

# BiomeTech

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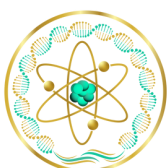
## Liver-Gallbladder Flush

### Ingredients:

- 4 tablespoons Epsom salts
- one-half cup of olive oil - unrefined and organic
- 1 large or 2 small fresh pink grapefruit (enough to squeeze 2/3 to 3/4 cup of juice)
- Ornithine, 4 to 8 capsules, to help you sleep (this is optional. You can use your calming sprays instead)
- L-Arginine, you will take 2000mg
- Malic Acid if you don't want to drink too much apple juice

TIMING: Best to do this cleanse around the new moon leading to full moon. Ideally you would do this process every two weeks or every month until you no longer get stones out. For now, we would encourage you to start with one flush and see how that goes. Putting this on your calendar for a clearing each new moon could be very powerful. Remember that the gallbladder is the organ of decision making so if you feel confused, this will be great and help you be more decisive!

For 3 - 5 days before: drink apple juice up to 4 cups per day. You can substitute malic acid (1/2 teaspoon in about 32 ounces of water per day / 1 500mg tablet 3 times a day).



Why malic acid? Not everyone can tolerate that amount of juice, especially those who have a Candida problem. The large amount of sugar in the juice may cause it to ferment (gas-forming) and even cause loose stools with mucus. The mucus lining naturally contains Candida bacteria. If the Candida increases in response to digesting some of the extra sugar, the amount of mucus also increases. There are other alternatives such as a combination of malic acid and apple juice (usually well tolerated), or cranberry juice, or apple cider vinegar (See the relevant section of the book **The Amazing Liver and Gallbladder Flush**). You can also drink apple juice one day, malic acid the next, etc.

### FLUSH DAY:

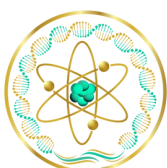
On day of flush - eat or drink nothing with fat in it.

Even better to stay on juices only but not necessary.

No more eating or juices after 2pm.

6pm. First Epsom Salts. 1 Tablespoon of Epsom salts in 3/4 cup of water. ADD juice of one full lime for much better taste!

8pm. Second Epsom Salts. 1 Tablespoon of Epsom salts in 3/4 cup of water + juice of one full lime.



9:45pm. Get ready for bed: brush teeth and prep your flush drink. 1/2 cup of Olive oil (the best quality you can get - unrefined - organic). 1/2 to 3/4 cup of fresh pressed/squeezed grapefruit juice. Have in a container so you can shake well right before you drink it.

Get L-Arginine and Ornithine ready

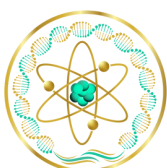
10:00 PM. Drink this mixture taking 4 to 8 Ornithine capsules (not mandatory but helps one sleep). Take 2000mg of L-Arginine to help break down the stones. Lie down immediately on your back with head high on your pillow. Keep perfectly still for at least 20 minutes. Go to sleep.

(Recommended: A warm hot water bottle placed on your upper abdomen and slightly to the right helps your liver to relax.)

Upon Awakening - After 6 AM. Take third dose of Epsom salts.

2 Hours Later. Take fourth dose of Epsom salts.

You are free to eat after your first major bowel movement.



If you can schedule a colonic for that day you could get and see even more come out! (Not necessary though as Epsom salt will make things come out!)

