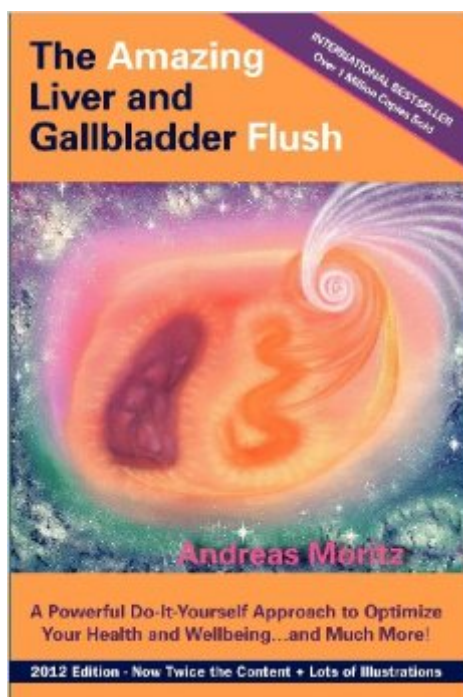


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# The Amazing Liver And Gallbladder Flush



## **Synopsis**

In this greatly expanded edition of his international bestseller, Andreas Moritz reveals the most common but rarely recognized cause of illness - gallstones congesting the bile ducts in the liver. Besides leading to gallbladder diseases and gallstone attacks in at least 20 million Americans each year, in many cases, liver bile duct congestion sets the stage for even more serious, seemingly unrelated, conditions, including obesity, diabetes, heart disease, and cancer. Most adults living in the industrialized world, and especially those suffering a chronic illness, such as irritable bowel syndrome, heart disease, arthritis, multiple sclerosis, cancer, or diabetes, have in fact hundreds if not thousands of gallstones (mainly clumps of hardened bile that escape detection for they are invisible to x-rays, ultrasound, and CT scans) blocking the bile ducts of their liver. This book provides a thorough understanding of the liver and its complex functions, what causes gallstones in the liver and gallbladder, and why these stones can be held responsible for the most common diseases so prevalent in the world today. It provides the reader with the knowledge needed to recognize these stones and gives the necessary, do-it-yourself instructions to painlessly remove them in the comfort of one's home. Packed with images, the book also gives practical guidelines on how to prevent new gallstones in both the liver and gallbladder. The liver and gallbladder flush (cleanse) has led to extraordinary improvements in health and wellness among millions of people who have already given themselves the precious gift of a strong, clean, revitalized liver. Besides providing the practical procedures to cleanse the liver, gallbladder, kidneys, and intestines, Moritz explains in great detail the origin of all types of common diseases and how to prevent or reverse them naturally. The book is packed with precious, time-tested approaches designed to return the body to a permanent state of balance and vitality; it includes a complete program of healthcare, which is primarily based on the ancient medical system of Ayurveda and the vast amount of experience Andreas Moritz has gained in the field of health restoration during the past 30 years. Moritz is the author of 15 groundbreaking books on natural health and a leading, internationally recognized, authority in the field of integrative medicine.

## **Book Information**

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## Customer Reviews

In February 2013 I was admitted to the hospital with extreme gastric pain. I was put on a morphine drip, had elevated liver enzymes in my blood work, had an ultrasound scan of my abdomen, and I was diagnosed with gallstones. The doctor viewed my scan results, and said my gallbladder was about 3/4 full of gallstones, and was infected. She put me on antibiotics, recommended a ZERO fat diet, and referred me to a surgeon to remove my gallbladder ASAP. She told me the gallbladder is not a necessary organ, I don't need it to survive. I did my own research on the subject. In my research, I discovered that YES. You DO need your gallbladder. Since I had no health insurance, and no \$15,000 - \$20,000 lying around to pay for surgery, I found Andreas Moritz's book, and opted to at least try it. If it didn't work, I would only be out the \$10 or so I paid for it. But I should at least give it a try. This book is easy to follow, it makes a LOT of sense, and IT WORKS. My first flush, I got out HUNDREDS of stones. Each flush thereafter, I got out about as many. I have been doing one flush per month, and finished my 8th flush this past weekend. I have NOT HAD ONE ATTACK since I started this regimen. I have noticed the following improvements in my health: Better digestion. No gallbladder attacks! No more ER visits!!! My vision improved, I no longer need my glasses AT ALL. Crazy. My acne completely cleared up. My skin GLOWS now. It NEVER glowed before. Hormonal balance. (I was always on the verge of melting down every month) Incredible energy. Lower back pain, GONE. Very few mood swings. Sleep better.

I had to write my comments about this book. First, I borrowed it from a friend within the last two weeks and have just completed my first cleanse following the instructions by Andreas Moritz. I have done several liver/gallbladder cleanses in the past using similar but not exact techniques, always successfully, but never this successful. So I am not a newcomer to the cleanse, and I do have something to compare to. It has been a few years since I've done a liver/gallbladder cleanse, and have encountered events over that time that brought my level of health to a point where I began to

think about the need to do a cleanse again -- it just seemed like the right time -- when a friend 'happened' to show me her new book. I find it troubling and dismaying to read such pronouncements as in several of the reviews by people who admit they have not even done the clean yet to see if it works! Opinions do not make facts. How can we pass judgment without trying something, as long as it is not dangerous? To the implication that apple juice, Epsom salts, virgin olive oil and orange juice signify quackery, I have news: apple juice, virgin olive oil, and orange juice are simple foods that man has used for thousands of years, and Epsom salts has a very long history of safe and very effective use as a colon cleanser. Yes, it tastes gross, but I put fresh lemon juice in mine and drank it with a straw inserted somewhat back in the mouth and drank it quickly and without breathing; I was able to get each glass down in one go. It was not pleasant; neither was it the end of the world. I simply rinsed my mouth and brushed my teeth afterwards, as recommended. I didn't feel nauseated or gag, and folks, it was over before I knew it.

I would like to share my experience with the last three flushes I have completed and slightly scrutinize the claim that the stones expelled are "soap stones." I am doing these cleanses every three weeks. The results of my first cleanse were satisfactory. I had a hydrotherapy procedure on the day of the cleanse as recommended by the author and I fasted for that whole day. I drank the first Epsom salt solution at 6 p.m. and, as expected, this made me evacuate, although the evacuation was slightly clear since I had done a colonic that same day and I was fasting. The 8 p.m. solution had a similar outcome. Now on to the queen drink, the olive oil with grapefruit juice: I drank this at the time indicated (10:00 p.m.) and immediately lay down on the bed. In about a minute after drinking the solution I felt something in my liver area. I could actually feel some sort of sliding motion, like little marbles; it was not painful, but the sensation was there. I also heard some weird and loud noises in my stomach which prompted me to go evacuate, which I did. What came out was a brown-yellow evacuation with little brown stones that looked a lot like sesame seeds, some slightly bigger; I passed about 100 of these. I noticed that the smell was not pleasant, not horrible, but again, not pleasant. At this time I asked myself: Where are the nice green stones people were talking about?! All I see are brown little stones! Anyhow, in the morning, at about 5:45 a.m., not even after drinking the third Epsom solution, I evacuated again, and this time I evacuated some bright green stones (about 10) along with the aforementioned little brown stones. Nice! After drinking the third Epsom solution I evacuated more and again after taking the fourth solution.

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