It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

**Gallbladder/Liver Flush**

*You can choose any day of the week to start. Supplements used in flush are from Standard Process (SP) and can be purchased from your local health care practitioner. If your local healthcare practitioner doesn't carry SP you may contact me at Thomas@HealYourBodyNow.com for DiSodium Phosphate and Phosfood Liquid.*

The flush can be started on any day but typically most people do the following:

1) **Saturday noon**: eat a normal meal.

2) **Saturday 3:00 pm** (3 hours after lunch): Take 6 capsules of disodium phosphate(SP) with 6 ounces of purified warm water (not scalding).
Saturday 5:00 pm (2 hours later): Repeat step #2.

Saturday evening meal: Only grapefruit or other citrus fruit or citrus juice as approved.

Saturday Bedtime:

Drink ½ cup unrefined virgin olive oil. You may drink 3 ounces of citrus juice to chase the taste down. It is important to do this step before 9pm. It is best to plan on an early evening. There should be no problems, although some people find swallowing the olive oil difficult. Go immediately to bed. Lie on your right side with your right knee pulled into your chest for 30 minutes. This step is very important.

Sunday morning: One hour before breakfast take 6 capsules of disodium phosphate with 6 ounces of hot water.

Expect a loose bowel movement. Patients who have chronic problems with gallstones, biliousness, backaches, nausea, etc, find small gallstone-type objects in the stool. They are light green to dark green in color, very irregular in shape and size (sesame seed to marble size) and will float on the top of the water. **You may not see any stones the first time you flush, don't be discouraged, they are in there so do another flush and you will see stones. If a large number are found you need to repeat this flush every 2-4 weeks until no stones remain.

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Thomas Von Ohlen, MS, NC, is a nutritionist, developer of Plasma Pro software for doctors, and co-author of the book “101 Great Ways to Improve Your Health.” Throughout his 15 years in private practice he has helped thousands of people, from all over the world, achieve their health goals through education and product recommendations. His FREE newsletter is available at www.HealYourBodyNow.com