

Baritz Wellness Center, P.C.

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Gallbladder-Liver Flush

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Gallbladder removal is one of the most common operations in the U.S. Approximately 80% of all gallstones are asymptomatic. Once symptoms arise, they usually persist and increase in frequency. The most common triggers are caffeine, chocolate, eggs, dairy (especially ice cream) and greasy or fried foods. Symptoms can include upper-right abdominal discomfort or pain, gas or fullness after a heavy meal. The pain can also spread to the chest, shoulder, neck or back. Additionally stones may become lodged within the bile duct leading to infection. Gallbladder surgery resolves symptoms but one loses the health benefits of having a gallbladder. According to the American College of Surgeons² "Possible complications [of gallbladder surgery] include bleeding, bile duct injury, fever, liver injury, infection, numbness, raised scars, hernia at the incision, anesthesia complications, puncture of the intestine and death." An alternative to surgery is a gallbladder flush. Traditional European folk remedy recommends the use of olive oil and lemon juice to flush the gallstones. There is a small chance that during the flush a very large stone could become lodged in the bile duct requiring surgery. An ultrasound could be used to determine if you have stones which might be too large to pass easily.

Always perform this flush with the knowledge and aid of a health care professional

1. From Monday morning to noon on Saturday, in addition to your normal diet, drink as much apple juice as possible (preferably, one quart a day). Try to get fresh or organic juice to keep chemicals to a minimum.
 - If you have a history of constipation add 3 **Fen-Cho**¹ caps 2 times a day and 2 **Zypan**¹ tabs with each meal.
 - If you have diabetes or don't do well with apple juice replace it with water adding 20 drops of **Phosfood Liquid**¹ to each glass.
2. At noon on Saturday, eat a normal lunch, including salad.
3. Three hours after lunch take 8 **Disodium Phosphate**¹ caps with a glass of warm water.
4. Two hours later, take 8 more **Disodium Phosphate** caps with warm water (at least 1 hour BEFORE dinner).
5. Saturday dinner should be only citrus fruits or citrus juice, preferably organic.
6. At bedtime drink 4 ounces (1/2 cup) of unrefined, extra-virgin, first-pressed olive oil with the juice of half a lemon. Follow this with a small glass of grapefruit juice.
7. Go to bed, lie on your right side with your right knee up for 30 minutes.
8. Go to sleep.
9. Upon arising and at least one hour before breakfast, take 8 **Disodium Phosphate** caps with warm water.
10. Sunday will be your cleansing. Continue your regular diet; you will usually have a loose bowel movement within an hour of step 9. In some individuals this may happen the night before.
11. After the bowel movement check for stones or gelatinous balls. Evaluate their approximate size and number and report this to your practitioner.
12. This procedure will leave some people weak, so be prepared to rest afterwards.
13. If stones or balls are present the flush can be repeated in two months, again in six months and once yearly thereafter.
14. Usually the number and size of the balls will diminish with subsequent flushes.
15. Some people experience nausea when taking olive oil. This usually diminishes by the time you go to bed. If the olive oil induces vomiting, **do not** repeat the procedure at this time and **do** discuss this with your health care professional.

To have a custom program created for you or for a free consult call 508 583-2565

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1. Standard Process Products for more info: www.standardprocess.com/display/sponlinecatalog.spl

2. American College of Surgeons: www.FACS.org

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