

Mineral Amino Mix Liver/Gallbladder Cleanse

Read carefully before starting!

CLEANSING THE LIVER BILE DUCTS is the most powerful procedure that you can do to improve your body's health. Cleansing the liver of gallstones dramatically improves digestion, which is the basis for your whole health. You can also expect your allergies to disappear more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm and upper back pain. You will have more energy!

YOUR WONDERFUL POWERFUL LIVER!

It is the job of the liver to make over 1 quart of bile a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine. For many people, including children, the biliary tubing is choked with gallstones.

WHAT ARE GALLSTONES?

Some people with this condition develop allergies or hives, but some have no symptoms. When the gallbladder is scanned or X-rayed, nothing is seen. **Typically, they are not in the gallbladder.** Not only that but most are too small and not calcified, a prerequisite for visibility on X-ray. Even if your gallbladder has been removed, you will still get gallstones.

There are over a half a dozen varieties of gallstones, most of which have cholesterol crystals. They can be black, red, white, green or tanned colored. Many are imbedded with unidentified objects. Some are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites, made from smaller ones, showing that they regrouped in the bile ducts sometime after the last cleanse.

At the very center of each stone is a clump of bacteria. According to scientists, this suggests a bit of dead parasite might have started the stone to form.

As the stones grow and become more numerous, the **back pressure on the liver causes it to make more bile.** This could be likened to a garden hose filled with marbles, causing the flow of water to become a dribble. This would decrease the ability of the hose to squirt out the marbles.

With the gallstones clogging the biliary tubing (bile ducts), much less cholesterol leaves the body. **This causes the cholesterol levels to rise** (result: high cholesterol). Porous gallstones can pick up all the bacterial cysts, viruses and parasites that are passing through the liver. In this way, "nests" of infection are formed, forever supplying the body with bad bacteria. This is may be the root cause of all kinds of liver dysfunction.

Stomach infections, such as ulcers, and intestinal bloating can not be resolved permanently without removing the gallstones from the liver.

CAUTION: *Before beginning the liver cleanse, be certain that your kidneys and urinary tract are in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. Call the office if you are ill for additional information.*

Liver Cleanse Ingredients:

Purchase from Super Good Stuff

1. Mineral Amino Mix
2. Clean as a Whistle
3. Paramune Plus (optional)
4. Paramune 5 (optional)
5. Coconut Oil (optional)
6. Ultimate Omega Oil (optional)
7. Bliss in the Bottle (optional)

Purchase from the grocery store

1. Fresh pink or red grapefruit
2. Extra Virgin Olive Oil
3. Lemons
4. Fleet Enema Bottle (optional, if the grocery store does not carry this product, purchase at the drug store.)

Choose a day like Friday for the liver cleanse, or start when you will not be working the next day. This will enable you to rest the next day. Do not take any medicines, vitamins, or pills that aren't necessary, as they could prevent the success of the cleanse. Eat a **NO-FAT** meals only. Do not eat after 2pm! Eat a no fat breakfast breakfast and (no butter, milk, or cream). For example, eat a vegetarian omelet made only with egg whites. For lunch, eat a salad or steamed vegetables with salt only for lunch (Braggs Aminos or a squeeze of lemon are okay for seasoning). Eat NO oil or fat because this allows the bile to build up and develop pressure in the liver. The higher the pressure builds up, the more stones it pushes out.

Read the labels and see if there is fat in the foods before eating. Examples of Fat Free Foods (organic preferably): Vegetarian split pea soup, black bean soup, black beans, low sodium butternut squash soup, deli turkey breast meat, turkey jerky, tuna, and homemade vegetable soup.

Do not eat after 2 pm. If you break this rule, you could feel quite ill later.

The time frame below can be adjusted two hours after, according to your schedule.

4:00 pm

Take Clean as a Whistle as directed – Mix 2 teaspoons of Clean as a Whistle in 6 oz of water. Stir and drink. Immediately follow up with 1 ounce of water mixed with fresh squeezed juice of half a lemon.

6:00 pm

Drink 6oz of Mineral Amino Mix.

Spray “Bliss in a Bottle” if taste cannot be tolerated. It will neutralize the taste.

7:15 pm

Drink 6oz of Mineral Amino Mix.

A note about drinking water: You may drink water at any time during the liver cleanse, except twenty minutes before or after taking the Mineral Amino Mix. Avoid drinking water from 9:30pm - 2am.

8:15 pm (Preparation)

Be ready for bed ahead of time.

Prepare the Pink Grapefruit/Olive Oil mix - Measure and pour 4 oz of olive oil or melted coconut oil into a pint jar. Add 1 ounce of Ultimate Omega Oil. If you do not have Ultimate Omega Oil, just use the olive or coconut oil. Hand squeeze the grapefruit (1/2 to 3/4 cup is best), remove pulp and mix with olive oil or coconut oil. Close the lid tightly and shake well until it becomes watery. Note: only fresh grapefruit juice will do this.

STRONGLY RECOMMENDED, BUT OPTIONAL:

- Prepare the Fleets enema bottle with 2 ounces of water. Add 15 drops of Paramune+ and 15 drops of Paramune 5, then shake well to combine.
- Prepare Vegi-Caps. Add 15-18 drops of Paramune+ to one Vegi-Cap (whatever the cap will hold) and 15-18 drops of Paramune 5 to another Vegi-Cap. Visit the bathroom a few more times, even if it makes you late for bed. (However, don't be more than 10 minutes late!)

8:30 pm

STRONGLY RECOMMENDED – Rectally insert the Fleet enema containing the Paramune+ and Paramune 5. Resist the urge to go to the bathroom until it goes away.

STRONGLY RECOMMENDED - If you prepared the Paramune capsules, take with Pink Grapefruit/Olive Oil mixture, while standing.

Take the Olive Oil/Grapefruit mixture, while standing. Drinking through a large plastic straw may help the grapefruit-olive oil mixture go down easier. Take it to your bedside if you like, but be sure to drink the mixture within 5 minutes (15 minutes if you are weak or elderly).

LIE DOWN IMMEDIATELY

You might fail to pass stones if you don't do this! The sooner you lie down, the more stones you will pass. As soon as the drink is down, walk to your bed and lie down flat on your back with your head situated high on a pillow, head above torso. Lie perfectly still for 20 minutes. Go to sleep as quickly as possible or you may fail to pass stones. If you are planning to get up, remain laying down for at least 30 minutes.

11-11:30 pm

Take 2 ounces of melted coconut oil or olive oil. It will help your nausea. The bile your liver is producing is making you feel ill.

2 am

Take 2 ounces of melted coconut oil olive oil to help with the nausea.

Next Morning

Take Clean as a Whistle as directed – Mix 2 teaspoons of Clean as a Whistle in 6 oz of water. Stir and drink. Immediately follow up with 1 ounce of water mixed with fresh squeezed juice of half a lemon.

1 Hour, 30 minutes Later

STRONGLY RECOMMENDED - Prepare and ingest 2 OO Vegi-Caps (one with 15-18 drops Paramune+, one with 15-18 drops Paramune 5).

Drink the remaining 4 oz of Mineral Amino Mix. You may go back to bed.

2 Hours Later

You may eat regular foods, but keep it light. You should feel recovered by dinner time.

How Well Did You Do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for green stones because this is proof that they are genuine gallstones, not food residue. Bile from the liver are pea green stones. You might either have green gallstones or green sludge sludge/scum that floats. The sludge are gallstones that have broken up and liver debris. You may repeat this cleanse in 2 weeks. Try doing this 4 times in a row. Never do this cleanse when you are ill. Congratulations! You have just taken out your gallstones without surgery!