Healing by Design

GALLSTONES/GALLBLADDER DISEASE

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Eat a "liver-friendly" diet. This means avoiding all fried foods and oily foods. But this also means staying away from heavy fats such as animal fats, butter, too many nuts and seeds, nut butters and for many even coconut oil. Use very small portions of olives, olive oil, and avocado. These are healthy fats for the liver.

2. This also means avoiding sugars and grains, especially processed sugars. Think of how damaging alcohol is to the liver of those who have abused alcohol. Sugar has this effect on the body and damages the liver. Grains are complex carbohydrates that can stress the liver as well. If you are going to eat sugar in any form, make it fruit sugar in small portions. Many gallbladders are disease and full of infection. All sugars and starches feed infectious organisms.

3. Drink raw vegetable juices for the liver like carrot, parsley, beet, lemon, and lots of greens. Also drink warm/hot liquids throughout the day. Carrot juice helps with bile flow and liver healing.

4. Use liver/gallbladder healing herbs such as milk thistle, dandelion, burdock root, chaga or reishi mushroom, gold coin grass, chanca piedra, nettle, etc. BITTERS are excellent for the liver/gallbladder such as Swedish Bitters by Flora or any other quality blend if bitter herbs.

5. Drink apple cider vinegar and lemon all day with warm water. These break down gallstones, cholesterol and fatty deposits in the liver and gallbladder.

6. Keep the burden on the liver/gallbladder by eating LIGHT. For breakfast, keep it light with a juice, smoothie or fruit only. Lunch should be biggest meal. Dinner should be LIGHT. Eating at night does not allow the liver to heal, cleanse and detox. Try to never eat anything after 7pm ideally. Eat small meals and never over-eat.

7. Please understand that the reason we have thousands of gallbladders removed is POOR DIET. Eating bread, pasta, pizza, crackers, too much meat, cheese and other dairy, sweets and various junk foods congests the organs eventually and leads to stones, buildup, sludge, bile and blockages. It is better to eat right and PREVENT gallstones than try to reverse an already damaged gallbladder.

8. Remove parasites, mycotoxins, fungus, mold, yeast and candida. A parasite cleanse BEFORE a gallbladder cleanse is very wise. Many health practitioners have learned that infections block the liver/gallbladder and prevent them from healing. Try the Spirit of Health MICROBE CLEANSE.
9. Cleanse! *The Spirit of Health 30 day liver/gallbladder cleanse* includes two liver/gallbladder flushes. To some, the flushes are controversial, but for those whose lives have been changed by it, they would tell you otherwise. A liver/gallbladder flush can remove old waste from the bile ducts and free up this organ to properly function once again.

10. If you are really suffering and want to get out of pain, go on a JUICE FAST. Drink only fresh vegetable and fruit juices (mostly veggies ideally and a fruit for taste) for anywhere from 3 days minimum up to 40 days. It will get you out of pain and allow your liver much needed rest for healing.
**Bonus recipes:**

**BEET RECIPE**  
Treatment for Gallbladder Pain

- **1 large organic beet** or beetroot (raw) washed (not peeled unless not organic) and finely grated
- **Juice of 1/2 lemon**
- **2 Tbsps flax oil**

(Flax oil is by far the superior choice here as it is an omega-3 essential fatty acid, but if you only have extra-virgin cold-pressed olive oil in the house, you can substitute it temporarily.)

Take one teaspoon of mixture every hour throughout the day.  
On day two and three make a fresh batch using ¼ of a large beet.  
Take one teaspoon of mixture 3 to 4 times a day or more.

Make this mixture to add to your salads frequently or eat alone as above 2 or 3 times a week. This will keep the bile thin and moving. Note: If you cannot get organic beets, be sure to peel them. Otherwise, use the peel as well.

Beets in any form are an excellent food for both the liver and the gallbladder.

Eat your regular meals throughout this period, striving to eat lots of fresh vegetables, good fats and to avoid refined sugars and processed foods.

**Green Soup Recipe for Relief of Gallbladder Pain**

- One bunch parsley
- 3 medium zucchini
- ½ lb. Green beans
- 5 stalks celery

Steam together for 8-10 minutes.
Or partially steam and boil in ½ cup water.
If you have a steamer, you retain more nutrients and flavor with that method.
Puré in a blender.

NOTE: THIS SOUP IS NOT FOR A GALLBLADDER ATTACK! Use the Flax Seed Tea. Liquids are best during an attack. You could try the Beet Recipe. Many find it helps, but others do better with just liquids. It is wonderful for relief from all sorts of gastric disturbances such as stomach pain, gas, and indigestion. I do not add any fat or salt to this recipe. It can be used anytime but is particularly useful as a three day fast with nothing else but water. It is both nourishing and easy to digest. You can alter the amounts to taste. More beans add more sweetness.

**Flax Seed Tea Recipe**

Useful during a gallbladder attack.
Boil 1 Tbsp of organic flax seeds in 2 1/2 cups of water for 5 minutes. Steep 10 minutes. Strain and sip slowly.
Liver/Gallbladder Flush

Day of the FLUSH

On the day of the flush, drink only juices optimally, or eat only raw fruits and vegetables, preferably apples and grapefruit. These help cleanse the liver. Eat nothing after 2pm.

**Do not eat a single gram of fat. This is the MOST important**

2:00 p.m. - Stop all food and drink

6:00 p.m. - Mix 1 Tablespoon Epsom Salts in 8 oz warm water and drink. You may add some lemon to help with the foul taste.

8:00 p.m. - Mix 1 Tablespoon Epsom Salts in 8 oz warm water and drink. You may add some lemon to help with the foul taste.

9:30-9:45 p.m. - Blend 1/2 cup (4 ounces) extra virgin olive oil (or Olive Gold O3 for OPTIMAL results, the oxygen will actually help to kill parasites and provide a deeper cleanse and flush) and add juice of 1 grapefruit without the peel, OR juice of 4 lemons without the peel. Put this by your bed.

Mix 1 Tablespoon Epsom Salts in a glass of water and put by your bed.

Visit the bathroom. You may be going to the bathroom often after starting the epsom salt water and that is fine. You may be passing yellow or greenish bile or stones. Stones are usually soft when coming out and will harder later. They are often yellow or greenish in color and may be the size of a dime or nickel. You may do an enema here just to clear things out.

10:00 p.m. - Drink ALL the grapefruit/olive oil or lemon/olive oil drink and lie immediately on your right side. Prop pillows around you. Try to stay there at least half an hour before going to the bathroom again. If you can’t stay there half an hour, go to the bathroom. Then lie on your right side again and try to sleep. You can sleep on your right side or laying flat on your back.

3:00 a.m. - Set your alarm for 3:00 a.m. (Liver cleansing time) Drink your third dose of Epsom Salts

5:00 a.m. - You may eat a light breakfast of fruit or watermelon or a juice.

Go for a colonic on this day or take an enema or colema.

Eat only juices, steamed vegetables, salads or vegetable soups this day.

On the following day, you may begin your healthy eating program again.

- **Two weeks later, do the liver cleanse again.** This is MOST important. After cleansing the liver and gallbladder, the body immediately sends more sludge to be removed.

You may do this cleanse multiple times a year depending on your need.