

## Gallstones elimination

# Protocol

Day

1

Diet consisting of mainly fresh fruits and vegetables  
Avoid processed foods, animal fats, and dairy products.

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Drink 4 glasses of **apple juice** throughout the day.

Day

2

Diet consisting of mainly fresh fruits and vegetables  
Avoid processed foods, animal fats, and dairy products.

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Drink 4 glasses of **apple juice** throughout the day.

Day

3

Diet consisting of mainly fresh fruits and vegetables  
Avoid processed foods, animal fats, and dairy products.

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Drink 4 glasses of **apple juice** throughout the day.

Day

4

Diet consisting of mainly fresh fruits and vegetables  
Avoid processed foods, animal fats, and dairy products.

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Drink 4 glasses of **apple juice** throughout the day.

Day

5

Diet consisting of mainly fresh fruits and vegetables  
Avoid processed foods, animal fats, and dairy products.

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Drink 4 glasses of **apple juice** throughout the day.

Day

6

Breakfast and lunch consisting exclusively of:

- fresh fruits;
  - fresh vegetables;
  - fruit juice;
  - herbal teas.
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At **2:00pm**, stop eating food.

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At **6:00pm** drink the first cup of the **Epsom salt solution**.

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At **8:00pm** drink the second cup of the **Epsom salt solution**.

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At **10:00pm** drink the olive oil and citrus juice mixture.

After drinking the mixture, lie down immediately on your right side with your knees pulled toward your chest. Stay in this position for 20 minutes.

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At **10:20pm** go to bed and keep your upper body elevated with pillows.

Try to sleep on your right side. Avoid moving around as much as possible during the night.

Day

7

After **6:00am** drink the third cup of the **Epsom salt solution**

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After **two more hours** drink the fourth cup of the **Epsom salt solution**.

You can go back to bed or relax during this period.

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Whenever desired, go to the bathroom to evacuate the Gallstones.

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After **12:00pm** have a light lunch. Avoid processed foods, animal fats, and dairy products.

# Ingredients

In order to fulfill the protocol, you should be able to acquire the following ingredients, prior to the treatment. Note that the ingredients not necessarily need to be organic and non GMO, but if you could find them as such, opt to use so.

☐ 4 packs of Epsom Salt, with 15 grams each

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☐ 120 ml of Olive Oil

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☐ 7 liters of Apple Juice  
or 630 ml of Apple Vinegar  
or 90g of Malic Acid in powder.

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☐ 5 lemons  
or 2 grapefruits

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☐ 10 liters of water

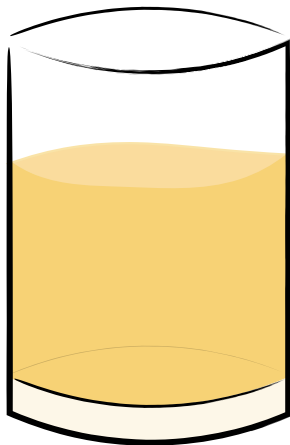
# Apple Juice

Starting from the day one, drink four glasses of 250ml (8.5oz), of organic apple juice each day. Drink the juice throughout the day. You'll drink a total of 1 liter (34oz) per day.

The apple juice is rich in **malic acid**, which helps to soften gallstones and prepare to eliminate them.

When **malic acid** acts upon gallstones they'll be able to easily navigate through the ducts that connects the gallbladder and the gut, where it'll be eliminated.

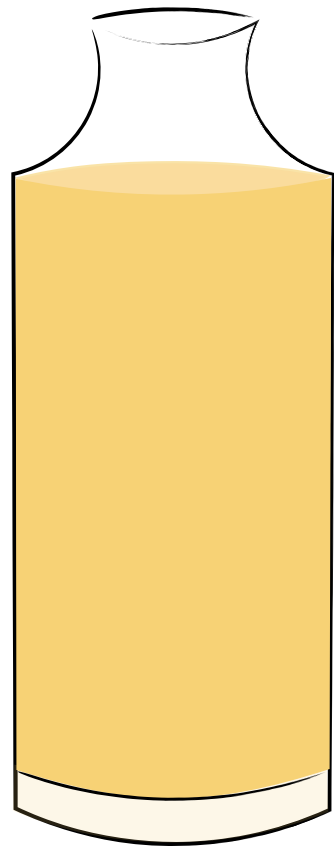
4 times per day



250ml (8.5oz)



Throughout the day

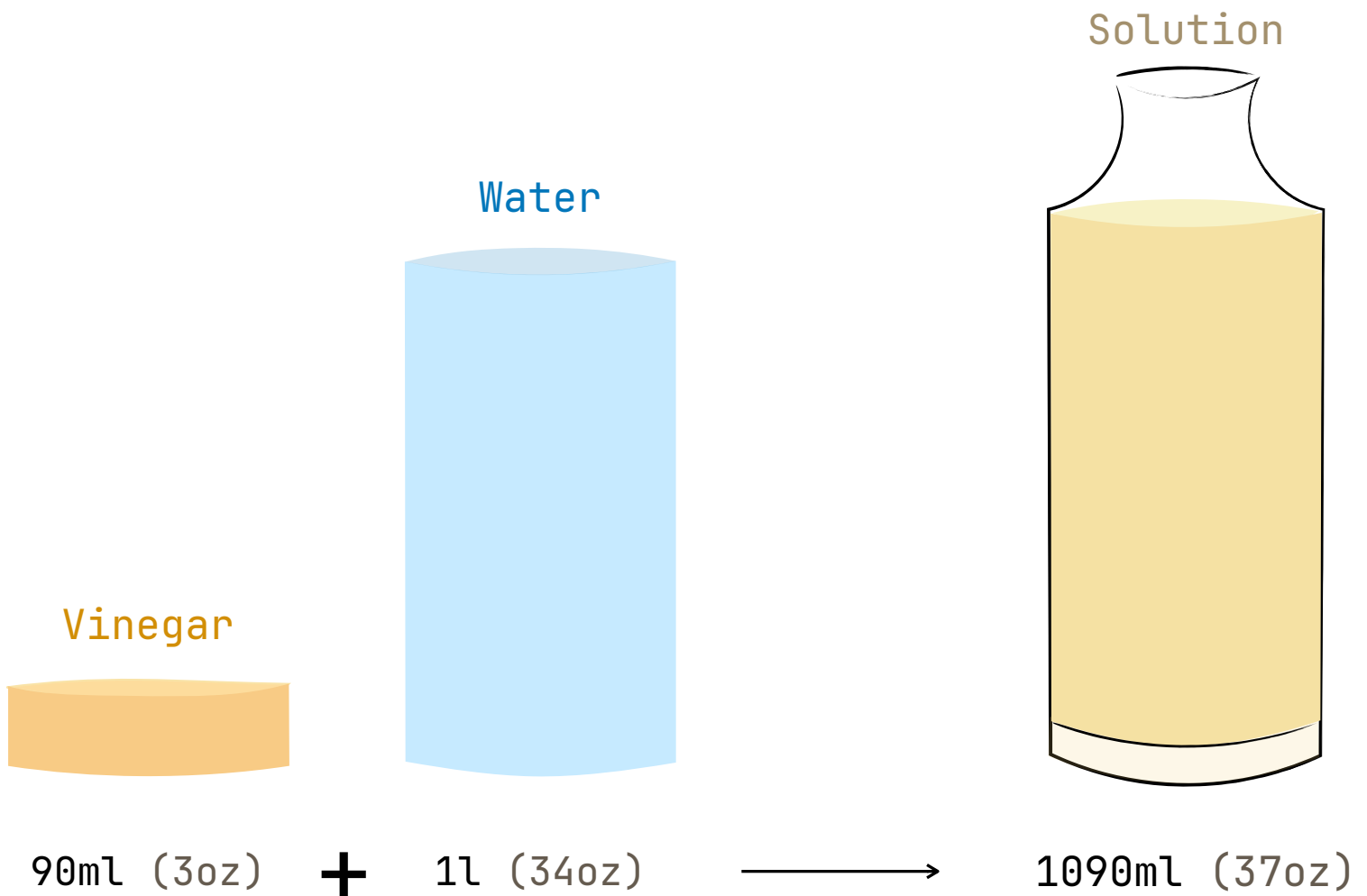


1l (34oz)

# Apple Vinegar Solution

In case you don't have access to apple juice or you have diet restrictions, such as those commonly imposed by **diabetes**, you can make use of an Apple Vinegar solution, which is also rich in **malic acid**.

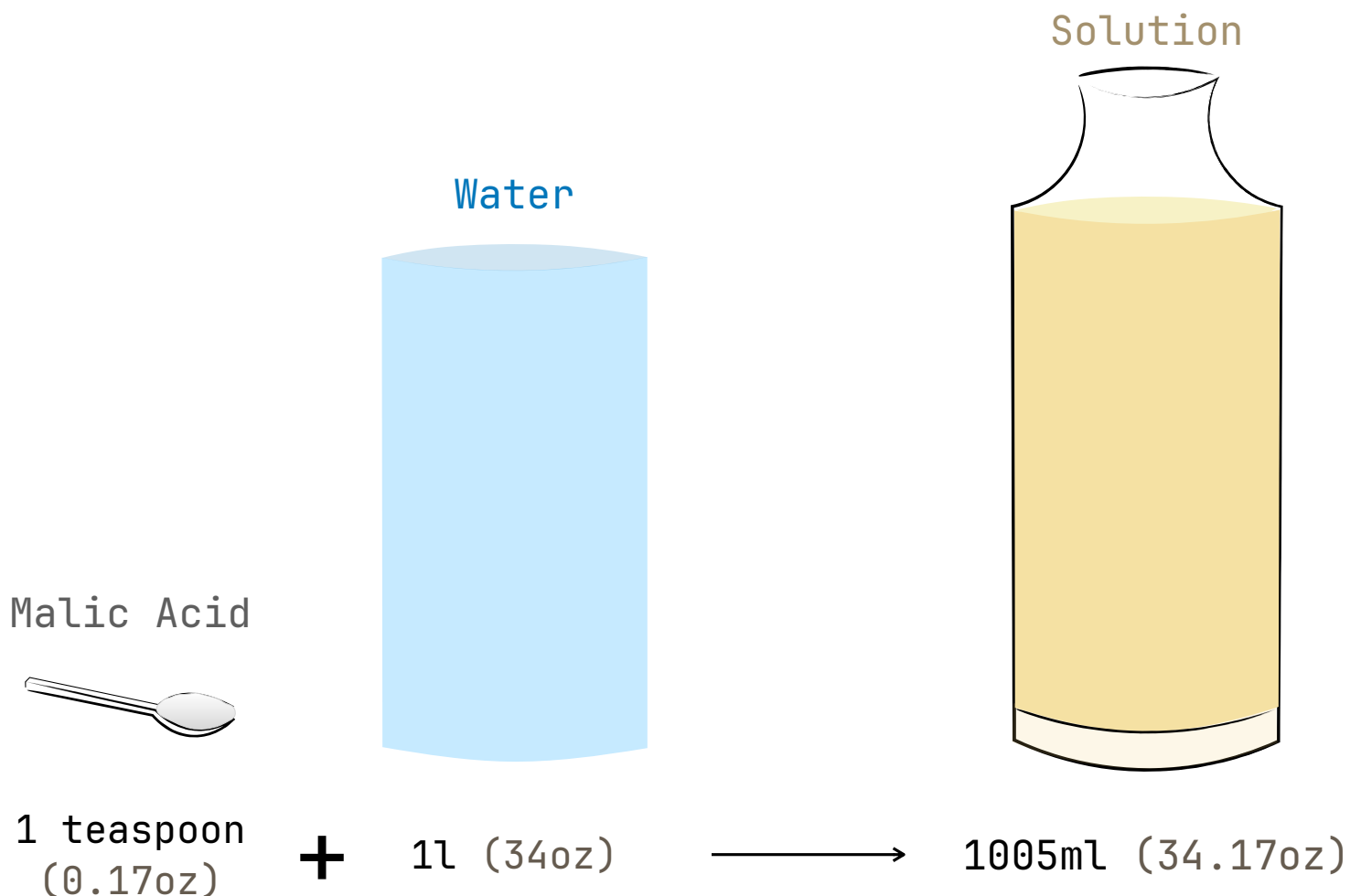
To make this solution you need to mix 90 ml (3oz) of apple vinegar with 1l (34oz) of water. After that, you should divide the solution into smaller servings and drink throughout the day, just as if you were drinking the apple juice.



# Malic Acid Solution

Another alternative to apple juice, similar to the Apple Vinegar Solution, is the Malic Acid solution. Malic Acid in powder is simply considered a food supplement in most countries.

To make this solution you need to mix a teaspoon (.17oz) of malic acid with 1l (34oz) of water. After that, you should divide the solution into smaller servings and drink throughout the day, just as if you were drinking the apple juice.

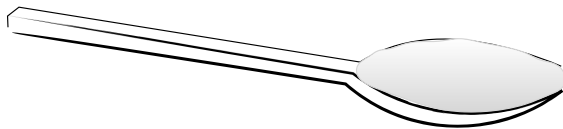


# Epsom Salt Solution

Epsom Salt is a natural mineral compound, that when ingested works as a laxative. The purpose of it is to free your gut for the gallstones elimination.

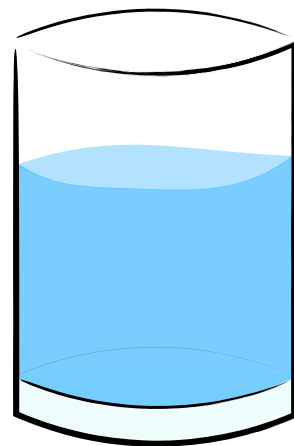
To prepare one cup of the Epsom Salt Solution you need a cup of 400ml (14oz) of water and 1 tablespoon (15 grams) or Epsom Salt. The water needs to be warm, so that the salt can dissolve better.

Epsom Salt



1 tablespoon (15grams)

Warm Water



+

400ml (14oz)

When drinking the solution you need to go sip by sip. If you feel any discomfort you can also ingest apple juice or the apple vinegar solution.

The Epsom Salt also goes by the scientific name of Magnesium Sulfate, and can be found in pharmacies. They're usually sold in a pack with small separate portions that are ready to use for this solution.

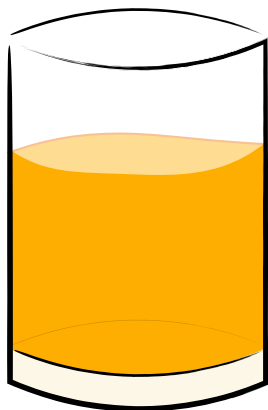


# Citrus Juice & Olive Oil Mixture

The Olive Oil & Citrus Juice Mixture is the responsible for triggering the gallstones expell.

To prepare Olive Oil and Citrus Juice Mixture, one needs 180ml (6oz) of organic orange juice, 100ml (3.3oz) of organic lemon juice and 120ml (4oz) of organic cold-pressed olive oil. The juices must be made of freshly squeezed fruits without any water addition. These ingredients must be mixed until it is well blended.

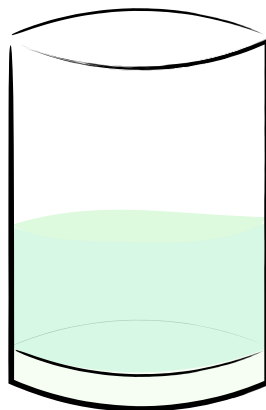
Orange Juice



180ml (6oz)

+

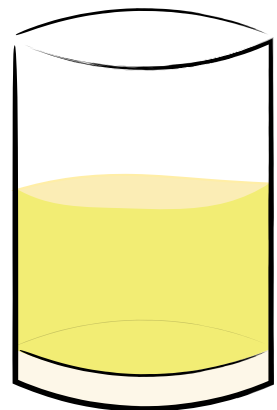
Lemon Juice



100ml (3.3oz)

+

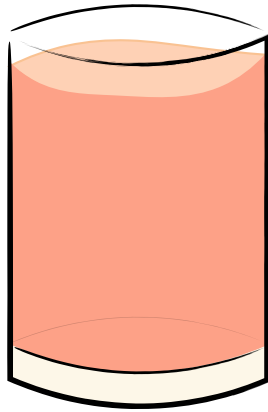
Olive Oil



120ml (4oz)

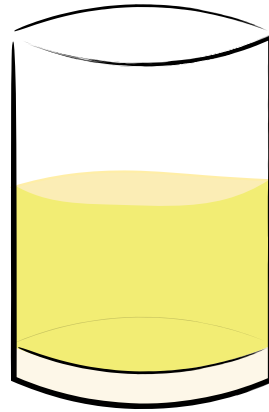
An alternative to use orange and lemon juice in the mixture is to use grapefruit juice. In this case it's necessary to freshly squeeze 280ml (9.3oz) of grapefruit and mix it with the same amount of olive oil (120ml or 4oz)

Grapefruit Juice



280ml (9.3oz)

Olive Oil



120ml (4oz)

+

Stand next to your bed and drink the olive oil and citrus juice mixture within 5 minutes. You can use a straw to make it easier to swallow, or you can take small sips.