



Liver Healing Protocol

-- simple to deep healing --

by Claudia Orgill

There are a few things we should understand about the liver before deciding to dig in and do a liver cleanse.

- 1) **The liver is one of our most important organs in our body.** If our liver doesn't function well – it has a negative trickle effect on ALL other systems in our body right down to the cells.
- 2) **The liver has the ability to heal.** If we take a break from toxic foods, support the liver with cleansing drinks and herbal remedies, this will greatly boost healing throughout the liver.
- 3) **The liver needs continual support throughout our lifetime.** We're living in a world filled with toxins and these toxins continually enter our body. Because of this, our liver has to continually filter these toxins out. Whether its pollutants, pesticides, pathogens, prescription medications, etc. our liver has to work extra hard to keep these toxins out of our blood. Doing a liver cleanse 1-2 times a year is necessary in order to keep this important organ healthy and strong during our lifetime.



Information about the Liver

The liver is actually classed as part of the digestive system. The liver's roles include detoxification, the production of chemicals necessary for digestion, and protein synthesis (the process where biological cells generate new proteins).

One of the main ways the body detoxifies itself is through the liver. In fact, the liver is one of the hardest working organs in the body. It works tirelessly to detoxify our blood, produce bile needed to digest fat, break down hormones, and store essential vitamins, minerals and iron. When our liver isn't functioning optimally, WE don't function optimally.

The liver carries out over 500 roles in the human body. Some of these functions include:

- Filtering the blood coming from the digestive tract, before passing it to the rest of the body.
- Production of bile, which helps carry away waste and break down fats in the small intestine during digestion
- Production of certain proteins for blood plasma
- Production of cholesterol and special proteins to help carry fats through the body
- Store and release glucose as needed
- Processing of hemoglobin for use of its iron content (the liver stores iron)
- Conversion of harmful ammonia to urea (urea is one of the end products of protein metabolism that is excreted in the urine)
- Clearing the blood of drugs and other harmful substances
- Regulating blood clotting
- Stores minerals, iron and vitamin A
- Resisting infections by producing immune factors and removing bacteria from the bloodstream
- Carbohydrates are broken down and stored as glycogen in the liver
- One of the liver's tasks is to remove toxins from the body

Sign and Symptoms Your Liver Isn't Functioning Optimally:

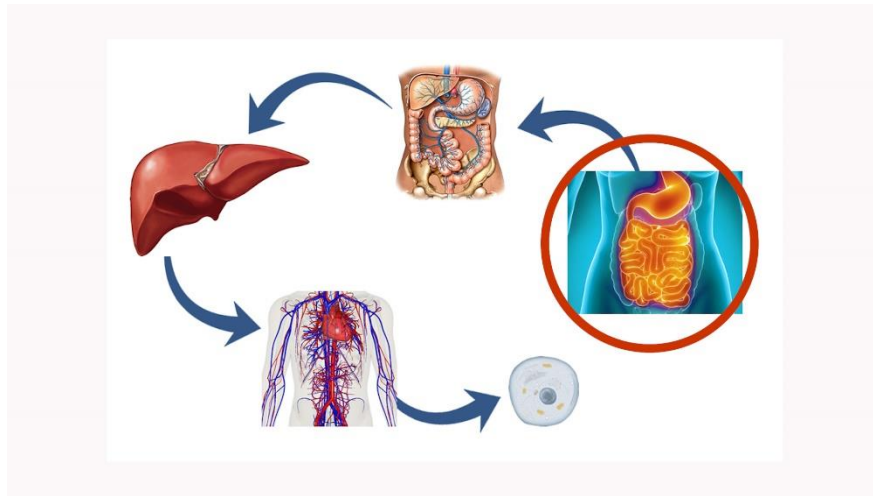
- | | | |
|---------------------------------------|----------------------------|----------------------|
| ▪ Bloating and gas | ▪ Inability to lose weight | ▪ Dark urine |
| ▪ Acid reflux and heartburn | ▪ High blood pressure | ▪ Rosacea |
| ▪ Constipation | ▪ Moodiness, | ▪ Chronic fatigue |
| ▪ Skin and/or eyes that are yellowish | anxiousness, or depression | ▪ Excessive sweating |
| | | ▪ Bruise easily |
| | | ▪ Poor appetite |

There are different levels to healing the liver. You can either do a simple supportive cleanse using something like milk thistle or you can do a deep cleanse supporting the liver, eliminating possible stones in the liver and healing the liver. But before any liver cleanse is done, I highly recommend a person work on healing their digestive system for at least **1-2 months before working on healing the liver**. You can work on healing the liver all you want but if the digestive system (the "gut") isn't cleaned out, isn't replenished with good bacteria, isn't effectively eliminating toxins from the body, and isn't absorbing important nutrients essential for good health – we can never fully heal the liver.

When the digestive system isn't working well, extra toxins are dumped into the portal vein and lymph system which then puts a greater amount of stress on the liver. When the liver is stressed and maxed out for prolonged periods of time (usually many months to years) it then becomes sluggish and doesn't work as efficiently resulting in extra toxins being dumped into the circulation system which then has a negative effect on every cell in our body.

So we can clean up the liver as often as we want but unless we heal the digestive system, we'll always end up in the same place – with a poorly functioning liver. Here's a video where I talk about that:

<https://youtu.be/-mUXpv7ZXvA>



Pre Liver Cleanse: Cleaning Up the Digestive System!

(The following steps are optional but are highly recommended before you begin healing the liver. By working on the digestive system, it'll make the work you do on the liver be much more effective.)

SIMPLE METHOD	DEEPER HEALING METHOD
1. Digestive Cleansing Methods Choose ONE of the following methods for 1 month BEFORE doing a liver cleanse: • Herbal and Supplement Method • Bone Broth, Fermented Food & Supplement Method • Plexus Method Watch this video to know what these are: https://youtu.be/OgtEl8uSjOI <i>(Do steps 2 & 3 below while continuing to do your chosen digestive cleansing method from this section.)</i>	(*) Before doing steps 1-3 in the “Simple Method” sections to the left – do a PRE-clean-up of the digestive system. Choose one of the options below – <i>then</i> continue on with steps 1, 2 & 3 in the “Simple Method” section on the left: A) Do Dr. Christopher’s 3-Day Cleanse. Instructions can be found at this link: http://www.herballegacy.com/Three_Day_Cleanse.html
2. 20-Day Parasite Cleanse One month into doing one of the above Digestive Cleansing Methods, ALSO do a parasite cleanse.	Or do the “Exodus-GI Cleanse” cleanse. (See page 10.)

Continue with your chosen Digestive Cleansing Method as you do the parasite cleanse.

Parasite Cleanse Instructions:

Use 1 dropperful (15 drops) of [Oreganol Juice](#) in water (2 x day one week on, one week off) while also using the remedies from the following parasite cleanse:

<https://www.swansonvitamins.com/new-action-products-20-day-parasite-kit-1-kit>

Oreganol Juice can also be purchased from Swanson Vitamins from the following link:

<https://www.swansonvitamins.com/north-american-herb-spice-oreganol-p73-juice-12-fl-oz-liquid>

3. Herbal Digestive Lining Healer

Continue with your chosen Digestive Cleansing Method in Step 1 as you do this step.

AFTER the Parasite Cleanse, heal the lining of the digestive system using the following herbs:

3 parts calendula, 3 parts plantain, 1 part comfrey root, 1 part ground flax seeds, 1 part yarrow, 1/2 part marshmallow root, pinch of cayenne

Mix together. Use 1 Tbsp of this mix for every cup of water. Place in glass jar. Allow to sit (infuse) for 12-24 hours. Shake jar every 2-3 hours.

Strain. Place in jar and keep in fridge. Keeps for 7 days. Mix ½ cup in a glass of water and drink twice a day, on an empty stomach for 2 weeks.

Eat a Clean Diet while doing these steps: Eat less meat and dairy and more veggies, grains, fruits, nuts and seeds (foods that don't take as much time for the digestive system to break down). More organic foods. More pure water. Less sugar. Less corn. **Once you've worked on cleaning up the digestive system, you're now ready to begin working on healing the liver!**

Liver Cleanse

(Continue working on healing the digestive system by doing your chosen Digestive Cleanse Method in Section 1 during the liver cleanse. Depending on how deep your health issues are, you'll want to decide which "level" of liver cleaning you should do. This choice is entirely up to you.)

Level One – Acute Cleansing

Choose One:

Option #1: Use 175 mg of milk thistle 3 x day. For 1-2 months.

Option #2: Use a tea made up of equal parts of each of these herbs: dandelion root, burdock root, and red clover. 1 T. per cup of boiled water, steeped for 15 minutes. Drink 3 cups per day for 1-2 months. PLUS use milk thistle capsules, 175mg 3 x day. (Drink down with tea.)

Level Two – Moderate Cleansing

Prepare your body for the cleanse by eating and drinking only apples and unfiltered apple juice for 24 hours before this cleanse.

Carrot Juice Fast: For 3 days, drink a glass of fresh carrot juice every 1-2 hours. If needed, eat some lights foods like a salad but nothing more. See page 7 for instructions.

Lemon and Olive oil: While doing the Carrot Juice fast – drink lemon juice and olive oil mix – 2 x day. See page 9 for instructions.

Don't eat anything other than raw vegetables, fruit and organic juices for at least 24 hours after your cleanse.

After doing the 3-day carrot juice cleanse – do the following:

1. Take Dr. Christopher's liver and gallbladder tincture, 3 x day, for one month.
2. Also do either Option #1 or Option #2 from the Level One Section (either the milk thistle or the milk thistle **and** the tea) for one month. (Dr. Christopher's tincture and this option can be taken at the same time.)

*** Eat a diet rich in vegetables (cooked or fresh), fruits, nuts, seeds, whole grains and healthy fats like olive oil, avocados, coconut oil, and butter. Eat little meat or dairy. Fish such as Alaskan Halibut is fine.

Level Three – Deep Cleansing

Prepare your body for the cleanse by eating and drinking only apples and unfiltered apple juice for 24 hours before this cleanse.

Carrot Juice Fast: Do the 3 day carrot juice fast **once a month** for three months. On the weeks you aren't doing the 3 day fast, do a carrot juice fast one day per week. While doing the 3-day fasts, if needed, eat some light foods like a salad but nothing more. See page 7 for instructions.

Lemon and Olive oil: While doing the Carrot Juice fast – drink lemon juice and olive oil mix – 2 x day. See page 9 for instructions.

Don't eat anything other than raw vegetables, fruit and organic juices for at least 24 hours after your cleanse.

After doing the 3-day carrot juice cleanse – do each of the following for 7 days:

1. Liver Detox Tea. 6-8 cups per day. (See page 11 for recipe.)
2. Dr. Christopher's Liver and Gallbladder Formula Tincture, 3 dropperful's – 3 x day. (You may add this to the liver detox tea.)
3. Castor Oil pack over the liver 1-2 x that week. (See page 13-14 for instructions.)

After those 7 days – do each of the following for one month:

1. Take 30 drops Dr. Christopher's liver and gallbladder tincture and a milk thistle supplement, 3 x day.
2. To dissolve stones - take 1 cup of the Stone Dissolve Tea – one week on, one week off, for one month. (See recipe on page 12.)
4. Apply a castor oil pack to the liver for one hour, 1-2 x week. (See page 13-14 for instructions.)

Repeat these steps 2-3 x year.

*** Eat a diet rich in vegetables (cooked or fresh), fruits, nuts, seeds, whole grains and healthy fats like olive oil, avocados, coconut oil, and butter. Eat little meat or dairy. Fish such as Alaskan Halibut is fine.

3 Day Carrot Juice Cleanse

by Doreen Spackman, MH

The 3 day juice cleanse is a wonderful way to let your body know that you are going to start doing things differently, whether it is for purifying and removing mucus from your body which will enable better healing, desiring to be more trim and be at a healthy weight, or maybe you've decided you want to start eating food that will help your body to assimilate nutrients more effectively. Do the 3 day juice cleanse, then begin eating the Mucusless diet (newsletter September 10, 2008), you will feel better, think better, and have more energy.

Things to Prepare Before you Begin

- Prune juice – 2 quarts
- Choose a juice – apple, carrot, or grape, you will only be drinking one of them for the 3 days. You will need about 3 gallons; I prefer juicing fresh apples each morning.
- Olive oil – I like extra virgin cold pressed, 18 Tablespoons for the 3 days.
- Distilled water – 3 gallons

To Begin

1. Drink 16 oz of prune juice first thing in the morning, it is easiest to start on the hour or half hour.
2. Drink 8 oz of your chosen juice the next half hour.
3. Drink 8 oz of distilled water the next half hour

Example:

7:00 a.m. 16 ounces prune juice
7:30 a.m. 8 ounces apple juice
8:00 a.m. 8 ounces distilled water
8:30 a.m. 8 ounces apple juice
9:00 a.m. 8 ounces distilled water

Continue this throughout the day until 8 p.m. or later until you go to bed. You will also need to include 1-2 Tablespoons of olive oil 3 times during the day. You can choose when to add it. I usually have some in the morning with my prune juice, then around lunch time and again around dinner time.

Important Things to Remember

Chew your juice – swish each mouthful and mix it with the saliva in your mouth (this is the first part of your digestive system).

Constipation – If this is happening either take extra prune juice or some of Dr. Christopher's Lower Bowel formula.

Feeling weak or discomfort – remember your insides are housecleaning and are working hard so you may feel low on energy or discomfort as toxins move out, take it easy during this time.

If you are really hungry and are using the apple juice eat an apple in the evening, or the carrot juice eat a carrot, grape juice eat grapes, etc. Remember to chew it until it is liquid!

On the 4th day begin with raw fruits and vegetables and vegetable juices. I would start with fruit for breakfast, a nice big salad for lunch with an olive oil dressing and a variety of veggies for dinner.

The Cleansing Power of Carrots

It has been said that too much carrot juice turns the skin yellow/orange. However, it is not the carrot turning the skin yellow/orange but the release of bile. R. W. Walker states: "Intestinal and liver diseases are sometimes due to a lack of certain elements contained in properly prepared raw carrot juice. When this is the case, then a noticeable cleaning up of the liver may take place, and the material, which was clogging it, may be found to dissolve. Frequently this is released so abundantly that the intestinal and urinary channels are inadequate to care for this overflow, and in a perfectly natural manner it is passed into the lymph for elimination from the body by means of the pores of the skin. This material has a distinctly orange or yellow pigment and while it is being so eliminated from the body will sometimes discolor the skin. Whenever such a discoloration takes place after drinking carrot or other juices, it is an indication that the liver is getting a well-needed cleaning."

Allopathic doctors speak of a condition called Carotenosis (yellowing of the skin) in "The Doctors Book of Food Remedies" as a harmless condition, remedied by stopping the ingestion of carrots for a while, until the skin returns to its natural color. They state that this has been reported by and is seen most often in children who have been fed a lot of pureed carrots. However, Dr. Walker states, "It is NOT the carrot juice itself nor the carotene that comes through the skin, as this discoloration will take place even if the juice is filtered to the point of clearing it of all the color pigment. It is just as practical an impossibility for the carrot pigment itself to come through the skin as it would be for the red pigment of the beet to turn the body red or the chlorophyll of the green vegetables to paint the skin green from within."

Jaundice is defined in the "Prescription for Nutritional Healing" as a yellowing of the skin and eyes that is caused by a buildup of bilirubin in the blood. Bilirubin is a yellow-brown substance that results from the breakdown of old red blood cells. If the waste product is not removed from the bloodstream by the liver, as it should be, a backup of bilirubin in the blood occurs, producing a yellowing of the skin and the whites of the eyes." ... "Jaundice is not a disease in itself, but a sign of any one of several blood or liver disorders. Among the conditions that can cause jaundice are cirrhosis of the liver, pernicious anemia, hepatitis, and hemolysis, or some type of obstruction in the path of the bile flow."

With regard to Jaundice, Dr. Christopher reminds us that the liver is the main seat of the problem. The bile does not excrete properly and is passed off into the blood stream and the body tissues, causing a toxic condition (called cholemia) causing indigestion, sluggishness, fatigue, constipation, upset stomach, chills, vomiting and fever. The stools become light clay or chalky color, the skin takes on a gold cast, yellow shows in the whites of the eyes, and bile deposits in the skin cause itching. Carrot juice will bring the skin from clear to yellow (as the liver clears) and then back to normal, which is a sign that the bile is now cleared and flowing properly into the intestinal tract..." Dr. Christopher advised to proceed with caution since rapid unloading of toxic bile may upset the body and induce vomiting as well as turn the skin extremely yellow.

The carrot may be juiced eaten whole, raw or cooked. The juice is preferred, as the healing factors are sufficiently concentrated to supply the system with what it needed. If juiced 1-6 pints a day of the juice may be taken orally, or as a wash or in a poultice form externally.

R. W Walker states that raw carrot juice may be taken in any reasonable quantities from one to six or even eight pints a day. This has the effect of helping to normalize the entire system. It is the richest source of Vitamin A which the body can quickly assimilate and contains an ample supply of Vitamins B, C, D, E, G and K. It helps to promote the appetite and is an aid to digestion."

One of the juice choices on the Three Day Cleanse created by Dr. Christopher is carrot juice, where one drinks a glass of carrot juice every waking hour for three days. <http://articles.herballegacy.com/carrot-part-ii-liver-cleanse/>

Olive Oil and Lemon Juice Cleanse Directions by BRYNNE CHANDLER

The value of a digestive system "cleanse" to detoxify the body is controversial, but anecdotal evidence suggests that a short-term cleanse does have benefits in general well-being. One popular detox cleansing drink is the olive oil and lemon juice cleanse. Designed to clean out the liver and gallbladder, this cleanse should be done during a two- to three-day period when you have few obligations, because you'll need to stay close to a bathroom. It's best to begin the cleanse in the morning.

Step 1: Wash the lemons thoroughly. Roll them between your palms or along a counter or tabletop to soften them.

Step 2: Cut the lemons in half cross-wise and squeeze the juice out. A hand-juicer is the easiest way to do this.

Step 3: Pour the juice through a mesh strainer and into your blender. Stop when you have 6 to 8 oz. of fresh juice.

Step 4: Add 1 tbsp. of extra-virgin olive oil. The measurement doesn't have to be exact; you can use a regular spoon if you don't have measuring spoons.

Step 5: Pour 8 oz. of water into the blender with the olive oil and lemon juice, then whirl it until the oil, juice and water are well-blended.

Step 6: Drink the mixture immediately, or it will separate. **Make a second batch in the evening**, and do not eat anything solid throughout the day. Drink plenty of the carrot juice throughout the day. You can also drink water, herbal tea and vegetable broth if you get hungry.

Things You'll Need

- Fresh lemons
- Knife
- Juicer
- Fine mesh strainer
- Blender
- Extra-virgin olive oil
- Measuring spoons
- Water

Tips

- Prepare your body for the cleanse by eating and drinking only apples and unfiltered apple juice for 24 hours before your olive oil and lemon juice cleanse.

Warnings

- Don't eat anything other than raw vegetables, fruit and organic juices for at least 24 hours after your cleanse.

Exodus-GI Cleanser by Jonell Francis

Recipe:

1 cup psyllium husk powder
1 cup apple fiber pectin
½ cup bentonite clay powder
3 Tbsp senna leaf powder
1 Tbsp cinnamon
½ Tbsp ginger powder

Mix together. Store at room temperature or in the freezer.

Directions for use:

Use as a fiber supplement or gradual cleanser by taking 1 Tbsp in juice, applesauce, or water. Chase with at least 8 oz of water. This spreads fiber and clay down through the intestinal tract where it coats and absorbs and draws out impurities. The clay peels off and removes old, hardened, wrinkly looking waste from the intestines while senna, a vegetable laxative, flushes it from the body.

Weekend Cleanse

For serious cleansing lasting 5 days:

Day One: Mix 2 Tbsp Exodus in water with a spoonful of juice concentrate (to get it down). You must drink 8 oz of water after each dose to dilute and spread the cleanser down through your GI tract. Repeat dose twice more during the day. If you are hungry, eat only raw veggies. Drink as much water as you can throughout the day.

Day 2-4: Raw veggies and veggie juices-greens, especially wheat grass juice to cleanse the bloodstream. Your “rope” may come out in pieces. Watch for bulbous, stringy, “soap on a rope” looking material to come out in the toilet 24 to 48 hours after your third dose of Exodus. Continue drinking vegetable juices and water. If hungry, keep it raw. Once lobular textured stool comes out, begin taking supplemental acidophilus to introduce friendly flora to the new, clean, intestinal walls. Take 4-6 capsules a day and continue taking that amount until the cleanse is complete.

Day 5: Work back into cooked food – steamed veggies only. Continue juices 2 x day and eat a salad for lunch. The next day add fish or chicken and the 7th day, grains. Keep eating raw salads and veggies to help your body transition back to your regular healthy diet. As long as half of what you eat is raw, the body will continue cleansing. Eating half of your food raw will build a stronger immune system and aid proper digestion.

Liver Detox Tea

by Dr. Kyle Christensen

Recipe:

- 2 parts Dandelion Root
- 1 part Burdock root
- 1 part Pau D'Arco
- 1 part Fennel Seed
- 1 part Horsetail Herb
- 1 part Orange Peel
- 1 part cardamom seed
- 1 part cinnamon bark
- 1 part licorice root
- 1 part juniper berries
- 1 part ginger root
- 1 part black peppercorns
- 1 part uva ursi leaf
- 1 part clove buds
- 1 part dandelion leaf
- 1 part sassafras root
- 1 part parsley leaf or root

Mix all the ingredients together. Use to make infusions and decoctions. Use ½ cup dry herb to 2 quarts pure water. Simmer for 15 minutes. Strain. Drink warm or chilled as a delicious tea or as a part of a cleansing program.

If making this tea is too overwhelming for you – simply use the Essiac tea mix from MountainRoseHerbs.com.

Stone Dissolve Tea

by Dr. Kyle Christensen

Recipe:

2 Cups Hydrangea Root

2 Cups Gravel Root

1 Cup Marshmallow Root

1 Cup Rose Hips

1 Cup Hibiscus Flower

Mix ¼ cup of dried herb to 1 quart of apple cider (not the vinegar but the apple cider drink). Boil for 20 minutes, cool, then strain. You may also use water. Drink at least 2 quarts each day for an active stone (liver / gallbladder / kidney). Drink 2-3 cups daily for maintenance.

(The Level Three Liver Cleanse calls for 1 cup, 2 x day. Keeps in fridge after being made for 7-10 days.

How to Do a Castor Oil Pack – *by the Wellness Mama*

Castor oil packs are simple to do at home and I like them because they require me to be still and relax and read a book for at least an hour. They can be messy, but with proper preparation are not.

Needed Supplies

- High-quality castor oil (hexane free)
- Unbleached and dye free wool or cotton flannel - can be reused up to 30 times
- A wrap around pack (plastic free) or plastic wrap
- Hot water bottle or heating pad
- Glass container with lid – I use a quart size mason jar (for storing the oil soaked flannel between uses)
- Old clothes, towels and sheets – castor oil does stain
- Patience (most difficult to find!)

The easiest and least messy option I've found is the Castor Oil Pack kit from the link below. It has the castor oil, cotton flannel and a non-messy wrap around pack that removes the need for plastic wrap and has kept mine from leaking at all. (<https://www.radiantlifecatalog.com/product/premier-castor-oil/superfoods-supplements/?a=96418>)

How to Do A Castor Oil Pack

I highly recommend carefully prepping the area where you'll be doing the castor oil pack to prevent mess. I like using an old shower curtain, covered with a sheet under me, just to make sure nothing stains. I don't often have to wash the sheet, and I just fold and store in the bathroom cabinet for the next use.

Before Beginning:

- Cut a large piece of cotton flannel and fold into thirds to make three layers. My original piece was 20 inches by 10 inches and when folded it was roughly 7×10 but yours could be larger or smaller, depending on where you are planning to place it.
- Thoroughly soak (but not completely saturate) the flannel in castor oil. The easiest way I found to do this was to carefully fold the flannel and place in a quart size mason jar. I then added castor oil about a tablespoon at a time (every 20 minutes or so) to give it time to saturate. I also gently shook the jar between adding more oil so that the oil could reach all parts of the cloth. Ideally, this should be done the day before to give it time to evenly soak. I save the jar since this is where I keep the flannel between uses (it can be used about 30 times).

Using a Castor Oil Pack:

1. Carefully remove and unfold the castor oil soaked cloth.

2. While lying on an old towel or sheet, place the cloth on the desired body part.
3. Cover with plastic (like a plastic trash bag), or ideally with the wrap around pack, and place the heating pack on top of this. A hot water bottle, electric heating pad or rice heating pad can be used, but hot water bottles and rice packs may need to be reheated several times.
4. Lie on back with feet elevated (I typically lie on the floor and rest my feet on the couch), and relax for 30-60 minutes.
5. Use this time to practice deep breathing, read a book, meditate or pray (or whatever you find relaxing).
6. After the desired time, remove the pack and return the flannel to the glass container. Store in fridge.
7. Use a natural soap or a mix of baking soda and water to remove any castor oil left on the skin.

Relax and rest. Make sure to drink enough wa

