

LGB Cleanse

RECOMMENDATION With the approval of your physician, it is recommended that you perform the LGB CLEANSE 3 times a year, even if you no longer have a gall bladder, as it is believed to be helpful to the liver, as well.

The purpose of this procedure is to assist your body in its efforts to maintain free-flowing bile and to help keep the gall bladder free of debris. It is a very simple and natural procedure that at one time was used at the renowned Lahey Clinic in Boston, Massachusetts.

The principles involved are really quite simple. The general idea is to cause the liver and gall bladder to *naturally* expel any accumulated matter, including toxins, stones and pre-stone sludge, believed to be composed of stagnant bile, calcium, cholesterol and toxins.

- First, **natural acids** are employed to cut the sludge or hardened bile, to allow for it to be readily expelled from the gall bladder, through the bile duct, into the small intestine and out of the body.
- Second, adequate amounts of **magnesium** are ingested, allowing for a relaxation of the smooth musculature, which includes those muscles controlling the relaxation and contraction of the bile duct. (The bile duct leads from the gall bladder to the colon.)
- Third, a **natural oil** (preferably a high quality olive oil) is ingested, which, if taken in sufficient quantity, will cause the gall bladder to contract, forcing the expulsion of the bile sludge out of the gall bladder and into the (now relaxed) bile duct where it is dumped into the colon for elimination.
- Finally, **coffee enemas** are employed that stimulate the release of waste from the liver into the bile duct, and that increase the rate of bile released from the liver.

Necessary Articles

- Liqui-Phos Drops or Ultra-Phos Drops
- Malic Acid tablets
- Mag-Citrate or Epsom Salt
- Organic, Cold-Pressed Olive Oil (Flora brand is best)
- Fresh Ginger
- HCL Tablets (hydrochloric acid)
- Fresh, Organic Apple Juice (optional)
- Fresh Fruit (optional) and Whipping Cream (optional)
- Castor Oil Pak articles
- Coffee Enema articles

Procedure

Days 1-5

1. FOLLOW YOUR METABOLIC TYPE DIET AND SUPPLEMENT PROGRAM AS USUAL
2. TAKE 3 MALIC ACID TABLETS 4 TIMES A DAY (with or without food)
3. *** OPTIONAL *** INGEST AS MUCH APPLE JUICE AS IS COMFORTABLE FOR YOU
This step may be done unless you are advised by your physician not to use the apple juice on account of

blood sugar problems, or unless the apple juice causes you discomfort. Be certain to use only organic apple juice that is free of preservatives. Fresh is always the best choice, then frozen, and lastly, cooked, bottled apple juice could be used, but is not really recommended.

4. **ADD A TOTAL OF 90 DROPS OF ORTHO-PHOSPHORIC ACID (Liqui-Phos Drops or Ultra-Phos Drops) TO THE APPLE JUICE OR ANY OTHER JUICE EACH DAY**
This may be taken all at once, or as 45 drops twice, or as 30 drops 3 times a day.
5. **DO A CASTOR OIL PAK OVER THE RIGHT SIDE OF YOUR ABDOMEN FOR A MINIMUM OF 1 HOUR EACH NIGHT BEFORE BED, OR ANOTHER TIME, IF MORE CONVENIENT**

Day 6

1. **EAT A NORMAL BREAKFAST AND LUNCH AND TAKE YOUR SUPPLEMENTS AS USUAL**
2. **TWO HOURS AFTER LUNCH, DISSOLVE 2 TABLESPOONS OF MAG-CITRATE (or optionally Epsom Salt) IN ½ CUP OF WARM, PURE WATER AND DRINK IT**
If you find the taste intolerable, you may chase it with a little juice, preferably citrus, of your choice.
3. **FOUR HOURS AFTER LUNCH, TAKE A COFFEE ENEMA WITH ¼ CUP OF MAG-CITRATE (or optionally Epsom Salt) DISSOLVED IN IT**
4. **FIVE HOURS AFTER LUNCH, DISSOLVE 1 TABLESPOON OF MAG-CITRATE (or optionally Epsom Salt) IN ½ CUP OF WARM, PURE WATER AND DRINK IT**
5. **SIX OR SEVEN HOURS AFTER LUNCH, YOU HAVE A CHOICE: YOU MAY EITHER FAST, OR YOU MAY HAVE A FRUIT AND WHIPPED CREAM SALAD**
It is actually preferable that you eat the salad. It should be made with a variety of fresh or frozen fruit of your choice and whipped cream. You can eat as much as you desire, emphasizing the whipped cream.
6. **AT BEDTIME, DRINK ½ CUP OF UNREFINED OLIVE OIL OR OTHER OIL**
If necessary, you may blend the oil with an equal amount of fresh-squeezed orange, grapefruit or diluted lemon juice. Or you may alternate swallows of oil with swallows of juice. If you feel nauseous at this time, it is due to the contraction of the gall bladder or the release of toxins. Nausea can usually be prevented by also taking with your juice 1-2 HCL tablets and some freshly grated ginger – the more, the better. Let your taste / tolerance be your guide. Nausea can also be stopped almost immediately by taking a coffee enema with ¼ cup Epsom salt. This should be prepared and readied prior to ingesting the oil and retiring. If nausea should occur during the night, it can usually be stopped if you IMMEDIATELY take the enema.
7. **IMMEDIATELY AFTER CONSUMING THE OIL, GO TO BED**
It is best to lie on your right side with your right knee drawn up to your chest. This will help facilitate the movement of the oil from your stomach. If you feel nauseous during the night, take another weak coffee enema.
8. **IN THE MORNING, TAKE ANOTHER COFFEE ENEMA WITH ¼ CUP OF MAG-CITRATE (or optionally Epsom Salt) DISSOLVED IN IT . . .**
. . . ALSO, DRINK ½ CUP OF WATER WITH 1 TABLESPOON MAG-CITRATE (or optionally Epsom Salt) DISSOLVED IN IT
9. **RESUME YOUR NORMAL DIET**
Unless you have a strong appetite, it is best to eat lightly the first day after the cleanse. Particularly, it is best to minimize fats and oils, as well as heavy animal protein.

LGB Cleanse Results And Reactions

On the 7th day, the morning after the consumption of the cleanse, you may find many greenish objects expelled in your bowel movement. These may be numerous and may range in size anywhere from $\frac{1}{8}$ to $\frac{3}{4}$ of an inch in diameter. Most tend to be quite soft, while others may be very hard and stone-like. Sometimes they may continue to show up in your bowel movement for several days following the cleanse. These particles, composed mostly of coagulated bile, are believed to come directly from the gall bladder (or liver, if your gall bladder was removed) and indicate a successful cleanse. Most people do not experience any discomfort from doing the LGB Cleanse, other than a newly discovered, considerable dislike for the taste of Epsom salt and straight olive oil. However, it is possible that you may feel some temporary nausea or other discomfort. This is not cause for worry or concern, but rather is due to the contraction of the gall bladder and the process of eliminating toxins. As a result of the LGB Cleanse, usually a person feels an improvement in well-being.