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LIVER/GALLBLADDER CLEANSE

ONE DAY CLEANSE

Read all 5 pages carefully before starting!

CLEANSING THE LIVER, GALLBLADDER AND BILE DUCTS, is one of the most powerful life-changing processes you can do to dramatically improve your body's overall health. Not only does cleansing the liver, gallbladder and bile ducts of stones and toxins dramatically improve the digestion of fats, which is the cornerstone of good health, but it may also help increase your energy level by helping to naturally balance your hormones, decrease allergy symptoms, and also may help to alleviate discomfort in the upper back and shoulder areas.

THE WONDERFUL AND POWERFUL LIVER!

The liver is the workhorse of the body and is in charge of hundreds of different functions, as well as the main organ responsible for maintaining the body's energy supply. It is connected with every part of the body, it is a major filter for the body and blood, plus manufacturers, processes, and supplies massive amounts of vital nutrients that feed approximately 72 to 100 trillion cells of the body. The liver is also a vital and powerful detoxifying resource.

The liver is the primary filter for the all the blood, therefore the whole body. It is responsible for filtering waste material from the blood, producing bile, as well as utilizing all incoming fluids and foods to break them down into energy producing nutrients. Working also as a recycling plant, it takes minerals from the blood and binds them to amino acids and other nutrients, which makes those chemicals alkaline. This process balances the pH of the blood which helps your body stay alkaline.

At the same time this amazing chemical factory works to quickly remove drugs, chemicals, and other harmful toxins and contaminants. Rapid elimination is crucial because the disassembled byproducts can damage the liver. By cleansing the liver (properly and periodically for life), it works as a protective mechanism for the body. If a toxin cannot be broken down properly, then the body will store the toxin(s) by encompassing it with fat, which eventually accumulates into a cluster which is then stored in the body (usually in the fat layer of the human body). This is one of the factors that can lead to obesity and fatty nodules.

The gallbladder is a pear-shaped pouch that acts as a small reservoir and stores bile created in the liver. The gallbladder releases bile into the digestive tract to emulsify the oils that you eat. The bile releases an enzyme which breaks the oil apart. The enzymes create cholesterol, which in turn can be converted to Pregnenolone. Pregnenolone is the master hormone to all hormones like estrogen, progesterone, testosterone and DHEA, ... helping to balance out the entire hormone system.

Eating fat triggers the gallbladder to squeeze itself empty after about 20 minutes, then the stored bile finishes its trip down the common bile duct to the intestines. For many people, including children, the biliary tubing is already choked with gallstones.

WHAT ARE GALLSTONES?

There are so many health conditions which can be attributed to gallstones.

To list a few: hormone deficiency, acid reflux, allergies, fatty liver, lung problems, kidney problems, digestive disorders, colitis, cholecystitis, gallbladder cancer, choledocholithiasis, diverticulitis, biliary colic, pancreatitis, biliary cirrhosis, peritonitis, cholangitis, gout, and the list goes on.

Generally, when the gallbladder is x-rayed or scanned, gallstones will not show up because most stones are either too small or not yet calcified. This is a prerequisite for visibility on x-ray.

NOTE: Even if your gallbladder has been removed, the body will still produce gallstones and the gallbladder duct ends up becoming clogged and backing up bile into the liver. The same problems still exist only there is no longer a chamber to store the bile.

There are over a half a dozen varieties of gallstones, most of which have cholesterol crystals. They can be yellow, black, red, white, green or tan colored. Many are embedded and unidentified objects. Typically, at the very center of each stone is a clump of bacteria!

According to scientists, this suggest a bit of a dead parasite might have started the stone to form. As the stones grow and become more numerous, the back pressure on the liver causes it to try to re-assimilate the bile, which leads to a buildup of cholesterol-like material on the liver ducts (sometimes considered a fatty liver), which then causes the liver to malfunction, throwing off our body's natural processes and can lead to diseases that can be fatal.

Stomach infections like ulcers and intestinal bloating cannot be resolved permanently without having a proper functioning gallbladder.

CAUTION

*Before beginning the liver cleanse, be certain that your kidneys and urinary tract are in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. **Be Hydrated!** Call our office or your health professional for additional information if you are ill.*

LIVER CLEANSE INGREDIENTS NEEDED:

Purchase ingredients from the Better Health Center ahead of time (Quantity enough for two cleanses)

1. Liver Detox: 16 ounce bottle
2. OxyCleanse (bottle is enough for several cleanses)

Purchase the following from the grocery store (Quantity enough for one cleanse)

1. Fresh pink or red grapefruit (at least 2 to 3)
2. Real Extra Virgin Olive Oil (at least 12 ounces)
3. Fresh Lemons (1 or 2)
4. Hot water bottle or a gel heat pack (optional, but preferred)

THE NIGHT BEFORE THE CLEANSE: Take 2 tsp. of OxyCleanse in 6 oz water, chase w/ lemon in 1 oz water if needed to help with taste and induce diarrhea to clear the bowels (this is a must for a proper cleanse). Drink plenty of water the night before cleanse to hydrate well for the next morning. **DO NOT DRINK WATER DURING CLEANSE!**

ON THE DAY OF THE CLEANSE:

Do not take any medicines, vitamins, or pills that are not absolutely necessary! If you are on a health recovery protocol from the Institute, do not take any of your protocol on the day of the cleanse, unless specifically instructed by Dr. Glenn T. King.

You will be fasting through this process! Eat a light no-fat dinner the night before. The more you abstain from any fat the more pressure buildup of bile, causing more stones and sludge to be pushed out of your liver. Therefore, a strict no fat diet is best for the entire day before the cleanse! Eat nothing containing fat or oil to any level the day prior to cleanse.

WARNING

If you need to eat the morning of the cleanse (**highly not-recommended**), you must wait a minimum of two hours before starting the liver/gallbladder flush. If you had to eat, it must be a NON FAT breakfast (no butter, milk, cream, avocado, nuts, fat or oils, etc.). Even if you ate a vegetarian omelet made only with egg whites, do not cook with oil!

Best is to just fast (do not eat).

Your start time can be modified for your personal situation. Just follow the time intervals (i.g. If you take the OxyCleanse at 8:30 am, then take the Liver Detox at 9:15am, and so on).

TIMES	EXAMPLE OF FLUSH
NIGHT BEFORE	Take 2 tsp. OxyCleanse in 6 oz water, chase w/ lemon in 1oz water if needed.
NEXT DAY	
8:00 am	Take 2 tsp. OxyCleanse in 6 oz water, chase w/ lemon in 1oz water if needed.
8:45 am (45 min. later)	Drink 6 ounces of Liver Detox (NO water from this point forward)
9:15 am (30 min. later)	Prepare the Oil/Grapefruit 8oz Mixture (as directed)
9:30 am (15 min. later)	Drink the Oil/Grapefruit 8 oz Mixture (4oz Oil and 4oz Grapefruit)
10:30 am (1 hour later)	Drink the Oil/Grapefruit 4 oz Mixture (2oz Oil and 2oz Grapefruit)
11:00 am (30 min. later)	Drink the Oil/Grapefruit 4 oz Mixture (2oz Oil and 2oz Grapefruit)
11:30 am (30 min. later)	Drink the Oil/Grapefruit 4 oz Mixture (2oz Oil and 2oz Grapefruit)
1:00 pm (1-1/2 hours later)	Take 2 tsp. OxyCleanse in 6 oz water, chase w/ lemon in 2oz water if needed.
2:30 pm (1-1/2 hours later)	CONGRATULATIONS! You finished a Gallbladder/Liver flush!
Eat light for the rest of the day to allow time for your digestive system to re-acclimate!	

WARNING ABOUT DRINKING WATER

You could sip water very sparingly or suck on ice chips throughout the morning until 30 minutes before drinking the olive oil/grapefruit mixture. Please do not drink too much water as it may cause an upset or nausea stomach. Remember oil and water does not mix! If you need a little liquid during this time it is preferred to use sparing amounts of fresh grapefruit juice.

REMINDER FOR THE NIGHT BEFORE

Eat an early no-fat or oil dinner! Best is a no-fat diet for the entire day. Take OxyCleanse as directed 1.5 to 2 hours after last light meal (end of day, but not late, so you can have time to evacuate bowels).

THE CLEANSE IN CHART ABOVE IS EXPLAINED BELOW

Note (reminder): Before starting the cleanse, if you had to eat (not recommended), start the flush two hours after your light non-fat breakfast! OxyCleanse should be taken 1.5 to 2 hours before or after eating. It is best to start your cleanse early in the morning. The times in the chart are simply an example of the timing between each step.

- **Start time example (8 am):** If starting first thing in the morning and fasting from food, take the OxyCleanse as directed - Mix 2 teaspoons of OxyCleanse in 6 ounces of water. Stir and drink, then immediately follow with 1 ounce of water mixed with fresh squeezed juice from half a lemon. None of your liquids should be cold!
- **45 minutes later (8:45 am):** Drink 6 ounces of Liver Detox (if you are over 150 pounds, drink 8 ounces). It can be mixed with Energy Boost 70 (1&1/2 to 2 ounces) Fulvic minerals (optional).
- **30 minutes later (9:15 am) PREPARATION:** Only Prepare the pink grapefruit/olive oil mixture. Measure and pour 4 ounces of extra virgin olive oil into a pint jar. Hand squeeze the grapefruit (half cup is best or 4 ounces), remove pulp and seeds then mix with the oil in the jar. Close the lid tightly and shake very well (vigorously) until it becomes watery, then drink right away before it separates again. **Note: Only fresh grapefruit juice will blend properly with the oil! It takes the live enzymes to work properly.**
NOTE: If you are feeling queasy, you can start the olive oil/grapefruit procedure up to 15 minutes earlier. Drinking the mixture will help settle your stomach.

Note: If you know TKM, you can apply TKM applications to help the cleansing process and to help bring more comfort if needed. Liver or GB sequence, or simply hold both #14's, or #14 & opp #19, or something similar.

The OxyCleanse will cause bowel movements, likely very watery. You may visit the bathroom a few more times, even if it makes you late for laying down on the bed or couch (however, don't be more than 10 minutes late for lying down).

Be ready to lie down once you have taken the mixture!

- **15 minutes later (9:30 am):** This should be 45 minutes later from drinking the Liver Detox.

Drink the 8 ounce mixture (4 ounces of extra virgin olive oil and 4 ounces of fresh grapefruit juice). If taste or consistency is a problem, drinking through a large plastic straw may help the grapefruit/olive oil mixture go down easier. Take the mixture to your bedside/couch if you like, but be sure to drink the mixture within 5 minutes maximum (15 minutes if you are weak or elderly). Best is to down it. Between swallows vigorously shake the mixture to maintain a good consistency of the mixture, which will make it easier and more effective on your system.

LIE DOWN IMMEDIATELY!

You might fail to pass stones if you don't do this!

The sooner you lie down, the more stones you will pass, which is a main goal.

As soon as you have consumed the entire drink, walk to your bed/couch and lie down flat on your back with your head situated high on a pillow (head higher than torso). It is best to lie perfectly still for at least 30 minutes! You should remain lying down for a **minimum of one hour** total. Therefore it is best, if alone, to prepare the next drink ahead of time (for the first one at 9:15 mix it to drink at 9:30, plus the next one for 10:30. You may do this each time to make it an easier process to lay down enough between each drink).

- If you have one available, you can place a hot water bottle or a gel heat pack on your liver area to help break down gallstones and relax the liver to help you pass more stones.

1 Hour Later (10:30 am), or earlier if feeling queasy:

Drink the 4 ounce mixture (2 ounces of extra virgin olive oil and 2 ounces of fresh grapefruit juice).

NOTE: For those with a fast metabolism, you may feel queasy somewhere between 1-1.5 hours. Nausea may occur from the bile the liver is producing. If you do feel nauseous, take an additional 2 ounces of grapefruit and 2 ounces of olive oil mixture immediately - this should help! It is not necessary to lie down if too nauseous.

- **Note: If you are one who did NOT feel any nausea, then consume the 2 ounces of grapefruit/2 ounces olive oil mixture now, and again in 30 minutes, then lie down.**

30 Minutes Later (11:00 am), or earlier if feeling queasy:

Drink the 4 ounce mixture (2 ounces of extra virgin olive oil and 2 ounces of fresh grapefruit juice).

NOTE: For those with a fast metabolism, you may feel queasy at some time. Nausea may occur from the bile the liver is producing. If you do feel nauseous, take an additional 2 ounces of grapefruit and 2 ounces of olive oil mixture immediately - this should help! It is not necessary to lie down if too nauseous.

- **Note: If you are one who did NOT feel any nausea, then consume the 2 ounces of grapefruit/2 ounces olive oil mixture as directed, then lie down.**

30 Minutes Later (11:30 am), or earlier if feeling queasy:

Drink the 4 ounce mixture (2 ounces of extra virgin olive oil and 2 ounces of fresh grapefruit juice).

NOTE: For those with a fast metabolism, you may feel queasy at some time. Nausea may occur from the bile the liver is producing. If you do feel nauseous, take an additional 2 ounces of grapefruit and 2 ounces of olive oil mixture immediately - this should help! It is not necessary to lie down if too nauseous.

- **Note: If you are one who did NOT feel any nausea, then consume the 2 ounces of grapefruit/2 ounces olive oil mixture as directed, then lie down.**

◆ **Hour and 30 minutes later (1:00 pm):**

NOTE: If you feel queasy at any time BEFORE taking the last OxyCleanse, take an additional 2 ounces grapefruit and 2 ounces olive oil mixture. If you do take the additional oil/grapefruit mixture, then adjust the timing to follow-up with the Oxycleanse mixture (described below) 45 minutes later!

IF YOU DO NOT FEEL QUEASY: Take the OxyCleanse as directed: Mix 2 teaspoons of Oxycleanse in 6 ounces of water. **Stir and drink**, then immediately follow with 1 ounce of water mixed with fresh squeezed juice from half a lemon. This is to induce diarrhea to cleanse everything out, including stones. Therefore, it is important to look at bowel movements look to note what comes out and report later. You may see some green and pea size soft stones.

Congratulations!

You have just taken a huge step towards vibrant health!

YOU MAY EAT (NOT HEAVY) APPROXIMATELY 2 HOURS AFTER TAKING THE LAST OXYCLEANSE.

If you are doing a detox diet, stick to the diet as directed.

How well did you do?

Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for green stones because this is proof that they are genuine gallstones, not food residue. Bile from the liver are pea green stones. You might either have green gallstones or green sludge/scum that floats. The sludge is liver debris and gallstones that have been broken up. **Don't do this cleanse when you are ill!**

NOTES:

Do NOT do this cleanse within a week of your next ZYTO test because it will alter the test results.

You can and should repeat this cleanse every 30 – 45 days as directed until your health professional confirms that you are clean enough to extend the time between cleanses.

Everyone can react a little different, so contact the Better Health Center if something does not seem correct to you, or you have any questions. We are closed on weekends.

As you repeat this cleanse, your body will cleanse more deeply, plus it is usually more easy each time through the process.

If you are already taking probiotics/prebiotics (good flora) on your protocol, then double or triple the dosage for 3 -4 days - starting after the cleanse (same day) at normal times. Be sure to rehydrate well the next couple of days. Note: Vital to maintain proper bowel movements (3x daily) after cleanse so you don't back up bowel and toxins. Take extra vitamin C to induce movement or contact Institute.

Be sure to drink plenty of water and fluids for several days to rehydrate or it could result in reduced bowel movements or constipation! PLEASE maintain healthy bowel movements daily continually after the cleanse!

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