

# THE LIVER AND GALLBLADDER MIRACLE CLEANSE

*An All-Natural,  
At-Home Flush to  
Purify & Rejuvenate  
Your Body*



ANDREAS  
MORITZ

Andreas Moritz

## The Liver and Gallbladder Miracle Cleanse: An All-Natural, At-Home Flush to Purify and Rejuvenate Your Body



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Ridding your body of these disease-causing stones allows you to reclaim your wellbeing and vitality while relieving your suffering from outward indications of toxic gallstone buildup, including:• These stones clog up the body's cleansing organs, creating a toxic environment not capable of maintaining good wellness. You feel fatigued, your tissues inflame, you gain weight, and your disease fighting capability stops fighting off illnessand disease.Right now, The Liver and Gallbladder Miracle Cleanse explains how to very easily and painlessly remove gallstones in the comfortable surroundings of your own home.Consider CHARGE OF YOUR HEALTH WITH THE LIVER AND GALLBLADDER MIRACLE CLEANSEMost people unknowingly have problems with a harmful buildup of gallstones in the liver and gallbladder.Constipation•Great Cholesterol•Cirrhosis•Asthma•Heart Disease•Back Pain•Depression•Headaches



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Excellent Results I bought the Kindle edition of this book a couple years ago and also have completed six or seven cleanses so far. I'm very grateful my network chiropractor, Brian Duby, recommended this publication and the liver cleansing method it presents, and I'm also very grateful to the writer for offering a obvious outline of how to perform the cleanses and what to expect. I used Fleet enemas before and after the cleanses rather than colonic irrigation (because of the not being able to afford colonics); A number of them are off and others are downright dangerous from what I've noticed out there. (I ordered the powdered L-Malic Acid from purebulk.com and it had been very inexpensive. A very important factor that I noticed was everytime I was out of my house on a brief 4-day trip I sensed better. I have never gotten sick throughout a cleanse beyond brief gentle to moderate nausea, generally in the early morning of the 7th day time after drinking the olive oil and grapefruit juice mix. I've observed when I prop my mind up with a solid pillow while in bed it helps decrease the nausea. I found my purpose (area of the spiritual recovery) and I get to serve the God of my understanding each day through helping gorgeous people just like you by themselves physical and spiritual healing journey. I appeared to have good results from these cleanses, even though effects have already been more subtle compared to the liver cleanses. useful book. The matter that convinced me to try the cleanses were the personal success tales (presented in the book and via the evaluations here) from many individuals who had completed them over time, including the writer. Before I did my first cleanse, I had been experiencing regular sensations of tightness and occasional pain in the area of my liver and gallbladder for 6 - 12 months. I wish you so much joy and wellness < In my most productive cleanse (I believe it was my fourth) I passed probably around 500 stones of several different sizes, up to how big is a large marble. As I did more cleanses, the period of time without encountering tightness in the liver area increased, until it extended to many months following last couple cleanses. I was relatively amazed to get that my connection with the cleanse followed nearly exactly what the author said would happen in the publication. Emotional and spiritual curing had been paramount to my recovery to 100%. However, I plan to continue to perform cleanses every half a year or so to greatly help support my liver in an ongoing way and because, frankly, I've come to enjoy the ritual of the cleanse. It's an excellent way to decelerate and take a mini-retreat. Based on my experience, the theory these green stones are in some way soapstones created as a result of drinking the essential oil olive and grapefruit juice makes little sense to me. I've felt the stones and they are solid like putty and don't basically disintegrate when squeezed. I likewise have heard many people say they have exceeded them before drinking the olive oil concoction, yet another reason the soapstone hypothesis doesn't make sense to me. I continuing to pass stones throughout the night (initially very frequently), all the way up until 11:00AM the next day! However, a few phrases of caution. It seems true predicated on my experience that once you start the liver cleanse procedure, you must do regular cleanses (at least one every 90 days roughly) until you are rock free, or near it, if not your symptoms can actually get worse than before you started the cleanses. It's a reasonably big commitment when it comes to hard work, although affordable for the results for me (at least the types I've experienced). I've also found that some of the cleanses have brought up a lot of challenging feelings for me. This is most likely not the case for everybody, or maybe even most people, but it has been for me. There are different ways to cleanse the liver, which have much less potential to trigger harm. You know your body better than anybody else. The initial, is that I have been put on Nizoral between your third flush and the 4th flush. The instructions in this book on how best to do the liver cleanse and the additional kinds of cleanses are very clear and easy to follow. The 3rd day after I broke the Expert Cleanser, is the day I did the liver flush. Once again, I seemed to

benefit, however the results were quite subtle. I have followed the guidelines for the cleanse exactly, with several exceptions: I have continued to consume fish and chicken during the first five times of the cleanse; I believe these cleanses have considerably enhanced my health insurance and will continue to into the future. Update, Might 2016: My last cleanse, that i believe was my eighth, produced zero stones, although I even now felt better and lighter afterwards. I then finally decided to try a colonic, as Mortiz is certainly adamant that there is really no substitute for them for cleansing your colon. I found an excellent practitioner who runs on the gravity-centered method (Chakra 17 West in Portland) and have done two today, and they have made an enormous difference. My energy level improved noticeably after the initial, and both moments I released a hell of a whole lot of stuck material (VERY different compared to the results from drinking water enemas). I think But, better late than never! ALTERNATIVES TO THE FLUSH & MY FOUR FLUSH EXPERIENCES... In this review I will share some of my symptoms, my experiences with the flush, what my doctor's said, a review of the book, plus some potential alternative approaches to cleansing the liver if this scares you (it scared me at first). Additionally, I share what I did so to get exceptional outcomes after having some unsuccessful flushes. I've done a total of four flushes today. When I began, I was VERY unwell. And I still am, but I am enhancing slowly! I now offer Holistic Solutions for Spiritual Ladies, to include Holistic Health and Wellness Coaching and Intuitive services. My 4th flush was very effective. do not lower price environmental toxins mainly because a way to obtain feeling like crap. Diet and lifestyle changes were essential. There is absolutely no method this could have already been soap from the essential olive oil because I had not consumed it yet. MY SYMPTOMS (some) Blood sugar problems, peripheral neuropathy, neurological issues, altered states of awareness (feeling 'drunk' when i eat), metabolic imbalances, impaired digestion/hypochlorhydria (low/no stomach acid), malabsorption, fatigue, pain on right aspect of abdomen less than ribcage (daily, the whole day -- increased after taking in or taking medication), swelling on right side of abdomen, discomfort between shoulder blades, discomfort in pancreas after taking in or taking medication, discomfort in liver after taking in or taking medication, pain in spleen after eating, chronic fatigue, mind fog, metabolic syndrome, candida overgrowth, growth in my thyroid, mass on my liver (suspected hemangioma however they don't know), among others. We was not able to digest food. Most people need a magic pill without any discomfort. If I didn't do this, then your food would turn out undigested (and tear up my GI tract along the way), it was very miserable and unpleasant. MY FLUSH EXPERIENCE The initial three times I did so the flush, I did feel better after every flush, but We barely got any stones away (< I now understand why this is not an excellent practice for a lot of and I will never do this again. I couldn't realize why. Of these flushes the stones didn't come until the morning of the next day. I adopted Moritz's procedure meticulously. None of the flushes had been painful. I could experience activity in the liver, nearly like marbles rolling or something, but absolutely no discomfort. I told my doctor I harm here, and pointed left side of my abdomen. 50). His last words to me were, "it's been great understanding you". After these three flushes, I was identified as having an overgrowth of candida and was placed on Nizoral. I continued straight down the allopathic path, but still believed in the liver flushes because my bloodstream sugars improved every time. My gastroenterologist suggested me to have an EUS performed (an Endoscopic ultrasound). Now, I do work that lighting me up and makes life so worthy of living! When I told the gastroenterologist office that my liver hurt, I was informed that its because I've acid reflux disorder (? But I knew by reading Mortiz's book that these stones can back again up in to the pancreas AND the spleen, and I also find out by having read his book that what's to come after it reaches that point is not a pretty picture for the

individual suffering. It didn't come as a shock that they were checking for this because I knew I was in pretty bad form and I'd already read about this in Moritz's book. It DID come as a confirmation if you ask me that Moritz understood what he was talking about, and that I needed to continue pursuing the liver flushes.. I was already having pains in my liver, pancreas AND spleen after I ate food. Once or twice I've had pain in my heart area, but I think it is my spleen. I explained my discomfort to every doctor treating me. That's how I understand it had been these organs (and Andreas' anatomy lessons). NOT ONLY from the liver flush, but from that and major lifestyle and dietary adjustments. I did so not follow Moritz' method meticulously on the first flush, I utilized the oil and just lemon juice. And I asked what organ will there be? My doctor said my spleen, but it couldn't possibly become hurting unless it had been injured, and asked me if somebody had kicked me or punched me there recently. However, if you feel it is too risky, maybe it isn't for you. I afterwards read that the EUS ultrasound probe can be used to find gall stones which may have migrated into the common bile duct, and that this occurrence could cause obstruction of the drain shared by the liver and pancreas which may lead to lower back pain, jaundice and pancreatitis. I'd already had blood sugar problems and my pancreas, spleen and liver hurt every time I eat. My liver harm every single day, all day long. My abdomen for the reason that region was noticeably larger by viewing it and you could feel it enlarged. THEREFORE I drank the flush and laid down as directed. I got so many nuclear medicine testing that I feared I'd begin to glow if indeed they didn't end working them. I drank barium, ate radioactive eggs, had MRI's, CT Scans, elimination assessments, colonoscopy, endoscopy, and on and on!?! The 1st few flushes gave small to no outcomes, but I didn't quit!)). That's when I was told I had a need to go have the EUS. That was also my last appointment with them. Unbelievable. We don't recommend this for others but We refused to accomplish the invasive EUS treatment. I no longer had to consider HCL and enzymes to be able to eat and digest food! Instead, I made a decision to supply the liver flush another try, praying I would get outcomes this time. I really do regular colonics. You can find two things I did so different prior to the fourth flush that I felt like played an enormous role in why the fourth flush was SO extremely successful. With that said, I've tended to experience pretty much back to normal physically a day or two after performing the end of most the cleanses. I'm glad I bought Andreas Moritz and Stanley Burroughs' books. The other thing I did so differently? I have no idea how true that is, but I wish I would have know that therefore i could have done a parasite cleanse from the health grocery and had achievement sooner. I afterwards read that if you possess parasites your liver won't discharge the stones. I got the energy of an adolescent and experienced ALIVE! I did so the Get better at Cleanser first (more upon this afterwards). I broke the cleanse with orange juice for two days, as The Master Cleanser reserve says to do. The reason I didn't supply the book five celebrities is that I found all the details on the symptoms associated with liver congestion and the advantages of cleansing to be extreme long and hard to consider seriously based on the extraordinary character of the promises and the total lack of supporting proof provided in the text (at least in the Kindle edition). I implemented moritz's tips for breakfast and lunch, and I juiced new cranberries (I can not tolerate the apple juice). For lunch I had whole dark brown basmati rice with steamed broccoli, simple. For breakfast I acquired simple whole oats with nothing at all else on them. I've read that some people do the flush right after the Get better at Cleanser, but I felt it was important for me to consume food between the Expert Cleanse and the Liver Flush to get my digestive juices flowing again, being that they are needed for the flush. After the broccoli, I did so the flush that night, following Moritz's directions. After you drink the flush you aren't likely to move for twenty minutes. I had my child feel it. I had an awful

headache until after the colonic.. After twenty moments passed I got up and released the stones I'd been keeping. Personally I think I've benefitted greatly from doing these liver cleanses. I don't even know where all those stones might have been stored in my body, where on God's green earth was there enough ROOM for all that? I have now dedicated the rest of my entire life to assisting others heal spiritually.! No Question my liver, pancreas and spleen harm each and every time I ate. the only accurate healing is spiritual curing". My poor body! Cleanse instructions are vague The most important area of the book, the cleanse directions, are vague.! I will just state this for the record, too. There was insufficient of the flush concoction moving in me, to generate 'soap balls' of the multitude that was appearing out of me. Based on my personal experiences the soap theory holds no water in my own books. And for the record? I started moving stones pretty much immediately after I laid down this time, where-as in the various other flushes they didn't move until morning. WHEN I did my fourth flush I GOT MY DIGESTION BACK!! I'd already been poked and prodded enough, from both ends, that is traumatic plenty of to the body and introduces more threat of infection or damage.!! My bloodstream sugars were Regular for the first time in years!! Prior to the fourth flush; I also do the Salt Drinking water Flush daily while on the Expert Cleanser, so I make sure to replenish my gut flora afterward, with this product: No more brain fog, forget about fatigue, it had been W-O-N-D-E-R-F-U-L!!! But then, just like the publication says, within a couple weeks all the symptoms came back. I lost my digestion once again and my blood sugar levels issues started back up (but not near as serious), the brain fog returned, the fatigue came back, and I feel miserable yet again :( I'm not worried because I understand what I need to do today, to obtain my health restored to it's organic state, Furthermore I have got a glimpse of what it'll be like when I reach that point, and I HAVE HOPE AGAIN!. UPDATE: FEBRUARY 2015 My wellness is COMPLETELY restored and I right now am along the way of creating a thriving Spiritual &! I really believe today, with all that I am, that my health will be restored back to it's natural state and I'll finally get my life back! Celtic Sea Salt®, Fine Ground - 1 Pound Bag These illnesses (I've not listed them all) have price me dearly. Finally I transferred out of my house and I sensed a million moments better within the 1st week alone... but the majority of what I had lost on the way is ME. Today I know I will get ME back, as I did after the last flush. I went set for a colonic around noon the next day, exhausted to the primary from no rest, but I'm pleased I did because there have been still several stones stuck in my own colon and I would hate to have carried those around and re-absorbed the toxins in them. Then on to India, Bali, Thailand, and exactly where my heart leads me. If you are battling with chronic candida problems please consider having your house examined for mold. I know I still possess stones backed up to my spleen because I still have got pain there (albeit much less frequent or severe as before). But I also know, now, that I have a bright future forward with my health fully restored, because of Andreas Moritz, Stanley Burroughs, and Peter Glickman. I cannot wait to accomplish my next flush and to continue until finally obtain my life back after being chronically ill and feeling dead for nearly ten years. Once my health is restored I will have got another sonogram performed on my liver to discover if the mass is still there. I whole-heartedly expect it to be eliminated, and for my other complications to subside as well. The main one I wasn't certain of was the spleen. On the next 6-7 years it grew through the ground out and the ceiling in the basement. IF YOU ARE SCARED I have a pity party for folks that are too scared to try it, but I am aware. I was scared as well. Both played a monumental function in my journey back to health. Of training course the answer was no, so the spleen being in trouble was dismissed by allopathic medication. I don't know that I would suggest this procedure for somebody that is very fragile or fragile. So, just something to bear in mind regarding the timing of cleanses.

Changing the diet as Andreas outlines in the publication is a great start. Even if you're not interested in doing the flush, that is an excellent reserve that describes the anatomy and the process of disease in layman's terms. The Result is amazing.

The Natural Food Detox Diet: The Five-Step Arrange for Vibrant Health and Maximum Fat Loss

The Fast Track Detox Diet: Increase metabolism, get rid of fattening toxins, jump-start weight loss and keep carefully the pounds off for good

The Beauty Detox Solution: Eat Your Way to Radiant Epidermis, Renewed Energy and the Body You've Always Wanted

MORE INFO ON THE MASTER CLEANSE: Originator of The Master Cleanser, Stanley Burroughs - Just seek out detox diet or liver diet, I've shown some below. Most of all, do what is right for YOU. It could not be the very best idea to do a cleanse the weekend before a big display at work, say, or various other job or event that will require a lot of emotional and physical energy, or if you are experiencing lots of emotional stress.

MORE INFORMATION ON DETOX DIETS: Compiled by a Nutritionist: Also, there are many good detox diets out there that will aid the body in cleaning and purging out the bad stuff.

The Expert Cleanser: With Special Requirements and Problems

Tom Woloshyn's work on it - Haleleujah! Lose Weight, HAVE SIGNIFICANTLY MORE Energy and become Happier in 10 Days: Take Charge of YOUR WELLBEING with the Grasp Cleanse

Peter Glickman also has a website that's pretty informative. Head to [ . It also came as a horror because Moritz's book describes what you're up against after the stones back up so far as they had been backed up in me..], scroll right down to the middle of the page to check out a web link to "FREE Master Cleanse Discussion Group". Recommend..!]

[NOTE: I've not go through any book on the Master Cleanse except Stanley Burroughs', but from what I understand the other books go into more fine detail if you would like it. I've read details on Peter Glickman's site and it is pretty informative. If I had to do it again, I think I would have gone ahead and invested in some colonics earlier along the way, in spite of the expenses.]

is the best salt to use on The Expert Cleanse (available at health food shops). I attempted with regular store bought ocean salt and it was very difficult to use; the difference between your two are night and day.

Garden of Life Primal Defense Ultra Ultimate Probiotics Formula, 90 VCaps. "3/4 glad of. and after the initial cleanse I switched to drinking powdered Malic Acid mixed with water rather than apple juice because of the high amount of sugars in apple juice (although I have been switching to drinking cranberry juice on the fifth and sixth days of the cleanse since it seems something in the juice makes the cleanse more effective than using malic acid powder just). While I was on Nizoral I passed worms. Money well spent! Whichever you select for yourself, best wishes! I have been chronically ill since 2006, and have felt sort of lifeless inside since about 2002, and I finally, for the first time in all of these miserable years truly have HOPE! Health Training business! If you see any discoloration in linoleum or any discoloration in the ceiling or wall space then that is clearly a warning sign. Many things played a part in my path back again to health insurance and happiness. Sometimes, y'all, the worst things in our life will be the complete biggest blessings. That evening I drank the epsom salts to open the bile ducts, and Ahead of drinking the 'flush drink', I approved stones. This all got me up to now, but what required me on the edge back as well 100% was emotional and spiritual healing. My last cleanse created probably just a few dozen little stones, presumably because my liver is getting near being stone free. I just got another ultrasound on my liver a week or two ago. There is no trace of a rise or mass at all. Likewise, the growth on my thyroid is fully gone and the mammogram showed nothing in my own breasts where two growths utilized to become (that I needed monitored every three months in the event they turned cancerous).

THE ENTIRE Master Cleanse: A Step-by-Step Guide to Maximizing the Benefits of The Lemonade Diet

Peter Glickman's focus on it - Blessings for your wellbeing and



happiness <3UPDATE: MARCH 2017Although We was diagnosed with narcolepsy, it is now in remission. I have not had to discover my neurologist since 2013. The main results I would see following the flushes, is definitely that my blood sugar would improve. Again, I can vouch that this isn't soap. I am today in the process of writing my own book to talk about what I've learned along my recovery journey! If you are reading this, usually do not give up.. If you are not well, it will give you the answers you're looking for. I ultimately achieved it anyhow and I am SO glad I did. After the first cleanse, that i believe produced around 100 stones, my liver felt much less constricted for a short time, probably in regards to a day, and then I begun to experience tightness again.3 <3 <3 If you're not well, it will give you the answers you're looking for. First prevent: Egypt. I FELT ABSOLUTELY NO PAIN. Toward the end of the year I'll go for another round of Yoga Teacher Teaching and I hope to start out making youtube movies and other content to help others. I firmly believe God brought me through this therefore i could spend my life operating to others' healing. When I acquired the scans in 2015 my family Physician said, "There is no scientific explanation because of this; NO WONDER my right side was swollen and hurt all day long, every single day time.! The reason for my journey is to discover sacred sites to lead others to with regard to their own spiritual healing. I did go to India in 2013 and stayed for just one season. I visited sacred sites presently there that provided me such deep insights and it was so incredibly life-altering for me personally. I'm still in the process of writing a publication... I've so much to write about... but I want to start with spiritual healing.I needed to share something here though, for anyone else reading which may be suffering as deeply as I was: Please make sure to have your house checked for mold. I found out that the home I was surviving in at the time I was going right through all this had dark mold in it. It was there (unbeknownst if you ask me) when I bought the home in 2006 under the linoleum in the toilet. I will come back and update later on. The mold remediation people explained the discoloration in the linoleum can be an indication that mold is growing beneath it. Mold is normally HIGHLY TOXIC. The remediation guy told me also if the mold is definitely 'killed' with bleach it still is floating in the air flow; in the air flow ducts; and you also are breathing it in as soon as it's in the body it is wet and activated once again and can grow in the body and wreak havoc on the disease fighting capability. Therefore unless the mold is in fact remediated it can cause health problems still. Some people's immune systems are stronger and will handle it better than others. So it's entirely possible for the mold to be there and affect one person and not the other.One of the body's body's defence mechanism here would naturally be to wrap these poisons into 'stones' (Andreas' book explains this).THE FUTUREI'm going to do my fifth flush now. Ask God to cause you to the right information or to business lead you to the area which has the mold in it..!) Regardless of these modifications, the cleanses have all prevailed to varying degrees. When would go back home I felt worse. Initially I thought it was just stress in the home. In addition to other activities, I have lost my work and will be shedding my house. Following a month things simply improved increasingly more and more. Specifically fueled by the dietary and changes in lifestyle. So. I had to literally sit still for twenty mins while holding these stones in, to let the twenty minutes pass.. For just one flush I acquired a colonic your day before the flush and once again the day OF the flush, to clear my colon. Search the web for the next terms for more information: environmental protection agency mold remediationAlso search the web or youtube for a movie called "Moldy"I am writing this as living testimony that it is entirely possible to result from the total depths of despair and total rock-bottom and build your way back up. Extremely frustrating. Now I reach spend the others of my entire life helping others do the same through spiritual recovery and traveling to sacred sites around the world. This reserve played a role.

Before, I did work that felt dead to my soul. I discussed the EUS with my children physician, who told me the gastroenterologist wanted stones in my own pancreas, similar to the book describes! I have also carried out two kidney cleanses with the kidney tea herb combine, which I purchased from the author's website, Present Instant Herbs, following the technique outlined in the publication. While I'm eliminated I am recording a lot of my travels and hopefully will get my first reserve written. Works This is the answer on many health questions.Blessings, love, and motivation for your Truest You!Jodiana It has a large amount of very very good detailed instructions Very comprehensive cleanse Easy to follow Great book!!! personally wouldn't normally use any recipe for the Master Cleanser or Liver Flush from the web. Moritz's book is not the 'cure all', but it can provide a significant piece to the puzzle.just how many ounces is that?". Okay. Liver gallbladder Great book,many thanks Detailed instructions Packed with info! It could grow behind walls and never also be noticed..! It got me years to obtain that ill and it required me about 3+ years (it emerged in layers) to obtain my health back to great again. Excellent book Superb & I also tried an intestinal cleanse recommended in the book: I drank a teaspoon of epsom salt mixed in warm water every morning for about three weeks. This is a great page of his: [. If you are thinking about connecting please feel absolve to message me Jodi at Jodiana (com). Up to now I did 5 flushes and likely to continue it rest of my entire life. This book will probably be worth the price for that by itself, and the dietary tips of what foods in order to avoid to become kind to your liver. However, I don't recommend this flush to everyone. It's pretty harsh , especially first 2-3 situations. I had to take HCL before I ate and then take enzymes after I ate, just to get food to break down. This flush is challenging. For those who scared to do it better consult your doctor. For emotional and spiritual healing I would recommend yoga and meditation. Andreas Moritz is a genius IMHO.3UPDATE MARCH 2018So I'm about to go on a 1-year journey traveling the world with a backpack. And if you've acquired a gall stone attack, this book will explain how to get the stones out of your body easily so you can avoid medical procedures. Written simply for the lay person and clear to see. I recommend this publication, and some of his other books..



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