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Does Your Liver Need An Overhaul? The Importance of Liver Flushing

by Andreas Moritz

(NewsTarget) If you experience major, persisting health problems, either physical or emotional, your liver may be congested with toxic compounds that are trapped within clumps of hardened bile (intrahepatic stones. Almost all health conditions, beauty problems and premature aging are closely linked with declined liver performance which most often is elusive to blood tests. Congestion in the bile ducts of the liver undermines the body's effort to make proper use of the food you eat. This, in turn, may lead to numerous physical ailments and accentuated expressions of discomfort, including fear, anger, impatience, greed, depression, dis-ease and cynicism. Cleansing the liver of existing obstructions and impurities can help restore balance, vitality and happiness in every facet of your life.

When the Body Complains...

Unlike the stomach, for example, the liver never tells you directly when it is upset or needs special attention. It tells you indirectly, though, when it starts to perform poorly. The following conditions are related to poor liver functions: skin irritation, weak eyesight, unhealthy bowel movements, irregular menstrual cycles, recurring headaches, unexplainable weight gain, loss of energy, sudden aging, elevated cholesterol levels, most allergies, constricted blood vessels, bloated abdomen, fluid retention, gastrointestinal trouble, breathing difficulties, poor memory and concentration, pain in the joints or elsewhere in the body, brittle bones and any other major illness such as heart disease, cancer, MS, diabetes or Alzheimer's disease.

The liver is responsible for processing, converting, distributing and maintaining the body's fuel supply which consists of nutrients and energy. Impeding these vital functions not only affects the body's performance as a whole, but also the health of every single cell. The liver cannot perform any of these functions properly if its bile ducts are clogged with deposits of hardened bile or "gallstones" (made of gall or bile).

Gallstones are caused by a number of factors, including the modern fast pace of living, stress, imbalanced diets, disruptive lifestyle, use of medical drugs, stimulants and alcohol, and ingestion of chemical poisons, such as food additives and artificial sweeteners. Bile duct congestion results in major impairment of digestive functions, thereby restricting the nutrient supply to the trillions of cells in the body. This makes gallstones in the liver to be a major cause of physical and emotional illness.

The Amazing Liver and Gallbladder Flush

The liver flush mentioned in this context is a straightforward, safe and painless do-it-yourself procedure using apple juice (or malic acid), olive oil, citrus juice and Epsom salts to dispel gallstones from both the liver and the gallbladder. The actual liver flush takes place within a period of less than fourteen hours and can be taken conveniently over a weekend at home.. Although the liver flush is very easy to do, it is important to understand the process and follow all of the directions precisely.

Since introducing the liver and gallbladder flush to thousands of patients in the 1990s, 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 200-page book, *The Amazing Liver and Gallbladder Flush*, includes the exact procedure and necessary background information for conducting this simple, yet most profound cleanse. Today, the liver and gallbladder

flush has helped restore the health of hundreds of thousands of people in all parts of the world.

Gallstones in the Liver—The Most Common Cause of Illness

An estimated 20 percent of the world's population will develop gallstones in their gallbladder at some stage in their lives; many of them will opt for surgical removal of this important organ. This statistical figure does not account, though, for the many more people who will develop gallstones (or already have them) in their liver. During some thirty years of practicing natural medicine and dealing with thousands of people suffering from all types of chronic diseases, I can attest to the fact that each one of them, without exception, has had considerable quantities of gallstones in his or her liver. Surprisingly, only relatively few of them reported to have had a history of gallstones in their gallbladder.

Gallstones in the liver may be the main impediment to acquiring and maintaining good health, youthfulness, and vitality. Gallstones in the liver may, indeed, be one of the major reasons people become ill and have difficulty recuperating from illness.

Medicine's Most Unfortunate Oversight

Many people believe that gallstones can be found only in the gallbladder. This is a commonly made yet false assumption. Most gallstones are actually formed in the liver, and comparatively few occur in the gallbladder. You can easily verify this assessment by giving yourself a liver flush. It matters little whether you are a layperson, a medical doctor, a scientist, or someone whose gallbladder was removed and, therefore, is believed to be stone free. The results of the liver flush speak for themselves. No amount of scientific proof or medical explanation can make such a cleanse any more valuable than it already is. Once you see hundreds of green, beige-colored, brown, or black gallstones floating in the toilet bowl during your first liver flush, you will intuitively know that you are on to something extremely important in your life.

I am repeatedly asked the intriguing question—why is there only little or no reference in mainstream medicine to the occurrence of gallstones in the liver? Standard clinical tests almost never reveal the occurrence of gallstones in the liver. In fact, most doctors don't even know they grow there. Only some of the most advanced research universities, such as the prestigious Johns Hopkins University, describe and illustrate these liver stones in their literature or on their web sites. They refer to them as "intrahepatic gallstones." The failure to recognize and accept the incidence of gallstone formation in the liver as an extremely common phenomenon may very well be the most unfortunate oversight that has ever been made in the field of medicine, both orthodox and holistic.

Relying so heavily on blood tests for diagnostic purposes, as conventional medicine does, may actually be a great disadvantage with regard to assessing liver health. Most people who have a physical complaint of one kind or another may show to have perfectly normal liver enzyme levels in the blood, despite suffering from liver congestion. Liver congestion is among the leading health problems, yet conventional medicine rarely refers to it, nor do doctors have a reliable way to detect and diagnose such a condition. Liver enzyme levels in the blood become elevated only when there is advanced liver cell destruction, as is the case, for example, in hepatitis or liver inflammation. Liver cells contain large amounts of enzymes. Once a certain number of liver cells are ruptured, their enzymes will start showing up in the blood. When detected through a blood test, this increased count of liver enzymes indicates abnormal liver functions. In such an event, however, the damage has already occurred. It takes many years of chronic liver congestion before liver damage becomes apparent.

Unfortunately, unless there is a specific liver disease, this vital organ is rarely considered a "culprit" for other diseases. The majority of gallstones in the liver consist of the same "harmless" constituents as are found in liquid bile, with cholesterol being the main ingredient. A number of stones consist of fatty acids and other organic material that has ended up in the bile ducts. The

fact that the majority of these stones are just congealed clumps of bile or organic matter makes them practically “invisible” to x-rays, ultrasonic technologies, and Computer Tomography (CT).

The situation is different with regard to the gallbladder, where up to about 20 percent of all stones can be made-up entirely of minerals, predominantly, calcium salts and bile pigments. Whereas diagnostic tests can easily detect these hardened, relatively large stones in the gallbladder, they tend to miss the softer, non-calcified stones in the liver. Only when excessive amounts of cholesterol-based stones (85-95% cholesterol) or other clumps of fat block the bile ducts of the liver, may an ultrasound test reveal what is generally referred to as “fatty liver.” In such a case, the ultrasound pictures reveal a liver that is almost completely white (instead of black). A fatty liver can gather up to 20,000 stones before it succumbs to suffocation and ceases to function.

If you had a fatty liver and went to the doctor, he would tell you that you had excessive fatty tissue in your liver. It is less likely, though, that he would tell you that you had intrahepatic gallstones (stones obstructing the liver’s bile ducts). As mentioned before, most of the smaller stones in the liver are not detectable through ultrasound or Computer axial Tomography (CT). Nevertheless, careful analysis of diagnostic images by specialists would show whether some of the smaller bile ducts in the liver were dilated because of obstruction. A dilation of bile ducts caused by larger and denser stones or by clusters of stones may be detected more readily through Magnetic Resonance Imaging (MRI). However, unless there is an indication of major liver trouble, doctors rarely check for such intrahepatic stones. Unfortunately, although the liver is one of the most important organs in the body, its disorders are also under-diagnosed all too often.

Even if the early stages of a fatty liver or gallstone formation in the bile ducts were easily recognized and diagnosed, today’s medical facilities offer no treatments to relieve this vital organ of the heavy burden it has to carry.

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 gallbladder, can easily determine the extent of gallstone formation in these organs. [Such indicators are listed in the book *The Amazing Liver and Gallbladder Flush*, www.ener-chi.com.] Most people in the civilized world have gallstones. But even in alternative or holistic medicine, there is rarely mention of an effective therapy that can actually remove gallstones safely and without pain. Gallstones are a direct product of an unhealthy diet and lifestyle. If gallstones are still present in the liver even after all other disease-causing factors are eliminated, they pose a considerable health risk and may lead to illness and premature aging. By removing these stones, the body as a whole is able to resume its normal, healthy activities.

Reaping the Benefits

People with chronic illnesses often have several thousand gallstones congesting the bile ducts of the liver. Some stones may have also grown in the gallbladder. By removing these stones from these organs through a series of liver flushes and maintaining a balanced diet and lifestyle, the liver and gallbladder can restore their original efficiency, and most symptoms of discomfort or disease in the body can start subsiding. You may find that any persistent allergies will lessen or disappear. Back pain will dissipate, while energy and well-being will improve.

Sweeping the liver clean eliminates thousands of bits of poisonous substances that have helped form the stones and block thousands of liver bile ducts. Ridding the liver bile ducts from gallstones is one of the most important and powerful procedures you can apply to improve and regain your physical and emotional health. By reopening the bile ducts, the body’s energy circuits become restored and healing can take place on all levels of body, mind and spirit.

About the author

Andreas Moritz is a medical intuitive; a practitioner of Ayurveda, iridology, shiatsu, and vibrational medicine; a writer; and an artist. He is the author of *The Amazing Liver and Gallbladder Flush*, *Timeless Secrets of Health and Rejuvenation*, *Lifting the Veil of Duality*, *Cancer Is Not a Disease*, *It's Time to Come Alive*, *Heart Disease No More*, *Diabetes No More*, *Simple Steps to Total Health*, *Diabetes—No More*, *Ending the AIDS Myth* and *Heal Yourself with Sunlight*. For more information, visit the author's website (www.ener-chi.com).

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