

Does Your Liver Need an Overhaul? You May Benefit from a Liver Cleanse

by Andreas Moritz

If you experience major persisting difficulties in your physical and emotional health, your liver may be congested with toxic compounds that are trapped in deposits of hardened bile. There is hardly any health condition that is not directly or indirectly linked with restricted liver performance. Any form of congestion in the liver may also result in fear, anger, impatience, greed, depression, dis-ease and cynicism. These expressions of discontent may indicate that the body is increasingly cut off from the circuit of nourishment and vital energy. Cleansing the liver of major impurities can help restore balance, harmony and happiness in every facet of individual life.

When the body speaks

Unlike the stomach, for example, the liver rarely tells you directly when it is upset or if it needs your attention. It does tell you indirectly, though, when it starts to perform poorly. A skin irritation, weak eyesight, a bowel problem, an irregular menstrual cycle, a recurring headache, weight gain, loss of energy, sudden aging, restricted blood vessels, bloated intestines, digestive problems, breathing difficulties, memory and concentration loss, pain in the joints, or any major illness such as heart disease, cancer, MS, diabetes or Alzheimer's, to mention a few, would not occur if the liver were in optimum shape.

In fact, because the liver is responsible for processing, converting, distributing and maintaining the body's fuel supply consisting of nutrients and energy, impeding these functions not only affects the body as a whole, but also the health of every single cell.

Through dietary mistakes, stress, an unbalanced lifestyle, the use of drugs and chemical poisons such as food additives and artificial sweeteners (Aspartame), the liver bile ducts become clogged with deposits of hardened bile or "gallstones." The resulting impairment of digestive functions reduces the nutrient supply to the trillions of cells in the body and may become a major cause of illness.

The liver cleanse

The liver flush mentioned here is a simple, safe and painless do-it-yourself procedure using mainly apple juice, olive oil, lemon juice and Epsom salts to dispel gallstones from the liver and, of course, also from the gall bladder.

Since introducing the liver cleanse to my patients, I have received countless testimonies expressing total amazement about the fast and profound healing effects it produces. They encouraged me to write a book on the subject. The book, which I named [*The Amazing Liver and Gallbladder Flush*](#), includes the exact procedure and necessary background information for conducting such a cleanse.

My personal experience with the liver cleanse was quite amazing, too. During my first cleanse, I passed 500-600 gallstones, pea-size and larger, which had been impacting my liver for decades. Almost immediately, I was overcome by a simultaneous feeling of disgust, tremendous relief and euphoria.

Among numerous other complaints, which I almost had forgotten about because they had so much become a part of my life, the chronic backaches, indigestion and permanent numbness of my left leg disappeared (for good) and mental clarity reached unprecedented heights within several hours after the first cleanse. The positive effects continued to unfold and intensify after I passed another 3,000 or so gallstones during the following six cleanses.

I still feel perplexed about how I possibly could have survived with several handfuls of gallstones in my liver that were loaded with poisons, harmful bacteria and other noxious substances. Soon, I discovered that gallstones in the liver are more common than I ever could have imagined.

Gallstones in the liver

An estimated one billion people in the world will suffer gall bladder disease at some stage in their life. In the United States, 20 million adults suffer from attacks of gallstones every year. In many cases, treatment consists of removing the gallbladder, at the cost of \$5,000 or more per operation. Yet there are many more people, including those suffering a chronic illness such as heart disease, arthritis, MS or cancer, who have hundreds, if not thousands of gallstones blocking the bile ducts of the liver. A liver congested with gallstones may be one of the most common, yet rarely recognized causes of illness today.

Most people assume that gallstones occur only in the gallbladder. This assumption is wrong. Most gallstones are actually formed in the liver and comparatively few occur in the gall bladder. This can be verified by anyone doing a liver cleanse, regardless of whether he/she is a lay person, a medical doctor, a scientist or someone who no longer has a gall bladder and is thought to be free of gallstones altogether.

I am repeatedly asked the intriguing question: Why in mainstream medicine is there is no reference for the occurrence of gallstones in the liver? The reason for this important “missing link” may lie in the theories of modern medicine that suggest gallstones can only be formed in the gallbladder and not in the liver. Of course, it doesn’t help that the non-calcified hardened bile deposits (gallstones) congesting the liver bile ducts are invisible to X-rays.

Because bile and these stones are made of the same stuff, ultrasound scans also miss them. Only in some rare cases, where tens of thousands of stones have accumulated in the liver, has ultrasound technology been able to detect a few hundred of them. This makes modern diagnostic tools for detecting gallstones in the liver virtually ineffective.

On the other hand, a qualified iridologist, an Ayurvedic physician or a natural health practitioner who knows the signs and indications of gallstones in the liver and gall bladder can quite easily determine the degree of gallstone formation in these organs. But even in alternative or complementary medicine, there is rarely mention of an effective therapy that can actually remove gallstones safely and without pain. Even if all other disease-causing factors are eliminated, but gallstones are still present in the liver, they remain the harbingers of future illness.

Reaping the benefits

Anyone suffering any of the following symptoms or similar ones is likely to have hundreds, if not thousands, of gallstones blocking the bile ducts of the liver:

Food cravings, diarrhea, constipation, hernia, flatulence, hemorrhoids, breathing difficulties, hepatitis and other types of infection, high cholesterol, pancreatitis, heart disease, brain disorders, duodenal ulcers, nausea and vomiting, a “bilious” or angry personality, depression, impotence and other sexual problems, prostate diseases, urinary problems, hormonal imbalances, PMT and menopausal symptoms, problems with vision, puffy eyes, all skin disorders, liver spots especially on the back of the hands and facial area, excessive weight or wasting, strong shoulder and back pain, a pain at the top of the shoulder blade, frozen shoulder, stiff neck, dark color under the eyes, coated tongue, scoliosis, gout, asthma, headaches and migraines, tooth and gum problems, yellowness of the eyes and skin, sciatica, numbness and paralysis of legs, joint diseases, osteoporosis, obesity, chronic fatigue, kidney diseases, cancer, MS, ME, cold extremities, excessive heat and perspiration in the upper part of the body, very greasy hair, to name some.

By removing the stones through a series of liver cleanses (usually six to eight are sufficient to fully restore liver performance), and consequently maintaining a reasonably healthy diet and lifestyle, the liver returns to its natural efficiency, and most, if not all, symptoms of discomfort begin to subside. Energy and well-being notably increase with each cleanse.

Sweeping the liver clean eliminates thousands of bits of poisonous substances that have helped form the stones and block thousands of liver bile ducts. Cleansing the liver bile ducts from gallstones may indeed be one of the most important and powerful procedures around to dramatically improve one’s health and raise the body’s vibration. By re-opening the bile ducts, the body’s energy circuits become restored and healing can take place on all levels of body, mind and spirit.