Liver Cleanse Action Guide

(…even if you don’t have a gallbladder)

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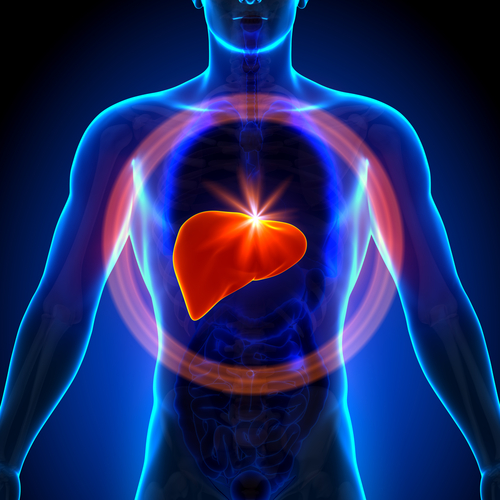
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**What is a Liver Cleanse?**





The Amazing Self-Regenerating Liver A typical liver cleanse

A liver cleanse consists of various food and herb combinations that can be made in the comfort of your own home. When consumed, these combinations cause the liver and gallbladder to eject accumulated toxins, chemical residues, and even gallstones that have been stored there - sometimes for decades.

When these toxins have been released from the liver, they empty out into the intestines where other herbal combinations specific for the intestines are used to absorb the toxins and facilitate their removal from the body.

When these toxins are removed from the body, not only do liver and gallbladder-related difficulties tend to lessen and improve, but the overall health can change for the better as well – things like chronic pain, fatty liver, hormonal imbalance, high cholesterol, brain fog and many other health complaints can lessen or even go away. Because it’s done at home and not at a doctor’s office or clinic, it allows people to take control over their own health.

It can be used by healthy individuals to maintain health, or it can be used to help regain health even in the seriously or terminally ill. Special modifications to this cleanse can be made for people who have had their gallbladder surgically removed, so that they can safely do this cleanse as well.

**Why This Liver Cleanse is Different:**

I'm a conventionally trained medical doctor with 20 years experience in healing people naturally, so I understand how your colon interacts with the liver via the portal vein and the lymphatics and specifically how natural healing routines affect your body. I’ve also been guiding people through home-made liver cleanses for over 2 decades and can tell you many of the benefits as well as potential pitfalls.

When I first started my practice, many patients came to see me that had already tried liver flushes popularized in many natural healing books and on the internet. The reason they contacted me is because they felt so ill as a result of doing these popular cleanses – even weeks after the cleanse was over. They were following poorly designed liver cleanses that caused a lot of problems such as diarrhea, vomiting, headaches and other intolerable symptoms.

* This liver cleanse is not about drinking 8 ounces of olive oil – this amount typically causes vomiting. We can flush out gallstones and toxins in a safer gentler way. We build up the amount of oil slowly until larger amounts can safely be handled and we consume a strong herbal tea afterwards to avoid the nausea.
* This liver cleanse is not about doing a harsh Epsom salt flush that causes an almost immediate osmotic diarrhea that leaves people rushing to the bathroom in a panic. Specific herbs such as wild yam help dilate the bile ducts in the liver just as effectively as the magnesium in Epsom salts does, but without the diarrhea.
* This liver cleanse is not about doing coffee enemas or colonics either. The caffeine in coffee can raise blood pressure and is not appropriate for people who suffer from high blood pressure. The caffeine in coffee can also trigger seizures in people who suffer from epilepsy and can increase anxiety in people who have an overactive thyroid, post traumatic stress syndrome and other anxiety disorders. Herbs for the liver and intestines (taken by mouth) can accomplish the same deep cleansing effects as coffee enemas but without the risks.
* This liver cleanse is gentler, free of caffeine, and far more effective.
* You should not have to run to the bathroom during this cleanse, and you don't need to take any coffee enemas or colonics. Herbal formulas can do all of this for you.

Each herbal formula in this cleanse has been fine tuned over the past two decades to be the most healing and the most effective combination of herbs.

**Benefits of Doing a Liver Cleanse & Why Pretty Much Everyone Should Do It:**

## Benefits of This Liver Cleanse include the following:

1. **Improvement in hypoglycemia**
2. **Better blood sugar regulation for diabetics**
3. **Lowered cholesterol levels**
4. **Healthy weight loss**
5. **Reduction of food, alcohol and drug cravings**
6. **Gallstones easily flushed out**  
   (this program has saved hundreds from gallbladder surgery)
7. **Helps heal liver damage (liver enzyme levels decrease to normal range)**
8. **Improved energy levels in Chronic Fatigue Syndrome**
9. **Improved symptoms of Gulf War Syndrome**
10. **Assists in the shrinking of growths in the liver, enlarged liver and enlarged spleen**
11. **Clearer thinking and better memory**
12. **Improved bowel function**
13. **Better tolerance of environmental chemicals**
14. **Improvement in blood pressure**
15. **Reduction of chronic pain**
16. **Better liver function**
17. **Reduces toxic medication reactions**

**Who Should and Shouldn’t Do This Cleanse:**

If you have signs and symptoms of a toxic liver (see below), you should definitely do this liver cleanse. Pretty much *everyone* should do this cleanse, but under certain circumstances, it’s important to modify the cleanse so that it is not too strong or that it does not aggravate an already existing health condition. Please see modifications at the end of this booklet.

People who should not do this cleanse are those who are unable to modify their diet or who are unwilling to take herbs. People who suffer from rapid heartbeat, multiple chemical sensitivities or have severe allergies may need to start with more basic herbal cleansing such as colon cleansing.

**Toxin Overload Can Build Up Silently For Many Years Without Obvious Symptoms:**

Due to the enormous amount of synthetic chemicals that have been introduced into the environment since the 1940's, it is wise to do a liver healing program one to four times a year to make sure that the liver is protected from this chemical onslaught and continues to stay healthy even if there are no obvious “liver” symptoms.

Sometimes, liver toxicity can be present for years without people realizing that their minor symptoms are signs that their liver is having trouble doing its job of detoxifying the body and digesting foods. By the time a person turns forty, it is common to have gallstones. Medical diagnostic manuals tell us that *EVERYONE* will have gallstones if they live long enough.

**Toxin Overload in the Liver Can Cause “Seemingly Unrelated” Diseases:**

Toxic chemical overload is one of the biggest reasons why so many people suffer from chronic diseases. A liver filled with toxins can cause numerous health issues from chronic fatigue to chemical sensitivity to chronic inflammation to frequent colds and flu, and much more.

When the liver is toxic, the immune system becomes weak, and health issues such as Chronic Fatigue Syndrome, Gulf War Syndrome, Multiple Chemical Sensitivity, obesity, mental illness, hormonal imbalance and all types of cancers can develop.  Additionally, many of the problems of aging are actually due to a toxic liver.

The bile that the liver normally produces should be thin and flow easily. Yet, when the liver is overloaded with chemicals, the bile becomes abnormally thick with fats, cholesterol, pharmaceutical residues and many other substances. Liver function slows down. When liver function becomes sluggish, this leaves the body open to many diseases, especially cancer.

Liver diseases left unchecked can lead to liver cancer or liver failure. Medical doctors have no cure for these conditions. This is when liver transplants are performed. Yet these problems can be avoided by learning how to cleanse and heal the liver naturally.

Many of my clients have found that after thoroughly cleansing the liver and gallbladder, these conditions lessened or simply disappeared.

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| **Do You Have These Common Signs of a Toxic Liver?** |

Toxicity in the Biliary System (liver and gallbladder) can cause one or any combination of the following symptoms:

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| **Diabetes** **Type I and II** | **Low blood sugar (hypoglycemia)** | **Low energy** |
| **Chronic indigestion** | **Trouble digesting fatty foods** | **Chronic insomnia** |
| **"Brain fog"** | **Chronic depression** | **Chronic Fatigue Syndrome** |
| **Overweight** | **High cholesterol** | **High triglycerides** |
| **Low Sex Drive** | **Jaundice** | **Hepatitis A, B or C** |
| **Chronic headaches** | **Migraines** | **Past gallbladder removal** |
| **Gulf War Syndrome** | **Gallstones** | **Fibromyalgia** |
| **Difficulty concentrating** | **Heavy metal toxicity** | **Senility or dementia** |
| **Cancer - all types** | **Past surgery on intestines** | **Alzheimer's Disease** |
| **Skin rashes, eczema, psoriasis, itching** | **Chemical sensitivities** | **Candida Yeast Overgrowth** |
| **Liver disease** | **Liver damage due to medications (past or current)** | **Liver parasites** |
| **Cirrhosis of the liver** | **Liver failure** | **Benign liver tumor(s)** |
| **Panic attacks** | **Constipation** | **Recreational drug use  (past or current)** |
| **Heart problems** | **Osteoarthritis** | **Serious, incurable diseases** |
| **Thyroid problems** | **having Crohn's disease or colitis for many years** | **having any intestinal disease for years** |
| **on hormone replacement therapy (past or current)** | **Having had the usual vaccinations** | **taking anabolic steroids (past or current)** |

Biliary toxicity may be addressed by healing the liver and gallbladder with the [**Liver and Gallbladder Regeneration Formulas**](http://drfostersessentials.com/store/Liver1_mi.php) and in combination with proper food choices.  In severe cases, other herbal healing programs may need to be added.

If you have [**signs or symptoms of liver and/or gallbladder toxicity**](http://drfostersessentials.com/store/liver_cleanse.php#livertoxicity) or a chronic disease that does not respond to treatment, then it is time to take herbs to heal the liver before the toxicity worsens and produces even more problems.

## How This Liver Cleanse Works:

The [**L/GB Formula**](http://drfostersessentials.com/store/LGBFormula_mi.php) and the [**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php) are designed to be used together with a morning juice drink to help the liver release any gallstones, parasites, or accumulated thickened bile material.

The intestinal formulas ([**Vibrant Colon Formula**](http://drfostersessentials.com/store/VibrantColon_mi.php) and [**Colon Detox Caps**](http://drfostersessentials.com/store/ColonDetoxCaps_mi.php)) included in the program help to absorb the toxins that are released from the liver and gallbladder into the intestines and stimulate bowel movements to eliminate the toxins as quickly as possible without the toxins recirculating back to the liver.

The liver cleanse does the following:

* Activates healthy bile flow from the liver, which acts as a natural laxative, helps digestion of fats in the diet, and helps process cholesterol and hormones in the liver
* Releases pharmaceutical and other toxic residues out of the liver
* Helps flush out excess fats and cholesterol from the liver
* Helps chelate out heavy metals
* Flushes out gallstones
* Helps protect the liver from toxins
* Helps the liver to regenerate itself

Liver cleansing herbs are bitter. The bitter taste sets the liver in motion, allowing it to produce bile and healthy enzymes in order to cleanse itself. Bitter tastes also activate the gallbladder to release bile, so this cleanse helps both the liver and the gallbladder. The results of clearing out the liver and gallbladder can be felt all over the entire body.

## Toxins That Can Come Out:

The most common results are that of eliminating gallstones, pre-gallstones or round fat-like globules. Some things float on the surface of the toilet water, while others must be caught in a strainer or colander to be identified later.  Other people have eliminated parasites, and rarely, mold-like material. (These people were severely ill, and thus, had quite a toxic accumulation in the liver.)

**How Long a Liver Cleanse Lasts:**

* The herbal liver cleanse typically lasts for five days if you have done one before.
* For the first time cleanse, a colon cleanse should be done the week before and during the liver cleanse. This is because even in relatively healthy individuals, the amount of toxins stored in the liver and gallbladder can be significant. The liver and gallbladder empty their toxins into the intestines and if no prep work (herbal colon cleansing) has been done beforehand, flushing out these toxins can cause unpleasant symptoms.
* The prep work lasts for about one week and does not involve any dietary restrictions – simply taking a formula for one week beforehand to ensure that the intestines are fully activated and ready for the liver cleanse. A liver cleanse can be extended for longer periods of time in those with serious health issues, or rotated with an herbal kidney/bladder cleanse (the [**Kidney/ Bladder Revitalization Program**](http://drfostersessentials.com/store/kidneys.php)).

Sometimes the Liver Regeneration Program must be repeated a few times in order to allow all of the toxic material to be eliminated.  In severe illness, a client might do this routine every other week for months until he or she is well. Once you’ve cleansed your liver thoroughly, you can do a maintenance liver cleanse every 3 to 6 months to maintain your health.

**Can I Do This Cleanse and Work at My Full-Time Job?**

If you’re severely ill, you should try to take a week off, mainly because if you’re that sick, you shouldn’t be working anyway. If you’re not severely ill, but have some health issues and it’s your first liver cleanse, I always recommend my patients start the cleanse on a Friday or Saturday for a typical Monday through Friday type of job. That way you have a few days to adjust your doses and get used to the cleanse and get your routine “down” before returning back to work on Monday. You can make the herbal tea in advance and take it with you in a thermos and you can put your lunchtime doses of capsules in a pill container or in a resealable bag. You can also take juices with you in a cooler. Once you’ve done the cleanse for the first time, doing another one is much easier and you could integrate it into your work day.

If necessary, you can shorten this cleanse to 3 days, but I would suggest doing a three-day cleanse more often such as every 2 months instead of doing a five-day cleanse every 3 months. Try to work the cleanse into your schedule regardless. Herbs don’t work sitting on your shelf and contemplating when is a good time to take them. They only work when you take them. Take a leap of faith and get started!

**Could My Liver Be Toxic Even Though My Doctor Says My Liver Function Tests are Normal?**

Your liver could easily be in toxin overload without your realizing it.Each day, we are exposed to thousands of foreign chemicals in the air in the water, in and on our foods, in our houses. Daily we are exposed to paints, solvents, preservatives, pharmaceutical medications, household cleaning chemicals, mercury residues in our fish, artificial colors and flavorings, asbestos fibers on brake pads, sodium lauryl sulfate in our soaps and detergents, industrial waste chemicals in tap water, gasoline fumes, benzene residues contained in natural gas, and pesticide residues on our morning coffee and in our foods.

Thousands of new toxic chemicals are now found everywhere in the environment (in hospitals, the air, household cleansers, beauty products, synthetic fragrances, animal products, artificial flavorings and colorings).

Although the FDA has set acceptable limits for each chemical, there are no guidelines as to what is safe when a person is exposed to multiple chemicals throughout the entire day. Most people living in industrialized countries such as the United States are exposed to multiple chemicals ALL DAY LONG EVERY DAY. There are simply no acceptable limits for being exposed to this many chemicals on a regular basis.  Our civilized lifestyle IS a toxic lifestyle.

The liver IS meant to neutralize toxins and render them harmless, but easily becomes clogged or sluggish due to improper diet and toxin exposure. Even though liver function tests at your doctor’s office may show nothing is wrong, people are suffering from mysterious signs and symptoms that their doctors do not realize are related to their liver function.

The liver is the major detoxifying organ in the body, and we have overloaded it through the years with all sorts of harmful synthetic substances. When filled with toxic substances, the liver weakens and cannot function well. This weakening eventually leads to all kinds of liver conditions, including hepatitis and fatty liver, which are now so common that it is becoming an epidemic.

**Are You Taking Any of These Liver Damaging Medications?**

## Over the counter and prescription medications can worsen liver toxicity & can cause liver damage as well as a phenomenon known to doctors as “drug-induced hepatitis.” If your doctor has prescribed a medication that requires him or her to check your blood every 6 months, this means you’ve been prescribed a medication that is already known to cause liver or kidney damage, and they’re checking your blood regularly to check for the damage.

Many people rely on over the counter medications and surgery to get rid of minor problems such as indigestion, bad breath, constipation, gall stones, aches and pains. The medications only relieve symptoms without healing the toxicity in the liver and gallbladder that caused the problem. Many people take medications that are known to be toxic to the liver.

The most commonly prescribed liver-damaging medications include the following:

* Antidepressants, especially tricyclic antidepressants
* Antipsychotic medications (used to control schizophrenia, psychosis and mental illness where the person loses touch with reality.
* Medication for high cholesterol
* Diabetes medications
* Birth control pills
* Hormone Replacement Therapy
* Testosterone
* Anticonvulsant medications (for seizures or epilepsy)
* Certain types of antibiotics

The accumulated toxins continue to build up in the liver, which can lead to progressively worse health problems until a fatal disease develops that eventually causes death. Before that time, more and more medications are added on to relieve symptoms caused by the toxicity that is never cleared out.

Synthetic medications often add to the toxicity already there, so that there is little chance of ever healing from the chronic disease. 

If you have elevated liver enzymes, always suspect a prescription or over the counter medication. Check all medication information inserts or check a layman’s version of the Physician’s Desk Reference to see if the medication you’re taking is associated with liver damage. Some medications contain a “Black Box Warning”, signifying that doctors know the medication can cause liver damage and to use caution if you must take it.

If you absolutely must take a liver-damaging medication to save your life, make sure to include the herb milk thistle in your daily regimen to help protect your liver. There is a lot of research showing milk thistle can protect your liver against liver-damaging medications. Or, talk to your doctor about switching to a different type of medication that is not potentially harmful to your liver/ does not have a black box warning.

**What About Fatty Liver?**

Being diagnosed with fatty liver is a sign that your body is having difficulty processing fats. It is a disorder of fat metabolism. Fat metabolism happens mostly in your liver. Because the fats from the foods that you eat are not fully metabolized, they can accumulate in the liver. If the fats remain there, it can increase the likelihood of scar tissue forming in the liver, which can eventually lead to further liver problems and even liver failure.

**Alcoholic Fatty Liver Disease:** We live in a culture that encourages and celebrates drinking alcohol. When we’ve had a hard day, people encourage us to “have a glass of wine” and relax. Men are encouraged to “knock back a couple of beers” on a regular basis. When we’re going through something emotional or difficult, our friends may encourage us to get drunk in order to cope with it. Drinking this much can add up and cause liver problems. Drinking alcohol on a regular basis can be a significant cause of fatty liver disease. This is called Alcoholic Fatty Liver Disease.

Then there is the major media promoting red wine as the answer to heart disease and even for longevity, when in reality, we could get just as many antioxidants that a glass of red wine provides by eating dark grapes or drinking dark grape juice or even just taking some therapeutic herbs or superfoods. All therapeutic herbs are high in antioxidants.

The reality is that groups of people who forgo alcoholic beverages entirely actually have better health. These include Seventh Day Adventists as well as Mormons. Researchers separate these two groups from the rest of the U.S. population in their statistics because their diet and lifestyle are different, and as a consequence, their rates of disease are significantly lower.

Most Seventh Day Adventists are vegetarians and they avoid alcohol, tobacco and caffeine. Mormons usually avoid tobacco, alcohol, coffee, black tea or anything caffeinated. They may also fast or abstain from food for one day each month, a practice that researchers at InterMountain Health Care believe contributes to a 40% lower lower incidence of clogged arteries. With regard to longevity, these two populations typically live ten years longer than the average American living in the United States.

**Non-Alcoholic Fatty Liver Disease:** Aside from the alcohol issue, though, some people still have fatty liver disease even though they who don’t drink a lot of alcohol. This is called Non-Alcoholic Fatty Liver Disease. According to researchers in the World Journal of Gastroenterology, NAFLD affects up to 25 to 30 percent of people in the United States and Europe. Its causes are varied and include the following:

* Certain types of medications – especially those that are known to raise liver enzyme levels
* Obesity
* Diabetes/ high blood sugar/ insulin resistance
* High triglycerides – can be caused by drinking too much alcohol, having insulin resistance, and consuming too many simple sugars including high fructose corn syrup.
* Exposure to certain liver-damaging toxins
* Hepatitis – any type
* Rapid weight loss, especially if you are constipated and you are not doing a colon cleanse while attempting to do a diet or program to lose weight rapidly. When your body burns the fat cells, where are the fats supposed to go if you can’t eliminate them? They stay in your liver.

When you do an herbal liver cleanse, you can flush out the accumulated fats in the liver and give the liver a chance to heal. Then if you are careful to avoid alcohol, liver damaging medications, environmental toxins, and too many simple sugars in your diet, the fats should not re-accumulate. If you have insulin resistance, healing the liver is part of the healing process, and further healing for the hormonal system may be needed. Additionally, if you have a low thyroid, special healing herbs for the thyroid may be needed in order to help correct the metabolism.

**What About Cirrhosis/ Scar Tissue in the Liver?**

I have seen this liver cleansing program help regardless of whether or not there is scar tissue in the liver, even in cases of cirrhosis (a lower dose is usually used).

Additional healing on the liver can be done to help open up blocked areas such as scar tissue. Taking proteolytic enzymes can help, juice fasting can help, applying castor oil packs and alternating hot and cold water over the liver area can also help open up areas in the liver previously blocked by scar tissue.

To use hot and cold hydrotherapy for your liver, use a shower wand in your shower and turn the water to as hot as you can stand without burning yourself. Direct the shower wand over your liver area - the right side of your rib cage in the front and along the right side for one full minute. Then switch to very cold water for 1 minute. This is a total of 2 minutes. Repeat the 2-minute cycle of alternating hot and cold 7 times for a total of 14 to 15 minutes.

**What if My Liver is Damaged?**

There is a myth circulating around medical professionals that herbs are unproven and could be dangerous. Herbs have been in use for millenia. Chinese and Ayurvedic Herbal texts can be traced back thousands of years with very detailed knowledge on what the actions of these herbs are. The reality is that the statistics show most people are likely to get liver damage from their over the counter medications and prescription medications than will ever happen with herbs. There are plants on this planet that exist that are poisonous, but these plants are generally not sold as remedies.

There have been a few reports of elevated liver enzymes when using large doses of cannabis, so be aware of this. With few exceptions, and because I’ve seen people heal even severe pain with herbal and emotional healing programs, I don’t find the need for cannabis much except in cases of cancer. Therapeutic herbs, when properly used, are very safe.

Only foods and herbs (and positive thoughts) can help repair a damaged liver and/or gallbladder. This is because herbs are recognized as foods. They are nontoxic, and therefore they do not cause the liver to work in order to detoxify them. Most synthetic chemicals are recognized by the body as foreign and toxic.

When the liver sees a chemical, it automatically goes into action producing enzymes to neutralize and eliminate them. This is an elaborate process involving Phase I and Phase II enzymes and increasing bile production in the liver to dilute the foreign substance. After a certain point, after all of this work trying to save the body from dangerous chemicals, the liver can begin to wear out and liver function slows down. This is where many chronic health problems arise.

The [**L/GB Formula**](http://drfostersessentials.com/store/LGBFormula_mi.php) and the [**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php) herbal formulas do not contain anything artificial or cancer-causing. The herbs gently support the liver in helping it to catch up on its detoxifying work so that it can return to producing adequate enzymes to properly digest foods and detoxify the body. Some of the herbs specifically protect the liver from damage, and help to repair a liver that has already been damaged.

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| Healing the Liver & Gallbladder Can HealMany Seemingly Unrelated Health Conditions: |

## How I Discovered Liver Toxins Are At the Core of Most Health Problems - Even if the Blood Tests Are Normal!

In 1992, when I first entered a reputable state medical school in Texas to become a conventional medical doctor, I had no idea what the liver was or that it had anything to do with healing the body. During medical school, I learned the basics about the liver - that it controls cholesterol, stores energy from the food we eat, detoxifies the blood, processes hormones and is involved in blood sugar regulation.  
  
All of this knowledge failed me when I developed epilepsy from a Hepatitis B vaccine that was required for me to get into medical school. Ironically, the vaccine that was supposed to protect my liver from Hepatitis B that I could possibly get from seeing sick patients, actually damaged my liver.

How did I find out? I went to see a holistic RN who ran some very unconventional tests that showed that my liver was extremely toxic and that this was to blame for my extreme fatigue, epilepsy, migraines and other health problems. She found the source of my problems even though my conventional liver blood tests taken by conventional medical doctors were *absolutely normal!*

How ironic it was that I was misdiagnosed by regular doctors for 2 years only to be correctly diagnosed by a nurse who had left the nursing profession to heal people naturally. To my absolute disbelief, I found that she was healing incurable diseases such as cancer, Lou Gehrig's disease, lupus, psoriasis, heart disease as well as less severe health issues such as parasites, colds and flu and other infections.  
  
Over the course of 2 years, I talked with her patients in her waiting room to see what health issues they had and how they were healing, and the upside of it was that her results were much better than what I was seeing in the hospitals and clinics where I was receiving my medical training. This made me deeply question the medical profession and, after I finished my training, it caused me to leave.  
  
So, over twenty years ago, after receiving my medical degree, and after my epilepsy had been completely cured using only natural methods as my treatment, I went off of my own to study and learn as much holistic medicine as possible. I then started seeing patients with health issues ranging in severity the very mild all the way up to incurable diseases. In over twenty years of seeing patients and using holistic healing methods, what I discovered was , besides the dietary and lifestyle changes, healing their liver was the most important factor in their recovery. If we skipped this part, the patient got a partial result, but was not cured.  
  
The following is very specific information on how I healed my patients from various liver and gallbladder issues. In healing their liver and gallbladder, I noticed other health issues disappearing. Over the years, I noticed their symptoms and what happened when we cleansed their liver.

**What About Viral Hepatitis?**

The hepatitis virus should not be considered to be the enemy, but the toxins in the liver that the virus feeds on should be.  Without malnutrition, a weak immune system, buildup of toxic fats and cholesterol, heavy metal residues and other toxic chemical substances that have accumulated in the liver, the hepatitis virus simply cannot survive.  Viruses function to clean up filth and decay in the body.

If you focus on simply “killing” the virus, you will miss an enormous healing opportunity that can occur if you heal the entire body, stop smoking, change the diet, do some juice fasting, apply castor oil packs over the liver, and do emotional healing, energy healing and other natural healing routines. Colon cleansing, blood cleansing and even a kidney cleanse can help the liver indirectly and contribute to the healing process.

Between liver cleanses, make sure to take the herb milk thistle to help protect your liver from damage. Also make sure to include deep green leafy vegetables and especially dandelion greens in your diet to continue the healing process after your cleanse has been completed.

Hepatitis A is the type of hepatitis virus that makes you acutely ill. People who get this type usually get it from eating raw seafood (such as raw oysters or from sushi) or from a person who has Hepatitis B who forgot to wash their hands before they handled your food. Symptoms include severe nausea, vomiting, jaundice (turning “yellow”) and possibly pain in the liver area (the right side of your rib cage. This type of hepatitis usually heals quickly, but if you have ever had it, you should definitely do an herbal liver cleanse to clear away any remnants of infection that could be silently hiding in the liver.

Hepatitis B and C are types of hepatitis that are more chronic. If you don’t intervene with either natural or conventional medical treatment, the liver can stay inflamed for years and can turn into liver cancer or result in outright liver failure. If you have chronic hepatitis, it’s important to take herbs for the liver and do liver cleanses. The liver cleanse can help gradually flush out infection as well as help the fatigue, body aches and arthritis that are associated with this type of hepatitis.

Another type of hepatitis is called drug-induced hepatitis. This occurs because of a medication you took. Usually it’s a prescription medication recommended by your doctor. In these cases, it’s important to stop taking the medication that caused it.

Regardless of the type of hepatitis, healing it is usually the same and involves numerous natural healing solutions as outlined above. Follow an entire holistic lifestyle and incorporate lots of natural healing strategies for best results.

## Clinical Depression & Mental Illness Linked to Liver Toxicity:

Many people believe that clinical depression is a minor problem that is caused by an imbalance in brain chemistry. In almost every case of depression and other types of mental illnesses I've seen, there has been a major problem with putrefied toxins in the liver. The brain does not have a chance of balancing itself until these putrefied toxins are removed from the liver.

The toxins have been left in the liver for so long that the odor cannot help but announce itself in the breath. "Depression breath" can be so foul that many people have difficulty speaking with the depressed person. The odor on the breath can be used as a reliable indicator of toxins in the body. The more foul the breath, the closer a person gets to an incurable disease.

Many doctors have now recognized that many types of cancer (for example, pancreatic cancer) are preceded by years of clinical depression. Yet, they do not understand the link between liver toxicity and depression.

## Liver Toxicity Linked to High Cholesterol:

Many people have been told that their liver produces too much cholesterol, and that dietary methods cannot help them.  However, when they used the Liver Regeneration Program combined with a plant-based diet (vegan diet), after a few months, ALL of them were able to lower their cholesterol levels to normal levels, no matter how high and no matter how genetic the doctor seemed to think it was. One of my own family members was officially diagnosed with high cholesterol determined to be caused by genetics. He changed his diet, did some of my herbal cleanses, embarked on a regular exercise program and his “genetically high” cholesterol mysteriously disappeared many years ago and has never returned.

Even if you do have “faulty” genetics, you can still compensate with your diet, lifestyle and supplements so that you do not need prescription medications. Cholesterol-lowering medications, especially statins, are known to raise liver enzyme levels, a definite sign that they are harmful to the liver. Yet, they are prescribed for a problem that is related, in part, to toxins in the liver. It’s ironic.

## The Low Success Rate of Conventional Medical Treatments For Viral Hepatitis:

Medical doctors admit that Interferon, the conventional treatment for viral hepatitis, is only effective 30% of the time for viral hepatitis. My clients describe the treatment as feeling like a bad case of the flu every day without a break. The muscles and joints ache and hurt. There may also be fevers. After a while, they have told me that they would rather do anything else than continue this treatment.

Yet, in the minority of cases, even though the virus may be defeated by interferon therapy, the toxicity and liver weakness that cause the virus to thrive are still there. Therefore, the liver is still open and vulnerable to other bacteria, viruses, parasites, and many other types of infections and diseases. This is probably the biggest reason why, even though the viral levels dramatically decrease in response to interferon therapy for chronic viral hepatitis, over time, liver cancer eventually develops.

Medical doctors have nothing in their arsenal that can prevent liver cancer from developing once a person has been diagnosed with chronic hepatitis.  Twenty years of chronic inflammation in the liver usually always turns into cancer. Since pharmaceutical medications must all be detoxified by the liver, they can be a further stress on an already inflamed liver. This is why I believe there will never be a "chemical" cure for hepatitis. 

## Hepatitis B Vaccine Does Not Prevent Liver Toxicity:

Vaccines cannot rid the liver of this toxic buildup, either. Vaccines can add more toxic burden onto an already overloaded liver. The Hepatitis B vaccine was originally developed from the infected blood of I.V. drug users. Human blood can contain many types of viruses and bacteria. Many of these drug users later developed HIV and AIDS. There is simply no way to know that the Hepatitis B vaccine contains only the Hepatitis B virus without any viral contaminants, which are too small to be filtered out of the vaccine.

Many years ago when the polio virus was developed, it was believed that it contained only the polio virus. It was developed from the kidney pus of pigs infected with the polio virus.

Pus contains many types of bacteria and viruses, so the researchers tried to "clean" the pus. They believed they were successful. However, after many new discoveries in science, researchers reexamined the polio vaccine and found that it contained more than a hundred different types of live bacteria and viruses that were unknown to them when they first developed the vaccine.

One of these viruses was the SV40 virus. This virus was later found repeatedly in various cancerous tumors, and especially in malignant breast tumors. Based on this, researchers now believe that this virus causes cancer. Many scientists believe that polio was not eradicated at all, but that it merely mutated into the viruses that now cause multiple sclerosis.

## Vaccines May Contain Liver Toxic Substances:

Vaccines sometimes also cause the diseases they are designed to prevent. In the last few decades, every case of polio in the United States has been caused by the vaccine itself. The vaccine often contains many harmful preservatives, including mercury, which is highly toxic to the liver, kidneys and nervous system. In premature infants given the Hepatitis B vaccine at birth, their blood levels of mercury increased to unacceptably high levels. Because of this, doctors are no longer administering this vaccine to premature infants, and gradually, manufacturers have stopped producing this vaccine with mercury added.

Many also believe that the main reason for the polio epidemic was due to the high number of tonsillectomies performed. At the time, doctors did not know that the tonsils are the only organ that can produce antibodies that fight polio, so this left vast numbers of people helpless against polio infection. The tonsils are a vital part of the body's immune system that help protect it against many types of infections.

After learning this lesson the hard way, it’s time we learn the alternatives to removing vital organs and instead, learn how to cleanse and regenerate them naturally instead.

## The Liver Stores Fat-Soluble Toxins:

The liver and gallbladder easily accumulate toxic fats and fat-soluble chemicals such as pesticides, cholesterol and hydrogenated fats (such as margarine) and rancid fats.

Rancid fats come primarily from commercial vegetable oils as well as from nuts that have gone bad.

Peanuts are commonly stored in silos for years before they are ever sold in stores. In the silos, they begin to accumulate mold. This mold contains Aspergillus, which releases a highly toxic substance called Aflatoxin B - a substance known by medical doctors to lead to liver damage and liver cancer. Because many nuts are stored for years before being sold in stores, they commonly go rancid. To cover up the rancid taste, manufacturers roast and salt the nuts. Pesticides are also fat-soluble toxins that are stored in the liver.

## Recreational Drugs May Contribute to Liver Toxicity:

Probably over half of my clients have done some recreational drugs. These drugs leave toxic residues in the liver. These residues continue to cause cravings for the drug, contributing to addictions. Also, smoking sends hundreds of unnatural (and radioactive) chemicals to the liver for detoxifying.

All of these chemicals overload the liver and cause it to back up. Then the chemicals go into the bloodstream where they can cause all sorts of problems and symptoms.

## Good News - The Liver Can Regenerate!

This toxicity process can be reversed at any time by creating a healthy environment for the liver. This environment includes healthy foods, juices and herbs to help clear out the toxins. Then, most importantly, it is important to stop exposing yourself to chemicals that damage the liver.

As the liver gets healthier, putrid body and breath odors normally disappear. The liver has an enormous capacity to heal when the toxins are cleared out of the way. I've had many clients who have healed themselves from all types of hepatitis and liver tumors using this program as a foundation.

**–––––– WARNING ––––––**

## Harsh 8-oz. Olive Oil & Salt Liver Flushes:

There are many versions of liver/gallbladder flushes floating around. Many of them are too harsh for people who are ill. These involve consuming an entire cup of olive oil and using salt as an intestinal flush. Consuming eight ounces of olive oil often results in nausea and vomiting. At least half of all the patients I know who attempted the 8 ounce flush vomited. No one told them to add any digestive herbs or digestive teas just after drinking the oil mixture in order to avoid the nausea and vomiting.

If you can't keep the flush down, how are you going to flush out gallstones? I have found that most people can handle about half this amount of oil or even up to 6 ounces of olive oil as long as they take [**digestive herbs**](http://www.drfostersessentials.com/store/DigestiveFormula_mi.php) (Digestive Tonic) and/or [**digestive herbal tea**](http://www.drfostersessentials.com/store/DetoxChaiSpice_mi.php) (Detox Chai Spice Tea) afterwards. This way, no one vomits.

Now, onto the salt issue: Consumption of the salt mixture usually results in watery diarrhea within a half hour.  Sure, it will get the intestines moving - within half an hour and in an uncontrollable way involving rushing to the bathroom and possibly having an accident.

Despite the seemingly dramatic results, this is actually a poor intestinal cleanse and does not result in the elimination of the mucoid plaque layer of the intestines. (a hardened layer of mucus that comes out usually in one long piece molded into the shape of the intestines) when doing a strong colon cleanse with herbal formulas and juice fasting)

Diarrhea can deplete vital electrolytes, cause extreme fatigue and can be dangerous for those on heart medications and other medications that depend on proper electrolyte balance. It is never necessary to induce diarrhea in order to cleanse the colon.

Many a patient of mine have had colonoscopies and drank the gallon of fluid designed to "clean out the colon" for the colonoscopy. It induces the same type of diarrhea - called "osmotic" diarrhea. When taking this solution, patients have to make multiple urgent trips to the bathroom, and this procedure ends up being an exhausting and depleting experience for many people. My grandmother had to drink this fluid in the hospital while in the hospital for a bleeding ulcer (caused by her medications), and she at one point became so weak, she was crying and shaking and telling us she didn't know if she was going to make it through the night.

Despite being told that the solution "cleans you out," after leaving the hospital, she still had just as many health problems as before and just as severe of a constipation problem as she ever had. And she never passed the mucoid plaque layer, either.

Many types of popular liver flushes rely on large quantities of oil to cleanse the liver without using herbs that protect the liver from the very toxic materials that can come out. The Liver Regeneration Program contains herbs that specifically protect the liver as well as cleanse it and naturally strengthen its functions.

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| **The Dangers of Gallbladder Surgery** |

So, you've been having pains due to a gallbladder clogged with gallstones. Your doctor says he/she wants to remove your gallbladder. Why might you think twice about this surgery?

## Gallbladder Removal Does Not Improve Overall Health:

First of all, removing the gallbladder (cholecystectomy) will only help the temporary situation and will do nothing for overall health. For example, although the doctor may remove the cause of the pain (the gallbladder full of gallstones), he or she cannot remove the gallstones that have collected in the liver.  Surgeons notice these stones in the liver during surgery, but while they may be able to remove a few of them, they cannot remove them all. There are simply too many of them and they are spread throughout the entire liver. Removing the entire liver is not an option, since this would be fatal.

The reason the gallbladder becomes toxic with stones is because the liver is toxic. Surgeons also cannot remove bile sludge and other toxic accumulations from the liver, either.  Because doctors can do nothing to improve the functioning of the liver - toxins continue to accumulate there. This means that every health problem one has that is the result of a toxic liver ([**see above**](http://drfostersessentials.com/store/liver_cleanse.php#livertoxicity)) continues and worsens. Over the years, migraines worsen, constipation problems worsen, energy levels continue to decrease, memory loss worsens, and people continue to put on unwanted pounds.

## The Gallbladder Has Very Important Functions:

Second of all, the gallbladder has very important functions. It cannot be removed without adverse effects on body functions. Sure, you can survive without a gallbladder. But chances are, you're not going to feel great, and you're going to be left with some chronic problems - especially with digestion.

The most important function of the gallbladder is to concentrate and store a specified amount of bile that is produced by the liver. Bile is needed in order to digest the fats in foods. When a person eats a meal, the gallbladder contracts and releases a large dose of concentrated bile into the intestines to help digestion of fats. This large dose is needed to order to properly digest a full meal.

Without a gallbladder, the bile produced in the liver slowly drips out into the intestines a drop at a time. The bile is no longer concentrated, so its functions are weakened. Now, the amount of bile is no longer enough to properly digest a full-sized meal. After gallbladder removal, many people typically find that they can no longer eat a full meal without indigestion. They end up having to eat small snacks frequently thoughout the day, and must avoid fatty foods. There is also research now showing that removal of the gallbladder can lead to inflammation of the intestines that increases the risk of colorectal cancers.

## Risks Come With Every Surgery:

Thirdly, whenever surgeons operate, there are always risks. These normally include: bleeding, infection, stitches coming undone (dehiscence), blood clots, bile duct injury and rarely, death. I have known people to die from simple routine surgeries including cholecystectomy as well as liposuction and hemorrhoid surgery.

## Gallbladder Removal May Lead to Diabetes Later On:

Fourthly, the long-term effects of gallbladder removal: probable predisposition to diabetes mellitus (insulin resistance).  When the gallbladder is not present to properly digest foods, it places an unusually large burden on the pancreas to produce digestive enzymes to pick up the slack. The body will always try to compensate when an important organ is removed. (When one kidney is removed, the other kidney enlarges in order to compensate.) Unfortunately, no one has two gallbladders. The burden then falls on the pancreas.

The pancreas will try to compensate for the lack of digestive enzymes after the gallbladder has been removed, and produce extra digestive enzymes. However, after years of trying to compensate, the pancreas can become overworked and has a tendency to wear out. When it wears out, diabetes appears.

Unless liver cleansing programs are used to clean out the liver toxicity that started this problem in the first place, there may be no chance for healing the diabetes. Although herbs may be taken to strengthen the pancreas (e.g. cedar berries, etc.), unless the liver is also healed, the diabetes may not improve.

As many natural healers insist: proper digestion is the number one most important factor in maintaining good health.

How to Cleanse Your Liver

(…even if you don’t have a gallbladder)

# IMPORTANT: If you suspect gallstones, or you are over the age of 35, you may want to do a stone dissolving cleanse first: A lot of people have gallstones and they may not do well without dissolving the stones FIRST. The simplest stone cleanse is to add the Stone Buster formula during your prep week before you start the liver cleanse. There is also a stronger stone cleanse that I sometimes recommend which is called the Simplified Stone Cleanse. The Simplified Stone cleanse includes the Stone Buster formula as well as a stone-dissolving herbal tea, an herbal antispasmodic formula called Peaceful nerves and the two intestinal cleansing formulas (Vibrant Colon and Colon Detox Caps) More information can be found at DrFostersEssentials.com

# This is a suggested guideline for example purposes. It does not have to be followed exactly. Doses are adjustable up or down, depending on your response to the herbs. Time of day does not have to be exact. Use your intuition to guide you.

# Preparation for the Liver Regeneration Program:

# (A Few Days to a Week Before You Start the Cleanse):

# The Colon Cleansing Formulas (Vibrant Colon, Colon Detox Caps, Colon Start Plus):

# For most people, this stage lasts around a few days, until the bowels are moving 2 to 3 times daily, but it can be extended for a week or longer if needed.

# Start with 1 capsule per day with dinner of Vibrant Colon Formula. The next day, if you notice an increase in bowel movements, then maintain this dose. If not, then increase your dose to an additional capsule the next day (2 capsules on the second day, 3 capsules on the 3rd day, etc.) until you get to the dose that makes you have 2 to 3 bowel movements per day. Maintain this dose for the rest of the week.

# If you already have loose bowels: do not take Vibrant Colon or Colon Start Plus at all (now or during the Liver Regeneration Program). Instead, take just the Colon Detox Caps to help slow down the bowel movements.

# For people that suffer from more severe constipation (a bowel movement every other day or less often), they benefit from taking a stronger colon stimulating formula called Colon Start Plus (instead of the Vibrant Colon Formula). The Colon Start Plus formula has a stronger laxative effect in addition to its colon cleansing properties. Begin with one capsule with dinner. If needed, increase each day by one additional capsule at dinnertime until bowels are moving once for each major meal eaten in a day. (2 meals = 2 bowel movements, 3 meals = 3 bowel movements). This formula takes around 12 hours to produce a noticeable effect, so if you take it at dinnertime, you can expect your bowel movements to be affected in the morning time and may have an extra one in the morning. If you take the formula in the morning, most of your bowel movements will occur in the evening time.

# If you are having less than 2 bowel movements per day, and you start the Liver Regeneration Program anyway, you may experience healing reactions due to the inability of your body to release the toxins through the bowels.

* After your one-week prep, your bowel should be moving 2 to 3 times daily and you will be ready to start the liver cleanse. If not, extend your prep week out until you get this result. During the liver cleanse, you will add additional formulas (L/GB Formula and Detox Chai Spice tea) onto this prep routine.

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# The Liver Regeneration Program:

# (Lasts for Five or Six Days – 6th day is optional):

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# Vibrant Colon, Colon Starter Plus or Colon Activator: continue taking the dose needed to maintain 2 to 3 bowel movements per day (unless juice fasting. If juice fasting, you will have less bowel movements because you’re not consuming solid food. In this case, aim for 1 to 2 bowel movements daily.) Skip the above formulas if at any point you have diarrhea.

# Colon Detox Caps: Take 4 to 8 capsules 3 to 4 times daily with 1½ to 2 glasses of water or diluted fruit or vegetable juice. Wait at least ½ hour after taking this formula before taking any food or any other herbal formula. For those with constipation or bloating, dose can be reduced to 4 caps 3 times daily.

**Detox Chai Spice Tea:** 2 cups tea can be made fresh each time, or all 6 cups made be made at one time with the remainder refrigerated for later in the day. Follow directions on package, tripling the recipe: use 3 to 6 tablespoons Detox Chai Spice Tea in 60 ounces of distilled water. Simmer (covered) for 20 minutes, then strain. Let cool slightly before drinking. The most important and mandatory dose of the day is the morning dose of Detox Chai Spice Tea. It is important to drink the tea right after the liver flush drink to help digest it. Otherwise, the tea can be drunk at any time - with meals or between meals.

**How to Take Alcohol Extracts: L/GB Formula, Blood Detox Formula:** to reduce the alcohol content in liquid alcohol-based herbal extracts, add around 2 ounces of boiling water to 2 droppers full of the liquid formula in a mug and let sit for 5 minutes while the alcohol evaporates.

* Can be mixed into Detox Chai Tea or liver flush drink, but it will add a bitter taste to these. You can add liquid or powdered stevia to sweeten it.
* Can be taken with meals or between meals as long as they are taken 3 times daily.

* To make the program stronger, the Blood Detox Formula can be added to this five-day program: 2 droppers full 3 to 4 times daily.
* Parasite herbs (The AntiParasite Formula) can be substituted for the liver cleansing formula (L/GB formula) in cases of Candida, parasites or yeast-related problems

* Immune system formulas (the Echinacea Premium formula) can be substituted for the blood cleansing formula (the Blood Detox Formula).

**Example: Days 1 through 5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pre-Breakfast**  **~ ½ hr. before breakfast** | **Breakfast** | **Pre-Lunch**  **~ ½ hr. before lunch** | **Lunch** | **Pre-Dinner**  **~ ½ hr. before dinner** | **Dinner** | **Evening** |
| Colon Detox Caps | Liver flush drink  15 minutes later:  2 cups Detox Chai  2 droppers full  L/GB Formula  **Optional:**  2 droppers Blood Detox Formula | Colon Detox Caps | 2 droppers full  L/GB Formula  2 cups Detox Chai  **Optional:**  2 TBS Essential Nutrients &  2 droppers Blood Detox Formula | Colon  Detox Caps | Vibrant Colon  2 cups Detox Chai  2 droppers full  L/GB Formula  **Optional:**  2 droppers Blood Detox Formula | Colon Detox Caps |

**Stronger Liver/Gallbladder Flush Option:**

This is for people who want to do a stronger flush or flush out lots of gallstones. It’s the strongest I can make the liver cleanse without a significant problem with nausea.

1. On the fifth day, take all recommended herbs except, instead of making the morning drink, wait until the evening and make this stronger liver flush drink instead.

2. Make the following evening mixture with an equal amount of oil and juice and blend in a blender to fully emulsify the oil and juice together:

* 4 to 6 ounces sesame oil or olive oil PLUS
* 4 to 6 ounces fresh-squeezed lemon or orange juice.

You may want to start with 4 ounces of oil the first time you do this cleanse just to see how it affects you. Then you can try the 6 ounces of oil the next time you do a liver cleanse.

3. Drink two ounces per hour of this mixture starting at 6 PM.

4. Keep any of the following on hand to help control nausea:

* 1 drop peppermint oil in 4 oz. water
* 10 drops ginger tincture
* 1 to 4 cups strong Detox Chai Spice Tea.

5. Lie on right side in order to allow gallstones to pass.

6. Continue taking Vibrant Colon and Colon Detox Caps for a few days afterwards to absorb any remaining toxins in the system.

## Colon Cleansing During a Liver Cleanse:

It is very important to take the intestinal cleansing formulas (Vibrant Colon and Colon Detox Caps) while doing any type of liver cleansing program. I consider this to be so absolutely crucial to the success of a liver cleanse that it is included in the Liver Regeneration Program.

Once toxins are flushed out of the liver, the bile ducts take them directly to the intestines. At a certain place in the intestines called the terminal ileum, bile salts, cholesterol and other substances are recycled back to the liver in a process called enterohepatic recirculation. Unless there are intestinal formulas in the body that can absorb these toxins out of the body, sometimes you can have difficulty getting the toxins all the way out (especially if there is constipation). Doing a liver flush while even mildly constipated or without the herbal intestinal formulas can make people feel ill, so it's important to do the full Liver Regeneration Program and not just the herbal formula to cleanse the liver ([**L/GB Formula**](http://drfostersessentials.com/store/LGBFormula_mi.php))

**[](http://drfostersessentials.com/store/Liver1_mi.php)**

**What Not to Eat and Drink:**

**Animal products:** Red or white meat, fish, dairy products

**Beverages:** soft drinks (soda pop), coffee, black tea.

Green tea is acceptable as a substitute for coffee and to avoid caffeine withdrawal headaches that occur when a person suddenly stops drinking coffee. (With 6 cups of [**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php) per day and fresh juices, it's not likely you will feel thirsty.)

### What to Eat and Drink During This Liver Cleanse:

**There Are Four Different Diets To Choose From:**

Choose one of the following diets to follow during your liver cleanse. All are valid diets, but some work more strongly and quickly to detoxify the body. Diets are in order from weakest detoxifying effect to the strongest.

* 1. A Non-Junk Food Diet
  2. A Plant-Based Diet with Raw and Cooked Foods
  3. A Raw Living Foods Diet with Plant Foods Only
  4. A Juice Fast

**The Four Liver Cleanse Diet Options:**

1. **A non-junk food diet:** eat small amounts of meat, fish, eggs, but no dairy products, no soda pop, no ice cream, no desserts, no chips, no bread, no candy, no margarine, no “vegetable oil,” no coffee or black tea. This is the bare minimum diet that should be followed to get benefits out of the liver cleanse. Seriously – do not eat ice cream during this cleanse.
2. **A Plant Food Diet with Raw and Cooked Foods:** consisting of all plant foods and no animal products. Foods can be either raw or cooked. Foods include vegan crackers, hummus, cooked or steamed vegetables, salads, baked potato with olive oil and unprocessed salt/ Celtic salt/ Himalayan salt.
   * No animal products: meat, chicken, turkey, fish, seafood, venison, pheasant, duck, eggs, dairy, milk, yogurt, cheese, pudding, butter, gelatin, gelatin, whey, dairy protein drinks, etc.
   * Eat fruits, vegetables, beans, grains, nuts and seeds.
   * Good foods to consume during this cleanse:
     + **Salads:** Couscous, spinach salad, mixed green salad, tabouli
     + **Snacks:** hummus with whole wheat pita or other whole grain or gluten-free bread, soy yogurt, pumpkin seeds baked in tamari sauce, whole grain dairy-free crackers with olive tapenade, celery sticks with almond butter, raw veggies with hummus, rice cakes (made with brown rice), baba ganoush with veggies
     + **Soups:** lentil soup, black bean soup, miso soup, vegetable soup, butternut squash soup, split pea soup
     + **Meatless meals:** beans and brown rice with cooked spinach or collard greens, veggie burgers with tomato/lettuce/sprouts/mustard, meatless tofu hotdogs on whole grain or gluten-free bun with mustard; whole grain veggie lasagna with soy cheese; whole grain pasta with marinara sauce and veggies; marinated baked tofu with veggies and brown rice; whole grain or gluten-free spaghetti with veggies and tomato sauce, vegan veggie burgers
     + **Veggies:** baked potato with olive oil/sea salt /chives /sunflower seeds or salsa, couscous with veggies, baked zucchini slices, wild rice or brown rice seasoned with veggie bouillon/seasoning and asparagus or other veggies, green beans with slivered almonds, baked summer squash, quinoa with veggies, eggplant with garlic sauce on brown rice, stir-fry veggies with coconut milk curry sauce and brown rice
     + **Beverages:** almond milk, rice milk, non-GMO soy milk, coconut milk, herbal teas; filtered water, spring water or distilled water.
     + **Desserts:** Try to stay with fruit rather than actual “desserts” – have baked apples with dates and almonds and cinnamon, frozen grapes, mashed sweet potatoes with Grade B maple syrup and cinnamon, baked banana with coconut and slivered almonds, fresh cranberry sauce, etc. If you are diabetic, avoid honey, maple syrup, dates, dried fruit and use stevia and/or monk fruit concentrate instead.
     + **Breakfast:** dairy-free granola with coconut milk or other nondairy milk; oatmeal with rice milk, coconut butter and stevia; cooked millet with fresh fruit, nondairy milk & stevia
3. **A Raw Vegan Diet** consisting of only raw and living foods and no cooked foods. A raw vegan diet (living foods diet) is the next strongest detoxifying diet after juice fasting, and will produce excellent results.  Consuming all foods raw may also help to shed some unwanted pounds. Includes the following:
   * Diluted fruit juices (half juice + half water)
   * Vegetable juices
   * Herbal teas (including green tea if you are a daily coffee drinker)
   * Salads with homemade salad dressing (fresh avocado dressing, fresh lemon juice & olive oil dressing, garlic vinaigrette, etc.) To make avocado dressing, peel an avocado and throw it in a blender with lemon juice, garlic. Blend on high speed until smooth. Add additional water to thin to aid blending and to thin to desired consistency.
   * Nuts, seeds, and grains that have either been soaked overnight in water or sprouted. For optimal digestion, soak seeds or nuts in a bowl of water overnight (8 to 12 hrs.) before eating the next day.
   * Eat only fruits, vegetables, sprouted grains (sprouted barley, sprouted wheat, etc.), sprouted beans (lentil sprouts, chickpea sprouts, mung bean sprouts, etc.), sprouted veggies (onion sprouts, radish sprouts, broccoli sprouts, etc.) seed sprouts (sunflower sprouts, fenugreek sprouts), nuts (almonds, walnuts, pecans, pistachios, macadamia nuts, Brazil nuts, etc.) and seeds (sesame seeds, sunflower seeds, chia seeds).
   * For example, salads (pile on the veggies) with olive oil and lemon juice, avocado, fruit smoothies (orange, apple or pineapple juice with any fruit), apple slices or other fruit with raw nut butter, raw carrots/cauliflower/broccoli/celery or other raw veggies with raw almond butter, plums, fresh pineapple, mango, dehydrated flax crackers with fresh raw salsa or fresh raw guacamole (no sour cream), raw coconut milk and flesh from Thai coconuts, raw beet borscht soup, raw cucumber soup, dehydrated veggies such as zucchini or eggplant slices, dehydrated kale chips.
   * It is not recommended to consume a raw diet if you have colitis, a stomach ulcer, peptic ulcer or Crohn's disease because it could further irritate ulcerated areas (it’s preferable to use a cooked bland diet or juicing diet for these instead).
4. **A Juice Fast:** A complete juice diet is the most healing and detoxifying (drinking a gallon of fresh vegetable and/or fruit juice daily).
   * If possible, try to do an all juice diet for at least one day out of the six-day program.
   * Or Try for 2 to 3 days of juice fasting during this cleanse if you want to push yourself and get a stronger cleanse.
   * Or go all out and juice for the entire 5 days of the liver cleanse.
   * A juice fast is not a starvation diet. Depending on your weight, you should drink at least 2 quarts per day of juice per day in order to maintain your body weight. Most, but not all, people will lose weight during a juice fast.

**Examples of juice combinations:**

* Carrot/ celery/ spinach/ parsley/ apple/ ginger
* Celery/ parsley/ apple/ fennel
* Kale /grape/ apple
* Lemon/ apple/ ginger
* Dandelion/ parsley/ apple/ ginger
* Cucumber/ celery/ parsley/ zucchini/ lemon

If you are diabetic, it is best not to juice fast, but follow any of the other options listed here, ideally a raw living foods diet since it is high in enzymes and can, over time, help the pancreas heal.

**Taking Medications and Other Supplements During the Liver Cleanse:**

Generally speaking, you should continue taking any medications you are on while you do the liver cleanse. If you are taking blood thinners to thin your blood, you should not do this liver cleanse, but you could do some colon cleansing formulas.

If you are taking any life-saving supplements that you must have, continue taking them during this cleanse.

Any daily multivitamin should be discontinued during this cleanse, unless they are food-based. Daily multivitamins are synthetic and can irritate the bladder and even cause health problems. Calcium supplements, particularly calcium carbonate, should be discontinued during this cleanse as they are typically made from indigestible substances such as ground up rocks which research says could cause hardening of the arteries, cause kidney stones and even lesions in your brain.

|  |
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| **The Liver Regeneration Program Herbal Formulas:** |

## 

## The Four Herbal Formulas Included in this Liver Cleanse:

1. **Liver/Gallbladder Herbal Formula** ([**L/GB Formula**](http://drfostersessentials.com/store/LGBFormula_mi.php))
   * + Helps the liver and gallbladder release toxins and protects the liver from toxins harmful to the liver (hepatotoxins). A cooling formula for excess heat in cases of inflamed liver and other liver issues.
     + ****Contains the following herbs:
       1. **Turmeric root** – anti inflammatory herb that stimulates bile to flow from the liver
       2. **Gentian root** – stimulates bile release from the liver from the liver, antiparasitic, tonic, strengthens digestion, helps loss of appetite, indigestion, jaundice, and weakness
       3. **Milk thistle seed** – protects liver from toxins, even Aflatoxin B and poisonous Amanita mushrooms (according to research)
       4. **Dandelion leaf** – stimulates bile flow from the liver
       5. **Oregon grape root** - purifies blood, helps digestion, tones, strengthens liver, stimulates production of bile flow from the liver, gentle tonic laxative.
       6. **Wild Yam** – antispasmodic for the GI tract, anti-bilious, eases flatulence, stimulates bile production, strengthens liver, helps dilate bile ducts to allow passage of small stones, helps gallbladder spasms and pains, and helps intestinal irritation and liver congestion.
       7. **Ginger root** – stimulates circulation, warms the body, helps digest fats and oil in the morning oil drink, relieves nausea

* **Suggested Dose:** take 2 droppers full (60 to 70 drops) 3 to 5 times daily added to around 4 ounces of water. You can sweeten it with stevia, but if possible, don’t sweeten, as the bitter taste helps activate and cleanse the liver and gallbladder. Reduce dose to half if unwanted die-off reaction occurs. This formula contains a very small amount of alcohol. A dose contains about the same amount of alcohol as that contained in a ripe banana. If you object to the alcohol, you can add a few ounces of boiling water to a mug and add a single dose to evaporate the alcohol.

2. **Warming, Digestive Diuretic Tea:** ([**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php))

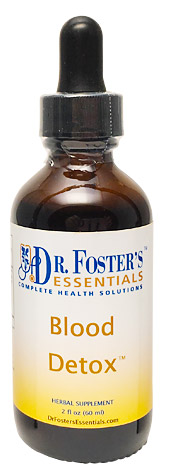
* + - This formula helps warm the body, stimulate the circulation, stimulate the digestion of dietary fats and oil, helps chelate heavy metals from the body, and promotes urination.
    - Contains the following herbs – Roasted Dandelion root, Cardamon seed, Black Peppercorn, Cinnamon bark, Burdock root, Fennel seed, Clove bud, Juniper berry, Licorice root, Orange peel, Pau d’Arco bark, Sassafras root, Ginger root, Uva Ursi leaf, Horsetail herb, Dandelion leaf, Parsley leaf
    - **Suggested Dose:** drink 2 cups in the morning following the liver flush morning drink to help avoid potential nausea that can sometimes result from consuming oil. Then drink 2 more cups 2 more times daily if possible. Can use liquid or powdered stevia to sweeten if desired. You can also add a teaspoon of organic coconut milk powder to enrich the flavor so that it’s like a delicious “herbal latte.”
    - To make this tea the strongest and most therapeutic, pre-soak 2 TBS in a quart of water the night before and make the tea the next morning. In the morning, the water should have already started to turn dark from the therapeutic component already extracted by the water.
    - This tea contains roots and barks. Roots and barks are stronger and more therapeutic than flowers and leaves, but, unlike flowers and leaves that can be turned into a tea simply by pouring boiling water on them, roots and barks should be simmered for at least 15 minutes to draw out the therapeutic properties. You can even simmer for longer – an hour if you have the time, but make sure to add lots of water to compensate for the loss of water that happens during simmering.
    - This tea can be made in one large batch with the leftover amount refrigerated to drink throughout the day.
* **3. Colon Stimulating Formula:** [**Vibrant Colon Formula**](http://drfostersessentials.com/store/VibrantColon_mi.php) or [**Colon Start Plus Formula**](http://drfostersessentials.com/store/TurkeyRhubarbFormula_mi.php) (extra strength)
* Stimulates movement of bowels, helps kill many types of parasites, increases frequency of bowel movements, cleanses the spleen and liver, reduces inflammation, and soothes the intestinal lining. (Those with active diarrhea or colitis, do not use the Vibrant Colon or Colon Start Plus Formulas as these herbs have a laxative effect.)
* Contains the following herbs:
* **Cape aloe leaf** – cathartic laxative, helps liver complaints
* **Cascara Sagrada bark** – helps reduce fevers, helps loss of appetite and indigestion, anti-bilious, helps balance blood sugar, stimulates peristalsis, strengthens liver, helps hemorrhoids, antiparasitic. Traditionally used by herbalists to help gallstones.
* **Slippery Elm inner bark** – soothes intestinal lining, reduce inflammation in the GI tract
* **Turkey Rhubarb root** – helps weak digestion & lack of appetite, antiparasitic, strengthens liver, tonic, cathartic laxative, stimulates saliva production, stimulates release of bile from the liver, can help diarrhea by removing irritating matter from the intestines, can help hemorrhoids. One of the few herbs that is good for both diarrhea and constipation.
* **Barberry bark** – tonic, laxative, antiseptic, helps reduce fevers, helps indigestion & loss of appetite, antacid, stimulates urination, causes bile to flow more freely from the liver, removes waste matter from the stomach and bowel, helps weakness due to ill health, cleanses spleen, helps regulate blood sugar, helps gallbladder function, strengthens digestion, releases inflammatory deposits, helps skin problems and liver complaints
* **Psyllium seed** (very small amount) – swells and absorbs toxins from the GI tract, mildly laxative in this formula
* **Senna leaf**– tonic, cathartic laxative, anti-bilious (helps stomach pain, nausea, vomiting and headaches caused by liver and gallbladder dysfunction), relieves indigestion, reduces fevers.
* **Suggested Dose:** 1 more capsules with dinner, once daily. Average dose is 3 caps per day at dinnertime. Take whatever dose increases bowel movements to have 3 per day. For indigestion or specific problems with the stomach, twist open the capsules and mix with 2 ounces of water so that the formula is absorbed by the stomach. Colon Start Plus is a formula that has a stronger laxative effect and is recommended for people who have a bowel movement every other day or less often.

**4. Colon Absorptive/ Drawing & Detoxifying Formula** [**Colon Detox Caps**](http://drfostersessentials.com/store/ColonDetoxCaps_mi.php)(very important – everyone should take this)



* Absorbs toxins that are flushed out by morning oil flush drink and liver/gallbladder cleansing herbs, thereby reducing the Herxheimer reaction and die-off symptoms.
* Absorbs candida die-off and die-off from other harmful microbes in the gut
* Helps chelate out heavy metals from the bod
* Mucilaginous herbs soothe the intestinal lining and helps remove the mucoid plaque layer (especially if used with a juice fast)
* Contains Activated Willow Charcoal, Psyllium seed, Bentonite Clay, Apple Pectin, Slippery Elm Inner Bark, Marshmallow root, Licorice root, Flax seed, Fennel seed
* Particularly helpful in removing the mucoid plaque layer in the GI tract (especially when combined with juice fasting and Vibrant Colon)
* **Suggested Dose:** take 4 to 8 capsules 3 to 5 times per day during the liver cleanse and a few days afterwards to absorb any remaining toxins released from the liver and gallbladder. Take capsules on an empty stomach by itself (without any other supplements or medications) with 8 to 16 ounces distilled water between meals. Allow one hour before or after taking the [**Colon Detox Caps**](http://drfostersessentials.com/store/ColonDetoxCaps_mi.php) before taking any doctor-prescribed or over the counter medications.
* In someone who has weak digestion, they may not digest capsules until after they have passed the stomach. Therefore, for any stomach issue, break open the capsules. This formula can also be taken in powder form ([**Colon Soothe Formula**](http://drfostersessentials.com/store/ColonSoothe_mi.php)), which is preferred for anyone who has issues with the esophagus or stomach.
* This formula can be constipating for some people in larger doses (6 to 8 capsules at a time). In smaller doses (2 to 4 capsules at a time), it tends to have a mild laxative effect. If you are constipated during the cleanse, increase your dose of Vibrant Colon or reduce your dose of Colon Detox Caps.

**Optional Additions:**

* Stone-dissolving formula - [**Stone Buster**](http://drfostersessentials.com/store/Stone_Buster_mi.php) (if large or multiple gallstones are suspected or known). This is a formula containing marshmallow root, hydrangea root, gravel root and chance piedra. The marshmallow root helps soothe the urinary tract and biliary tract as stones are being dissolved. For maximum effect, consume 1 ounce per day for four days along with Vibrant Colon and Colon Detox Caps during the prep week for the liver cleanse. Or take 2 droppers 3 times daily during the liver cleanse for a milder cleanse.
* Blood cleansing formula - [**Blood Detox**](http://drfostersessentials.com/store/Blood_Detox_Formula_mi.php) if rashes or skin issues are a concern or if a serious health issue is present. Cleanses the lymph and blood so that toxins do not erupt out onto the skin. Helps to reduce and clear rashes and skin breakouts.
* [**Ginger Extract (Tincture**](http://drfostersessentials.com/store/GingerTincture_mi.php#ginger)**)** - can substitute for fresh ginger and allows you to make the morning flush drink without a noisy blender)
* [**Garlic Extract (Tincture**](http://drfostersessentials.com/store/GarlicTincture_mi.php)**)** can substitute for fresh garlic and allows you to make the morning flush drink without a noisy blender.
* A green nutritional formula containing edible algaes and cereal grasses (spirulina, chlorella, alfalfa, barley grass, wheat grass, etc.) I use [**Essential Nutrients**](http://drfostersessentials.com/store/EssentialNutrientsPowder_mi.php) or[**Earth's Nutrition Formula**](http://drfostersessentials.com/store/EarthsNutritionPowder_mi.php) (either is highly recommended to increase energy levels, enhance brain function, chelate heavy metals and build strong blood). During the cleanse, use as a meal replacement for breakfast to allow the morning flush drink to flush the liver and gallbladder. After the cleanse, this formula can be continued as an energizing formula.
* [**Peppermint essential oil**](http://drfostersessentials.com/store/PeppermintEssentialOil_mi.php) (helps neutralize garlic breath and heal intestinal lining)

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| **The Morning Liver Flush Drink** |

**Quiet, Quick and Easy Liver Flush Drink**

If you are using ginger tincture and garlic tincture, add all ingredients below into a shaker or cup with a lid and shake container until contents are well mixed. If using fresh ginger and garlic, use a blender and blend on high speed until well mixed.

* + **8 oz. fresh fruit juice \*** (see below for what types of juice to drink. Freshly extracted is best although store-bought 100% juice will do in a pinch)
  + **8 oz. distilled water**
  + **10 to 20 drops**[**Garlic Tincture**](http://drfostersessentials.com/store/GarlicTincture_mi.php)(available through DrFostersEssentials.com) (Omit garlic if you are suffering from diarrhea, acid reflux or are pregnant.) 1 to 2 fresh garlic cloves is the best.
  + **1 to 3 TBS Organic Cold-Pressed Sesame Oil (not toasted)** Organic extra virgin olive oil may be substituted.  Do NOT use generic "Vegetable Oil." Start with 1 TBS the first day and increase by 1 TBS each day, so you’re taking 5 TBS oil on the 5th day of your cleanse.
  + **15 to 30 drops**[**Ginger tincture**](http://drfostersessentials.com/store/GingerTincture_mi.php)(available through DrFostersEssentials.com) or if not available, use 1 teaspoon powdered ginger or curry powder.   A one-inch piece of fresh ginger may be used instead. Fresh ginger is best.
  + **Optional: 1/8-tsp cayenne pepper,** powdered or 5 to 10 drops liquid cayenne tincture.(Omit if you are having diarrhea.) Best used by those with poor circulation or heart problems.
  + **Optional:** 1 drop Dr. Foster’s Essentials therapeutic grade lemon essential oil. Helps slowly soften and dissolve gallstones and kidney stones.

### Which Juices to Use:

a. **Most people:** Use apple or citrus or a citrus juice combination including lemons, limes, tangerines, mandarin oranges, and/or grapefruit. Nutritional research has shown that citrus fruits help to slowly dissolve kidney stones and gall stones. It's best to use whatever is in season at the time, but this is not mandatory.   You can use a manual citrus juicer to juice citrus fruits quietly so as not to disturb family members or roommates in the morning.

b. **If you are diabetic**, use only limes, lemons, grapefruit or green apples - they are least likely to raise blood sugar, and, in this recipe, the juice is diluted with an equal amount of water which means there will be even less of an effect on the blood sugar. When garlic is used, there can be a significant blood-sugar lowering effect - insulin may need to be adjusted downwards.

c. **If you want to chelate out heavy metals:** (and you are not diabetic), or have many "silver amalgam" dental fillings, use grape juice, as it is very high in pectin, which absorbs and draws out heavy metals from the body. If have more than a few "silver amalgam" fillings in the mouth and drink soft drinks out of aluminum cans, and cook in aluminum pots and pans and use aluminum foil, then it can safely be assumed that there are plenty of heavy metal deposits in your body. If you have ever smoked for longer than a year, even if you’ve stopped smoking, odds are that you’ve accumulated many types of heavy metals in your body, especially cadmium.

**The Morning Routine:**

1. First thing in the morning, place the above ingredients in a large 16- ounce mug or other drinking container. If the container has a lid, then shake the ingredients.  If not, then a Vita Minder® portable drink mixer can be used. The VitaMinder is fairly silent and allows for thorough mixing of the juice and oil. Cleanup takes only a few seconds.
2. Drink it down all at once.  Sit quietly for a few minutes to allow the juice mixture to go to work.
3. Fifteen minutes after consuming this drink, drink 2 cups of the [**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php). If [**Detox Chai Spice**](http://drfostersessentials.com/store/DetoxChaiSpice_mi.php) is not available, use 2 droppers full of the liquid [**Digestive Formula**](http://drfostersessentials.com/store/DigestiveFormula_mi.php#digestive).
4. The [**L/GB Formula**](http://drfostersessentials.com/store/LGBFormula_mi.php) is taken in a little water or juice or it may be mixed in with the morning drink or to the Detox Herbal Tea.

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**Symptoms That Can Come Up While Doing a Liver Cleanse:**

Some people feel amazing and have energy during a liver cleanse, while others have problems. Many of the problems come from the fact that you’ve accumulated many toxins or even parasites in your body and it may not feel so great when they come out. If you are severely ill, you have more toxins to clear out, and you may feel achey or tired. Other problems result from having acid reflux, weak digestion, constipation or other health issues before you started the cleanse. Please continue below to see what you can do to lessen the severity of these issues or even avoid them altogether.

Hering’s Law of the Cure states that the body heals from the head down, from the inside out and in the reverse order as the symptoms first began. When we reverse health issues, symptoms from the past may re-surface temporarily before they clear out permanently. Don’t panic! It’s called a healing crisis and if you do a lot of herbal cleansing, you could have one. Most are mild and only last a few days, and the body rises to the next level of better health afterwards.

**Heartburn:** can sometimes result from garlic. If this occurs, reduce the dose of garlic in the morning flush drink or drink aloe vera juice afterwards. The Colon Activator Formula can cause heartburn if it is taken too late at night or just after a large meal. If you have a stomach ulcer: citrus juices, vinegar, alcohol, garlic, ginger and salt can cause a burning sensation or even pain in the stomach area. If this occurs, substitute apple juice for citrus juice, cut out vinegar, garlic, ginger and salt, and use the boiling water method to evaporate the alcohol from the alcohol extract formulas and dilute all doses into at least an 8 ounce glass of water. Then break open the capsules of each dose of the Colon Detox Caps and mix with water before consuming so that the formula can soothe the entire esophagus and stomach area. Don’t ever take cayenne or the Blood Detox Formula on an empty stomach.

**Diarrhea:** All of the following formulas can stimulate the bowel: Vibrant Colon, Ginger, Garlic, L/GB Formula & Blood Detox. If diarrhea develops, stop taking Vibrant Colon or reduce dose. Garlic, Ginger, L/GB & Blood Detox doses can also be lowered.

**Constipation:** usually means that either the dose of Colon Detox Caps is too high, or that you are not drinking enough water with them. If this happens, increase the dose of Vibrant Colon, reduce the dose of Colon Detox Caps and drink more water with the capsules.

**Nausea:** may be caused by too high of a dose of oil or not drinking the Detox Chai Spice Tea after drinking the Liver Flush Drink. To remedy, try taking ginger, peppermint, fennel, cloves, cinnamon, or Detox Chai Spice Tea. For the next day of the cleanse, reduce the dose of oil. Nausea can have an emotional cause such as disliking the taste of an herbal formula**.** In the case of nausea due to taste, mix the formulas with stevia or fruit juice to dilute the taste and make them more agreeable. It is important to be in a supportive environment during the process. Any worries or upsets can aggravate nausea. It’s best to watch comedies and tell jokes with friends during this cleanse, especially in the morning. Laughter is an amazing remedy for nausea.

**Gas/Bloating:** During a cleanse, parasites, bacteria, yeast, and fungus can release gas into the intestines as they die-off. This is often called the Herxheimer reaction. Gas and bloating usually indicates that the liver/gallbladder is toxic and in need of cleansing. After the area is cleansed and there are no more harmful microorganisms, and digestive organs are healthy, you should no longer get gas when taking liver/gallbladder herbal formulas. Bloating can aso occur when you take the maximum dose of Colon Detox Caps which contains some pysllium. Psyllium also absorbs water, swelling up in the intestines and causing the sensation of bloating. The formula is meant to expand in the intestines in order to absorb toxins and parasites from the walls of the intestines, and remove the mucoid plaque layer. If the sensation is unbearable, you can lower the dose of Colon Detox Caps.

**Liver/Gallbladder Pains:** This is really rare when it occurs.The vast majority of people never feel this. They can range from nonexistent to mild to intense, depending on the amount and severity of toxins in the liver and gallbladder. Many people have serious toxins in the liver such as pharmaceutical residues, radioactive substances, nicotine residues, heavy metals and highly toxic pesticides. Intense pains can be due to gallstones not passing, or it can happen if you have large or multiple gallstones and didn’t do a stone cleansing formula first (Stone Buster). Because the symptoms of gallstones can be as mild as slight heartburn or aversion to fatty or oily foods, many people do not realize they have gallstones until they try to do a liver/gallbladder flush. For this reason, it is important that everyone over the age of 35 consider doing a stone cleansing formula first before attempting liver cleansing. To reduce liver/gallbladder pains, you can do the following:

* Immediately take an herbal antispasmodic (I use Lobelia tincture or the Peaceful Nerves Formula) and continue taking until pain disappears. Antispasmodic herbs and formulas help to release cramps and spasms, the main cause of these pains.
* You can also use a warm heating pad over the liver/gallbladder area. The heat helps to release the cramps and spasms.

**Sinuses draining/ feels like a cold coming on:**

This means you’ve successfully flushed out some toxins from your liver and gallbladder. The body uses mucous to contain toxins in the body, to isolate them to specific areas where they cannot harm the rest of the body. Toxins may also be isolated under deposits of calcium. When you flush out these toxins, the layer of mucous surrounding them are also released which some people feel as sinus drainage or discharge. The mucoid plaque layer in the intestines is hardened mucous that you’ve accumulated over many years of consuming the wrong foods. It is the body’s protective mechanism to protect you against harmful processed foods and chemicals that you consumed.

If you would like to stop forming excess mucous in the gut (and in the entire body), it is recommended to move towards an organic, whole-foods diet, eliminate refined flour (called enriched flour or multi-purpose flour) and reduce dairy products – especially ones that are pasteurized and homogenized. If you have a lot of sinus drainage, drink lots of water to help thin the mucous and make it easier to eliminate. You can also take proteolytic enzymes (I use a formula called Youthful Circulation) to do the same thing, or you can reduce the dose of L/GB Formula to slow down the liver cleanse.

**Headaches/Pains/Dizziness:**

These are classic healing reactions (sometimes called detoxification reactions or “healing opportunities”). Some people feel them, while others don’t feel anything.

**Why it happens:**

1. There can be toxins in the muscles, bones and deep tissues, that have been accumulating and hiding there for many years. Herbs can stimulate the body to release these toxins.
2. Additionally, some people can have parasites imbedded in the muscles, and when they do the cleanse, they can experience temporary aches and pains.

1. If the pain, headaches or dizziness are too intense, this is an indication that the body is not eliminating the toxins as fast as they are being stirred up. It is not harmful, but it can be uncomfortable.
2. Other people experience headaches because they’ve stopped drinking their daily coffee and they’ve gone into caffeine withdrawal. It’s ok to drink green tea during this cleanse to avoid caffeine withdrawal due to a daily coffee habit.

**Here’s what you can do to feel better:**

* To remedy this, stop all herbs and drink several cups daily of the Detox Chai Spice.

* Continue taking an herbal laxative formula (Vibrant Colon) if needed, in order to keep the bowels moving.

* In a day or two, you can start again at half dose of the liver and blood cleansing formulas (L/GB and Blood Detox Formulas).
* Worry more about getting the toxins out in a way that works with your body than worrying about how many days your liver cleanse lasts or what your dose is. It’s ok to skip a day or two if you don’t feel well. Just start up again at a lower dose of L/GB formula and keep going. No one says it has to be a 5-day cleanse. You can take lower doses and do a 10-day cleanse if you like. Over time, as the toxins come out, you will be able to handle higher doses and stronger cleanses. Relax and be happy you’ve found something that works to release toxins from your body.

**Health Problem Is Not Gone:** most severe or chronic diseases take about 20 years of unhealthy living habits to develop. Many people don’t understand how toxic their diet and lifestyle are because they’ve learned from parents who also did not know. They also listened to doctors who told them it was ok to have just one bowel movement a day or less and they listened to the television and media that told them it was fine to take chemical and drugstore remedies for just about every imaginable symptom.

It’s next to impossible to reverse all of it overnight. We’ve seen lots of miracles with the herbs, and many people healed from supposedly incurable conditions such as cancer, kidney failure, and multiple sclerosis. But it didn’t happen in one day. If the problem is not gone, then all the toxins are not gone, the hormones are underactive, or the body is still weak.

It may take more cleanses and/or more diet and lifestyle changes. The number of cleanses it takes to recover depends on the person, the severity of the problem, and how long it has existed in the body. Some people need only one cleanse. They feel great and have no more problems. Others such as those with cancer or serious incurable diseases, require 6 months to a year of a full strength healing program.

For people who have severe health issues yet some toxins remain in the liver, I sometimes have my patients do 4 liver cleanses in a row. There can literally be thousands of gallstones in the liver and gallbladder and it can take some time to get them all out. As you flush the liver, the gallstones in the front of the liver come out first, and then the sections further back empty out and come to the front to be flushed out.

It is also very important to follow a whole foods plant-based diet (For detailed recommendations, see the Foster Method diet on the Dr. Foster’s Essentials website). Herbal formulas can only compensate so much for an unhealthy diet and lifestyle. If you are currently smoking, it is crucial for your health that you stop immediately.

**What to Do If You Miss a Dose or Get the Details Wrong (or Cheat):**

If you miss a dose, either take it as soon as you remember (if it’s within a few hours of when you were supposed to take it), or skip the dose and take the next dose on schedule. You don’t have to do this cleanse perfectly in order to get the benefits.

Sometimes people panic if they start the cleanse and they realize they forgot something. Maybe they realize they forgot to buy parsley, or they didn’t buy the castor oil for the castor oil pack. Most of the time, whatever you forgot wasn’t that important in the whole scheme of things. Just keep going! It’s hard to get it wrong when you’re doing a natural healing program. If you get the dose wrong, you can always raise or lower it.

There’s only so fast you can get toxins to come out – if you push it too far with higher doses, you’ll feel tired, dragged out and achey. So, choose the intensity you’d like to work with and do a strong cleanse or a weaker cleanse and let your body guide you as to how many techniques or formulas to take. If you’re feeling great, turn up the intensity. If you feel headachey or terrible, reduce your doses, take a day or two off or cut out some healing routines.

If you cheat and eat the wrong food just once, it’s probably not such a big deal. However, if you “fall off the wagon”, smoke a few cigarettes, have a glass of wine and eat ice cream every night during the cleanse, you’ll have problems. If you’re addicted to bad health habits, try to work on your emotional healing, do some trauma release techniques and get your head on straight before attempting another cleanse. Sometimes before you can do an herbal cleanse, you have to first do a cleanse “between the ears” and heal your emotions.

**The Link Between Smoking and Gallstones:**

Current medical research shows a link between smoking and gallstones. Smoking causes inflammation of the gallbladder, which often causes gallstones and polyps to form in the gallbladder. They are the body’s self-protective response against the inflammation caused by the smoking.

Do not smoke during this cleanse, and if you do smoke, stop immediately and permanently starting today. I’ve had all kinds of patients be in denial over their smoking and even though they did herbal cleansing, it wasn’t enough to stop them from suffering health issues due to their continued smoking.

The most common problems with smoking include cancer (of pretty much all types, including lips, tongue, throat, lungs, colon, rectum, breast, bladder, prostate, etc.), heart attack, stroke, phlebitis, inflamed colon, gallstones, intestinal polyps, collapsed lung, bronchitis, asthma, sinus problems, high blood pressure, and a lot more.

Even just one cigarette per day is too much. If you’ve been smoking for years, there are years of accumulated cadmium and other toxins in your body that have caused so much inflammation that smoking even just one cigarette per day can cause severe consequences. The herb lobelia and other herbs can help you stop smoking.

**What to Eat After the Cleanse is Over:**

My hope is that you'll avoid junk food, soda pop, fried foods, refined (granulated and brown) sugar, refined "enriched" flour, trans fats, hydrogenated oils, margarine, "vegetable oil", monosodium glutamate, aspartame, irradiated spices, meat, milk or eggs that came from feedlots, animals that were fed antibiotics, GMO's, artificial colors and flavors, and tap water. If you go back to eating fast foods, overly processed foods, or an excess of alcoholic beverages, you can re-accumulate toxins and make yourself sick again. After you’ve done your cleanse, do everything you can to protect your health!

Do the following as much as possible:

* Eat as many organic foods as possible.
* Try to eat some raw fresh foods every day.
* Drink at least half your body weight in pure filtered water.
* Should you be a vegetarian? Maybe. It's up to you. Try it and see if it works for you. If so, great. If not, then experiment and find a whole foods unprocessed, unrefined diet that works for you.

Please visit our website for healthy diet and lifestyle suggestions as well as information on how to do a juice fast. If the problem is severe, consider short periods of juice fasting.

**What’s Next? How to Maintain Your Health**

Doing a cleanse at the change of each season is what all traditional herbalists recommend in order to keep your body healthy.The Foster Method includes doing a Liver Regeneration Program, Parasite Cleanse, Simplified Stone Cleanse or the Kidney Revitalization Program every 3 months. (Choose any one of these four depending on your individual issues). Doing a cleanse each season will help dramatically reduce your risk of colon problems, liver issues, parasites, heart disease, skin conditions, premature aging, inflammatory disorders, autoimmune crises, gallstones, kidney stones, strokes, high cholesterol, and many other health issues too numerous to name. If you also follow a healthy diet, exercise regularly, and have a healthy attitude toward life, you’ll probably never get sick.

Ill health begins in the colon and spreads to the liver, kidneys and lymph and then medical doctors use fancy medical terminology to call your health problems obscure names. The liver and kidneys are like your body’s filters. They become clogged with the very toxins they are filtering out of your system on a daily basis. Every once in a while, you must cleanse your body’s filters if you wish to be healthy. If you keep these detoxifying organs cleansed, they will no longer accumulate toxins and cause health problems.

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| **Modifications for Children, Inflamed Intestines, No Gallbladder:** |

* 1. People who have colitis should do this cleanse and omit any herbal cathartic formulas ([**Colon Activator**](http://drfostersessentials.com/store/ColonActivator_mi.php), [**Vibrant Colon Formula**](http://drfostersessentials.com/store/VibrantColon_mi.php), [**Colon Start Plus.**](http://drfostersessentials.com/store/TurkeyRhubarbFormula_mi.php)), but still use the absorptive formula.
  2. Children who weigh less than 100 pounds should do a milder, children's version of a liver cleanse instead of the Liver Regeneration Program. They can use the L/GB Formula at a lower dose, depending on their weight, and can use a milder children’s Colon Cleanse Syrup instead of the adult colon cleansing formulas.
  3. People who have had their gallbladder removed have even more reason to do this cleanse, since the presence of gallstones means the liver has been functioning poorly and is full of fats, bile sludge and other toxins.

**People who have had their gallbladder surgically removed:**

People who do not have a gallbladder do not digest fats as well, and for this reason, they should reduce the amount of oil in the morning drink recipe to 1/2 the recommended amount.

I've put hundreds of people on this liver cleanse who did not have a gallbladder. (If the truth be known, over half the population over the age of 40 has had their gallbladder surgically removed, making this a very common situation that I see just about every day.) People who have had their galblladder removed usually do fine on the Liver Regeneration Program with reduced doses and a reduced amount of oil.

People that have had their gallbladder removed should not, however, do other versions of liver cleanses that require the drinking of 8 ounces of olive oil. This is far too much oil for person without a gallbladder to consume. It will definitely make them vomit and they will feel very sick.

So, people who have had their gallbladder removed should do a gentle liver cleanse such as the Liver Regeneration Program and stay away from harsher liver cleanse recipes that float around the internet, in many natural health books and among friends.

Additional Liver Cleansing Formulas:

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|  | **Garlic Tincture:**  Garlic has been used as a tonic for thousands of years. Deeply cleansing to the blood and liver, it kills many types of bacteria, viruses, fungi, Candida yeast, and parasites. Can be used in the Liver Regeneration Program or added to the AntiParasite Program. Research studies show it lowers cholesterol, naturally thins the blood and lowers blood sugar. Not compatible with synthetic or prescription blood thinning medications (Warfarin, Coumadin, Heparin, etc.) Do not take in cases of active diarrhea. Organically grown garlic. 2 ounce liquid concentrate. |
|  | **Ginger Tincture:**  Ginger tincture is often used in liver flush oil-containing drinks to help lessen and control nausea. Ginger root has been researched for its many effects, including its ability to combat nausea, indigestion, morning sickness, motion sickness and as a therapy and as a preventative for migraines (through its ability to inhibit platelet aggregation). It has also been studied for its effective cholesterol-lowering abilities. *Ingredients:* organically grown ginger root. 2 fluid ounces. |
|  | **Lemon Essential Oil:** A very versatile oil with many uses including liver purification, mood upliftment, hemostat, purification of the air and rebuilding of blood vessels. High in natural vitamin C and bioflavonoids. Especially useful in those with poor circulation, weakened blood vessels, or liver issues. Helps slowly and gradually soften and dissolve gallstones and kidney stones. Distilled from lemon peels which are high in naturally-occurring limonene. Certified Organic, Therapeutic Grade. 10 ml. |
|  | **Sweet Orange Essential Oil: *"Heal Sadness, Cleanse Liver"***  Pressed from sweet orange peels, this oil is very high in Vitamin C and bioflavonoids, making it great for the blood vessels and circulation, and for this reason, it can be very beneficial to include in a cholesterol-lowering program. The citrus oils help to dissolve cellulite and help release excess fluids from the body. Also helpful for indigestion and mild cleanser to the liver and kidneys when taken internally - one drop in a glass of water. Orange oil is included in many household cleaning products due to its ability to cut through grease. Used on the face to fight oily skin. It is a very calming oil that can help relieve depression in many people. When feeling blue, sniff a little orange oil to brighten the spirits. My absolute favorite for relieving stress. Certified Organic, Therapeutic Grade. 10 ml |
|  | **The Liver Regeneration Program** This cleanse consists of all 4 products needed by most people to do a successful liver cleansing program. It includes the L/GB Formula, The Detox Herbal Tea, The Vibrant Colon Formula and the Colon Detox Caps. To make this Program even stronger, or if there are problems with the skin, add a blood cleansing formula: [Blood Detox Formula](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product10.htm#detoxformula) or [Echinacea Premium Formula](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product7.htm#echinaceaextra). If there are large gallstones, use the [Stone Dissolve Tea](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product15.htm#stone) for 3 days before beginning this program. Products last for about two Five-Day Cleanses. |
|  | **Milk Thistle Tincture: *Protect Liver From Medications and Other Liver Toxins*** Milk thistle is an herb that protects the liver from damage due to pharmaceutical medications, poisons, environmental pollutants, and viral toxins. In cases of liver damage, milk thistle has been shown repeatedly to lower abnormally elevated liver function tests (transaminases) without causing side effects. Can be taken between liver cleanses to keep the liver healthy. No known medication reactions. Especially important to protect the liver in those who take prescription antidepressants, birth control pills, hormonal medications, cholesterol-lowering drugs, diabetes medications, and drugs for schizophrenia. Organically grown milk thistle seed. 2 ounce concentrate. |
|  | **Healthy Cholesterol Formula:**  Contains herbs to cleanse the arteries and liver of excess cholesterol. Also helps to clear up problem skin. (Benefits accumulate with long term use. Add Liver Regeneration Program and Intestinal Rejuvenation Program for deeper cleansing and healing. Organically grown and/or wildcrafted Oregon grape root, Milk Thistle, Garlic and other liver and blood purifying herbs. 2 ounce concentrate. The Cholesterol Busters Program consists of Intestinal Cleansing Products ([Vibrant Colon Formula](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product2.htm#happy) (or [Turkey Rhubarb Formula](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product2.htm#turkey)) and [Colon Detox Caps](http://www.startthehealing.com/cgi-local/shop.pl/SID=1123119085.27571/page=product2.htm#colondetox)), L/GB Formula, Detox Herbal Tea, and the essential oil of lemon. |

**About the Author:**

**Dr. Cynthia Foster, M.D.  
  
A Conventionally Trained Medical Doctor Who Left Medicine Almost 20 Years Ago to Practice 100% Holistically**

After receiving a required Hepatitis B vaccine for entry into medical school, Dr. Cynthia Foster became severely ill with grand mal epileptic seizures. The seizures occurred twice daily for almost four years – *almost the entire time she was in training to become a conventional medical doctor* at the University of Texas Health Science Center in San Antonio. Putting her life into the hands of a very experienced holistic nurse who was using holistic healing methods with unprecedented and extraordinary results, she refused all medications or other medical interventions for the seizures.  
  
Using only natural methods as her treatment, the seizures went into complete remission, and she has been seizure-free for over 20 years. Her first book Stop the Medicine tells the incredible story of her miraculous recovery as well as giving a behind-the-scenes look at the Modern Medical Establishment. In her search for healing, she has traveled the world learning and incorporating natural methods into her holistic practice, including herbal detox, natural supplements, aromatherapy, hydrotherapy, energy healing, mind-body medicine, healing visualizations, juice fasting and therapeutic foods.  
  
After receiving her MD degree, and refusing to practice medicine because of the miraculous healings she had seen in others and experienced for herself, she began her practice using only natural methods to heal her patients, specializing in teaching people how to heal themselves with simple remedies and techniques, and has been able to repeat the miraculous healing results with her patients that she herself had personally experienced.  
  
Over the past 20 plus years, she has served many roles including not only healing practitioner, but also herbal product trainer and spokesperson for herbal product companies, and also founded her own pharmaceutical strength herbal product line called “Dr. Foster’s Essentials” to address the health problems she was seeing in her practice. She noticed over a period of two decades of seeing patients, that they usually brought her grocery bags full of so-called “natural” supplements that simply did not work. She founded Dr. Foster’s Essentials, insisting on including organic & wildcrafted herbal extracts up to ten times stronger than what is traditionally available in grocery stores, drug stores health food stores, and even online, as she felt these “mass-marketed” remedies were too weak and watered down to heal anything as serious as what she had experienced with the epilepsy.  
  
A highly sought after speaker and university instructor, she has lectured worldwide on a wide range of topics from the use of herbs to emotional healing to conventional medicine classes for acupuncture students. She has been interviewed numerous times on radio programs and mentioned in the press as well as featured in magazines, newspapers, and on television. Current projects include a second book (Wow Wellness!) describing how to use herbs and natural healing techniques to overcome severe, chronic and incurable health issues. For more information, visit the website at DrFostersEssentials.com