

Gall Stone Cleanse - better method

THE CLEANSE :

Pick a day when you have nothing much to do the next day, and preferably even the day after. Don't make any plan to go out.

DO NOT HAVE ANY SOLID FOOD after noon on the cleanse day. You may drink water or fresh juices, as much as you like.

DO NOT HAVE ANY FLUIDS after 6.30 pm (or 30 minutes before the start of your treatment) on the day of cleanse. Give your stomach time to evacuate all the fluids. Then the olive oil won't float up on top of the fluid and your chances of nausea will be greatly reduced.

YOU WILL NEED :

One pint (about 0.5 liter) of cold virgin olive oil

One half-pint of freshly squeezed lemon juice

Peppermint oil (from your health food store)

Pineapple or V8 juice (note: Biotta vegetable juice from Health food store is likely better than V8)

Measuring cup or tablespoon size measuring spoon

Pitcher of water

Paint stirring stick

Jar with screw-on lid

Index cards

Net to drape under the toilet seat, to catch your stones

Place the net under your toilet seat so it will be ready when you need it. Lift the seat and place the net across the porcelain stool, then replace the seat so it will hold the net in place. Place the pitcher of water and the paint stirring stick next to the toilet ready for use when you need them. Also have handy the screw-on lid for storing your gall stones and the index card.

If you should experience extreme nausea or vomiting, try chasing it with a small amount of V8 juice or pineapple juice. Or you might try adding a few drops of peppermint oil to the olive oil. Use one of these mixtures for a couple of doses and then go back to the olive oil and lemon juice without adding anything.

THE PROCEDURE :

12 Noon

Stop eating all solid food

6.30 pm

Stop drinking all fluids

7.00 pm

Using a measuring device, pour $\frac{1}{4}$ cup (4 tablespoonfuls) of olive oil and drink it.

Follow immediately with 1 or 2 tablespoonfuls of lemon juice.

Lie down and relax.

Repeat this every 15 minutes.

Sit up, swallow it and lie down again. If possible have someone else bring them to you. Relax, read or watch television. Keep as still as possible. It is best to lie on your **right** side.

Repeat the exact dosage every 15 minutes until you have swallowed all of the pint of olive oil. If there is any lemon juice left, drink it all. It is now probably 10.00 or 10.30 pm.

Remember, if you have terrible nausea or vomiting sensations, use the peppermint oil in the olive oil, or chase the olive oil with a small amount of V8 or pineapple juice, until you can resume taking the plain olive oil and lemon juice.

While you are taking the olive oil and lemon juice, if it gets hard to swallow, take a little more time between doses. Try 20 minutes between doses, or 25 minutes. Try to swallow all of the olive oil and lemon juice. If you are too nauseated to get it all down, take as much as you possibly can.

You have finished the olive oil and lemon juice. Now go to bed and do your best to go to sleep. Lie on your right side. This position speeds up the process of the olive oil entering the gallbladder to act as a lubricant. This, along with the softening action of the lemon juice, will help to free the stones more readily from the gallbladder. Stay in bed and forget everything until the urge to go to toilet comes.

That was really quite simple, wasn't it ?

About 2.00 or 3.00 am you'll probably wake up with the unmistakable urge to go to the toilet. It may not happen. For some, it doesn't happen until 11 am the next day. If your first bowel movement is at 2.00 or 3.00 am, you will probably have no stones in it, but you'll want to check to be sure.

When you have the first bowel movement after the cleanse, you'll use the pitcher of water and the paint stirring stick to wash the fecal material through the net. Pour water gently and use the stick to separate the stones from the fecal material. The fecal material will be runny and wash through the net.

Source:
<http://www.263.com.my>