

Liver & Gallbladder Flush Schedule from [Dr. Hulda Clark](#)

For best results stop eating any fat the night before. For the remainder of the Flush eat no fat and no artificial sweeteners. Fruit and fruit juice are fine. No dairy, butter, oils, meat, eggs, nuts/seeds or sweets. Before you start the Flush read the entire list of precautions.

Day 1

8:00 AM: Eat a zero-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread with preserves or honey (no butter or milk). Oatmeal is the most ideal choice. For lunch eat plain cooked or steamed vegetables with white rice. Do not eat any protein foods such as butter or you might feel ill during the Flush.

2:00 PM: Do not eat or drink after 2 PM, otherwise you could feel quite ill later. Make sure you have 60 capsules of Magnesium Sulfate (Epsom Salt) handy (you will take 15 capsules per dose for a total of four times per Flush). If you prefer to drink the Magnesium Sulfate dissolved in water you can either buy Epsom Salt or pull the capsules apart.

If you use Epsom Salt crystals, mix 4 tablespoons and ½ teaspoon Vitamin C in 3 cups water and pour into a jar. This makes four servings, ¾ cup each. Store in refrigerator.

6:00 PM: DOSE 1 Take 15 capsules Magnesium Sulfate (or ¾ cup Epsom Salt solution) with no more than ¾ cup water. If you are drinking the Epsom Salt solution you may bite into a lemon or rinse your mouth, but spit out the water. Get the olive oil (ozonated if possible) and grapefruit out if not already at room temperature.

8:00 PM: DOSE 2 Repeat by taking 15 capsules Magnesium Sulfate or ¾ cup of Epsom Salt drink. You haven't eaten since 2 PM, but you shouldn't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM: Make the grapefruit and olive oil drink

1. Pour ½ cup (measured) olive oil into a pint jar.

2. Wash grapefruit twice in hot water and dry; squeeze by hand into a measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. You should have at least ½ cup juice (measured). Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

3. Add ¼ to ½ teaspoon citric acid to the olive oil-grapefruit mixture to improve taste. Stir until dissolved. **Do not drink yet!**

4. Have 2 capsules of the Green Black Walnut Hull or 1 teaspoon tincture and 4 to 8 capsules of Ornithine ready.

5. Now visit the bathroom one or more times, even if it makes you late for your 10 PM drink. **Don't be more than 15 minutes late or you may not be as successful with the Flush.**

Before going to bed make sure you have the following on hand:

- Grapefruit/Olive Oil drink
- 1 tablespoon honey (optional)
- Ornithine (4 to 8 capsules)
- 1 teaspoon Green Black Walnut Hull tincture or 2 capsules
- Cinnamon (optional)

10:00 PM: Drink the Grapefruit/Olive Oil mix standing or sitting up. Get it down within 5 minutes (15 minutes maximum). Drinking through a large plastic straw helps it go down easier. You may use cinnamon or honey to chase it down between sips. Have these pre-measured. Take the oil mix to your bedside if you want. **Remember to take 2 Black Walnut Hull capsules or 1 teaspoon of tincture and 4 to 8 Ornithine capsules with the first sips.** Four Ornithine will help you sleep through the night. Take eight if you already suffer from insomnia.

Now lie down immediately. Don't get out of bed and don't eat. You may fail to get toxins out if you do. The sooner you lie down the more toxins you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. **As soon as the drink is down lie down flat on your back with your head up high on the pillow.** Try to keep perfectly still for at least 20 minutes. You may feel toxins traveling along the bile ducts. There is no pain because the bile duct valves are open due to the Epsom Salt. Go to sleep. You may fail to get toxins out if you don't.

Expect diarrhea in the morning.

Day 2

6:00 AM or Later (next morning): DOSE 3 Upon waking, **take 15 capsules Magnesium Sulfate (with no more than ¾ cup water) or ¾ cup of Epsom Salt drink.** If you have indigestion or nausea, wait until it is gone before taking the capsules or Epsom Salt drink. **Do not take before 6 AM.** You may go back to bed.

2 Hours Later: DOSE 4 Take the last dose of **15 Magnesium Sulfate capsules or ¾ cup of Epsom Salt drink.** You may go back to bed again.

After 2 more hours: You may eat. Start with fruit juice. You may add another ½ teaspoon of citric acid to get even more toxins out. Half an hour later eat some fruit. One hour later you may eat regular food but keep it light. Don't eat too much fruit and avoid sweets. Start with vegetables. By dinner time you should feel recovered.

Usage Warning: Consult a healthcare professional before starting this cleanse if taking medication, or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing, or below the age of 18 without consulting with a healthcare professional first. If you have adverse reactions or other symptoms, discontinue taking cleanse and seek advice from a qualified healthcare professional.