

About the Liver /Gallbladder flush.

Overview

Here is a popular holistic health protocol that has a lot of adherents and proponents (albeit not resounding approval from the conventional medical community.)

There is a lot of web-based information on it out there for anyone who is interested.

In brief, the Liver flush requires 6 days of preparation (which involves drinking apple juice) without forgoing daily meals. The malic acid in the apple juice softens gall stones and makes their passage through the bile ducts smooth and easy. On day 7/8 the actual cleanse commences: This includes ingestion, to a specific plan, of epsom salt, olive oil and fresh grapefruit juice. Result? According to proponents of the flush theory, gall stones get flushed from system via bowel movements.

There you have it.

This is just information. *Could you and should you make use of it?*

The obvious question is: how to tell if you possibly have gallstones and / or a sluggish liver?

You need to do some detective work looking for clues.

Below is a list of some of the possible signs that can indicate the presence of gallstones. Its primarily drawn from the work of Andreas Moritz, in my view, the premier writer on the topic from an alternative perspective. Moritz also had a background in Ayurveda (the ancient Indian medical system), so his work also includes perspectives from that holistic health tradition.

Indications

Skin

1. *Black spots and small or large brown patches* that are the colour of freckles or moles. (usually they present on the right or left side of the forehead, between the eyebrows or under the eyes).
2. *Liver spots* on the back of the hands and forearms, often called age spots. It's not uncommon to find they start fading when the majority of stones are removed through successive liver flushes.
3. *Vertical wrinkles between the eyebrows:* These may be one deep line (or two - sometimes three) lines in this region. They indicate an accumulation of many gallstones in the Liver. The liver may be presumed to be hardened and enlarged.
4. *Green or dark colour of the temple area at the sides of the head.* Indication that that the liver, gallbladder, pancreas and spleen are under-active (function impeded by gallstones)
5. *Oily skin in the area of the forehead.*
6. *Hair loss in the central region of the head.*

Nose

- *Hardening and thickening at the tip of the nose:* indicating chronic liver weakness, resulting in hardening of the arteries and organ fatty deposits (accumulation of fat around the heart, spleen, kidneys and prostate glands.)
- *If the nose is constantly red:* indicative of an abnormal heart condition of the heart, with a tendency to hypertension, high blood pressure.

The Eyes

- Skin colour under the eyes is yellowish, indicates that the liver and gallbladder are under active. A dark, black colour in this area results when the kidneys, bladder and reproductive organs are over-taxed because of a prolonged disorder of the digestive system.
- *Water-containing bags under the lower eyelids:* congestion in the digestive and excretory organs, which results in inadequate lymph drainage from the head area.
- *The eyes are dull and lack lustre:* both the liver and kidneys are depleted and unable to filter blood properly.

Tongue & Mouth

- *The tongue is coated yellow or white,* especially in the back part. This indicates an imbalance in the section of bile, which is the major cause of digestive trouble.
- *Teeth impressions on the sides of the tongue,* often accompanied by white mucus discharge, indicates weak digestion and inadequate absorption of nutrients from the small intestine.
- *Swollen, sensitive or bleeding gums,* these symptoms occur when lymph drainage from the mouth area is inefficient as a result of intestinal lymph congestion

Hands, Nails & Feet

- *White fatty skin on the fingertips* is a sign of dysfunctional digestive and lymphatic systems.
- *Vertical ridges in the fingernails* generally indicate poor absorption of food and the disruption of important digestive, liver and kidney functions.
- *A yellow colour of the feet*

As with all diagnosis (whether clinical or holistic) the presence of multiple indications is more likely to lead to an accurate diagnosis.

The role of Colonics in a liver flush

According to Andreas Moritz, Colon Hydrotherapy is an indispensable part of the liver flush protocol to ensure the optimal release of gallstones from bowels. See other articles/ info pieces in this section

Links

<http://liverandgallbladderflush.com/>