext™ Immune+ AC](#) Essence to improve the liver function during the flush period and continue the protocol for 3 months.

Things You'll Need For Liver / Gallbladder Flush:

- [Organic Apple juice \(about 6000cc\)](#)
- Epsom salt
- Grapefruit and/or Lemon
- [Olive oil](#) (good quality, extra virgin, organic)
- [Coffee enema kit](#) (optional)
- If you have fatty liver we recommend [AC+](#) to complement the cleanse...