



HOPE WELLNESS CENTER

San Angelo, Texas

Liver and Gallbladder Flush Instructions

Hope Wellness Center • 325.947.5266 • www.hopewellness.com

Supplies

- **Available at Hope Wellness Center:**
- Super Phos Liquid
- Natural Calm
- Bile Salts capsules
- Diatomaceous Earth
- Colon Max
- Enema kit (if you are not doing the enema, colon hydrotherapy or colonics can be substituted)
- 1 plastic colander to catch stones

- **Available at your local grocery store:**
- 3 quarts organic apple juice
- **Option 1:**
- 1 fresh lemon (do not use bottled lemon juice)
- 1 cup light olive oil (the thinner the better) or sunflower oil
- 1 can Coca-Cola
- **Option 2:**
- 10.5 oz or 12 oz tomato sauce or soup
- 1 cup light olive oil or sunflower oil
- **Option 3:**
- 2-3 Grapefruits
- 1 cup of light olive oil or sunflower oil
- **Option 4:**
- 8 organic, free-range eggs
- 8 key limes (small)
- 8 tablespoons of light olive oil or sunflower oil
- 1 Coca-cola or Ginger ale to cleanse mouth

Day One

- **Apple juice:** Add 1 teaspoon Super Phos to 1 quart apple juice. Sip throughout the day.
- **Bile Salts:** Take 2 capsules as you begin drinking the apple juice and 2 capsules as you finish the juice.
- **Diatomaceous Earth:** Take 1 Tablespoon on empty stomach in 6-8 oz of water. Best between 2-4 pm.
- **ColonMax:** Take 2 capsules at bedtime

Day Two

- **Apple juice:** Add 1 teaspoon Super Phos to 1 quart apple juice. Sip throughout the day.
- **Bile Salts:** Take 2 capsules as you begin drinking the apple juice and 2 capsules as you finish the juice.
- **Diatomaceous Earth:** Take 1 Tablespoon on empty stomach in 6-8 oz of water. Best between 2-4 pm
- **Colon Max:** Take 2 capsules at bedtime

Day Three

- Throughout the day:
 - **Apple juice:** Add 1 teaspoon Super Phos to 1 quart apple juice. Sip throughout the day.
 - **Bile Salts:** Take 2 capsules as you begin drinking the apple juice and 2 capsules as you finish the juice.
 - **Diatomaceous Earth:** Take 1 Tablespoon on empty stomach in 6-8 oz of water. Best between 2-4 pm
- **At least three hours after evening meal and 30 minutes before drinking Oil Mixture (see “Oil Mixture” below):**
 - **Natural Calm:** Mix 2 teaspoons in half a glass of warm water and drink.
 - **Warm water enema or:** Conduct a warm water enema. For enema instructions, see below. If you prefer, you can do a colonic on the afternoon of the 3rd day and also on the 4th day if you do not want to catch the stones.
- **Three and a half hours after the evening meal:**
 - **Bile Salts:** Pick an option below and take 6 capsules.
 - **Oil Mixture:**
 - **Option 1:** Mix 1 cup olive oil or sunflower oil with 1 freshly squeezed lemon and 1 can of room-temperature Coca-Cola. You may find it easier to drink with a straw. Continue to stir mixture as you drink it to keep it from separating. You may feel nauseous after drinking the mixture; this is normal. Immediately after drinking the oil mixture, go to bed and lie on your right side. Lie in the fetal position for at least 30 minutes. The oil will force the gallbladder and bile duct to contract and expel stones into your intestinal tract. You should eliminate the stones about 5 to 8 hours later.
 - **Option 2:** Take a 10.5 oz or 12 oz can of tomato sauce or soup and place in pan and heat. Add one cup of oil to pan and drink like a soup.
 - **Option 3:** Take the juice 2-3 squeezed grapefruits. Place the juice in a blender and slowly add the cup of virgin olive or sunflower oil and drink with a straw.
 - **Option 4:** Take 8 organic, free-range eggs and leave on the counter until they are room temperature. Take 2 key limes and roll them on counter with some force to soften them up and then squeeze into a porcelain cup or glass. Take 2 of the eggs and separate the yolks and the egg whites from each other and place the egg yolks in the cup with the lime juice. Use a wooden utensil (any utensil except metal) to break the yolks and stir a couple times. Then add 2 tablespoons of oil to the mixture and mix a few more times and then drink quickly down. Repeat this process three more times quickly. Each mixture of 2 limes, 2 egg yolks and 2 tablespoons of oil equal ¼ cup of oil so you will need to do this process a total of 4 times to equal 1 cup of oil. Can take some sips of Coca-Cola or ginger ale in between to cleanse the mouth.
- **One hour after drinking mixture:**
 - **Diatomaceous Earth:** Take 1 teaspoon on empty stomach in 6-8 oz of water.
 - **Colon Max:** Take 2 capsules

Day Four

- **Five to 8 hours after drinking Oil Mixture:**
 - **Colander:** Use the colander to catch waste. Pour water over waste to reveal stones. Count the stones and keep a record of how many stones you expel each time you do the flush. Count stones for the next four bowel movements after completing the flush.
 - **Warm water enema:** Conduct a second enema around mid-day to help expel remaining stones. For enema instructions, see below. You can substitute a colonic instead of the enema if you are not interested in catching the stones.
 - **Diatomaceous Earth:** Take 1 teaspoon on empty stomach in 6-8 oz of water.
 - **Colon Max:** if constipation occurs take 2 capsules at bedtime.

Day Five

- Diatomaceous Earth:** Take 1 Tablespoon on empty stomach in 6-8 oz of water. Best between 2-4pm.
- Colon Max:** If constipation occurs take 2 capsules at bedtime.

Day Six

- **Diatomaceous Earth:** Take 1 Tablespoon on empty stomach in 6-8 oz of water. Best between 2-4 pm
- **Colon Max:** if constipation occurs, take 2 capsules at bedtime

Important notes

- **Plan to be home** the fourth day of the flush.
- **You must drink the apple juice and Super Phos on all three days.** If you don't take the Super Phos drops, discontinue the program. The Super Phos works to soften the stones you expel.
- Diabetics unable to tolerate the apple juice may substitute distilled water and increase the OPA to 90 drops.
- **Do not exceed the recommended dose** of Super Phos in the quart of apple juice. You need to use only one teaspoon per quart of apple juice. Over-dosage could cause horrible diarrhea and very heavy cramps you can also dilute the apple juice with water if loose stool occurs.
- **Do not use orange juice instead of Coca-Cola.** It doesn't work the same. The coke has an effect on the liver. Also, you must lie on your right side for the full 30 minutes. Getting up before 30 minutes can cause cramping.
- Do not take oil mixture in the morning. The oil mixture should be consumed in the evening while the body is at rest. Drinking the mixture in the morning can cause severe cramps.

Warm Water Enema Instructions

- Fill enema bag with 100°F water (should be about a quart of water).
- Lie on your back on a towel with your knees bent. Hang the enema bag from the toilet paper roll or from a similar height. Hanging it 2-3 feet from the ground achieves an ideal amount of water pressure.
- Ensure you have the correct tip. Many kits come with one tip for vaginal insertion and one for rectal insertion. The vaginal tip is curved; the rectal tip is straight.
- Apply lubricating jelly to the tip and gently insert.
- Slightly release the valve and allow the water to flow gently and slowly.
- When you feel the need to expel, close the valve, remove the tip from the rectum, and use the toilet.
- Return to the floor, reinsert the tip, and slowly continue the water flow.
- Repeat until you are expelling only clear water.
- Massage the intestinal area throughout enema to help break up fecal impaction.
- The process may require more than one bag of water, and it can take up to a few hours if you have a problem with constipation.
- Set aside ample time to be relaxed while you complete the enema.