

# Instructions for Liver and Gallbladder Flushing with the 4-Pack

**Step 1 (pre-flush preparation):** for 3 weeks, take Chinese Bitters & GCG in the morning, and Coptis & Curcuma at bedtime. The Chinese Bitters and GCG contain herbs which are believed to have cleansing and purging properties according to TCM (Traditional Chinese Medicine), and the Coptis and Curcuma contain herbs which are said to help circulation and bile flow according to TCM.

## Notes:

- It is rare, but some people experience headaches or “detox” reactions when they take Bitters and GCG together. If this happens to you, then you might want to take GCG later in the day (for example, before lunch).
- If you feel that the effect of Bitters & GCG is too strong, you may wish to lengthen this process to 6 weeks: take Bitters, Coptis, and Curcuma for 3 weeks, and then switch to GCG, Coptis, and Curcuma for the next 3 weeks.
- Do not use up the entire bottles of Coptis and Curcuma during this pre-flush preparation. Save a bit in case you want to use it during the flush itself.
- Some people like to prepare even longer, by taking GCG by itself for 2 weeks, then giving themselves a 1-week break, then beginning step 1.

**Step 2 (the day before the flush):** Get the following:

- Un-iodized sea salt.
- 3 lemons or grapefruit.
- Olive oil (extra virgin cold-pressed).
- At least 8 litres of organic apple juice or cider (the kind with real pulp in it, which may be difficult to find at regular grocery stores; try a health-food store).

**Step 3 (day 1 of the flush):** Begin fasting: do not eat any food all day. Drink 2 cups of organic apple juice or cider every 2 hours all day, until you have consumed 3½ to 4 litres in total. Do not consume anything else except for plain water. If you experience headaches for the first few hours, this is a normal and common liver “detox” reaction.

- Note: you should begin to expel stagnant bile during the day. Stagnant bile looks like yellowish-brown diarrhea. If it is getting late in the day and you still haven't expelled any stagnant bile, you might want to take a dose of Bitters, ½ hour before your next drink of apple juice. Do not take more than 2 doses in total during the day.

**Step 4 (day 2 of the flush):** Repeat the flush from day 1, but this time, at bedtime, drink a mixture of ½ cup of olive oil and ½ – ¾ cups of freshly squeezed lemon juice or grapefruit juice. If you have trouble drinking this because of its thick oily consistency, try heating it up first, to make it thinner. After you drink it, go to sleep and try to lie on your right side.

- You may wish to take a dose of all 4 (GCG, Bitters, Coptis, Curcuma) an hour before you drink the olive oil mixture. Many people have reported that this makes the flush more effective.
- You may feel discomfort on your right side during the night. If this happens, take 1 tablespoon apiece of Coptis & Curcuma, to stimulate bile flow and aid your body's natural process of getting rid of the stone. If the pain does not subside, a stone may have gotten lodged in the duct on the way out, in which case you should take a dose of GCG, wait for 1½ – 2 hours, and then try taking the Coptis & Curcuma again.

**Step 5 (day 3 of the flush):** When you wake up, take 4 cups (1L) of warm water containing two teaspoons of sea salt. Wait an hour before eating. Eat only vegetable soup all day. Avoid starchy foods (potatoes and pasta) because many users report that they stop releasing stones as soon as they eat starchy foods. Note that some vegetable soups contain potatoes and pasta, so be careful with your choice of soup. You should begin passing stones at this time, and this may continue into the day after the flush.

**Step 6 (day after the flush):** You may now eat normally. Congratulations, the flush is complete!

## Recommended Dosages

GCG: Maximum dosage is 5 capsules daily, but if you experience diarrhea or any other detoxification reaction, you should reduce the dosage.

Bitters: Dosage is ½ to 1 teaspoon daily, ½-hour before breakfast. If you have headaches or pain in the liver area, this may be a sign of a very congested liver. Try reducing your dosage (some go as low as 1/8 teaspoon) and then try slowly working your way up from there.

Coptis: Dosage is ½ to 1 tablespoon. If you have trouble sleeping, try reducing the dosage.

Curcuma: Use the same dosage that you used for Coptis.

**Note:** “detox” reactions vary from individual to individual. You may wish to consult with your physician if you are also taking conventional medications; it is preferable not to do a liver/gallbladder flush while using medication.

(additional notes are on the reverse side of this page)

## Notes

- Your first flush will usually expel stones near the front of your gallbladder. Larger, older stones toward the back will usually not come out until several flushes have been performed. Even healthy people should flush periodically for preventive reasons.
- Some people experience constipation when taking Coptis. If this happens to you, drink 2 glasses of warm water when you wake up in the morning, then do some light exercises for ½ hour to get your blood moving. The warm water stimulates intestinal movement, which is why a glass of warm water in the morning is a good idea even when you are not flushing. Afterward, take your morning tincture, ½ hour before breakfast. If you can't fit all this into your schedule, take your morning tincture ½ hour before lunch instead of breakfast.
- Some people use Epsom salts to dilate the bile ducts during the flush. However, Epsom salts weaken the kidneys, they may form “false stones” via condensation with the olive oil, and they can dehydrate you. People should avoid Epsom salts unless they are having no success with the traditional method.
- If you only want to flush your gallbladder instead of flushing both your gallbladder and liver, you can substitute “organic whole foods” for the apple juice, and only do the flush for one day instead of two.
- For more information, you can check the “Gallbladder Flushing” section of the [SensibleHealth.com](http://SensibleHealth.com) website.

### **If your gallbladder was removed**

If you no longer have a gallbladder, our products can still be used to help you prepare for a flush. In this case, instead of taking all 4 of the liver/gallbladder supplements at once, we recommend beginning with only Chinese Bitters and Coptis for three weeks. After this three week period has ended, you would switch over to taking GCG and Curcuma for another three weeks. At this time, you would be ready to do your flush.

If you still have some of the Chinese Bitters and Coptis left over, you can take these two tinctures again for a few days just prior to your flush, to ensure that any congestion in your liver is well softened and can come out easily.