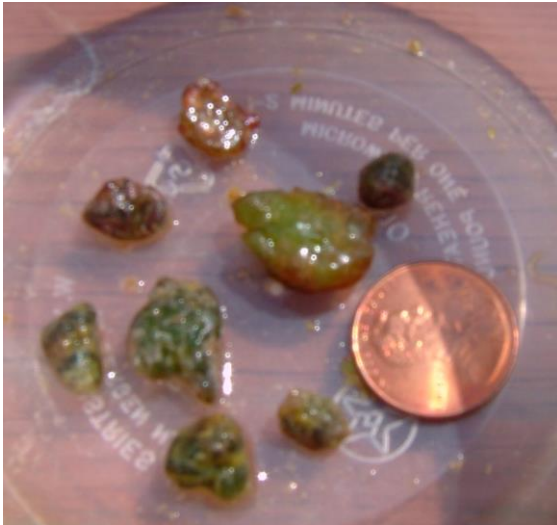


MY LIVER/GB FLUSH JOURNAL

FLUSH #1 (SUNDAY, AUGUST 8th, 2010)



Started passing at 6am and done by 2pm

1-2 stones during colonic on Tuesday August 10th

3 colonics before 1st flush

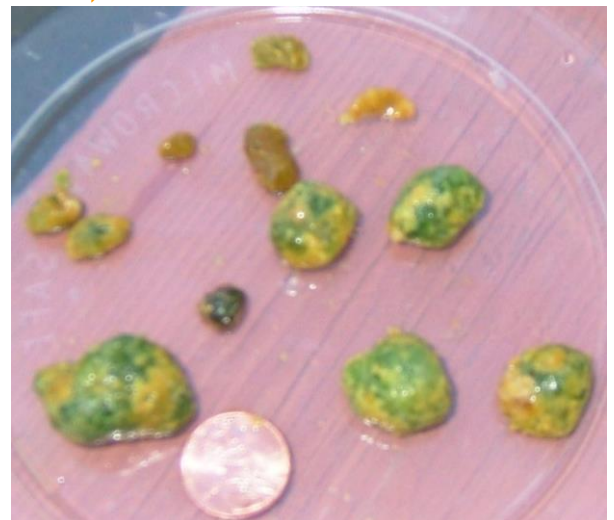
Felt very nauseous at 1am, head hurt, did not sleep much, very tired on Monday. Felt great by Tuesday.

FLUSH #2 (SUNDAY, SEPTEMBER 5th, 2010)



Passed the above large stones around 8am (9/6)

Felt somewhat nauseous at 1am but my head did not hurt and was not as bad as first time. Slept a little better. Could have slept in the morning but woke at 6am to take Magnesium Citrate. Run down and headache on Tuesday (9/8) and I was still passing stones. Gave myself water enemas when I felt I needed to pass stones around 6pm (9/6)



Passed the above large stones around 6pm (9/6)

Passed more stones Tuesday morning, September 7th and more during my colonic at 1pm (as fat as the tube)

0 colonics before this flush

MY LIVER/GB FLUSH JOURNAL

FLUSH #3 (SATURDAY, OCTOBER 2nd, 2010)

Castor Oil pack at 10pm after flush drink. Felt somewhat nauseous at 1am but my head did not hurt and was not as bad as first time. Fell asleep fairly easily but woke most of the night. I began passing small stones at 2am. This is the earliest I have seen them. I had a colonic done the day of the flush (Saturday, October 2nd) Could have slept more in the morning but woke to take Magnesium Citrate at 6:00am.



These stones were passed at 2am and 12pm. I did a few water enemas to pass more stones and larger stones passed.



Did a few more series of water enemas at 8pm and passed the above stones (As with my first 2 flushes, more stones were passed but did not collect all of them)

FLUSH #4 (SATURDAY, NOVEMBER 5th, 2010)

Castor Oil pack at 10pm after flush drink. Felt somewhat nauseous at 1am. Began passing tiny stones at 2am again. Fell asleep fairly easily but woke up a few times during the night. I had a colonic done this morning (Saturday, November 5th) Could have slept more in the morning but woke to take Magnesium Citrate at 6:30am.



Passed dozens of tiny stones. The biggest was about the size of a pea. As with my other flushes, more stones were passed but I did not collect all of them.

MY LIVER/GB FLUSH JOURNAL

FLUSH #5 (SUNDAY, DECEMBER 5th, 2010)

Castor Oil pack at 10pm after flush drink. Head pressure and pain in the evening and during the flush. Felt nauseous during the night. Fell asleep fairly easily but was awake most of the night. I began passing stones at 8am.



FLUSH #6 (TUESDAY, JANUARY 4th, 2011)

Castor Oil pack at 10pm after flush drink. Head pressure and pain in the evening and during the flush. I began passing stones at 7am.



MY LIVER/GB FLUSH JOURNAL

FLUSH #7 (FRIDAY, FEBRUARY 4th, 2011)

Castor Oil pack at 10pm after flush drink. Woke up at 1:30am and felt nauseous but not as bad as the last flush. Went back to sleep and woke up at 6:30am. I began passing stones at 8:30am. Added 1 Gallbladder Vcap and emptied into the flush drink.



FLUSH #8 (SATURDAY, MARCH 5th, 2011)

Castor Oil pack at 10pm after flush drink. Woke up at 1:30am and felt nauseous. Started passing stones at 9am. Many medium size and small stones and two very large stones.



MY LIVER/GB FLUSH JOURNAL

FLUSH #9 (SATURDAY, APRIL 3rd, 2011)

Castor Oil pack at 10pm after flush drink. Started passing stones at 7am. Woke up at 2:00am and felt nauseous.



FLUSH #10 (SATURDAY, APRIL 30th, 2011)

Castor Oil pack at 10pm after flush drink. Slept pretty well and did not feel sick during the night. Started passing stones at 7am next day. Passed semi-calcified stones 2 days later.



MY LIVER/GB FLUSH JOURNAL

FLUSH #11 (SATURDAY, JUNE 25th, 2011)

Castor Oil pack at 10pm after flush drink. Slept pretty well and did not feel sick during the night. Started passing stones at 9am. Only passed a few tiny stones. Bigger ones came out during post colonic. For the first time I got sick in the morning drinking the apple juice.



FLUSH #12 (SATURDAY, JULY 30th, 2011)

Castor Oil pack at 10pm after flush drink. Slept pretty well and did not feel sick during the night. Drank cranberry and apple juice this flush week. Bad headache after 6pm on flush night. Started passing stones next morning around 8:45am.



MY LIVER/GB FLUSH JOURNAL 2010 ~ 2011

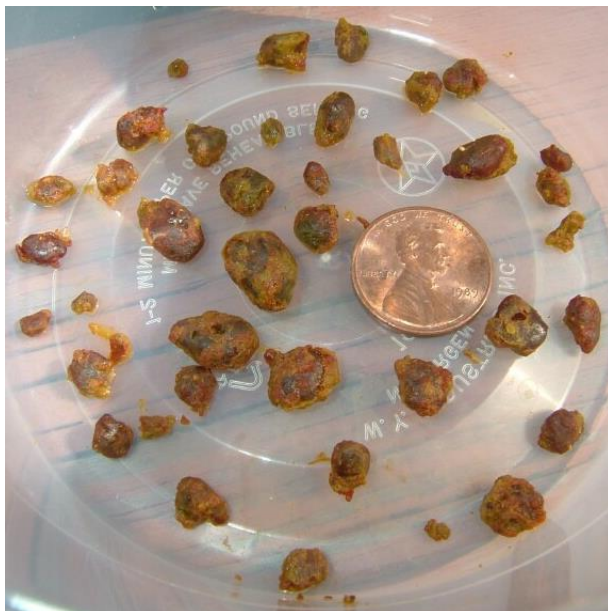
FLUSH #13 (SATURDAY, AUGUST 30TH, 2011)

Castor Oil pack at 10pm after flush drink. Slept pretty well and did not feel sick during the night. Started passing stones around 8:45am. Did have bad headache after 6pm of flush night. Drank apple juice and cranberry juice this flush prep week since the apple juice made me sick last month.



FLUSH #14 (SATURDAY, OCTOBER 1ST, 2011)

Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Slept pretty well and did not feel sick during the night. Started passing stones around 8:45am. Did have bad headache after 6pm of flush night.





Begin Living Well Today

Instruction from
*The Amazing Liver and
Gallbladder Flush*
~ by Andreas Mortiz

MY LIVER/GB FLUSH JOURNAL

FLUSH #15 (SATURDAY, NOVEMBER 26TH, 2011)

Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Slept ok. Woke up at 2am and felt shaky. Started passing stones around 9am. Headache but not as bad as past flushes. Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Kidney Cleanse before & after.



FLUSH #16 (SUNDAY, JANUARY 15TH, 2012)



Terrible headache day of flush. Felt nauseous before I drank the flush drink. Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Slept well. Woke up at 1am but went back to bed. Slept after the 6:30am Magnesium Citrate drink. Started passing stones around 9:30am. Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Kidney cleanse after flush.

Passed stones during post colonic

MY LIVER/GB FLUSH JOURNAL

FLUSH #17 (SATURDAY, FEBRUARY 24TH, 2012)

First flush that no stones were produced!

Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Felt nauseous at 1am. Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. No stones during post colonic

FLUSH #18 (SATURDAY, APRIL 21ST, 2012)



Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Felt nauseous and shaky around 2am but no headache at all. Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. Passed some more stones, lots of tiny ones and a couple of pea sized. Didn't pass stones all day, just in the morning around 7:30am.

FLUSH #19 (SATURDAY, JULY 1ST, 2012)

Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. No headache, slept well.

Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Kidney cleanse after flush.

Passed some stones at 12:30pm.

Passed more stones during post colonic



MY LIVER/GB FLUSH JOURNAL

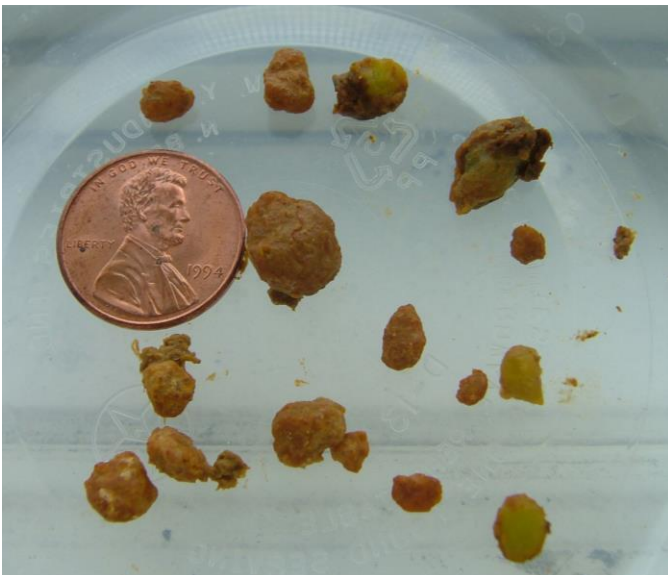
FLUSH #20 (SATURDAY, AUGUST 18TH, 2012)



Added 2 Gallbladder Complex to flush drink. Castor Oil pack at 10pm after flush drink. Drank Gallbladder Nano (Gold Coin Grass) no apple juice + Stone Breaker & other GB/Liver support. Felt pretty good day of flush and day after. Kidney cleanse after flush.

No stones in post colonic.

FLUSH #21 (SATURDAY, JANUARY 19TH, 2013)



Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. Drank Tart Cherry Juice for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush

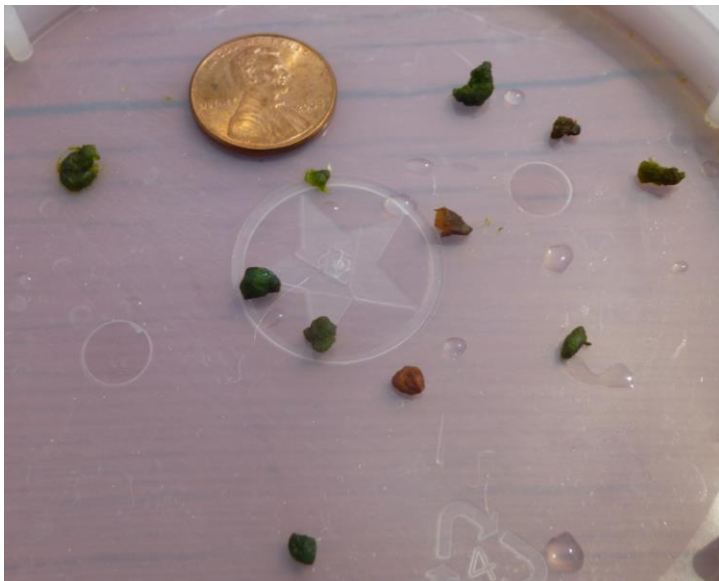
Felt really nauseas after I drank 6pm dose Magnesium Citrate. Nauseous through out the night. Very tired this flush.



Cut larger gallstone in half -
photographed here on the right

MY LIVER/GB FLUSH JOURNAL

FLUSH #22 (SUNDAY, APRIL 21ST, 2013)



Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush

Passed stones around 9am. Passed stones during post colonic.

FLUSH #23 (SUNDAY, SEPTEMBER 1ST, 2013) Labor Day Weekend



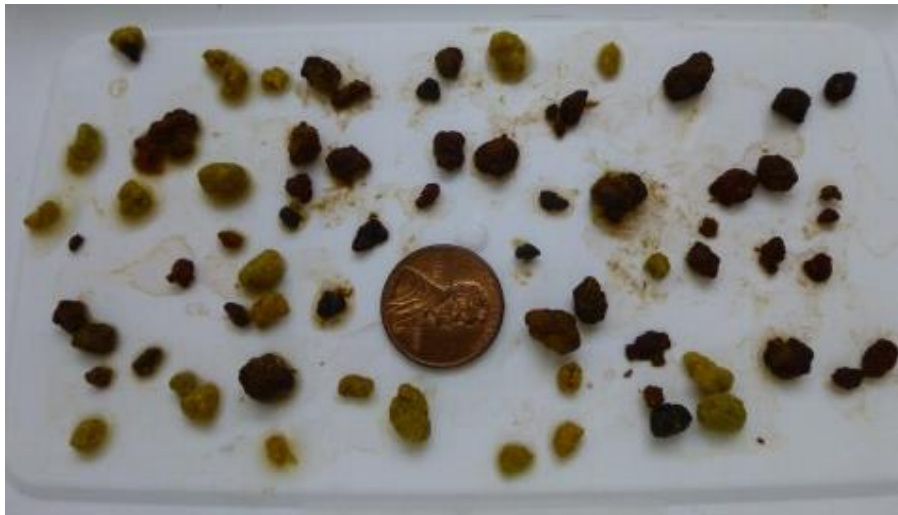
Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. (apple & sweet potato for lunch + 1 teaspoon of honey late afternoon) 1 bottle of Mag Citrate for flush

This was the easiest flush I have done. Didn't feel sick, no headache, just hungry during fast. Slept well.

*Passed stones around 8am throughout the day.
Passed stones during post colonic.*

MY LIVER/GB FLUSH JOURNAL

FLUSH #24 (SUNDAY, MAY 25TH, 2014) Memorial Day Weekend



Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. (Oatmeal, apple, Evergreen drink & sweet potato + 1 teaspoon of honey late afternoon) 1 bottle of Mag Citrate for flush

Didn't feel sick, no headache, just hungry during fast. Awake during the night

Began passing stones around 3am and throughout the day. Passed stones during post colonic.

FLUSH #25 (SUNDAY, DECEMBER 28TH, 2014)

Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. (Oatmeal, apple, tomato soup, Butternut Squash & Evergreen drink + 1 teaspoon of honey late afternoon) 1 bottle of Mag Citrate for flush

Felt nauseous, no headache. Woke up at 12am back to sleep until 5am

Began passing stones around 5am and throughout the morning, some during day. No stones during post colonic.



MY LIVER/GB FLUSH JOURNAL

FLUSH #26 (SUNDAY, MAY 1, 2016)

Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. (Oatmeal, apple & sweet potato + 1 teaspoon of honey late afternoon) 1 bottle of Mag Citrate for flush

Only passed a few stones late morning. No stones during post colonic.



FLUSH #27 (SUNDAY, JANUARY 22, 2017)

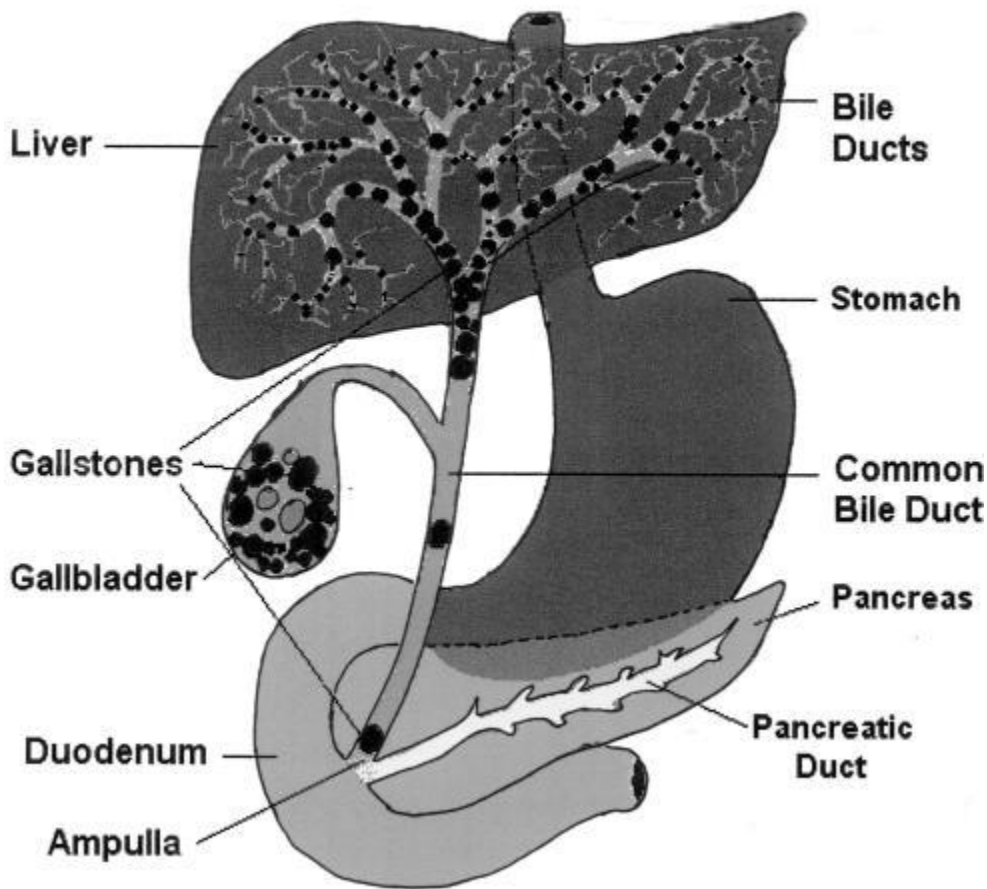
Added 2 Gallbladder Complex to flush drink & Castor Oil pack at 10pm after flush drink. **Drank Tart Cherry Juice** for prep & Gallbladder Nano (Gold Coin Grass) + Stone Breaker & other GB/Liver support. Kidney cleanse after flush. (Oatmeal, apple, tomato soup, Butternut Squash & Evergreen drink + 1 teaspoon of honey late afternoon) 1 bottle of Mag Citrate for flush

Felt nauseous, no headache. Woke up at 12am back to sleep until 5am

Began passing stones around 5am and throughout the morning, some during day. No stones during post colonic.



MY LIVER/GB FLUSH JOURNAL



This diagram illustrates that most people have intrahepatic stones or 'gallstones' throughout all the bile ducts in the liver along with the gallbladder and common bile duct. This is why it typically takes at least 8 - 12 or more flushes to be completely stone free. Severe cases could take 30 or more flushes. Once your stone free you can go to a maintenance schedule of flushing every 6-8 months to prevent future liver & GB congestion. A healthy liver provides a healthy body.