

Mini-Liver/ Gallbladder Flush

Cleansing The Liver/Gallbladder For Optimal Health



Whole Body Boost

Liver/gallbladder flushes are used to stimulate elimination of wastes from the body, to open the blood and lymph flow to the liver, to increase bile flow, and to improve overall liver functioning. Liver/gallbladder flushes can purify the blood and the

lymph supply to the whole body when your liver "filter" has been cleansed.**

How do you do the Flush?

Drink the Liver/Gallbladder Flush mixture first thing in the morning, then immediately swallow two capsules of Quantum Liver Complex and/or Quantum Gallbladder Complex. Wait 15 minutes, then repeat the entire Flush, once again swallowing two capsules of Quantum Liver Complex and/or Quantum Gallbladder Complex. Do not take any other food or supplements. After the second Flush, wait 90 minutes (or more) before eating. You may drink water or herbal tea during the 90 minutes.

At lunch time, you may eat your regular lunch and take your lunch supplements. At dinnertime, you may eat your regular dinner and take your dinner supplements.

Most people find the Liver/Gallbladder Flush drink pleasantly spicy and because of the olive oil, rather filling. Waiting 90 minutes before eating lets the Flush work its way through the digestive tract, unhampered by any food burden.

How often do you do the Flush?

Repeat the Flush (both doses) once per week for 2 months. If you have been chronically ill, you may need to take only one dose of the Flush each week or skip weeks in between using the Flush. To help achieve optimal liver health, repeat this Flush at least once a year.

On Liver/ Gallbladder Flush Days

On the days that you do the Liver/Gallbladder Flush:

1. Have your lunch and dinner contain a large, fresh organic salad with lots of leafy greens (no head lettuce) and grade 10 vegetables (cooked and raw).
2. Avoid additional oils or fats (such as butter, oil, dressings, fried food, etc.) in order to maximize the Flush.
3. Salad dressings may contain any of the following: avocado, garlic, onion, herbs, sea salt, or other spices.
4. Use minimal amounts of protein (meat or dairy), or preferably none.
5. Snacks may be homemade vegetable soup, vegetable broth, fresh, raw organic vegetable juice (preferably home-juiced), fresh raw vegetables, herbal teas or purified water.
6. Avoid all fruit on this day.

What Does The Liver/ Gallbladder Flush Do?

- Helps cleanse stagnant waste from the liver/ gallbladder
- Helps improve liver functioning and bile flow*
- Helps purify the blood and lymph*
- Helps rejuvenate the body*

Before the Liver/ Gallbladder Flush

On the day or two preceding the Flush, it is important that you are having regular bowel movements and that you do not have a fever or other pronounced cleansing symptoms. Otherwise, you may feel nauseated or very poorly on the day of the Flush.

After The Flush

After the Flush, we recommend taking Premier Liver Complex and/or Quantum Gallbladder Complex daily along with the SuperFoodTrio, Colostrum & Digest all "once living" sources designed to boost the optimal functioning of the liver and gallbladder, as well as the whole body.

The Source Is Everything

Because most turmeric (from grocery or healthfood stores) is usually both oxidized and poor quality, we recommend only Quantum Turmeric to ensure best results from the Flush. After the Flush you can use Quantum Turmeric, a special liver cleanser, daily as a zesty spice mixed into your food (soups, vegetables, baked potatoes, etc.) Quantum Turmeric is made with grade 10 quality turmeric from India with its aromatic essential oil resins intact.

Secondly, we recommend only Premier Olive Oil for the Flush. Many brands of olive oil which we have tested (even expensive brands) were partially rancid, cut with cheaper oils (a common practice) or chemically tainted with toxic solvents. Consuming these oils can actually make you sick. Premier Olive Oil is 100% pure, extra virgin olive oil, traditionally pressed in Europe without solvents or caustic lye and has no added low grade oils.

Caution: If you are chronically ill or under a doctor's care, check with your doctor before trying a new program.

Liver/ Gallbladder Flush Ingredients

The following proportions are for one flush for the average adult. Mix the following ingredients together in a high-speed blender:

1. 1/2 cup organic tomato juice (use 2 tbsp. of **Quantum Tomato Concentrate** in 1/2 cup water)
2. 2 tablespoons of **Premier Olive Oil** (organic, extra virgin, cold-pressed)
3. 2 Vcaps of **Alli-Supreme** or 1/2 tsp. freshly grated, raw, organic garlic (avoid commercial garlic which is usually too weak)
4. 2 Vcaps of **Quantum Turmeric**, a special liver cleansing herb. Open the capsules, then add to mixture.
5. To swallow: 2 Vcaps of **Quantum Liver Complex** or **Quantum Gallbladder Complex**.

Mini Liver/Gallbladder Flush: *Ingredients*

Quantum Tomato Concentrate



Just add water to the Quantum Tomato Concentrate to make delicious tomato juice, a perfect base for the Master Liver/Gallbladder Flush.

- 100% pure, non-hybrid, non-GMO organic tomato concentrate
Grown on rich soil in South America
- Rich in lycopene (a powerful, immune-boosting antioxidant) *A whopping 270 mg. lycopene/tablespoon*
- Low-temperature, air-dried
- Raw, unheated, untreated concentrate
100% active enzymes and nutrients
- Rich in potassium (an important mineral for kidney, heart, blood, muscle and nerve support)
A heaping 450 mg. potassium/tablespoon
- No genetic tampering
No fillers, sweeteners or artificial flavor enhancers

Premier Olive Oil



*Premier Olive Oil acts as an efficient transporter for all nutrients of the Flush to be targeted to the liver and gallbladder. The oil facilitates a strong biliary response from the gallbladder which promotes increased blood flow to both the liver and the gallbladder.**

- 100% pure, extra virgin, organic olive oil
Made from fully sun-ripened olives, hand-picked by local Berber tribes people from 1,500 year old live trees
- Delicious, full-bodied gourmet taste
Not blended with inferior oils, such as canola or cottonseed oil (a common practice to cut costs but never disclosed on the label)
- No pesticides, solvent residues or harmful chemicals

Quantum Turmeric

(Curcuma longa)



*Turmeric, a bright yellow tuber, is rich in antioxidants and phytonutrients, in particular curcumin. It is a premier liver cleanser, helping to bind and download stagnant toxins. Turmeric is one of the most potent DNA repair agents ever discovered, helping to set right many dietary and chemical insults.**

- Supports optimal liver and gallbladder health, cleansing and DNA repair*
- Freshly ground, grade 10 Indian turmeric
Indian turmeric is considered the best in the world.
- Encapsulated immediately after grinding to retain it unparalleled, active volatile essential oils (open a capsule to smell its rich, full-bodied aroma)



Quantum Liver Complex



*Liver Complex is a master herbal formula for comprehensive liver and gallbladder cleansing and support.**

- Synergistic, broad-spectrum phytonutrients for optimal liver and gallbladder function*
- Powerful herbal extracts for unparalleled liver and gallbladder cleansing and support*
- Every nutrient is premier-grown and the most effective species

Contents: Milk thistle extract, fermented mycelial mushroom extracts, Brazilian pau d'arco, Indian turmeric, Citrus aurantium, Aloe vera concentrate, European carrot extract; in a base of Indian Noni, Nonhybrid European vegetable extracts, primary grown nutritional yeast, wild blue green algae, Grade A Japanese chlorella

Quantum Gallbladder Complex



*Quantum Gallbladder Complex is an advanced formula for comprehensive liver and gallbladder cleansing and support.**

- Powerful, broad-spectrum phytonutrients
- Promotes efficient fat and cholesterol metabolism*
- Promotes unparalleled gallbladder cleansing and support*
- Every nutrient is premier-grown and the most effective species

Ingredients: Citrus Aurantium, Indian guggul, Wild, Mountain-grown Chinese reishi, Grade A Cordyceps Sinensis Extract, Grade 10 Indian Turmeric, Grade 10 Indian Noni, European nonhybrid Vegetable Extracts, European Beta-Sitosterol, Primary Grown Nutritional Yeast, Wild Blue Green Algae, Grade A Japanese Chlorella (broken cell wall).

**This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*

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Cleansing The Liver/Gallbladder

A Key Therapy To Gain and Keep Your Best Health

What does the liver do?

Your liver's job is to make sure that your body absorbs the nutrients it needs and dumps everything else that it doesn't need! Your liver's major duties are to:

- Metabolize protein, fat and carbohydrate to provide energy and nutrients
- Store vitamins, minerals and glucose
- Filter the blood by helping to remove harmful chemicals and bacteria
- Make bile, which breaks down the fats which you eat
- Help uptake and storage of fat-soluble vitamins: A, E, D and K
- Store extra blood that can be used in times of extra need or stress
- Make serum proteins which maintain fluid balance of the blood and act as carriers
- Help maintain electrolyte and water balance of the body's fluids
- Make immune substances, such as gamma globulin
- Break down and eliminates excess hormones, such as estrogen

An Amazing Organ

Your liver is an amazing organ. Indeed, it is your "live-r"; it keeps you living. The liver is your major organ of digestion and assimilation, helping to provide vital nutrients that keep you healthy and repair diseased or damaged tissue. Your liver also helps to eliminate wastes from food and environmental toxins from your body. Liver disease is currently the fourth most common cause of death in the U.S. (after heart disease, strokes and cancer). How sad that the majority of deaths from liver disease could be prevented with proper eating habits as well as using natural liver cleansing agents.

Liver Stress Factors

Unfortunately, our fast-paced lives and fast food diets burden the liver with many stresses. Major liver stresses include eating fried foods, hydrogenated oils, processed food and foods with additives and preservatives (many are not declared on the label and others are disguised by misleading terms). In addition, the liver must battle environmental toxins such as lead emitted from gasoline, pesticides, herbicides, cleaning compounds, smog, and thousands of newly made chemicals every year.

Devastating liver stress factors come from alcohol and



recreational drug use such as marijuana, cocaine, and designer drugs. Many medical drugs, such as painkillers and cholesterol drugs, can adversely affect the liver. An estimated 5% of hospital patients in the U.S. suffer from significant adverse reactions to drugs prescribed by doctors. In fact, from 2 to 4% of all hospital admissions are from patient reactions to drugs prescribed by their doctors.

An ongoing stress for your liver is the excess hormones which it must break down, such as adrenalin, constantly being made by your body in response to over-active and fast-paced lives.

What can go wrong?

As your liver becomes stressed, symptoms of liver toxicity begin to occur. When the liver is not working efficiently, it gets "backed up," so to speak.

Common symptoms of a poorly functioning liver:

1. Digestive problems (such as burping often, bloating, intestinal gas, stomach pain)
2. Food allergies and sensitivities
3. Chemical sensitivities (such as reactions to gasoline, cleaning agents, soaps, cosmetics, etc.)
4. Rashes, various kinds of skin problems
5. Eye problems (such as blurred vision, eye pain, decreasing eyesight, eye flutters or twitches, etc.)
6. Difficulty sleeping
7. Irritability, frequent anger, depression
8. Tendon or muscle problems (such as frequent sprains/strains, muscle injuries, delayed healing)
9. Swelling of the breasts
10. Menstrual problems (such as too little or too much blood flow, blood clotting, cramps)
11. Testicular problems
12. Headaches (especially pain at the vertex of the head, and throbbing headaches).

The Liver's Energetic Pathways

According to the science of acupuncture, the liver meridian (a major energy channel of the body) flows through different parts of the body, especially influencing the eyes, digestion, tendons, muscle, and the sexual organs. The ancient theory of Oriental Medicine also describes how the liver is related to anger. Thus, if a person is easily angered, a liver cleansing program may be needed to clear the "stuck" energy of a congested liver pathway.

Because we are all besieged with environmental toxins more than ever before, we recommend yearly "spring cleaning" of your liver. An easy-to-do Liver/Gallbladder Flush can help to "flush" and clear accumulated toxins. See the "Liver/Gallbladder Flush".

Cleansing the Liver

Clearing the liver bile ducts is one of the most powerful procedures that you can do to improve your body's overall health. For best results, it should be done after a basic cleansing and nutritional program have been followed for a period of time. Otherwise, a Liver Flush may be too strong and might cause too many cleansing symptoms. (Take Gallbladder Nano for 10 days before first Flush)

Bile: The Body's Fat Emulsifier

One of the liver's main jobs is to make bile, an amazing 1 to 1½ quarts per day. The liver synthesizes bile and delivers it to the gallbladder through many tiny bile ducts. The gallbladder is the liver's storage reservoir for bile. When you eat fat, the stomach signals the gallbladder that fat is on the way. The gallbladder in turn contracts, sending bile into the small intestine to emulsify the fats.

Bile Sludge: From "Bad Fats"

For many people, including children, the biliary tubing is choked with gallstones due to eating the American diet, full of fried foods and hydrogenated oils. These toxic oils stagnate the bile. Chief offenders in the diet are margarine, mayonnaise, salad dressings, and even baked foods. When you eat a cracker, it doesn't seem like you are eating fried food, but in fact the oil in the cracker has been heated to a high temperature because it has been baked. Highly heated oils initiate destructive free radical cascades, stressing and aging the liver.

Normal bile is the consistency of a light oil. When the liver is subjected to dietary stress, the bile becomes thick like honey and forms sludge. This can form small clay-like balls and stones which lodge in the liver, along the biliary tract, and in the intestines.

Because of this clogging of the bile tubing, many people develop poor digestion, chronic allergies or allergic reactions such as sinus problems or hives. Often a scan or x-ray of the gallbladder shows

nothing. Sludges of old, sticky bile and gallstones are often not in the gallbladder, but lodged in the liver or in the bile tubing. Many stones may be too small or not calcified, making visibility on x-ray

Liver/Gallbladder Flush

Ingredients for one drink:

- ½ cup organic tomato juice
- 2 tablespoons organic virgin olive oil (not solvent extracted)
- 2 Vcaps of Allicidin or ½ teaspoon grated, raw organic garlic
- 2 capsules (500 mg./cap) organic turmeric (open the capsules to add to the drink)

Instructions:

1. Mix the above ingredients together in a high-speed blender to make your first drink.
2. Drink this mixture (your first drink) first thing in the morning.
3. Wait 15 minutes, then drink a second drink (make the second drink using the same ingredients above again).
4. Wait 90 minutes before eating or drinking.
5. Repeat the Liver/Gallbladder Flush once a week for 2 months.

almost impossible. Ultrasound may sometimes detect uncalcified gallstones, but not always.

Gallstones

There are over half a dozen varieties of gallstones, most which contain cholesterol crystals. These stones can be black, red, white, green, or tan-colored. The most common is the pea-green color. As the stones grow and become more numerous, they clog the tubing, creating back pressure on the liver, causing it to make less bile. Imagine what would happen if your garden hose had marbles in it. Much less water would flow, which in turn, would decrease the abil-

ity of the hose to squirt out the marbles.

Bile: A Natural Parasite Killer

With gallstones, much less cholesterol leaves the body because bile flow in the small intestine is needed to precipitate excess cholesterol from the blood. As a consequence of reduced bile flow, cholesterol levels may rise, even though the person may eat a good diet. Bile is a key factor that naturally kills many pathogens, such as parasites, which commonly enter the digestive tract via food. If the bile flow weakens, the digestion becomes less efficient, paving the way for more infection.

Since gallstones are porous, they can pick up bacteria, cysts, viruses, and parasites that are passing through the liver. In this way, nests of infection can form, continuously burdening the body's defense systems. The body's immune system must fight ceaselessly to keep these harmful organisms in check. Yet the body cannot rid itself completely of the beachhead of these organisms without first purging these bile formations. Intestinal bloating and other chronic digestive problems are difficult to clear permanently without eliminating the gallstones and gallstone sludge from the liver and intestines.

Kicking Out Old Problems

The Liver/Gallbladder Flush, after it has been repeated for a period of time (typically once a week for 8 weeks) in addition to a good diet, nutritional supplement and exercise program, has helped many people dramatically improve their digestion, the keystone for good health. Many have found that years of old allergies to food, chemicals, scents, etc. have disappeared after a series of flushes.

Incredibly, after a Liver/Gallbladder Flush series, internal pathways can open, which has resulted in the elimination of many types of pain, such as shoulder, upper arm, and upper back pain. This is because many types of external body pain originate from a nerve reflex arc that can link to congested organs, in this case, the liver and gallbladder. Once the reflex is cleared, the pain can be cleared.

After an initial period of cleansing with the Liver/Gallbladder Flush, repeat it once or twice each year for continued clearance.