



# Liver purification™ ©

9 - day program regimen

by Nature's Compounds



## **CLEANSE THY TEMPLE FROM TOXICITY AND SUFFER NO MORE**

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## Liver purification



### **INTRODUCTION**

Nature's Compounds welcomes you to a journey of healing, rejuvenation and health enlightenment. We present to you our Liver Purification program, designed to bring increased functioning and rejuvenation to you overall liver performance – enhancing the various tasks and responsibilities it is required to carry out.

Liver Purification is a nine (9) Day program that consists of Seven (7) Days of cleansing, purification and revitalization, of all but one compartment within the liver. The other two (2) Days involve the cleansing and flushing of the bile tubes and ducts that connect the liver to the gall bladder. Rejuvenation of the entire body will occur during this process; recently acquired and older waste residue is mildly purged from the small and large intestinal tract (colon).

A food-combining chart that illustrates food combining guidelines will be an essential part of this program. A dietary guideline; food preparation guideline; and cooking guidelines are well illustrated within this booklet. Detailed instructions will guide you through the program with ease. When food is properly combined, it prevents fermentation (gas development resulting from carbohydrate-based foods) and putrefactions (gas development resulting from protein-based foods).

This assures optimal absorption, assimilation and elimination, as well as preventing the development of unfriendly bacteria. Liver Purification assists the liver in removing the, debris and cholesterol salt buildup, which impedes the optimal functioning of the liver. This program is mandatory for everyone; meat consumers as well as vegetarians. The Gallstones that reside within the biliary tubes that connect the gall bladder to the liver, are a storehouse for parasite nesting.

This program (if used properly) will remove at least two thousand (2,000) gallstones. It should be repeated once every season; every three (3) months (four times a year). The inner temple purification program should be used 45 Days (3½ weeks) following this program for very high levels of optimal performance.

## Liver purification

The Liver has more responsibility of any organ in the area of metabolic functioning. It synthesizes (manufactures) proteins, carbohydrates and fats into the various compounds that are called upon, to provide to the body, that which it needs to function on a day to day basis. It produces digestive enzymes and bile that simplify carbohydrates into sugars, proteins into amino acids and fats into fatty acids.

It produces the immune components called gamma globulin and interferon that not only enhance immunity, fight off viruses; but breaks down excess hormones. The pesticides and fungicides that are frequently used on foods are fat (Lipid) soluble substances – which mean that they will only dissolve in fatty or oily solutions, not in water. The liver is the only processing station in the body that can convert lipid-soluble substances into water-soluble compounds, so that they can be released into the kidneys and bowels for filtering and elimination.

Lipid-soluble substances have a special affinity for fatty tissue and many other cells of the body that have lipid-soluble membranes such as the liver cells. These cells and tissues can store toxins for months, even years; releasing them during periods of fasting, exercise and stress.

The complex starch compound, that is made up of complex carbohydrate foods, such as bread, crackers, rice, pasta and cassava is impossible to completely digest, break down and utilize; therefore it gradually congests certain compartments and impedes optimal functioning.

It cannot be simplified when placed in ether, alcohol or water. When excess proteins and fats are ingested, it requires the liver to produce and secrete more digestive enzymes than is normally required. This puts an on going stress upon this vital organ, and pulls energy away from other organ activity in the body to assist and aid this demanding digestive process.

The Liver is the storehouse for glucose; it stores glucose in a form called glycogen – this is a slightly more complex form of a simple sugar. When sugar is needed by the blood to produce energy for the cells, this glycogen is then converted into glucose and then released into the bloodstream. The Liver is designed to store a certain level of carbohydrates in the form of glycogen, and still function properly. Once the storage exceeds that level, the liver will begin to gradually swell and reduce its proper functioning.

When this continues over a period of time, the blood sugar levels will increase; this is due to the forced release of excess glucose that resides within the liver compartments as stored glycogen. This will occur in certain blood types and in those who constantly ingest complex carbohydrate, refined and processed foods throughout their lives. Other serious conditions can arise; glaucoma and cataract of the eyes result when excess blood sugar remains in the blood stream and isn't oxidized

The Liver produces two (2) types of immune cells; each one has the capability of addressing various abnormally developing conditions. They are named gamma globulin and interferon; their main functions are to enhance immunity, break down and eliminate excess hormones, and to act as anti-virals. The liver produces a hormone precursor called steroidal; along with two other compounds called estrone and estriol, that are combined together in the liver, and are secreted into the ovaries, and then synthesized, forming the hormone estrogen.

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Gallstones result from the accumulation and combining of cholesterol salts, and from consuming foods, such as fried meats, potatoes, roasted nuts and oil-based dressing. It doesn't matter if they are saturated or un-saturated fats; they both cause buildup within the tissues of the organs or along the walls of the vessels. They obstruct (block) the passageway of the biliary tubes, which are the vessels that transport the bile into the gall bladder, which is then secreted into the duodenum – the area where the bile emulsifies the fats into simple fats.

### **INGREDIENTS**

- 1 8oz 60 capsule bottle of Liver Flush
- 1 8oz bottle of Intestinal relief
- 1 8oz 60 capsules bottle of Purification

**Intestinal Relief** gradually adds moisture to and softens old and recent food residue within the small and large intestines(colon). The Bentonite magnetically attracts the inorganic impurities that are lodged within the small intestinal tract preventing them from being reabsorbed in the bloodstream. The purification then activates the elimination of the loose portions, which become more dehydrated the longer it stays in the intestinal tract. When the moisture from the psyllium/irish moss penetrates into the fecal matter it becomes movable and ready for evacuation.

**Purification** provides detoxification and cleansing of the vital organs (liver, lungs, kidneys, bladder and digestive) and vessels (circulatory and lymphatic). Purification gradually releases the toxic by-products of the food residues that have traveled via the Blood & lymph, and have been absorbed (stored) within the tissues of the liver, lungs, kidneys, prostate, uterus, bladder and joints; and if not removed will manifest into inflammation, abnormal growths, tissue deterioration and disease.

**Liver Flush** provides purification and cleaning for the liver, spleen, lymphatic and small & large intestines. This will gradually enhance the diverse functioning of this most vital organ, increasing its metabolic & digestive activity, and immune cell production (interferon). It also enhances its ability to eliminate the excess glucose, fat, protein by-products and estrogen that would otherwise cause future complications.

### **INGREDIENTS TO BE PURCHASED**

- 1 Medium carton of Epson salt
- 6 Large Grapefruits
- 1 8oz or 12oz jar of Olive Oil

## **DIETARY GUIDELINES DURING CLEANSE**

### **Do's**

**Bake** – to prepare in an oven at low or medium temperature

**Simmer** -to heat foods below the boiling point at the lowest possible fire setting.

**Steamed** – to prepare food in a pot, with holes at the bottom, without, any water making contact, only steam

**Marinate** – to immerse a vegetable or grain food into a Liquid solution with seasoning for a certain period of time.

### **DON'T's**

**Fry**- to cook foods completely in or partially in an extremely hot grease solution, which destroys all vital components in food.

**Boil**- to cook food in boiling water; which devitalizes most nutrients and transfers the others into the water solution.

**Sautee**'- to cook in a pan over direct heat with small amounts of oil

### **LOW-CARB VEGETABLES**

#### **(low protein)**

Asparagus	lettuce
celery	bok choy
cabbage	spinach
pepper	greens
summer squash	cabbage
cucumber	onions
nori	leeks
dulse	kohlrabi
cauliflower	green beans
broccoli	zucchini
spinach	sprouts:
chard	eggplant
okra	Brussels sprouts

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### **SWEET FRUITS**

Figs  
bananas  
dates  
persimmons  
sapotes  
papaya,  
guavas,  
mango,  
star fruit  
currants, ,  
persimmon  
lychee,  
carambola  
coconut  
sour sop  
star fruit

### **CITRUS FRUITS**

tangerine  
oranges  
grapefruit  
lemon (hybrid)  
lime  
kiwi (hybrid)  
kumquat

### **MELONS**

cantaloupe  
watermelons  
honeydew  
muskmelon  
apple custard

### **SUB-ACID FRUITS**

cherry, apple, peach  
plums, apricot, berries  
pear, nectarine  
pomegranate  
grapes/muscat grapes  
strawberry, pineapple

### **MORNING REGIMEN (DAYS 1 THRU 7)**

- 1) Take 1 Tablespoon of **Intestinal relief** 1 hour after eating fruit or drinking juice.
- 1) Take 4 capsules of **Purification** 45 minutes after taking Intestinal relief
- 2) Take 4 capsules of **Liver flush** 45 minutes after taking purification

### **EVENING REGIMEN (DAYS 1 THRU 7)**

- 1) Take 1 Tablespoon of **Intestinal relief** 1 hour after eating fruit or drinking juice.
- 2) Take 4 capsules of **Purification** 45 minutes after taking Intestinal relief
- 3) Take 4 capsules of **Liver flush** 45 minutes after taking purification

Take herbs 1 hour before or after eating; and 45 minutes before or after each other

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### **DAY 8** **AFTERNOON REGIMEN**

Do not eat or drink before 2:00 pm

2:00pm

- 1) Place 3 Tablespoons of Epsom salt and 3 Cups (24oz) of distilled water into a quart (32oz) sized jar. This makes (4) four servings – 6oz each. Place jar in refrigerator.

### **EVENING REGIMEN**

6:00pm

- 2) Drink first 6oz cup serving of Epsom salt drink. You can drink more water afterwards to rinse out your mouth.

8:00pm

- 3) Drink second 6oz cup serving of the Epsom salt drink.

9:45pm

- 4) pour ½ cup (4oz) of olive oil into a Pint (16oz) size jar. Squeeze the grapefruit with the citrus hand juicer and measure a ½ to ¾ cup (4oz to 6oz). Pour into the pint size jar with the olive oil. Next, take half a lemon and squeeze the juice from it with the hand juicer; and pour all of the juice into the pint-sized jar.

### **DAY 9** **MORNING REGIMEN**

First thing in the morning, when you wake up, drink 1 8oz glass of distilled water, 10 minutes later, take your third (3<sup>rd</sup>) dose of Epsom salt. If you have indigestion or nausea, wait until it goes away before drinking the Epsom salt drink. You may go back to bed. Don't take this mixture before 6:00am.

#### **2 HOURS LATER**

- 1) Take your last (fourth) dose of Epsom salt Drink ¾ cup, then you may go back to bed.

#### **2 HOURS LATER**

- 2) You may eat; start with fruit juice. 30 minutes later eat 2 to 3 pieces of fruit.

#### **2 HOURS LATER**

- 3) You may eat a vegetable salad or raw vegetable dish

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### **EVENING REGIMEN**

- 4) Eat a regular meal for the exception of Dairy products and meat (flesh) containing fatty substance. Expect a bowel movement in the morning; use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green colored stones, since this is proof that they are genuine gallstones, not food residues. Only bile from the liver and gall bladder is pea green. The bowel movement sinks but the stones float, because of the cholesterol inside.

Place the lid on the jar tightly and shake thoroughly until watery (only freshly squeezed grapefruit and lemon does this); at this time nature should call your attention into the bathroom.

10:00pm

- 4) Drink the mixture you just prepared by drinking it through a large straw; this helps it go down easier. You may use maple syrup to chase it down between sips. Be sure to drink it standing up; try to drink it all within five (5) minutes.

Lay down immediately; you might fail to get stones out if you don't/ the sooner you lay down the more stones you will pass from your bowels. Lie flat on your back and remain there. You may feel stones traveling along your bile ducts into the digestive tract. There is no pain, because the bile ducts are open (thanx to the Epson salt). **GO TO SLEEP !**