

# All About Liver Cleansing

The complete collection of methods, instructions, history and tips.

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And

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## Preface and Overview Instruction

### What Causes The Liver To Need Cleansing and what you can do to reduce the load and stay healthy:

- Avoid food additives
- Avoid preservatives
- Avoid prescribed and over-the-counter pharmaceuticals
- Achieve complete digestion
- Eat smaller meals
- Avoid alcohol
- Avoid chemical hazards
- Walk 30 minutes every day
- Drink only distilled water

Here is a photo of some stones that came from one man's second cleanse...

More details on our blog:

<http://road-to-health.com/wordpress/testimonials/liver-cleanser-success.html>



# **Liver Cleansing Options**

## **Kelley Liver Cleanse**

The Liver-Gallbladder Flush, By Dr. William Donald Kelley, DDS

### **Liver Congestion**

Many people living in our society today, even those in their teens, fail to have free, unobstructed flow of bile from the liver and gall bladder in response to food entering the small intestine. Eating refined or processed foods, eating fresh food which is mineral deficient because it is grown on depleted or chemically treated soil, lack of regular vigorous exercise, stress, multiple distractions during meals, and many other unnatural aspects of our lifestyle have combined to alter the chemistry of bile so that formation of solid particles from bile components is a commonplace occurrence among Americans. These solid particles remain in the gall bladder or the base of the liver for many years and become progressively harder, sometimes calcifying into "gallstones." Long before this occurs, however, metabolic problems are under way. When a significant number of solid bile particles accumulate, the free flow of the gallbladder is diminished, causing progressive stagnation and congestion of the liver. The body begins to suffer the effects of poor assimilation of fat-soluble nutrients, which may play a role in the development of eczema, psoriasis, dry skin, falling hair, tendonitis, night blindness, accumulation of calcium in tissues, and sometimes prostate enlargement in men. Hemorrhoids due to blockage of the portal vein draining the liver are often the result of this congestion.

### **The Liver-Gallbladder Flush**

The importance of cleansing the debris from the liver and gall bladder, thus keeping the bile free flowing, cannot be overemphasized. This can be effectively accomplished by doing the Liver-Gall Bladder Flush (a form of which at one time was widely used at the world famous Lahey Clinic in Boston, MA), which is necessary even if one has had their gall bladder removed. The four basic active principles in this procedure are:

Apple juice (high in malic acid) or ortho-phosphoric acid, which acts as a solvent in the bile to weaken adhesions between solid globules.

Epsom salt (magnesium sulfate), taken by mouth and enema, which allows magnesium to be absorbed into the bloodstream, relaxing smooth muscles.

Large solid particles which otherwise might create spasms are able to pass through a relaxed bile duct.

Olive oil, unrefined, which stimulates the gall bladder and bile duct to contract powerfully, thus expelling solid particles kept in storage for years.

Coffee enemas, which consist of a coffee solution retained in the colon. They activate the liver to secrete its waste into the bile, enhancing bile flow and further relaxing the bile duct muscle.

The Liver-Gall Bladder Flush is one of the most important procedures for persons over 15 years of age. If one is above 15 years of age and his or her physician gives approval, he or she should do this the first week of Metabolic Medicine's Cancer Cure Program, and should, with his or her physician's approval, repeat it every 2 months. The steps in doing this are not difficult and are as follows:

For 5 days prior to the "Flush," consume as much apple juice or cider as the appetite permits, in addition to regular meals. You may add a total of 60 drops of Formula HRT (Phosfood Liquid Phosfood Buy Link or Super Phos 30) to the apple juice or cider each day. Nutritional supplements should also be taken during this time. The first preference for juice would be freshly juiced organic apples, and secondly, apple juice or cider (unsweetened and preferably organic if possible) purchased either from the health food or grocery store. A person should be sure to read the labels carefully and obtain a juice that has no additives whatsoever.

If one is a severe hypoglycemic, is diabetic, or has difficulty tolerating the juice or cider, he or she may take 20 drops of HRT (Phosfood Liquid Phosfood Buy Link or Super Phos 30) with each meal (60 drops daily) in distilled water or some type of juice other than apple. Due to the high acidity, it is wise that one brush his teeth or rinse out his mouth with Milk of Magnesia or baking soda solution after taking the ortho-phosphoric acid.)

At noon on the sixth day, one should eat a normal lunch and take the Metabolic Formulas scheduled for that time.

Two hours after lunch, 1 or 2 tablespoons of Epsom salt (magnesium sulfate) dissolved in 1 to 3 ounces of warm mineral water, distilled water should be taken. The taste may be objectionable to some. If so, the mixture can be followed by a little citrus juice if desired (freshly squeezed if possible).

Four hours after lunch, one should take a 1-quart coffee enema with one-fourth (1/4) cup of Epsom salt dissolved in it. This should be retained for 15 minutes and expelled. The coffee should be made as strong as one can tolerate but no stronger than 6 tablespoons of ground coffee per quart of water.

Five hours after lunch take 1 tablespoon of Epsom salt, dissolved as the previous dose (Step 3).

Six or seven hours after lunch, one may fast if desired. However, it is preferable to have a fresh fruit salad, using as many fresh fruits in season as possible. Use heavy, unpasteurized whipping cream as a dressing on the salad, whipped with a little raw (unheated) honey if desired. One can eat as much as desired of the whipped-cream-covered salad. If fresh fruit is unavailable, frozen berries such as strawberries, blueberries, boysenberries, blackberries, raspberries, etc. can be used. These should also be covered with whipped cream and a large portion eaten. Take citrus fruit or juice after the cream and fruit meal, if desired. For those who are hypoglycemic, the cream should balance the fruit. However, each hypoglycemic should adjust the amount of salad eaten to his individual tolerance.

At bedtime, there can be 1 of 3 choices (Note: Olive oil stimulates the gall bladder and bile duct to contract powerfully, thus expelling solid particles kept in storage for years. All juice should be freshly squeezed if possible):

Take one-half (1/2) cup of unrefined olive oil or 6 tablespoons of Formula F followed by a small amount of orange, grapefruit, or lemon juice if the oil taste is objectionable.

Take one-half (1/2) cup of unrefined olive oil or 6 tablespoons of Formula F blended with one-half (1/2) cup of orange, grapefruit, or diluted lemon juice.

Take 4 tablespoons of unrefined olive oil or 4 tablespoons of Formula F followed by 1 tablespoon of citrus juice every 30 minutes until 6 ounces of oil have been consumed. This choice is preferable for those who are unusually weak or who have had gall bladder problems in the past. It has been found helpful to rinse the mouth with an alcohol base drink like Sherry to cut out the residue of the oil taste. If an alcohol base drink is unobtainable, try a natural carbonated drink, or club soda. (Do not swallow the alcohol drink or the carbonated drink.) (Note: If one should vomit during the consumption of the oil and juice, the procedure should be continued

until it is finished. It is not necessary to make up for the amount that was vomited. Nausea felt during this process usually indicates stimulation of the gall bladder and/or liver.)

Immediately upon finishing the oil and juice (or while taking it), one should go to bed and lie on the right side with the right knee drawn up toward the chin for 30 minutes before going to sleep. This encourages the oil to drain from the stomach, helping contents of the gall bladder and/or liver to move into the small intestine.

If one feels quite ill during the night, another strong coffee enema with one-fourth (1/4) cup of Epsom salt dissolved in it may be taken.

If there is a strong feeling of nausea the following morning, one should try to remain in bed until it subsides somewhat. Vomiting should not be forced.

Upon arising, one must take another strong coffee enema with Epsom salt in it or, 1 hour before breakfast, take 1 tablespoon of Epsom salt dissolved in 1 to 3 ounces of warm mineral water, distilled water.

If one continues to feel nauseous or very sore in the upper abdomen even after the enema, a light diet of sprouts, fruit (raw or steamed), yogurt or kefir, and freshly extracted vegetable juices (especially with beet greens in them) should be resumed. If one finds that the Metabolic Formulas cause discomfort immediately after the flush, they may be omitted for three days.

### **Helpful Hints**

Taking one hydrochloric acid tablet at bedtime will help reduce any nausea during the night.

If you have a tendency to get nauseated from the oil, take 2 tablespoons of Aloe Vera juice after your doses of oil and citrus juice.

Placing a hot water bottle over the liver area (under the right ribcage) during the night also helps relieve nausea.

Note: One should not be frightened by the above references to nausea, vomiting, soreness of the abdomen, etc. Chances are that the symptoms won't be severe enough to cause vomiting or soreness of the abdomen, as this happens only very rarely. Many people complete this procedure with minimal discomfort, and nearly everyone feels much better after completing it. Flushing the liver and gall bladder in the manner described (if the gall bladder is present) stimulates and cleans these organs as no other process does.

Oftentimes, persons suffering for years from gallstones, lack of appetite, biliousness, backaches, nausea, and a host of other complaints will find gallstone-type objects in the stool the day following the flush. These objects are light to dark green in color, very irregular in shape, gelatinous in texture, and of sizes varying from "grape seed" size to "cherry" size. If there seems to be a large number of these objects in the stool, the flush should be repeated in 2 weeks.

### **Fasting**

After The Liver-Gall Bladder Flush a fast may be started. The fast should last one or two days. We are now giving the body a rest and an opportunity to cleanse itself of much waste on the individual cell level. Each day of the fast one quart of fresh carrot juice and one pint of celery juice should be taken, along with all the distilled water desired. It is best to dilute the fresh juice with equal parts distilled water to lower the sugar content.

It is important to remember that unless sufficient fluids are taken the poisons become concentrated and are not eliminated in the natural way.

From: One Answer to Cancer, By Dr. William Donald Kelley, DDS

[www.oneanswertocancer.com](http://www.oneanswertocancer.com)

# Dr. Hulda Clark's Liver Flush

For more information about Dr. Hulda Clark go [here](#).

For products go [here](#). For the liver flush you only need a bottle of ornithine (optional). However, Dr. Clark advises that it is necessary to accomplish the parasite cleanse BEFORE the liver flush, and if possible the kidney cleanse also for best detoxification.

NOTICE: Do not be disappointed if the stones you see are not large and you get no parasites out. Even if you only get a couple of dozen small stones out of your liver, you have achieved a great deal for your liver and your overall health.

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and an increased sense of well being.

Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health. But it should not be done before the parasite program, and for best results should follow the kidney cleanse.

It is the job of the liver to make bile, 1 to 1½ 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. Not only that, most are too small and not calcified, a prerequisite for visibility on 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. The green ones get their color from being coated with bile. Notice in the picture how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can

visualize the blocked bile ducts from such shapes. Other stones are composites - made of many smaller ones - showing that they regrouped in the bile ducts some time after the last cleanse. At the very center of each stone is found a clump of bacteria, according to scientists, suggesting that a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. 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 may 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 and parasite stages. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver. For best results, ozonate the olive oil in this recipe to kill any parasite stages or viruses that may be released during the cleanse.

### **Preparation**

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. [Zap](#) daily the week before and complete the parasite killing program before attempting a liver cleanse. If you are on the maintenance parasite program, you are always ready to do the cleanse.
- Completing the kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

### **Ingredients**

- Epsom salts: 4 tablespoons
- Olive oil: half cup (light olive oil is easier to get down), and for best results, ozonate it for 20 minutes. Add 2 drops HCl.
- Fresh pink grapefruit: 1 large or 2 small, enough to squeeze 2/3 cup juice. Hot wash twice first and dry each time.

- Ornithine: 4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
- Large plastic straw: to help drink potion.
- Pint jar with lid
- Black Walnut Tincture, any strength: 10 to 20 drops, to kill parasites coming from the liver. ([If you are in the USA or Canada, freeze dried capsules are recommended.](#))

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings,  $\frac{3}{4}$  cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving ( $\frac{3}{4}$  cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in  $\frac{3}{4}$  cup water now. You may add  $\frac{1}{8}$  tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

8:00 PM. Repeat by drinking another  $\frac{3}{4}$  cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour  $\frac{1}{2}$  cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least  $\frac{1}{2}$  cup, more (up to  $\frac{3}{4}$  cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are [acutely] ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney cleanse programs first.

### **CONGRATULATIONS**

You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands, of years ago,  
THANK YOU, HERBALISTS!

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

(From "The Cure for All Advanced Cancers", p. 562ff., (c) Dr Clark )

## **Jim Foley Liver Cleanse**

### **Detoxification**

By Bonnie O'Sullivan

Liver Cleanse capsules and Prostate Formula #301 capsules:

After I spoke with Dr. Kelley about having white spots on my arms and legs and getting his diagnosis that they are "Uremic Frost," which is caused by my kidneys not being able to eliminate all the urea that I produce so my skin is eliminating it, I decided to try the herbal formulas, Liver Cleanse capsules and Prostate Formula #301 capsules. (This was after I did two Liver Flushes using olive oil and epsom salts.) The herbalist who formulated the Liver Cleanse and the Prostate Formula capsules (as well as the Colon Pills, Colon Cleanse and See Again! capsules) was a student of Dr. John R. Christopher and believes he has improved on Dr. Christopher's formulas (he says: "People can stand to use them — they don't contain Cayenne Pepper — and they still work!"). He says the Prostate Formula #301 is beneficial not only for the prostate but also for the kidneys of both men and women. Then, when I heard that he believes his Liver Cleanse will detoxify and flush out the liver as well as the Olive Oil/ Epsom Salts Liver Flush I decided I had to give these herbs a try. So, for the past two weeks I have added the Liver Cleanse capsules to my regime. (I'm going to start the Prostate Formula capsules next week — I wanted to test the liver cleanse first.) I'm taking 2 Liver Cleanse capsules every morning and evening and one after each meal. Within two days I noticed a reduction in the size of the white spots on my hands and arms — they became shallower and now I can barely see them. The ones on my legs and ankles are still there, but they are slowly disappearing as well. I love it when I can actually see something work!

They have also made an improvement in my bowel movements. The colon pills and colon cleanse capsules had already helped me to be regular, so I was surprised when the Liver Cleanse capsules made even more improvement. Now I have more volume than I had before and I have absolutely no discomfort in my stomach before I go. I just get a very subtle feeling and I go do my business with no effort at all. (Before I began taking the Liver Cleanse I sometimes felt an urgency to get to the bathroom. How adding herbs stopped this feeling, I don't know!) Now my elimination

process reminds me of how it was before I turned twenty (I had my first child at 20).

I thank God that I discovered these wonderful herbs that are gently detoxifying my liver and hopefully reversing the approaching "kidney failure" that my white spots are warning me about.

Note: The same herbalist makes a formula for cancer that I haven't tried yet: Indian Cleanser #2. Please see the Shopping List link at the end of this report to order these herbal products.

## **Coffee Enemas Instant relief from toxic discomfort (headache, disorientation, nausea and more).**

### **Enemas:**

A high, retention enema, using coffee, should be taken to aid in the elimination of toxic waste material from the body. The coffee enema should be taken daily for as long as one is on the Metabolic Program. After 35 years, Dr. Kelley still takes his daily enema.

The coffee enema is very stimulating to the liver and is the greatest aid in elimination of the liver's toxic wastes.

The coffee enema, besides stimulating liver detoxification, also has beneficial effects in cleaning the colon. Coffee is an excellent solvent for encrusted waste accumulated along the walls of the colon. Its caffeine content also directly stimulates the peristaltic muscle to contract more powerfully and loosens such deposits, which are occasionally visible as hard, black material and "ropes" of mucus. Gradually, as the protein metabolism of the body improves, the muscle tone of the bowel becomes normal and thorough evacuation is possible without the aid of the enema.

Essentially, the coffee enemas help the liver perform a task for which it was not designed — that of elimination in 1 or 2 years the accumulated wastes from many years of living in ignorance of the laws of nature.

At first, most people dislike enemas and have psychological barriers against them. Ignorance of the purpose and function of the enema, as well as misunderstanding of the proper procedure for taking it bring about this aversion. I have observed, however, that the persons most opposed to enemas soon reverse their prejudices and become the most avid supporters of them! In many cases, the enema relieves distress and gives a sense of well being and cleanliness never before experienced. The proper removal of toxins and debris from the colon is absolutely essential in all conditions of disease and ill health.

It is most desirable to take the coffee enema early in the morning and it may be repeated again in early afternoon and/or evening, depending upon the toxic condition of the body. Enemas using coffee in the afternoon or evening may interfere with sound sleep. If enemas are needed at these times, many patients prefer to use only warm pure water omitting the

coffee. But it is better to take coffee at these times also, and a weaker solution to permit sleep would be better than not using coffee at all.

### **How To Make A Coffee Enema**

1. Just before bedtime each day, make a pot of coffee (1 quart). Unplug coffeepot and allow to cool to room temperature.
2. It is best to arise early enough each morning to allow time to take the enema in a relaxed, unhurried state.
3. The coffee must be regular, non-instant, non-decaffeinated coffee. It must be prepared in enamelware, Corning Ware™, glass or stainless steel, or by the tricolator filter method. Aluminum or Teflon should not be used at any time! We have found the coffee that is unboiled or prepared via the "drip method" is preferable. Use 2 to 4 tablespoons of ground coffee to 1 quart of Filtered water. Any water that enters into the body should be distilled water.

One may purchase a Still from: H2 only Still Portable Connects to Sink or H2O Distillation Unit (Still, Faucet, Pump & Container) or Love Water Distiller, Table Top, makes 1 gallon in 5 hours

Current prices <http://www.road-to-health.com/go/distill>

4. If a coffee enema makes a person jittery, shaky, nervous, nauseated, or light-headed, the coffee solution is too strong. The amount of coffee can be adjusted from 1 teaspoon to 4 tablespoons per quart of water as tolerance level permits.
5. The high, retention coffee enema should consist of 1 quart of coffee, held for 15 minutes. Some people, children especially, can take and retain only a pint (2 cups) of enema solution at a time. If this is the case, one must take 2 enemas each time, one right after the other, and hold each for 15 minutes as directed.
6. Upon rising each morning plug in the coffeepot for a few seconds to bring coffee to body temperature; unplug and take the morning coffee enema.

### **How To Take A Coffee Enema**

A. Before the enema do some form of mild exercise if possible, such as walking briskly. If one is extremely debilitated and weak, this step will of course need to be omitted until strength returns.

B. Attempt a normal bowel movement. The enema is much more effective if the colon has been evacuated. One should not become disturbed, however, if there are no regular bowel movements, or very few, during this program. In many cases, not enough bulk collects to instigate a normal bowel movement. When no normal bowel movements are forthcoming, the enema cleans the colon adequately.

C. Bulk formers such as Metamucil (obtainable at the drug store and taken as directed), or 2 tablespoons of miller's bran with each meal (obtainable at the health food store) are quite helpful in forming stools and thereby creating more normal bowel movements for those who take enemas daily.

D. After the normal bowel movement, if one is forthcoming, or before taking the coffee retention enema, most people find that taking an enema with 1 quart of warm distilled water is very helpful (do not retain this enema). This procedure begins the cleansing of the colon, removing large particles of residue and most of the gas. When it is completed, the coffee retention enema may be taken. The warm water enema is optional and does not need to be taken if the coffee enema can be retained for the desired period.

E. Place 1 quart of coffee in your enema bucket or bag. You may use a Fleet enema bag, which is a disposable large volume plastic bag, an over-the-counter item from the local pharmacy or hospital supply outlet. This enema bag lasts about 2 years.

F. The enema tip on the end of the hose is not adequate to give a "high enema." Place a colon tube (DAVOL) size 24 French or 26 French or 28 French on the opposite end of the plastic tube from the enema bag. This colon tube is a soft flexible rubber-like tube around 30 inches in length. It follows the curves and flexure of the colon. The colon tube is usually inserted about 12 to 24 inches into the rectum. (Editor's Note: It is difficult today to find a colon tube. However, a plastic rectal tube about 18 long is now available as an over-the-counter item.)

G. Next, allow the coffee to flow to the end of the colon tube, thus eliminating any air in the tube.

H. The colon tube should be lubricated with natural creamery butter, Vitamin E cream or other lubricant that doesn't contain additives or chemicals.

I. Insert the tube 12-18 inches into the rectum, if possible. This should be done slowly, in a rotating motion that helps to keep the tube from "kinking up" inside the colon.

J. The enema bag should not be over 36 inches higher than the rectum. If it is placed too high, the coffee runs into the colon too fast and under too much pressure, causing discomfort.

K. There are several positions that can be used while inserting the colon tube. Squatting is one. There is also the knee-chest method, with chest and knees on the floor and buttocks in the highest position possible. Most people, however, find it easiest to lie on the left side until the solution is out of the bag or bucket. The enema should never be taken while sitting on the toilet or standing.

L. Some people's colons have kinks or turns that may prevent the tube from being inserted even 18 inches. Often, if a little bit of the solution is allowed to flow into the colon as the tube is being inserted, one can comfortably get past these kinks.

M. If a kink bends the tube too much and stops the flow of liquid, then the tube can be inserted only as far as it will go, still allowing the liquid to flow freely.

N. Sometimes, if one hits a kink that stops the flow of the liquid completely, the tube can be pulled out slowly just to the point where the solution is felt flowing again. Frequently, the tube can be pushed back in, past the turn that previously stopped the liquid.

O. Because of the shapes and formations of some people's colons or of course if a child is being given the enema, it will be possible to insert the tube only a few inches. Occasionally, this is a permanent situation. Often, however, as the colon is cleaned and healed, the tube can eventually be inserted further.

P. The tube should never be forced when discomfort occurs.

Q. After the flow of the solution is completed, one may remove the colon tube, although it isn't necessary to do so. Regardless of the position used up to this point, one now should lie on the left side for at least 5 minutes, then on the back for another 5 minutes, then on the right side for at least 5 minutes.

R. Those who have excessive gas may leave the tube in the colon with the hose clamp open. This allows gas to escape through the enema container. Frequently, the coffee will go in and out of the enema bag or bucket until the gas is relieved.

S. After the enema is retained for 15 minutes or longer, it may be expelled.

T. One is now ready for the rest of his daily routine clean and refreshed!

### Helpful Hints

1. If you find you have a lot of gas and it is difficult to retain the enema, try putting 2 tablespoons of blackstrap molasses into your coffee solution.
2. If you get a sudden gas bubble causing an urge to expel the solution, breathe very fast through your nose using your abdominal muscles like a bellows. This usually helps the colon wall break up the gas bubble.
3. If you find that a little coffee leaks out, place an old towel under your buttocks.

### **Intestinal Obstruction**

Occasionally, the intestinal tract will become obstructed. Usually under these circumstances, no food or feces will come through. After a few days, one becomes extremely nauseated and starts vomiting. He or she will be very sick and will normally run a high temperature. This should be watched quite carefully, for in such cases immediate emergency treatment is absolutely necessary.

One should never allow himself to become extremely toxic. But, in order to distinguish between a healing toxic reaction and an intestinal obstruction, as soon as nausea or vomiting develops and no food is passing through, all supplements and food should be stopped for 5 days. Water and juice may be taken during this time.

If there is no vomiting, food is passing through, and the temperature remains below 100 degrees, the diet and normal routine may be resumed, as one may assume there is no obstruction.

A point to remember is that one shouldn't fail to cycle off the supplements routinely before reaching such a state of toxicity!

If, during the 5 days off the supplements with no solid food intake, one begins to vomit and has abdominal pain with high temperature, the

physician should be consulted so that he or she can check for intestinal obstruction.

From: One Answer to Cancer, By Dr. William Donald Kelley, DDS  
[www.oneanswertocancer.com](http://www.oneanswertocancer.com)

Note from Bonnie:

If you need to take more than one coffee enema per day, balance your electrolytes with fresh juice (organic). Drink carrot juice alternating with mixed green juice. Attempt to balance at the ratio of two glasses of juice to one enema. The Gerson therapy includes 13 8 oz cups per day, 1 orange, 8 carrot, 4 green. Another way to get minerals that are compatible with the body is to make organic vegetable soup (without salt) and drink the broth. The minerals in the vegetables will balance your electrolytes.

Another way to prepare your coffee is to use the enema bucket. Place 2-3 inches of distilled water in the bucket. Take a large funnel, place two disposable coffee filters in the funnel (Dr. Clark recommends using two filters to filter the coffee for a coffee enema). Place your ground coffee in the filters, boil about 12 ounces (cup and 1/2) of distilled water and slowly pour it over the coffee. After the water is poured through the coffee remove the filters and funnel and dispose of the coffee grounds and filters. Add more distilled water to fill your bucket and enjoy. This method takes less time than the original instructions.

## **Healing Cancer by Healing the Liver**

A medical expert on the Liver, Dr. Kasper Blond, was 100% certain that a toxic liver was the #1 cause of cancer.

But he went further. He also believed that spontaneous cures of cancer could occur, provided regeneration of the liver took place.

Tumors feed on toxins and the liver removes the toxins. Very simple!

Cancer and Liver Problems: "A person can't get cancer if they have a healthy liver." -- Kasper Blond, M.D., 1955 (Expert on the Liver and Cancer. Senior Surgeon, Vienna, Austria)

Lung Cancer: "A smoker with a healthy liver will hardly become a victim of cancer. This solves the riddle why many heavy smokers never get cancer."

Spontaneous Remissions: If you could get the liver to regenerate, "a cancer can disintegrate without an operation -- and disappear."

Breast Cancer: "The cause of death is a slowly increasing liver failure. The cause of breast cancer is NOT in the breast it is in the liver."

The above quotes by Kasper Blond, M.D., 1955

## **"Heal Your Liver and Return to Health"**

"Ninety percent of the people have poor liver function and don't know it. Liver Problems can lead to: Overweight, fatigue, insomnia, skin problems, vision problems, varicose veins, arthritis, back pain, and even heart problems and diabetes." --Jim Foley, health researcher

If your liver were 100% healthy, you would hardly be sick a day in your life. That's a fact!

Your liver is a filter -- a LIVING FILTER. It filters the toxins and poisons out of your blood and keeps it clean.

Clean blood means a disease-free body. The liver is the main detoxifying gland in the body. Many health problems can be traced back to a poor liver, yet few know it.

"One woman purified her liver and lost 15 pounds with zero change in her diet." --Jim Foley, Health Researcher

As people get older, their liver starts to harden. It gets plugged up with fats. It can't filter the blood efficiently, so poisons start to accumulate in the blood. That's when you get sick! A poor liver is the Road To Old Age!

One brilliant medical doctor called the liver 'The Gateway to Disease.'

## **Signs of LIVER PROBLEMS**

If you have some of the following problems, the chances are strong you have an inefficient liver.

- Fatigue
- Slow Thyroid Activity
- Heart Problems
- Poor Circulation
- Overweight
- Varicose Veins
- Dry Skin
- Any health problem that won't go away

## **Jim's Liver Cleanse, A powerful, Herbal Liver Cleanser**

One of the most potent liver purifiers on the market is called Jim's Liver Cleanse -- RMA (Really Magical Affects) herbal capsules.

It was designed to detoxify and flush the toxins out of the liver.

It contains eleven potent herbs:

- Lion's tooth
- Bayberry
- Milk Thistle
- Plantain
- Great Burr (Burdock)
- Mountain Grape Root
- Carpenter's Weed
- Cleavers
- Sandberry (Uva Ursi)
- Beet Juice
- Wild Iris

After a few months on this, you may be stunned at how well you feel.

### **Questions and Answers About Cancer Patients and Jim's Liver Cleanse Capsules**

Question: Does a cancer patient take Jim's Liver Cleanse capsules differently than someone who does not have cancer?

Answer: In the case of a serious health condition, such as cancer, a person may continue to take 2 capsules a day during the 15 day off cycle.

It is also recommended that a seriously ill person take Jim's Liver Cleanse capsules for 15 days and then not taken for 15 days and then take them again for 15 days and on and off continuously until their cancer is in remission.

The reason this is recommended is because the liver is the main organ responsible for getting rid of toxins and while a cancer patient is dissolving their cancer (and thus making toxins much more rapidly than a non-cancerous person) with the pancreatic enzymes (and other enzymes such as serrapeptase, the butterfly enzyme) their liver needs the continuous support and assistance provided by the herbs in Jim's Liver Cleanse capsules.

It has also been noted that Jim's Liver Cleanse capsules go together very effectively with coffee enemas, which are used several times daily by cancer patients to gently stimulate the liver to dump toxins (coffee enemas are an extremely important part of Dr. Kelley's regime of taking generous amounts of pancreatic enzymes on and off to dissolve cancer, which is described in his book, *One Answer to Cancer*).

Question: Is it okay for cancer patients to take Jim's Colon Pills and Colon Cleanse at the same time that they take Jim's Liver Cleanse capsules?

Answer: Yes. It is important to clean your intestines as well as your liver. The herbs in Jim's Colon Pills capsules and Colon Cleanse capsules are compatible with the herbs in Jim's Liver Cleanse capsules.

The herbs in Jim's Colon Pills and Colon Cleanse capsules will gradually flush out harmful, energy-draining fecal matter decaying inside the large colon. These harmful toxins pollute the blood and internal organs, rob the body of important nutrients, clog the intestines and contaminate the bloodstream.

Question: Do you have a supplement that will cleanse the small intestine and is it safe for a cancer patient to take?

Answer: Yes. We recommend [Okra-Pepsin E3](#) for cleansing the small intestine and it is safe for everyone to take, including cancer patients.

Pepsin is a protein-digesting enzyme that works on the undigested mucus that builds up in the small intestine, which reduces the quantity of nutrients that can be assimilated through the villi of the small intestine.

Okra adheres to the intestinal wall, pepsin digests the encrusted mucus, and the E-3 is a powerful tissue repair factor.

The Okra also contains a substance known as allantoin, which is a strong healing factor.

If the patient has any irritation in their gastrointestinal tract, this product will heal it.

## **Questions and Answers About Jim's Liver Cleanse Capsules**

Question: How many capsules of Jim's Liver Cleanse should I take?

Answer: The directions on the bottle of Jim's Liver Cleanse say to take 2 capsules, morning/night 1 hour after meals. This means to take four

capsules per day (2 in the morning 1 hour after breakfast and 2 in the evening 1 hour after eating your last food of the day).

Question: Can I take the capsules just once a day instead of twice a day?

Answer: If you take the capsules just once a day you will only receive the benefits of the capsules for half of the day, which will take cleansing the liver with the capsules twice as long.

Question: Can I double the recommended dose of the capsules and take it just once a day as I seem to always forget to take it at night?

Answer: As the formula is designed to gently stimulate the liver to dump its toxins twice a day (by taking 2 capsules twice per day) it is not recommended to take both morning and night doses at the same time. If you choose to take a double dose at one time you run the risk of taking more of the herbs than your body can comfortably handle.

Question: Can I take the capsules with food instead of an hour after I eat?

Answer: Taking the capsules with food reduces their effectiveness as they will be broken down in the stomach along with the food and become part of the food, which will significantly change the relationship of the herbs as the herbs have been carefully formulated to detoxify the liver by being taken 1 hour after ingesting food.

Question: Should I take Jim's Liver Cleanse capsules every day from now on?

Answer: Jim's Liver Cleanse capsules are not something you will want to continue taking in the manner directed on the label every day forever. The herbs in Jim's Liver Cleanse capsules are not like vitamins or minerals. Jim's Liver Cleanse capsules, taken as directed on the bottle, are best taken for 15 days and then not taken for 15 days and then taken for 15 days and on and off until six bottles have been consumed. This can be repeated once per year to continue keeping your liver healthy.

Question: Is it okay to take Jim's Colon Pills and Colon Cleanse at the same time that I take Jim's Liver Cleanse capsules?

Answer: Yes. It is important to clean your intestines as well as your liver. The herbs in Jim's Colon Pills capsules and Colon Cleanse capsules are compatible with the herbs in Jim's Liver Cleanse capsules.

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The Okra also contains a substance known as allantoin, which is a strong healing factor.

If the patient has any irritation in their gastrointestinal tract, Okra-Pepsin-E3 will heal it.

## **Testimonials by People Who Took Jim's Liver Cleanse Capsules**

Starting to feel great!

"Off and on I got this pain in my side. My eyes and skin often got a little yellow. My wife said I should get serious about my health. A friend suggested I take Jim's Liver Cleanse capsules. After a month, I started to feel better and I don't even drink beer anymore. I never thought herbs could make such a difference in your health. I'd recommend this to anyone."

No Operation -- Feel Best in Years

"I was having pain under my right rib. I was tired and felt lousy. My daughter insisted I go to a doctor. She said it could be my liver. I started to take Jim's Liver Cleanse capsules and now I feel better than I have in years."

Felt Better in Just Days

"I haven't had a drink in years. But every once in a while my liver would act up. My dad used to have liver problems. I tried Jim's Liver Cleanse

capsules. Within days I could tell a difference. Within two weeks I was feeling almost as good as new. Whenever I get the slightest indication of pain, I reach for Jim's Liver Cleanse capsules. They really work!"

"Nobody in this chemical society can have a normal liver." --Canadian Medical Doctor

Why is it that people change their oil filter in their car every 3,000 miles, but when their liver -- which is also a filter -- gets clogged, they never cleanse it?

## **Colonics**

While colonics do not directly flush the liver they can support the liver function by the following advantages:

- Remove old stuff that is stuck to the colon wall, some of this old batch of crap is leaching into your body and ending up in the liver.
- Adding a "coffee enema" into the middle of the colonic can dump toxins from the liver.

Here is a reprint of an old article that does a fine job of overviewing colonic function.

# ***HIGH COLONIC IRRIGATION***

(Reprinted from Cosmopolitan Magazine - Oct. 1979)

**Supposed you've jogged, dieted, gulped your vitamins, yet still feel fagged out and frail. This writer despaired of ever being jazzily vital, until she rediscovered a decades-old method of releasing natural energy...**

"Colonic what?" I exclaimed.

"Colonic irrigation," Connie explained. "Like an internal bath to wash the poisons out of your system. You already know about all the unwanted food additives in our diets, and just think of the little extras not listed on the label. The pesticides sprayed on your fruit and vegetables, the hormones and antibiotics fed your beef and poultry. And then, if you want to talk about pollution..."

"All right, Connie. So what happens when you're irrigated?"

"Simplicity itself. Water - tap water usually, (Editors note: filtered multiple times and exposed to UV Light to assure it is safe, clean and free of any unwanted "extras") - is slowly pumped up into the colon, our large intestine."

"An enema." I shuddered.

"In a way. But more water - an average of twenty-five to thirty gallons - is used, and, under gentle pressure, it travels and cleanses the length of your colon, washing out all the stale bile and putrefied waste poisoning your system. A colonic only takes an hour and is completely painless. You might even sleep through it."

Hmmm, not likely, I thought. Still, I had to admit that Connie's appearance had certainly improved since her first colonic irrigation three months before. Her eyes, skin, and hair all glowed. In fact, it's hard to describe Connie without making her sound like an ad for Short & Sassy.

That evening, on the subway (where I do most of my serious thinking), I tallied my complaints. Burning, itching eyes. Yellow, dull skin. Depression. Anxiety. Muddled head, uncoordinated body. Energy plummeted to a dreary low. For years I'd been busily trying out every possible cure for my persistent physical/emotional malaise: I'd jogged, quit smoking and drinking, added bran and dried fruit to my diet, even experimented with megavitamin therapy, but all to little avail. I remained dragged out, anxious, and definitely not my most vital self!

Why give up now? I thought. Maybe colonics could be a solution. Still, I wasn't going to let Connie talk me into anything without doing some independent research first. Naturally enough, I started with the American Medical Association-they, however, were less than helpful: "The AMA," I was told, "has no definitive statement on colonic irrigations; we neither recommend them nor are against them." A trip to the library at Columbia University College for Physicians and Surgeons proved equally unenlightening; their latest text on colonics was a 1927 volume entitled *Troubles We Don't Talk About*.

The first professional opinion I sought out also proved to be discouraging. My internist, Dr. Richard Nachtigall, who has a thriving Park Avenue practice, advised me to forget colonics. "I can't see much use for these irrigations," he said. "I've never heard of any real proof that they are useful

except for certain abnormal conditions such as a defective liver, where it is necessary to remove bacteria-producing toxins." Dr. Milton Broth, husband of Dr. Joyce Brothers, was even more emphatic: "I would never recommend them. It's an archaic practice and could be harmful. Colonics may induce a condition called electrolyte depletion. The bowel needs certain electrolytes - essential salts, acids, and alkalis - to perform its functions properly, and this sort of intensive irrigation could deplete the colon of these substances."

Not yet entirely deterred, I consulted another physician who believed colonics could improve health. Nobody is really certain, he said, where those all-important electrolytes are conserved, nor can any certain case be made for irrigation affecting their presence in the colon. Admitting that he personally believed in colonics (without including them in his practice), he also told me that these treatments are very popular among the rich and celebrated on the West Coast and Europe. "Of course it's just not something people want to talk about much," he explained, and then asked me to keep his name confidential. My anonymous source did, however, refer me to a Manhattan chiropractor and physical therapist who regularly performs this procedure, Dr. H. William Baum.

Dr. Baum, whose spritely step and taut, satin-like complexion belie his eighty-five years, practices naturopathic medicine; that is, he treats sickness primarily through natural means, believing that drugs and surgery should be resorted to only in extreme cases. Taking the holistic approach to health, the naturopathic views disease not as an isolated malfunction, but rather as an indication that the entire body is in a state of "dis-ease."

For over sixty years, Dr. Baum has been performing colonic irrigations and has never found them less than effective and safe. I mentioned the negative views of the physicians I'd consulted, but Dr. Baum remained unfazed. "Most doctors don't prescribe vitamins, either," he said, sensibly enough. Reassured by Dr. Baum's manner and remembering the glow colonics had brought to my friend Connie, I swallowed hard and asked to be treated.

The first step was familiar enough; I changed into a pair of paper slippers and one of those thin, hospital-green gowns that open at the back. Then, clutching a pamphlet about colonics, I climbed aboard the long leather table

and lay down on my side. The rectal applicator was inserted and the irrigation process began.

Throughout the colonic, I was attached to what resembled an old-fashioned water cooler, about four feet high and placed on the end of the examining table. When Dr. Baum pulled a lever in one direction, water burst into the clean, glass tank until it reached half-way to the top. Then the lever was reversed, and water began to slowly feed into me. The doctor moderated the pressure so that the water slowly worked its way through the twists and turns, obstructions and gases of the long large intestine.

After awhile, I realized with something like amazement that the water sloshing up my intestinal tract had risen to just under my rib cage. Even so, I felt relaxed and experienced no pain. Dr. Baum's irrigation was much less unpleasant than either a home or hospital enema. I was not relaxed enough to drift right off to sleep, but I felt sufficiently comfortable to chat with Dr. Baum and learn a bit more about how and why colonics work...

### **Washing Away Wastes**

The indigestible portion of the food you eat, Dr. Baum explained, lodges in the large intestine and stays there until eliminated in a bowel movement. Infrequent movements or periods of constipation can, however, result in a partial decomposition of these waste substances which encrusts the colon and further hinders elimination. These toxins are then reabsorbed into the bloodstream, lowering the body's defenses against bacteria and viruses. The body strains to fight against the poisons, and, if the effort is too great, various organs or even the circulatory system itself can break down. The early indications of this futile war against waste, Dr. Baum continued, include sallow skin, nervous irritability, coated tongue, bad breath, offensive body odor, headaches, bloating, poor appetite, and a feeling of stomach heaviness - symptoms which bore a marked resemblance to my own complaints.

Colonics might not be necessary, Dr. Baum went on, if Americans had enough bulk in their diets, exercised regularly, and avoided the chemical toxins contained in alcohol, tobacco, polluted air, and processed foods. Few of us, however, do lead such uncontaminated lives.

Why, I wondered, can some people smoke and drink and eat poorly and still remain in good physical health? Dr. Baum explained that this lucky group has a tremendous natural capacity to eliminate toxins from their

systems; but even so, he advised me not to be too jealous: "Their bad habits will catch up with them someday."

Colonic irrigations can be performed with varying frequency. Dr. Baum thinks first-time patients should have three in a row to be sure they're thoroughly cleansed, and after that, the number of treatments "depends on what I see coming out." A few people have one a week for years, others one a month, while most people are satisfied with three or four irrigations a year, often timing their treatments to correspond with the change of seasons. "The shift to warm or cold weather," says Dr. Baum, "can upset the body's rhythms. An irrigation helps you adjust. Actually, these treatments aren't designed to cure any specific ailment; rather, they're designed to tune up the system so it becomes more capable of healing itself."

I asked Dr. Baum if a laxative would be equally effective. His answer was an emphatic no: "Colonics involve only the large intestine," he explained, "while laxatives pass through the small intestine as well. That's where digestion and absorption of nutrients occur, vital processes which should not be interfered with. Besides, emetics are, in a sense, addictive-for them to continue to be effective, you need to take larger and larger doses."

So, with irrigation, the small intestine is left to itself (as it should be) and only the toxins contained in the colon are washed away. Dr. Baum's reasoning seemed sound enough to me as my hour-long irrigation drew to a close and I prepared to reap the benefits of his ministrations.

### **Aftermath**

As I climbed off the treatment table, I felt wonderful - high, energetic, positive, and strong. Before I left his office, Dr. Baum told me to take it easy the rest of the day and then suggested I change my diet to include lots of fresh fruits and vegetables, as well as plenty of bulk, and that I stay away from refined or processed foods. These changes would improve bowel functioning, he said, and lead to better overall health as well. I left feeling both peppy and inspired.

A few hours later, however, my high had completely faded, I was nauseous, dizzy, and nervously dialing Dr. Baum. He was not just reassuring, but positively congratulatory as I reeled off my symptoms. "That's the body continuing where the treatment left off," he told me. "The irrigation

obviously stirred up a lot of poison. Eat something mild at regular intervals, rest, and come back in a few days for another treatment."

I did just that and continued the treatments once a month for nearly a year, sometimes adding an extra one when life was particularly stressful. I also followed Dr. Baum's advice about diet and within a few months noticed that I no longer had to discipline myself to eat properly. My craving for sugar had disappeared - I genuinely preferred an apple or helping of low-fat yogurt to a rich sweet. I also found myself developing a queasy aversion to coffee, cigarettes, and foods with preservatives - my body had learned to be naturally repelled by toxic substances.

After a year of colonics, my appearance and energy levels were both radically improved. No more draggy mornings or late-afternoon slumps. The bags under my eyes have disappeared entirely, and the sallow, yellowish tone that had spoiled my skin has been replaced by a healthy glow. I seem to think more clearly now, and I need less sleep. In a word, both my body and mind feel marvelously clean.

I couldn't be more enthusiastic about colonics, and, as it happens, I'm in pretty distinguished company. I understand that John Lennon, John Carradine, Mae West, and Dick Gregory are all regulars. Want to join this select company? You should know that colonic irrigations cost about thirty dollars, and though some M.D.'s do give these treatments, you're likelier to get help from a chiropractor or physical therapist.

To find out more about colonics, write Dr. Baum at his office, 130 West Forty-second Street, New York, New York, 10036; or pick up a copy of the book *Colonic Therapy* by Dr. Norman W. Walker, available in most health food stores.

You may also contact the International Association For Colon Therapy at 10911 West Ave. San Antonio, TX 78213. Phone (210) 366-2888.

We recommend you consider a home unit so you have complete control, see the [resources section for options](#).

## **Fatty Liver**

Your Doctor may conclude you have a “Fatty Liver.” Here is the research I found in investigating this condition (my conclusion is you need to do a series of liver cleanses if you are told you have a fatty liver).

Fatty liver (also known as steatorrhoeic hepatitis or steatosis hepatitis) is a reversible condition where large vacuoles of triglyceride fat accumulate in liver cells via the process of steatosis. Despite having multiple causes, fatty liver disease (FLD) can be considered a single disease that occurs worldwide in those with excessive alcohol intake and those who are obese (with or without effects of insulin resistance). The condition is also associated with other diseases that influence fat metabolism[1].

Morphologically it is difficult to distinguish alcoholic FLD from non-alcoholic FLD and both show micro-vesicular and macrovesicular fatty changes at different stages.

### **Causes**

Fatty liver is commonly associated with alcohol or metabolic syndrome (diabetes, hypertension and dyslipidemia) but can also be due to any one of many causes:

#### **Metabolic**

Abetalipoproteinemia, glycogen storage diseases, Weber-Christian disease, Wolman disease, acute fatty liver of pregnancy, lipodystrophy

#### **Nutritional**

Malnutrition, total parenteral nutrition, severe weight loss, refeeding syndrome, jejunio-ileal bypass, gastric bypass, jejunal diverticulosis with bacterial overgrowth

#### **Drugs and toxins**

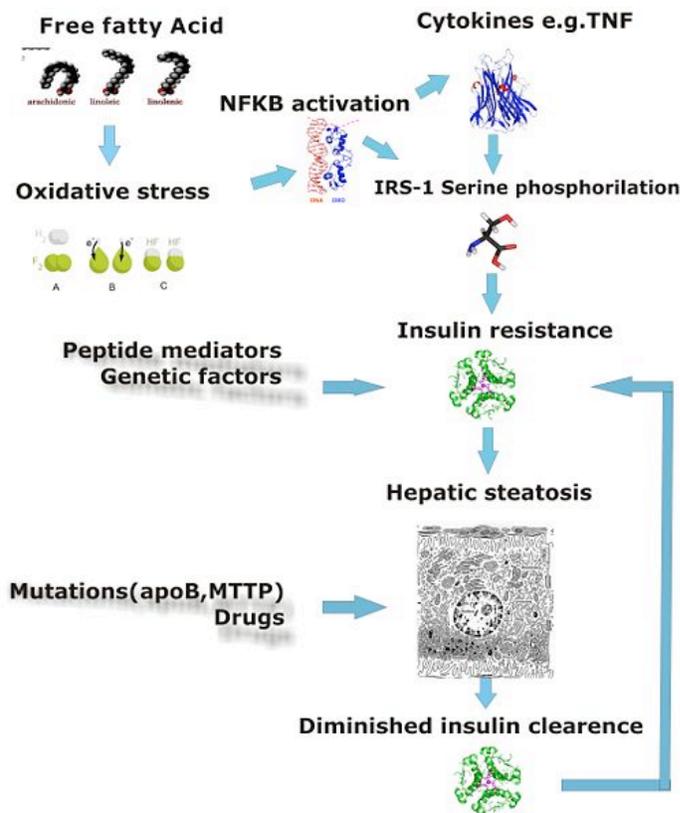
Amiodarone, methotrexate, diltiazem, highly active antiretroviral therapy, glucocorticoids, tamoxifen, environmental hepatotoxins (e.g. phosphorus, toxic mushroom)

#### **Other**

Inflammatory bowel disease, HIV

## Pathology

Fatty change represents the intra-cytoplasmic accumulation of triglyceride (neutral fats). At the beginning, the hepatocytes present small fat vacuoles (liposomes) around the nucleus - microvesicular fatty change. In this stage



liver cells are filled with multiple fat droplets that do not displace centrally located nucleus. In the late stages, the size of the vacuoles increases pushing the nucleus to the periphery of the cell giving characteristic signet ring appearance - macrovesicular fatty change. These vesicles are well delineated and optically "empty" because fats dissolve during tissue processing. Large vacuoles may coalesce, producing fatty cysts - which are irreversible lesions. [1]. Macrovesicular steatosis is the most common form and is typically associated with alcohol,

diabetes, obesity and corticosteroids. Acute fatty liver of pregnancy and Reye's syndrome are examples of severe liver disease caused by microvesicular fatty change[4]. The diagnosis of steatosis is made when fat in the liver exceeds 5–10% by weight.

### Mechanism leading to hepatic steatosis:

Defects in fat metabolism are responsible for pathogenesis of FLD which may be due to imbalance in energy consumption and its combustion resulting in lipid storage or can be a consequence of peripheral resistance to insulin, whereby the transport of fatty acids from adipose tissue to the liver is increased. Impairment or inhibition of receptor molecules (PPAR- $\alpha$ , PPAR- $\gamma$  and SREBP1) that control the enzymes responsible for the oxidation and synthesis of fatty acids appears to contribute towards fat accumulation. In addition alcoholism is known to damage mitochondria and

other cellular structure further impairing cellular energy mechanism. On the other hand non-alcoholic FLD may begin as excess of unmetabolised energy in liver cells. Hepatic steatosis is considered reversible and to some extent nonprogressive if there is cessation or removal of underlying cause.

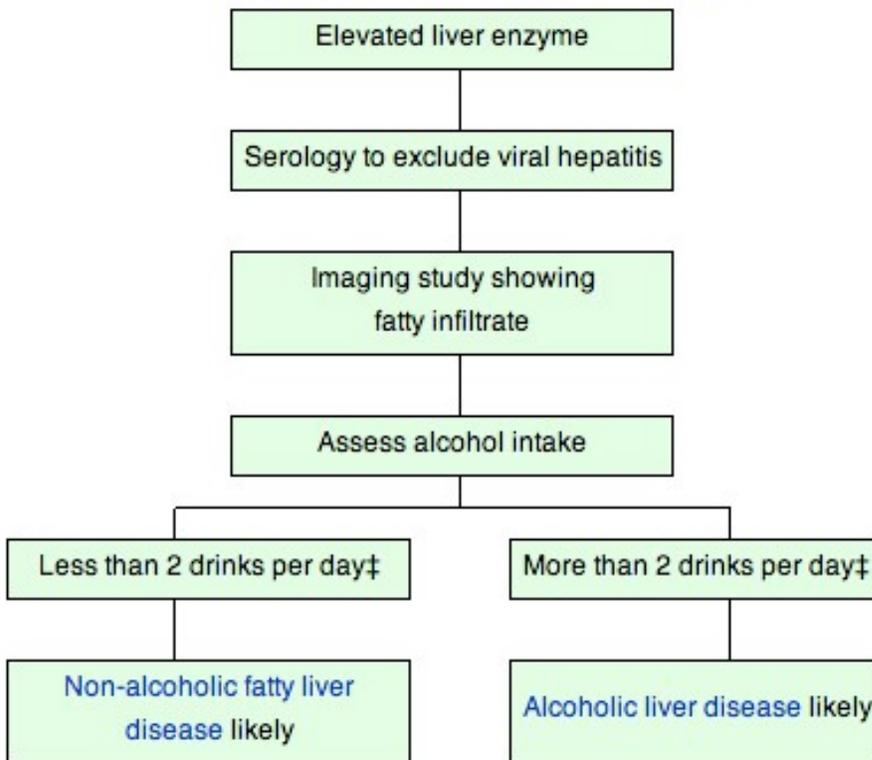
Severe fatty liver is accompanied by inflammation, a situation that is referred to as steatohepatitis. Progression to alcoholic steatohepatitis (ASH) or non-alcoholic steatohepatitis (NASH) depend on persistence or severity of inciting cause. Pathological lesions in both conditions are similar. However, the extent of inflammatory response varies widely and does not always correlate with degree of fat accumulation. Steatosis (retention of lipid) and onset of steatohepatitis may represent successive stages in FLD progression[8].

Liver with extensive inflammation and high degree of steatosis often progresses to more severe forms of the disease[9]. Hepatocyte ballooning and hepatocyte necrosis of varying degree are often present at this stage. Liver cell death and inflammatory responses lead to the activation of stellate cells which play a pivotal role in hepatic fibrosis. The extent of fibrosis varies widely. Perisinusoidal fibrosis is most common, especially in adults, and predominates in zone 3 around the terminal hepatic veins[10].

The progression to cirrhosis may be influenced by the amount of fat and degree of steatohepatitis and by a variety of other sensitizing factors. In alcoholic FLD the transition to cirrhosis related to continued alcohol consumption is well documented but the process involved in non-alcoholic FLD is less clear.

## Diagnosis

Flow chart for diagnosis, modified from<sup>[3]</sup>



‡ Criteria for nonalcoholic fatty liver disease:

*consumption of ethanol less than 20g/day for women and 30g/day for men<sup>[11]</sup>*

‡ Criteria for non-alcoholic fatty liver disease:

Consumption of ethanol less than 20g/day for woman and 30g/day for man<sup>[11]</sup>

Most individuals are asymptomatic and are usually diagnosed incidentally because of abnormal liver function tests or hepatomegaly noted in unrelated medical condition. Elevated liver biochemistry is found in 50% of patients with simple steatosis<sup>[12]</sup>. The serum ALT level usually is greater than the AST level in non-alcoholic variant and the opposite in alcoholic FLD.

Imaging studies are often obtained during evaluation process.

Ultrasonography reveals a "bright" liver with increased echogenicity. A fatty liver has lower density than spleen on CT scan and fat appears bright in T1 weighted MRI. No radiological modality is however able to distinguish

simple steatosis from advanced NASH. Histological diagnosis by liver biopsy is sought when assessment of severity is indicated.

## **Treatment and Prevention**

The treatment of fatty liver depends on what is causing it, and generally, treating the underlying cause will reverse the process of steatosis if implemented at early stage.

## **Complication**

Up to 10% of cirrhotic alcoholic FLD will develop hepatocellular carcinoma. Overall incidence of liver cancer in non-alcoholic FLD has not yet been quantified, but the association is well established[13].

## **Epidemiology**

The prevalence of FLD in the general population ranges from 10% to 24% in various countries[2]. However, the condition is observed in up to 75% of obese people, 35% of whom will progress to non-alcoholic FLD[14], despite no evidence of excessive alcohol consumption. FLD is the most common cause of abnormal liver function test in the US[2]. African-Americans and Mexican-Americans have higher frequencies of unexplained serum aminotransferase elevations than those reported in US whites, but prevalence of FLD among different racial groups is not known.

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