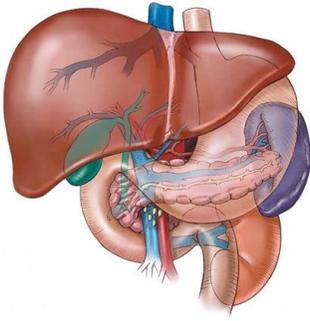


THERMO-TECH INC.

LIVER AND GALL BLADDER FLUSH



About the Liver: The Liver is the only organ that can regenerate itself. To accomplish this avoid abusive behavior like: poor diet, drugs, alcohol or medication. This flush is designed to get the bile flowing and thus helping the liver unload toxins that it has cleaned out of the blood stream. Bile, is the liver's vehicle for eliminating toxins into the gall bladder, which is a holding tank and then from the gall bladder into the duodenum to combine with the food being digested. Bile has a specific purpose in helping keep the small intestine alkaline which encourages friendly bacteria grow and discourages yeast and other dysbiotic conditions of the gut. It also emulsifies fats and fat

soluble vitamins like Vitamin E and A so they are more easily absorbed. The liver/Gallbladder Flush help to detoxify the entire body and blood stream as well as aiding in better digestion and healthier gastro-intestinal tract. Note should be made here that even if the gall bladder has been removed this flush is helpful for emptying the bile ducts all the way up into the liver where they can get clogged up too.

Seven-Day Liver and Gallbladder Flush:

For the first 5½ days of this flush, drink as much fresh raw (uncooked) organic apple juice as your appetite will permit (at least three eight-ounce glasses daily), in addition to meals low in fats.

Alternatively, if you can't tolerate this quantity of apple juice, use A-F Betafood® tablets by Standard Process® (3 tablets 3 times daily before meals for 5 days). This step softens the stones and thins the bile. Continue the process with the following steps:

1. On the sixth day, you should eat a normal but light breakfast and lunch.
2. Three hours after lunch on day six, take two teaspoons of Disodium Phosphate or Epsom Salts, a laxative, dissolved in an ounce of hot water. If the taste is objectionable, you may follow it with one small swallow of fresh squeezed citrus juice but nothing else that may dilute its concentration. This step not only clears the bowels but also opens the bile ducts up to the liver and allows many more stones and sludge to clear out.
3. Two hours later repeat step two.
4. Take pineapple, grapefruit or other citrus fruits or juices for your evening meal. **Eat no other food** or the flush (#5) will not be effective.
5. At bedtime, blend one-half cup of warm, unrefined organic olive oil with one-half cup of freshly-squeezed lemon juice in a blender and then drink at once. Unrefined olive oil can be purchased at any health food store.
6. After following step four, go immediately to bed and lie on your right side with your right knee up towards your chest for at least 30 minutes. You may feel slightly nauseated, but deep breathing and relaxing will help it to pass.
7. The following morning on day seven, one hour before breakfast, repeat step two by taking two teaspoons of Disodium Phosphate,* a laxative, dissolved in an ounce of hot water.
8. Colonic irrigation or a high enema is recommended on the day after the flush to encourage rapid release of toxins. See: *Instruction on a High Enema*©.
9. For a full week (7 days) after the flush, take A-F Betafood®* tablets (2 tablets before each meal) to encourage bile to continue to flow.

Thermo-Tech Inc. and Healthy Breasts at: www.HealthyBreasts.info

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LIVER AND GALL BLADDER FLUSH CONTINUED

Liver Cleanse and Regeneration

1. Liver Support™ supplement is a gentler way to cleanse and regenerate the liver if it hasn't already been abused. To order call (800)926-4414. It is truly the most powerful regenerative and cleansing product on the market for supporting liver healing. Liver Support is made of Artichoke and can be taken with no side effects or allergic reaction.
2. Milk thistle in powdered capsule form ranks as one of the most useful herbs that can be bought over the counter at any health food store, although other juices are helpful too.

Juices that are Healing for the Liver and Gall Bladder:

1. Organic carrot juice alone or a mixture of half carrot and half apple juice detoxifies the liver well and is known as 'The Cancer Cure' by some advocates.
2. One-part red beet juice to two-parts apple juice mixed together will aid in bile flow thus cleansing the liver and gallbladder.
3. This is the author's favorite is a lemonade made of green apples, lemons (with rinds too) and fresh ginger.

Of course, if you don't have a good juicer, all of these foods eaten whole will be helpful.

Author's Note: You should always avoid hydrogenated oils but before and during this cleanse go light on all oils and cooking with oils up to two weeks after this flush to aid in the healing of these organs. For those of you who have had their gallbladder removed then it is very helpful to use A-F Betafood® tablets on a daily basis 2 tablets before each meal to assure bile is flowing in order to aid in good digestion and that the liver doesn't get backed up with bile, A-F Betafood® and Disodium Phosphate may also be purchased from Standard Process® Distributors at: <http://www.standardprocess.com>

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, California educating patient's on how to stay healthy for 35 years, before retiring. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for 25 years.

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