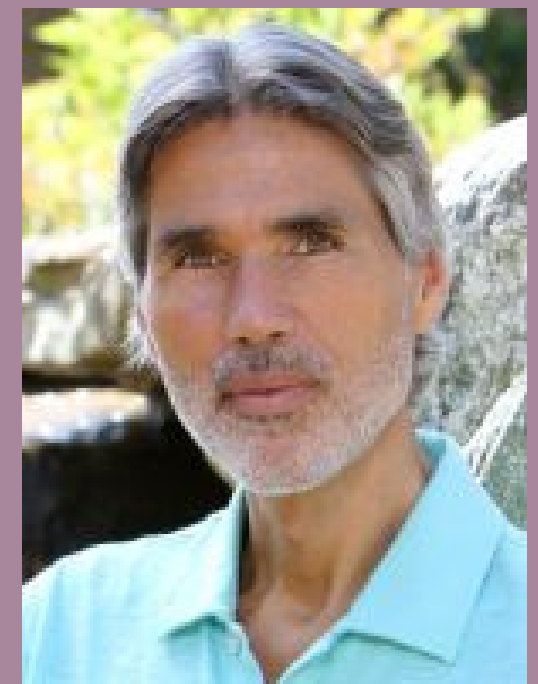


SEVEN DAY LIVER AND GALLBLADDER CLEANSE

From the work of Andreas Moritz

The Amazing Liver and Gallbladder Flush
The Liver and Gallbladder Miracle Cleanse

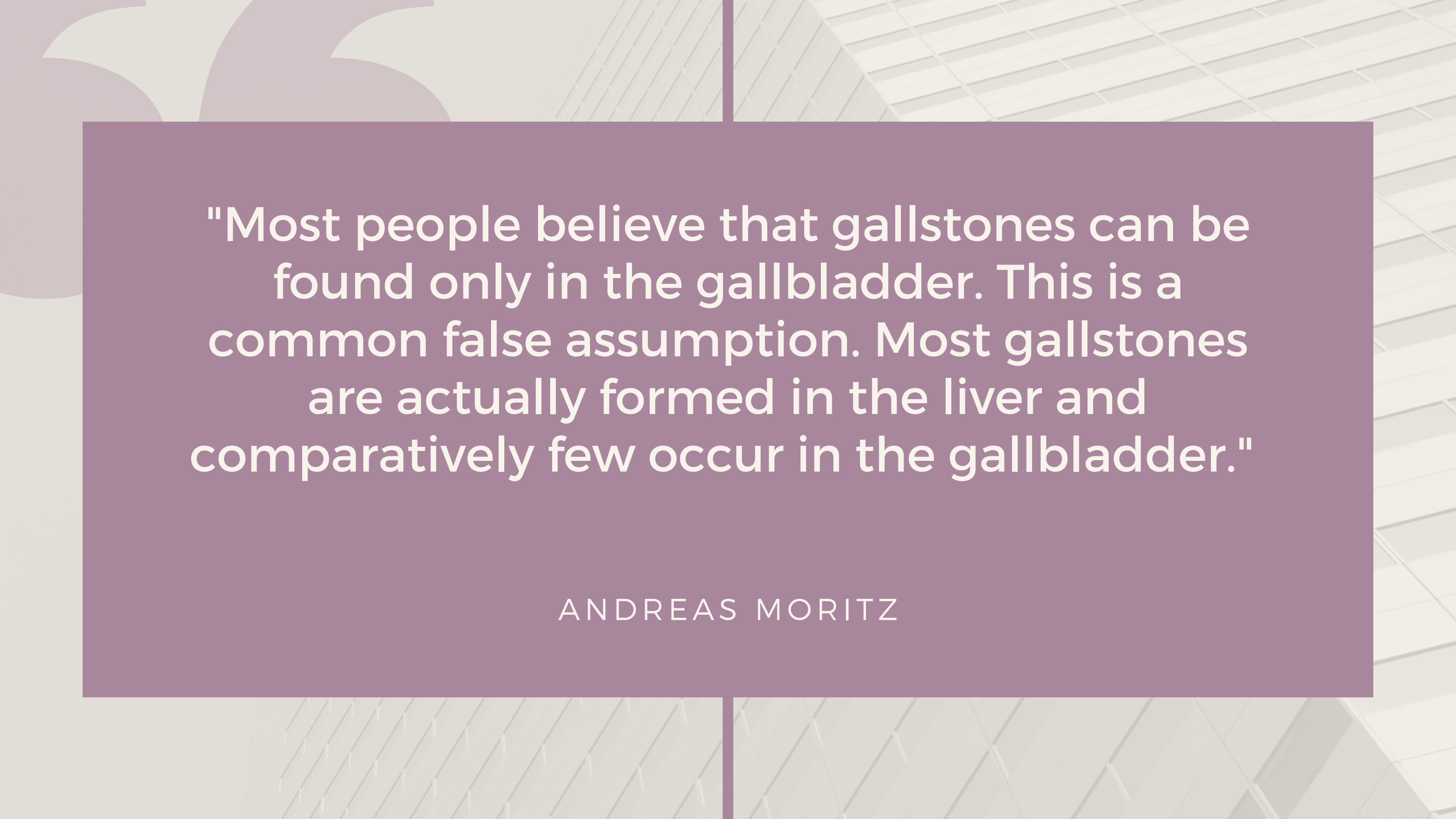
jwn
JENNIFER
WOODWARD
NUTRITION



THE EXPERT

Andreas Moritz

From the age of six, Moritz experienced a number of severe illnesses such as juvenile arthritis, arrhythmia, anemia, abnormally low blood pressure, frequent fainting and irritable bowel syndrome (IBS). Although his main fields of interest were architecture, music and athletics, most of his time was spent in trying to understand the causes of his own illnesses. As an adolescent, Moritz began studying diet, nutrition and various approaches to natural healing and well-being.

The background features a light beige color with abstract architectural patterns. On the left, there are overlapping semi-circular shapes. On the right, there are diagonal lines resembling a modern building's facade. A large, solid purple rectangle is centered on the page, containing white text.

"Most people believe that gallstones can be found only in the gallbladder. This is a common false assumption. Most gallstones are actually formed in the liver and comparatively few occur in the gallbladder."

ANDREAS MORITZ

GALLBLADDER ISSUES

An estimated 20% of the world's population will develop gallstones in their gallbladder at some stage in their lives.

LIVER ISSUES

This figure, however, does not account for the many more people who will develop gallstones in their liver or already have them.

LIVER ISSUES COMMON

Liver congestion and stagnation are among the most common health problems, yet conventional medicine makes no reference to them, nor does it have a way to diagnose these conditions. Liver enzyme levels in the blood become elevated only when there is advanced liver cell destruction, as is the case, for example, in hepatitis or liver inflammation.

BLOOD VALUES CAN BE NORMAL

Due to its extraordinary design, the liver often 'seems' to perform normally (balanced blood values), even after it has lost up to 60% of its original efficiency.



WHAT ARE STONES?

about 20% of all stones, are made up entirely of minerals, predominantly, calcium salts and bile pigments.

FATTY LIVER

Only when there are excessive amounts of the cholesterol-based stones (95% cholesterol) blocking the bile ducts of the liver does ultrasound reveal what is known to be a fatty liver. A fatty liver can gather up to 20,000 stones before it succumbs to suffocation and ceases to function.

BLOCKED BILE DUCTS

The fact remains that most people have accumulated hundreds and, in many cases, thousands of hardened bile deposits in the liver. These stones continuously block its bile ducts.

BILE PRODUCTION

To maintain a strong and healthy digestive system and feed body cells the right amount of nutrients, the liver has to produce 1-1.5 quarts (1.1-1.6 liters) of bile per day. Anything less than that is bound to cause problems with the digestion of food, elimination of waste and the body's constant effort of detoxifying the blood. Many people produce just about a cup full or less.

Flush when
experiencing
these



The Amazing Liver Cleanse

- Low appetite
- Diarrhea
- Hernia
- Dull pain on the right side
- Hepatitis
- Pancreatitis
- Duodenal ulcers
- Depression
- Prostate diseases
- Menstrual and menopausal disorders
- Skin disorder
- Loss of muscle tone
- Pain at the top of a shoulder blade and/or between the shoulder blades
- Tongue that is glossy or coated in white or yellow
- Frozen shoulder
- Headaches and migraines
- Sciatica
- Knee problems
- Chronic Fatigue
- MS and MS
- Excessive heat and perspiration in the upper part of the body
- Difficulty sleeping, insomnia
- Hot and cold flushes
- Food cravings
- Constipation
- Flatulence
- Difficulty breathing
- Most infections
- Heart disease
- Nausea and vomiting
- Impotence
- Urinary problems
- Problems with vision
- Liver spots, especially those on the back of the hands and facial area
- Excessive weight or wasting
- Dark color under the eyes
- Scoliosis
- Stiff neck
- Tooth and gum problems
- Numbness and paralysis of legs
- Osteoporosis
- Kidney diseases
- Alzheimer's disease
- Very greasy hair and hair loss
- Nightmares
- Digestive disorders
- Clay-colored stool
- Hemorrhoids
- Liver cirrhosis
- High cholesterol
- Brain disorders
- A 'bilious' or angry personality
- Other sexual problems
- Hormonal imbalances
- Puffy eyes
- Dizziness and fainting spells
- Strong shoulder and back pain
- Gout
- Asthma
- Yellowness of the eyes and skin

DISEASES OF THE MOUTH

A bitter taste in the mouth is caused by bile that has regurgitated into the stomach and, from there, into the mouth. This condition occurs because of major intestinal congestion. Bile in the mouth drastically alters the pH- value (acid-alkalinity balance) of saliva, which impairs its cleansing properties and makes the mouth susceptible to infection.

DISEASES OF THE MOUTH

A mouth ulcer in the lower lip indicates a simultaneous inflammatory process in the large intestine. Repeated occurrence of ulcers in either one of the corners of the mouth points to the presence of duodenal ulcers (see following section Diseases of the Stomach). Tongue ulcers, depending on their location, indicate inflammatory processes in corresponding areas of the alimentary canal, such as the stomach, small intestine, appendix or large intestine.

DISEASES OF THE STOMACH

When the surface cells (epithelium) of the stomach are exposed to acid gastric juice, the cells absorb hydrogen ions. This increases their internal acidity, counterbalances their basic metabolic processes and causes an inflammatory reaction.

- peptic ulcer - gastric ulcer - peritonitis
- duodenal ulcers - esophageal reflux

"...most stomach disorders disappear spontaneously when all existing gallstones are removed, and a healthy diet and balanced lifestyle are regularly maintained."

ANDREAS MORITZ

DISEASES OF THE PANCREAS

Gallstones in the liver or gallbladder cut down bile secretion from the normal amount of about one quart per day, to as little as one cup per day. This severely disrupts the digestive process, particularly if fats or fat-containing foods are consumed.

Subsequently, the pH remains too low, which inhibits the action of pancreatic enzymes, as well as those secreted by the small intestine. The end result is that food is only partially digested.

Gallstones in the liver and gallbladder

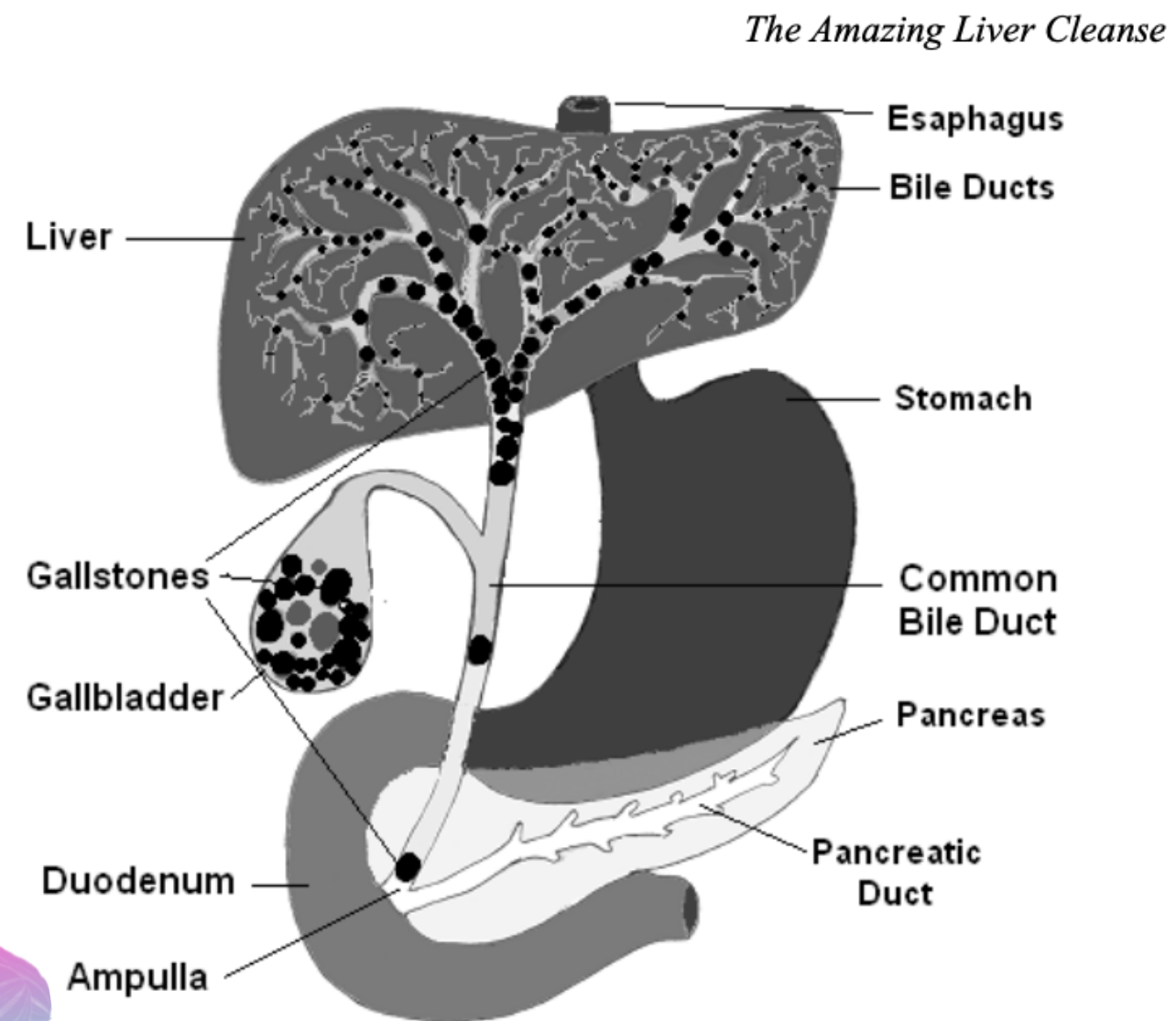


Figure 3: Gallstones in the liver and gallbladder

DISEASES OF THE LIVER

The liver filters more than a quart of blood each minute. Most of the filtered waste products leave the liver via the bile stream. Gallstones obstructing the bile ducts lead to high levels of toxicity in the liver and ultimately liver diseases.

ANATOMY OF THE GALLBLADDER

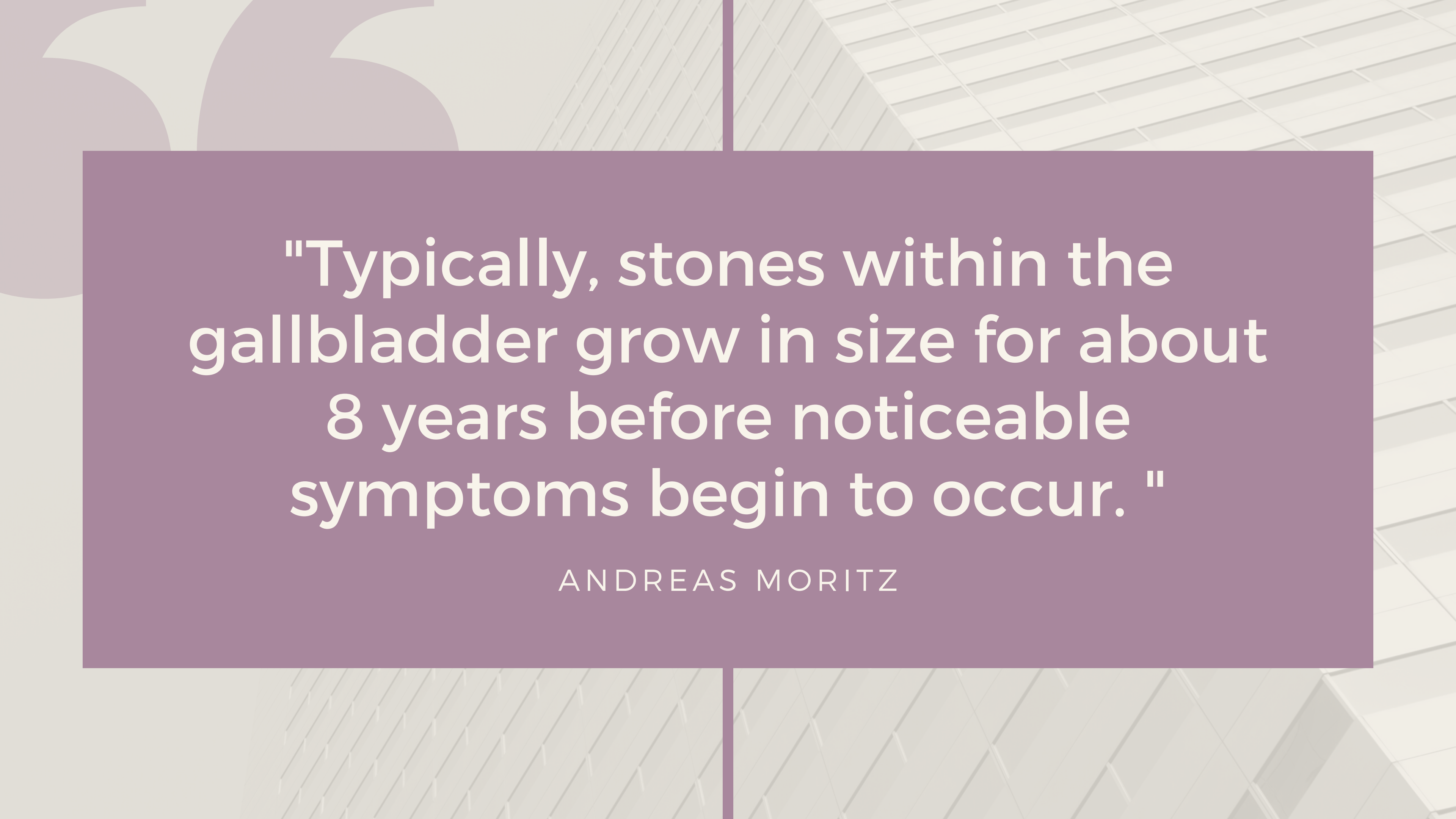
The liver secretes bile, which passes via the two hepatic ducts into the common hepatic duct. The common hepatic duct runs for one and a half inches before being joined by the cystic duct coming from the gallbladder. Before bile continues its journey through the common bile duct into the intestinal tract, it must flow into the gallbladder. The gallbladder is a pear-shaped pouch that protrudes from the bile duct.

PHYSIOLOGY OF THE GALLBLADDER

A normal gallbladder generally holds about two fluid ounces of bile. The bile in the gallbladder, however, is not in the same form as it was when it left the liver. In the gallbladder there is such a great active reabsorption of salt and water that the volume of bile is reduced to only one tenth of its original quantity. Bile salts are not absorbed, which means, their concentration is increased by about ten times. However, mucus is added to the bile, which turns it into a thick mucuslike material. Its high concentration makes bile the powerful digestive fluid it is.

GALLSTONE CREATION

Gallstones may be primarily made of cholesterol or calcium or pigments such as bilirubin. Cholesterol is the commonest constitution, but many of the stones are of mixed composition. Besides cholesterol, calcium, and bile pigments they may contain bile salts, water and mucous, as well as toxins, bacteria and, sometimes, dead parasites.

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"Typically, stones within the
gallbladder grow in size for about
8 years before noticeable
symptoms begin to occur. "

ANDREAS MORITZ

THE HPA CONNECTION

Gallstones in the liver can force the liver cells to cut down protein synthesis. Reduced protein synthesis, in turn, prompts the adrenal glands to overproduce cortisol, a hormone that stimulates protein synthesis. Too much cortisol in the blood gives rise to atrophy of lymphoid tissue and a depressed immune response.

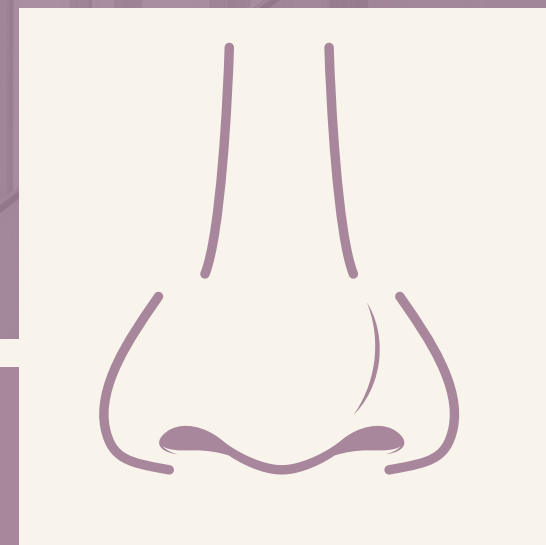
SIGNS AND MARKS OF GALLSTONES



Black spots and small or large brown patches that are the color of freckles or moles. They usually appear on the right or left side of the forehead, between the eyebrows or under the eyes.



Vertical wrinkles between the eyebrows. There may be one deep line or two, sometimes three lines in this region

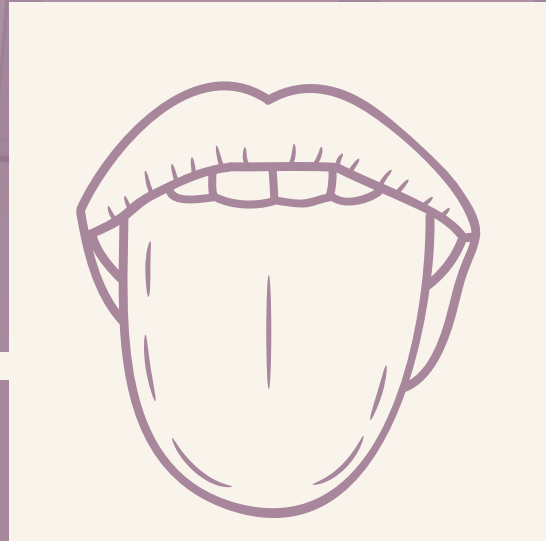


Horizontal wrinkles across the bridge of the nose. These are a sign of pancreatic disorders due to gallstones in the liver.



Hair loss in the central region of the head

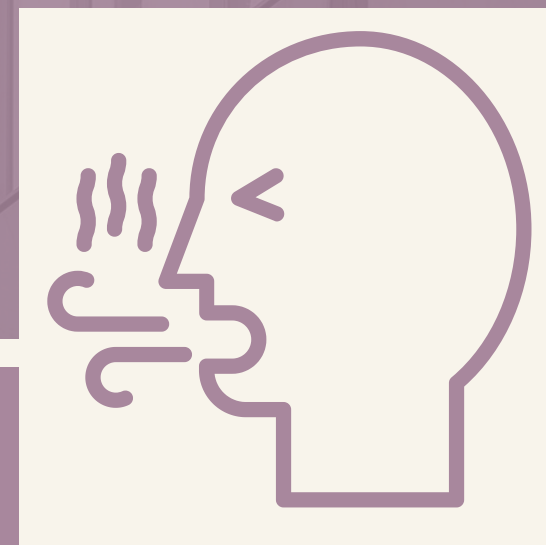
SIGNS AND MARKS OF GALLSTONES



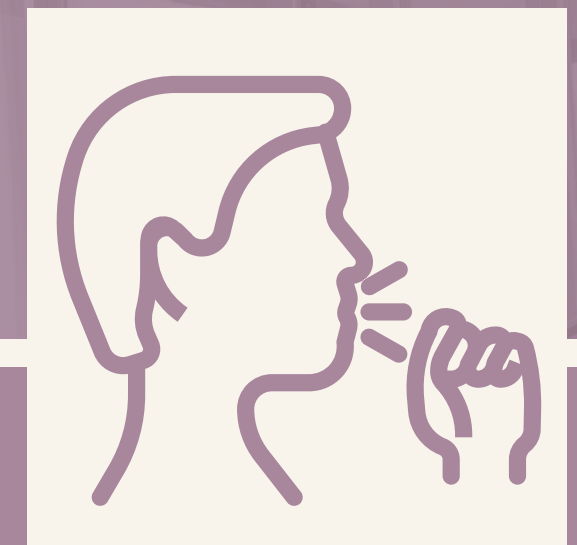
The tongue is coated yellow/white, especially in the back part.



Teeth impressions on the sides of the tongue, often accompanied with white mucous discharge



Poor breath and frequent burping



Repeated mucous discharge into the throat and mouth.

Days 1-6

MALIC ACID



Drink 32 oz apple juice (not recommended), 3x 2tbsp ACV, or 1/2 tsp malic acid 3x/day. Malic acid softens gallstones to prepare for release.

EAT LIGHT



Eat warm, light, fat-free foods to the best of your ability. Moritz recommends a vegan diet but I find clients do better with some light animal protein. Use discretion.

CLEANSE YOUR COLON



Schedule a colon hydrotherapy session or two and plan on doing daily at-home enemas or take Natural Calm magnesium citrate until you have 1-3 bowel movements a day.

STAY HYDRATED



Drink plenty of water with a bit of celtic sea salt during the day. You want to be extremely hydrated and also keep minerals in the body.

MAGNESIUM

Epsom Salts



GRAPEFRUIT

Or Oranges or Lemons (Enough
for 1/2 cup fresh juice)



OLIVE OIL

Extra Virgin, Cold Pressed



DAY SEVEN: FLUSH DAY

EAT + HYDRATE

Drink lots of water from the time you get up. Eat a larger breakfast of oatmeal or rice as you will not be eating for the rest of the day. You can put a banana or berries or raisins in your oatmeal if desired.

REST + CONTEMPLATE

You'll be fasting through lunch and dinner. Take this time to journal, lay outside, nap, or do something that relaxes you.

PREP + FLUSH

Starting at 6 pm, you'll be drinking your Epsom Salt cocktail. It nasty. Be prepared. This is the worst part. Plan your sleep station and get ready for bed.



Flush Day

6 P M

Add 4 tbsp Epsom salts to 3 (8oz) glasses of filtered water in a mason jar. This is 4 (3/4 cup) servings. Drink your first portion now. Add a squeeze of lemon and drink through a straw.

8 P M

Drink your second serving (3/4 glass) of Epsom salts.

9:30 P M

If you have not yet pooped, do a water enema.



Flush Day

9:45 PM

Squeeze your citrus fruit until you have 1/2. Add this and ½ cup of olive oil into a mason jar. Close the jar tightly and shake hard, about 20 times or until the solution is watery. Ideally, you should drink this mixture at 10:00PM,

10 PM

Stand next to your bed (do not sit down) and drink the concoction, if possible, straight. Some people prefer to drink it through a large plastic straw. If necessary, take a little honey between sips, which helps chase down the mixture. Most people, though, have no problem drinking it straight.

LAY DOWN RIGHT AWAY

This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than the abdomen. If this is uncomfortable lie on your right side with your knees pulled towards your head. Lie perfectly still for at least 20 minutes and try not to speak!



The Following Morning

6 AM

Drink your third $\frac{3}{4}$ glass of Epsom salts (if you feel very thirsty drink a glass of warm water before taking the salts). Rest, read or lay in the sun or in bed.

8 AM

Drink your fourth and last $\frac{3}{4}$ glass of Epsom salts.

10 AM

You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. One hour later you may eat regular (but light) food. By the evening or the next morning you should be back to normal, and feel the first signs of improvement. Continue to eat light meals during the following days. Remember, your liver and gallbladder underwent major surgery, albeit without harmful side effects.

What to Expect

"During the morning and, perhaps, afternoon hours after the cleanse you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water.

*Most of the gallstones are **pea-green** and float in the toilet because they contain bile compounds. The stones come in different shades of green and may be bright- colored and shiny like gemstones. **Only bile from the liver can cause the green color.** Gallstones can come in all sizes, colors and shapes. The **light colored stones** are the newest. **Blackish stones** are the oldest. Some are pea-sized or smaller, and others are as big as two or three centimeters in diameter (about 1 inch). There may be dozens and, sometimes, even hundreds of stones (of different sizes and colors) coming out at once. Also watch out for **tan-colored and white stones**. Some of the larger tan-colored or white stones may sink to the bottom with the stool. They are **calcified gallstones** that were released from the gallbladder and contain heavier toxic substances with only small amounts of cholesterol. All the green and yellowish stones are as soft as putty, thanks to the action of the apple juice."*



CHAPTER 7

HEALING TESTIMONIALS
SUGGESTED READING



CASE STUDY

- Emily C, Premenopausal Female Age 22
- MC
 - nausea/stomach spasms/pooping issues - I can't eat because I'm nauseous and when I eat I'm still nauseous (*wakes up nauseous daily*)
 - fatigue/lethargy - I am tired ALL the time and even after sleeping I wake up tired
 - hormones - I want to actually have a normal period. My past period have made me throw up
 - anxiety & depression - I have panic attacks and then go into bouts of depression
 - recurring mono
 -

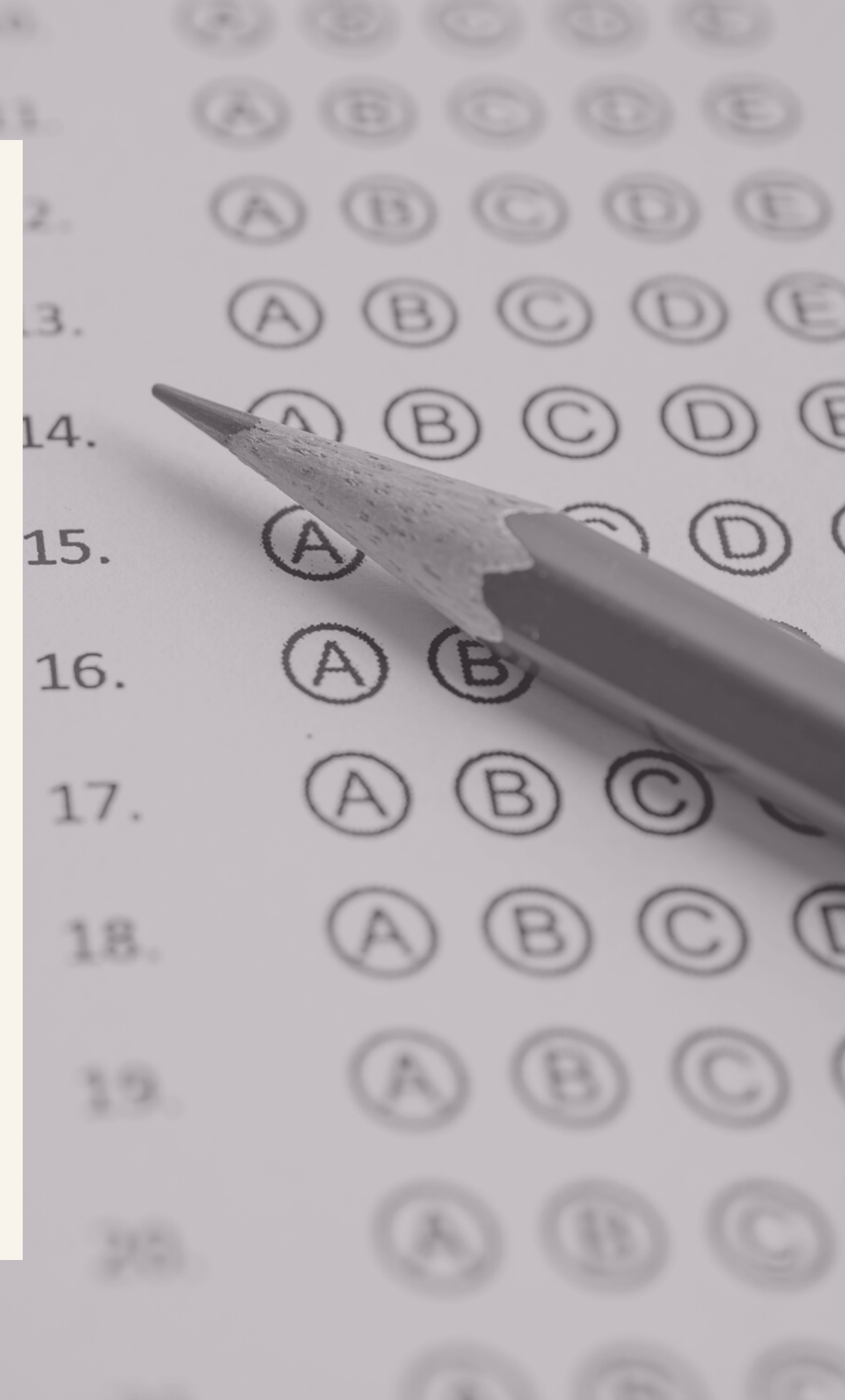
FDN QUESTIONS

6. *When did you first experience these concerns?*

the hormones around age 13, the anxiety and depression was around high school to now, the nausea would come and go as a kid but since last year hasn't left, the fatigue has been for about a year

8. *Have you experienced any success with these approaches?*

I have tried all approaches from western to eastern medicine and haven't found a solution yet



MEDS

OMEPRAZOL 20MG X2 DAILY

BLISOVI 24 FE 1MG/.02MG

LEXAPRO 15MG

FLONASE 50MCG

RAN ALL OF THE LABS

MRT, GI MAP, DUTCH, HTMA,
THYROID PANEL

IMPLEMENTED D.R.E.S.S.

NEEDED TO GO FURTHER

GALLBLADDER ISSUES

3 months into our protocol:

Nausea was getting worse.

Met with gallbladder specialist MD.

Hiatal hernia getting worse.

Doctor wanted to remove her gallbladder.

RAN THROUGH MULTIPLE FLUSHES

11/3/2021: FLUSH #1

seeing better poop already
and her brain fog is much
better.

Brain "zaps" were better.

Started with me 8/21/2021

12/21/2022: FLUSH #2

Dropped Lexapro with Dr's
oversight.

Brain fog continues to get
better.

Nausea gone.

1/29/2022: FLUSH #3

Mostly sludge this time.

Brain is sharp and clear.

Started doing regular
enemas.

Graduated 5/1/2022.



THE AMAZING LIVER AND GALLBLADDER FLUSH