

The following purge directions have been very successful, having no history of obstruction. The bile duct is elastic and thus expands for the movement of the larger cholesterol based stones which are more difficult to detect because of their stool color, however it has a definite lumpy appearance.

## GALLBLADDER PURGE

1. On the day prior to purging, reduce food intake to fruit, fruit juices and water (NO SODA). Please to not eat solid foods, i.e. vegetables, meat or desserts.

2. On the morning of the purge, commence mixing 2 ounces of inexpensive olive oil with 2 ounces of very cold apple juice. If you do not like apple juice, I recommend grape juice. Once the mixture of 2 oz. olive oil and 2 oz. of juice is “gulped” or rapidly swallowed, wash out mouth with a small amount of just the fruit juice. Go sit down and wait 5-6 minutes.

Repeat this process every 5-6 minutes until 13-14 oz. of olive oil is consumed over a period of 45 minute to one hour.

3. Afterward, lay on your right side as much as you can for about 3 hours. You may get up after the 3 hours and sit or occasionally walk, do not however, work, become physically active or eat/drink anything.

4. As your gallbladder is “**Dumping**” the stones, they pass through the bile duct. This may be the most uncomfortable period, causing occasional nausea, pain and some vomiting of the excess olive oil. You’ll encourage vomiting if you drink or eat food during this time.

5. As you have bowel activity, you may notice green color mixed with loose stool. Also you will notice stones varying in quantities of 50-200 and in size from a pea to a marble. This may take from 9-20 hours, usually 10-12 hours. Upon seeing these pea shaped green to brown bile stones you may have an additional 2-3 bowel movements. As the green stones lessen, the larger/stool-colored clumps which are cholesterol based, may now occur, though more difficult to identify. Once the small bile stones appear, begin drinking water, juice and eat small quantities of applesauce, peas, salad and other easy to digest foods, including vegetables and fruits.

6. The next meal should allow you to resume a more normal schedule with better digestion. Symptoms of improvement may be rapid and dramatic to very little noticeable change. Certainly the gallbladder will function better, so digestion will improve.

7. Now that you saved your gallbladder, try to eliminate fried foods, margarine and fats from your new diet lifestyle. Your cholesterol level may improve, you may have less bowel gas, less bloating, better bowel activity and **BETTER HEALTH!**