



Pura Vida Health & Wellness Centers Worldwide

Dr. Ava Perez - *Foodologist* - NP MD PhD
Ensenada | Baja California | Mexico | Costa Rica

ONE DAY LIVER FLUSH

DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO STARTING THIS LIVER FLUSH

PREPARATION / DAY BEFORE LIVER FLUSH

- 1) Purchase / Gather:
 - Cold Pressed Organic Extra Virgin Olive Oil (1 cup)
 - 2 Grapefruits Large
 - Epsom Salts (4 tbsp)
 - Extra Toilet Paper and Wet Wipes

- 2) Avoid ALL Medications, Vitamins or Pills you can do without. They could prevent success.

- 3) Plan to spend most of your time with you back propped up at 30 to 45 degrees with your feet up. Relax on the couch under a warm blanket with a good book or binge Netflix.

- 4) The day before you plan to do the One Day Liver Flush prepare the Epsom Salts:
 - Mix 4 tbsp Epsom Salts in 4 cups Whole Food Living Water and pour into glass jar with a lid
 - This make 4 servings: 1 cup each
 - Set the jar in refrigerator to get it nice and cold
 - On day of Flush prepare Olive Oil and Grapefruit Juice mixture

DAY OF THE LIVER FLUSH

6:00 AM to 8:00 AM

- Pour 1 cup of Cold Pressed Extra Virgin Olive Oil into a pint size jar or bottle with a lid
- Squeeze 1 or 2 Grapefruits by hand into a bowl or cup
- Remove pulp with fork or strainer
- You should have about 3/4 cup of juice
- Add this to the Olive Oil
- Close the jar or bottle tightly with the lid and shake hard until watery
- Only fresh grapefruit juice will work
- This mixture is kept warm. Do NOT refrigerate it

8:00 AM Drink one serving (1 cup) of the ice cold Epsom Salts Water

10:00 AM Repeat by drinking another 1 cup of Epsom Salts Water

12:00 PM Drink the Olive Oil and Grapefruit Juice potion you have mixed up. Take it to your resting and reclining location like your couch or bed and drink it down within 5 minutes.

LIE DOWN IMMEDIATELY. You might fail to get the stones out if you don't. The sooner you lie down, the more stones you will get out. Be ready ahead of time, get help and don't clean up the kitchen. Don't stress. Use your helper to do that or wait until after you're done.

As soon as the Olive Oil / Juice Mix is down, lie down at a 45 degree angle and think about what is happening in your liver. Keep perfectly still for at least 20 minutes. Do some deep breathing and massage your abdomen. You may feel stones traveling along the bile ducts like marbles.



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However, you will experience zero pain because your bile ducts and valves are open thanks to the Epsom Salts. Lie down for at least 20 minutes or more before you go to the bathroom. After 20 minutes visit the bathroom when you feel the urge.

INSPECT YOUR BOWL MOVEMENTS

- Use a flashlight to look for gallstones in the toilet after your bowel movement
- Green stones are genuine gallstones not food residue
- Only bile from the liver is pea green
- Your bowel movement will sink but the gallstones will float because of cholesterol inside
- COUNT ALL STONES: A rough estimate is fine; include both tan and green stones
- You will need a total of 2,000 stones before your liver is clean enough to PERMANENTLY rid you of allergies, bursitis or upper back pains
- The first cleanse may rid you of stones for a few days
- As stones from the rear travel forward you may experience symptoms again
- You may repeat this cleanse at 2 week intervals
- Never cleanse when you have an infection, cold or flu

ADDITIONAL INFORMATION ABOUT YOUR ONE DAY LIVER CLEANSE

Sometimes your bile ducts are full of cholesterol crystals that did not fully form into round stones. These cholesterol crystals appear as "chaff" floating on top of the water in the toilet bowl. The "chaff" may be tan colored with millions of tiny white crystals and cleansing this "chaff" is just as important as purging stones.

After you experience a major release of fecal matter, toxins and stones: take 1/2 cup of Epsom Salts mixed with Whole Food Living Water in a 12oz glass. Continue to drink this mixture after each major trip to the toilet until your Epsom Salts are used up. This will keep the bile ducts open so larger stones can pass without getting stuck and purge the body of toxins and excess salts so you complete the flush faster passing more stones. You may see some stones as large as your thumb followed by 1,000s of smaller stones and crystals called "chaff."

If 2 hours pass without a major bowel movement take another cup of Epsom Salts mixed with Whole Food Living Water.

After you've drank all the Epsom Salts, had at least one major bowel movement and ZERO trips to the bathroom for at least 2 hours you may start to eat food again. Start with a whole fruit smoothie then 30 minutes later have a little raw whole fruit. One hour later you may resume eating Sustainable Healing Foods particularly lacto-fermented foods like miso, tofu, kefir, kombucha, soy sauce, pickled vegetables and yogurt with active live cultures. By dinner you should be fully recovered and continue to avoid gluten, meat, sugar, pasteurized and ultra-pasteurized foods as well as highly processed foods. We recommend avoiding YEAST and excessive GRAINS for at least a few days or you may end up with a yeast infection.

We recommend chewable Papaya Enzymes with Chlorophyll at every meal and at least 2 tablespoons of lacto-fermented foods per day after doing our One Day Liver Flush.



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Some people have passed stones as large as golf balls with only a little discomfort though not everyone passes stones this large. The majority of stones come from your liver which can hold hundreds of stones whereas your gallbladder only holds a maximum of fifteen stones. It is common to pass hundreds of stones and even feel like there are "too many to count." Some stones may be as big as quarters and some will be as small as tiny crystals.

TESTIMONIALS

"In three different people, we have seen stones as large as golf balls come out. A friend of mine's own mother passed one this size. His mother had this terrible gallbladder attack. It almost killed her. She was scheduled for emergency surgery. He said, "No, you're not." he flew down to Florida right away and gave his mother this same program here."

"She passed a stone as large as a golf ball. She heard it fall in the toilet. Her son scooped it out with rubber gloves and dissected it. It was covered with dark green. He cut into it with a knife. The inside was like white plaster. He peeled that off. Inside it was hard and white, the size of a nickel. His mother avoided surgery. Today, she is fine."

"Another woman I know was close to eighty. She too was scheduled for surgery. She followed this same advice. She avoided the surgery."

"Let me say this final thing about the gallbladder. Those who have their gallbladder taken out, get diabetes twenty years earlier. The gallbladder gives off enzymes, different from the pancreas. When the gallbladder is taken out, the pancreas is overworked. It eventually shuts down. If you get your gallbladder taken out at 40, by 50 you will have diabetes."

"A lot of people have their gallbladder taken out. They don't know that most of the stones are in the liver. But with the Liver Flush, you can get those out." "The liver is usually layered with hundreds of stones."

"I used to see a phone number once and remember it forever. But that changed. I was remembering less and less. I would see a phone number and then forget it. My memory was fading. Same thing used to happen with hearing someone's name for the first time and then forgetting it right away. I went on the Liver Flush. Immediately, my memory came back. It was like the old days. I would see a number and not forget it. I can also recall a name easily. The day after the Liver Flush, I worked all day. It was the best I felt in the last ten years. My mind was so sharp, it was hard to believe. I go on the Liver Flush and my mind gets sharper and sharper."

FREQUENTLY ASKED QUESTIONS (FAQs)

QUESTION: Does the flush clean out the gallbladder or the liver?

ANSWER: Both.

QUESTION: How does this Liver Flush clean the liver?

ANSWER: This One Day Liver Flush softens the stones in the bile ducts. If your bile ducts are blocked they are unable to carry digestive juices out of the liver. When you drink the



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Olive Oil it causes your liver and gallbladder to spasm enabling any stones to pop out.

QUESTION: Where do most of the stones come from?

ANSWER: Your gallbladder can hold a maximum of only fifteen stones and your liver can hold hundreds of stones. You will pass stones from your gallbladder and your liver though the majority of the stones you pass will come from your liver. Some stones are even a beautiful bright green and occasionally they are coated with baize cholesterol.

QUESTION: Does everyone pass stones?

ANSWER: Every liver has stones. Everyone who does this flush passes stones.

QUESTION: What type of Olive Oil should I buy buy?

ANSWER: You ALWAYS want to select Cold Pressed Organic Extra Virgin Olive Oil

QUESTION: Do I need to do a colonic after the One Day Liver Flush?

ANSWER: Your liver is detoxifying for months after the One Day Liver Flush and a colonic can aide getting those acids out of your colon, however, a colonic isn't necessary.

QUESTION: Do you feel the spasm in the gallbladder and liver?

ANSWER: You don't feel the spasm at all. It is an immediate involuntary reaction your body has as soon as you drink the Olive Oil.

QUESTION: Is there anyone who should not do the One Day Liver Flush?

ANSWER: This One Day Liver Flush is for everyone, however, we recommend anyone who is elderly or has a health issue have someone with them through the whole process to assist them as needed.

QUESTION: What will I notice after my One Day Liver Flush?

ANSWER: Everyone reports feeling better with a clearer mind as well as feeling more alert and energetic. This One Day Liver Flush has had some dramatic results because it cleans your liver and a clean liver purifies your blood faster. Many people have reported extreme improvement in their memory following this flush.

QUESTION: How fast does the One Day Liver Flush work?

ANSWER: It works within hours. People usually start to feel better about two hours after the One Day Liver Flush. Anyone who has pain in their body has toxins. That's why cancer patients have so much pain because they are so toxic. When you release toxins you release pain because what caused the pain has been removed from your body.

QUESTION: Has anything besides stones come out?

ANSWER: Your liver is often loaded with fungus, molds and yeast. Sometimes the stones are so coated with it you can barely see the green of the stones.