

LIVER FLUSH WARNING! version 1.0.1

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I compiled this e-book to hopefully save others the suffering I and apparently lots of other people have gone through. **When cleansing the liver do the parasite / colon cleanse and kidney cleanse first.** Experiment with other cleanse programs than the ones listed in here. **Just be sure to cleanse in this order 1. Parasite / Colon, 2. Kidney, 3. Liver / Gallbladder cleanse and use the ornithine and arginine to lessen feelings of sickness.** Also start with the gentler cleanse first and gradually work up to stronger cleanse. **Trust Me!**

Cleanses compiled from Hulda Clark books “cure for all diseases” and “the cure for all advanced cancers” and other sources.

PARASITE / COLON CLEANSE

Getting rid of all parasites would be absolutely impossible using clinical medicines that can kill only one or two parasites each. Such medicines also tend to make you quite ill. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you.

Yet three herbs can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on! Does this sound too fantastic? Just too good to be true? They are nature's gift to us. The herbs are:

- **Black Walnut Hulls** (from the black walnut tree)
- **Wormwood** (from the Artemisia shrub)
- **Common Cloves** (from the clove tree)

These three herbs must be used **together**. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs.

They must be used together as a single treatment.

What you need:

- Black Walnut Hull Tincture Extra Strength
- Wormwood capsules (200-300mg of wormwood per capsule)
- Cloves capsules (500mg per capsule)
- Arginine (500mg per capsule)
- Ornithine (500mg per capsule)

Flatworms, roundworms, protozoa, even bacteria and viruses are remarkably easy to kill using a combination of zapping and this herbal program. Thus it is not just for cancer, but a general treatment that can benefit almost every illness.

1. Black Walnut Hull Tincture Extra Strength (see Recipes, page 543)

Day 1: (this is the day you begin; start the same day you receive it)

Take one drop. Put it in 1/2 (half) cup of water. Sip it on an empty stomach such as before a meal.

Day 2: Take 2 drops in 1/2 (half) cup water same as above

Day 3: Take 3 drops in 1/2 (half) cup water same as above

Day 4: Take 4 drops in 1/2 (half) cup water same as above

Day 5: Take 5 drops in 1/2 (half) cup water same as above

Day 6: Take 2 tsp., all together in 1/4 (one fourth) cup water. Sip it, don't gulp it. Get it down within 15 minutes. (If you are over 150 pounds, take 2 1/2 (two and half) tsp. Do not take more than 3 tsp. because no additional value has been observed.)

This dose kills any remaining stages throughout the body, including the bowel contents, a location unreachable by electric current. The alcohol in the tincture can make you slightly woozy for several minutes. Simply stay seated until you are comfortable again. You may put the tincture in lukewarm water to help evaporate some of the alcohol, but do not use hot water because that may damage its parasiticide power. Then take niacinamide 500 mg to counteract the toxicity of the alcohol. You could also feel a slight nausea for a few minutes. Walk in the fresh air or simply rest until it passes. You may add more water or honey or a spice to make it more palatable.

For a year: take 2 tsp. Black Walnut Hull Tincture Extra Strength every week or until your illness is but a hazy memory. This is to kill any parasite stages you pick up from your family, friends, or pets.

Family members and friends should take 2 tsp. every other week to avoid re-infecting you. They may be harboring a few parasite stages in their intestinal tract without having symptoms. But when these stages are transmitted to a cancer patient, they immediately seek out the cancerous organ again.

You may be wondering why you should wait for five days before taking the 2 tsp. dose. It is for your convenience only. you may have a sensitive stomach or be worried about toxicity or side effects. By the sixth day you will have convinced yourself there is no toxicity or side effects.

Going faster. In fact, if you are convinced after the first drop of the restorative powers of Black Walnut Hull Tincture Extra Strength, take the 2 tsp. dose on the very first day.

Going slower. On the other hand, if you cringe at the thought of taking an herb or you are anxious about it's safety, continue the drops, increasing at your own pace, until you are ready to brave the decisive 2 tsp. dose.

2. Wormwood capsules (should contain 200-300 mg of wormwood, see Sources):

Day 1: Take 1 capsule before supper (with water).

Day 2: Take 1 capsule before supper.

Day 3: Take 2 capsules before supper.

Day 4: Take 2 capsules before supper.

Continue increasing in this way to day 14, whereupon you are up to seven capsules. You take the capsules all in a single does (you may take a few at a time until they are all gone). Then you do 2 more days of 7 capsules each. After this, you take 7 capsules once a week forever, as it states in the Maintenance Parasite Program. Try not to get interrupted before the 6th day, so you know the adult intestinal flukes are dead. After this, you may proceed more slowly if you wish. Many persons with sensitive stomachs prefer to stay longer on each dose instead of increasing according to this schedule. You may choose the pace after the sixth day.

3 Cloves:

Fill size 00 capsules with fresh ground cloves; if this size is not available, use 0 or 000. In a pinch, buy gelatin capsules and empty them or empty other vitamin capsules. You may be able to purchase fresh ground cloves that are already encapsulated; they should be about 500 mg. Grocery store ground cloves do not work! Either grind them yourself or see Sources.

Day 1: Take one capsule 3 times a day before meals.

Day 2: Take two capsules 3 times a day.

Days 3, 4, 5, 6, 7, 8, 9, 10: Take three capsules 3 times a day.

After day 10: Take 3 capsules all together once a week forever, as in the Maintenance Parasite Program.

Take **ornithine** at bedtime for insomnia. Even if you do not suffer from insomnia now, you may when you kill parasites.

Parasite Cleanse Handy Chart

Strike out the doses as you take them.

	Black Walnut Hull Tincture Extra Strength Dose	Wormwood Capsule Dose (200-300mg)	Clove Capsule Dose (500mg)
Day	drops 1 time per day, like before a meal, in 1/2 cup of water	capsules 1 time per day, on empty stomach (before meal)	capsules 3 times a per day, like at mealtime
1	1	1	1,1,1
2	2	1	2,2,2
3	3	2	3,3,3
4	4	2	3,3,3
5	5	3	3,3,3
6	2 tsp.	3	3,3,3
7	Now once a week	4	3,3,3
8		4	3,3,3
9		5	3,3,3
10		5	3,3,3
11		6	3
12		6	Now once a week
13	2 tsp.	7	
14		7	
15		7	
16		7	
17		Now once a week	
18			3

At this point you do not need to keep a strict schedule, but instead may choose any day of the week to take all the parasite program ingredients. Continue on the Maintenance Parasite Program, indefinitely, to prevent future re-infection.

Maintenance Parasite Program

YOU ARE ALWAYS PICKING UP PARASITES! PARASITES ARE EVERYWHERE AROUND YOU! YOU GET THEM FROM OTHER PEOPLE, YOUR FAMILY YOURSELF, YOUR HOME, YOUR PETS, UNDERCOOKED MEAT, AND UNDERCOOKED DAIRY PRODUCTS.

I believe the main source of the intestinal fluke is under cooked meat. After we are infected with it this way, we can give it to each other through blood, saliva, semen, and breast milk, which means kissing on the

mouth, sex, nursing, and child bearing.

Family members nearly always have the same parasites. If one person develops cancer or HIV, the others probably have the intestinal fluke also. These diseases are caused by the same parasite. They should give themselves the same de-parasitizing program.

Do this once a week. You may take these at different times in the day or together:

- 1 **.Black Walnut Hull Tincture Extra Strength:** 2 tsp. on an empty stomach, like before a meal.
- 2 **.Wormwood capsules:** 7 capsules (with 200-300 mg wormwood each) at once on an empty stomach.
- 3 **.Cloves:** 3 capsules (about 500 mg. each, or fill size 00 capsules yourself) at once on an empty stomach.
4. Take **ornithine** as needed.

	Black Walnut Hull Tincture Extra Strength Dose	Wormwood Capsule Dose (200-300mg)	Clove Capsule Dose (500mg)
Day	1 time per day, on empty stomach	capsules 1 time per day, on empty stomach (before meal)	capsules 3 times a per day, like at mealtime
1	2 tsp.	7	3
2			
3			
4			
5			
6			
7			
8	2 tsp.	7	3
9			
10			

The only after-effects you may feel are due to bacteria and viruses escaping from dead parasites! Be sure to zap after taking your maintenance parasite treatment. After-effects also let you know that you did indeed kill something. Try to discover how you might have picked up parasites and avoid them next time.

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KIDNEY CLEANSE

It takes a lot of liquid to "wash" the inside of your body. Taking it in the form of herbal teas gives you extra benefits. And extra enjoyment if you learn to make them with variations - especially if you need to produce a gallon of urine a day!

Any edema or "water holding", whether in lungs, arms, or abdomen, also requires strengthening of kidneys with this recipe.

When kidneys or bladder are actually involved in the cancer, gradually increase the dose to double the regular amounts. Be sure to start just as slowly though to avoid feeling pressure in the bladder. You will need:

- Half a cup dried hydrangea root (*Hydrangea arborescens*)
- Half a cup gravel root (*Eupatorium purpureum*)
- Half a cup marshmallow root (*Althea officinallis*)
- Black Cherry Concentrate, 8 oz. [twice]
- Pinch vitamin B2 powder
- 4 bunches of fresh parsley (obtained at supermarket) [a bunch at stems is about 2 inches]
- Goldenrod tincture (leave out of the recipe if you are allergic to it)
- Ginger
- Uva Ursi
- Vitamin B6, 250mg caps
- Magnesium oxide, 300mg caps
- HCl drops (Hydrochloric Acid)
- Sweetening (optional)

Previous versions of this recipe included vegetable glycerine. Recently I have been unable to find a source free from asbestos and silicone. Omit it.

Measure 1/4 (one fourth) cup of each root [half of the roots] and set them to soak, together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). Add vitamin B2 powder. After four hours (or overnight), heat to boiling and simmer for 20 minutes. Add black cherry concentrate [8oz.] and bring back to boiling. Pour through a bamboo or plastic strainer into glass jar. Drink 3/4 (three fourths) cup by sipping slowly throughout the day (stir in two drops HCl first). Refrigerate half to use this week, and freeze the other half for next week.

Other versions of this recipe allowed reboiling the roots when you have finished your first batch. Although this saves a few dollars, advanced cancer sufferers should use new roots each time. You need to do the kidney cleanse for six weeks to get good results, longer for severe problems.

Find fresh parsley at a grocery store. Soak it in HCl-water (1 drop per cup) with a pinch of vitamin B2 in it for 2 minutes. Drain. Cover with [2 pints of] water and boil for 1 minute. Drain into glass jars. When cool enough, pour yourself 1/2 (half) cup. Add 2 drops HCl. Sip slowly or add to your root potion. Refrigerate a pint and freeze 1 pint. Throw away the parsley. Always add HCl at point of consuming even after pre-sterilizing.

Dose: Each morning, pour together 3/4 (three fourths) cup of the root mixture and 1/2 (half) cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc. Then add a pinch of B2 and 4 drops HCl to sterilize. Drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half the dose.

Also take:

- Ginger capsules: one with each meal (3/day) (3 per day).
- Uva Ursi: one capsule in the morning and 2 capsules in the evening.
- Vitamin B6 (250mg): one a day.
- Magnesium oxide (300mg): one a day.

Take these supplements just before your meal to avoid burping. You do not need to duplicate the B6 and magnesium doses if you are already on them.

Some notes on this recipe: This herbal tea, as well as the parsley, can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. Add HCl drops just before drinking. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).

When you order your herbs, be careful! Herb companies are not the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used. Do not use powder.

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LIVER AND GALLBLADDER CLEANSE

Be sure to complete the parasite/colon and kidney cleanse programs (**above**) before doing this Liver and Gallbladder cleanse.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

[You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it tastes better .]

6:00 PM. Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eighth) tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

Alternative Schedule 1: Omit the first Epsom Salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

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8:00 PM. Repeat by drinking another 3/4 (three fourths) cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour 1/2 (half) cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones

traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

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Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

Godspeed

- EAAnvika