

PREVENTION & HEALING, INC.

Simon M. Yu, M.D.

St. Louis, MO 63141

(314) 432-7802

GALLBLADDER-LIVER FLUSH PROGRAM

Drink plenty of filtered water containing no chlorine or fluoride. On average, drink eight glasses of water, eight oz. each, per day between meals. Do not drink water with your meals because it dilutes your gastric juices and may cause indigestion and malabsorption.

Cleansing Your Colon and Your Body

We have mixtures of herbs to stimulate the colon and cleanse the rest of your bowel. Please ask for the "Detox Program." Those people who have been sick for many years may also need high enemas or colonics as an option.

Gallbladder-Liver Flush

The gallbladder-liver flush is a quick, easy and inexpensive way to cleanse the liver, the most important organ system for 'detox' (detoxification).

How to do the Gallbladder-Liver flush:

STEP 1: Add eight "full" droppers of *Ultra-Phos Liquid* in one quart of apple juice and mix well. (One "full" dropper usually only fills about half of the physical length of the dropper.) Drink at least one quart of high quality apple juice daily for 3 to 4 days. If you have diabetes or sensitivity to sugar, you may substitute a mixture of up to one part apple juice with one part filtered water and add eight "full" droppers of Ultra-Phos Liquid per quart. Take *Malic Acid* 100mg, one tablet 4 times a day. (This will help thin your bile and make it easier to pass from your liver and gallbladder.) Eat light meals.

STEP 2: After 3-4 days of Step 1, do the following: 2-3 hours prior to drinking olive oil, take one teaspoon to one tablespoon Epsom Salt in 12 oz. of water. Drink 1/2 cup of extra virgin olive oil. For taste, you may mix it with 1 cup of coke beverage and the juice of a whole fresh lemon (room temperature). Drink this mixture in the evening or at bedtime on an empty stomach (at least 4 hours after the last meal.) Try not to drink the mixed oil all at once but within 15-30 minutes.

Dinner should be a light and low fat meal. Those with diabetes can use a diet cola beverage (*this is the only time we recommend Nutra-Sweet*). If you have gone through this flush without any response, for the next flush you can increase the amount of olive oil up to 1 cup or as tolerated. ***The cola beverage is an option and NOT required.***

STEP 3: Immediately after you drink the olive oil, lie down on your right side with your knees up to your chest for at least 30 minutes. The oil stimulates the liver and gallbladder to purge the sludge bile to flow. Next day, after your bowel movements, you will probably see many green objects. They usually start to come out after the 2nd or 3rd bowel movement. Some people may pass green objects for several days.

Occasionally you may need an herbal laxative to get things moving or several large warm water enemas or colonics. ***If you experience any abdominal discomfort or cramps, take one additional tablespoon of Epsom salt in a 12 oz. glass of water.***

GALLBLADDER-LIVER FLUSH – QUESTIONS AND ANSWERS

Question: Do you feel pain with the gallbladder-liver flush?

Answer: No, however, you may feel nauseated for a few hours. The cola beverage and lemon juice will help to settle your stomach. You may use grapefruit juice instead of lemon juice.

Question: Do I have to follow these exact instructions?

Answer: No, there are many various methods of gallbladder-liver flush programs. You may do a daily flush with a smaller dose of olive oil, or try different types of oil such as grape seed oil or flax seed oil, if olive oil is not tolerated or available. You may develop your own liver flush cocktail, **on your own responsibility**.

Question: How long do I have to do this program, and how often?

Answer: We recommend once every other week until passing very few stones, then monthly. Gradually taper to 4 times a year (for every season) for maintenance.

Question: If my gallbladder has been removed, can I still do the gallbladder-liver flush?

Answer: Yes. You will need more than ever to get rid of sludge of bile and toxins from the liver.

Question: Is there any danger in doing the gallbladder-liver flush?

Answer: It is possible for gallstones to get stuck in the bile duct where they may cause acute inflammation of the gallbladder. However, if you use apple juice and Ultra-Phos Liquid, you shouldn't have any problems. We have never seen a complication as long as you follow all the instructions carefully.

Question: Are the green objects real stones?

Answer: The initial bowl passage may contain true gallstones. However, most of the green objects are congealed bile sludge mixed with olive oil coming out of the liver and gallbladder ducts.

Question: Do I still have to take all my other medication while I'm taking the gallbladder-liver flush?

Answer: Olive oil may upset your stomach so we recommend not taking any medication, vitamins or minerals for 6 hours before or 6 hours after taking olive oil.

Question: Is this the only detox program I need?

Answer: Perhaps not. This is a simple basic detox program. If you are very toxic, you may need an advanced individualized intense detox program, including high enemas or colonics.

Question: If I don't pass any green objects should I stop the program?

Answer: Some people may have to do more than 2 or 3 gallbladder-liver flushes before they will start passing green objects. About 60-70% of people will notice green stones on the 1st trial.

INFORMED CONSENT

I, (PRINT name) _____, hereby certify that I have read and understood all of the above instructions and will follow them carefully, if I decide to follow this program.

Witness signature

Patient signature

Date

Date

Simon M. Yu, M.D.