

Jubbs Gall Bladder / Liver Cleanse

For cleaning out the pantry and putting something new and improved in.

Introduction

Most people have gall and liver stones mainly due to a diet high in insoluble fats and animal fats, undigestible proteins, refined sugars and refined carbohydrates combined with lack of adequate insoluble dietary fiber. The liver and the gall bladder would normally be able to break down these acid-forming foods but due to their overconsumption the bile in the liver and gallbladder becomes supersaturated and insoluble and “stones” are created as these fats and cholesterol solidify. These stones can also become hard as sometimes they are incased in calcium and other minerals.

Taking in olive oil and lemon juice on the fourth day of the cleanse creates a flushing effect in the liver and gallbladder and the stones are passed easily in the stool. They may come out as a green, slimy mass or actual stones ranging in size from small to medium-sized pellets; sometimes larger. Their color also varies, ranging from brown to dark green, bright green, black or muddy white. Their odor is usually quite strong.

Passing stones is only one element of success of this program; it *optimizes liver function and improves bile flow* and is designed to help cleansing to be increased some 400% over what might ordinarily be occurring. It is the foundation of cell rejuvenation and along with Lifefood nutrition, which is rich in food-based minerals, enzymes, vitamins and insoluble fiber, allows the body to maintain bile flow in the liver and gallbladder.

Jubbs 14 day Lifefood Nutritional Fast

14 days of cleansing on which you are fasting from five things:

1)cooked food 2)starch 3)solid food 4)flesh 5)breakfast

I talk about this being a fast, yet this is actually a cellular feast. During this time, you have 3 “Flush” days: the 4th day, the 8th day, and the 11th day. Mark these days on your calendar and be certain that you can arrange to rest. More so, on those days, do what you can to keep you schedule free after 1pm. Time your cleanse to meet what works most easily for you.

There are just a few things that you might find new on this cleanse which we will explain here. All of these things work together synergistically to maximize your success, and all are learned easily. These are time-tested methods and can be applied during any cleansing time. They can be put into a few categories:

Evacuation

Keeping the bowels clear and moving is deeply beneficial during a cleanse. It encourages an invigorating of the eliminative organs and assist you to pass the old waste material and make room for a new you.

Evacu-Ease is recommended for various reasons listed below.

Stone Softening and Ph Adjustment

In order to pass stones out of your body, we first loosen and soften them with herbs, light-acids (like raw apple cider vinegar), Castor oil packs and physical stimulation

On the cleanse one normalizes ph which reduces inflammation, fat, stress, and adverse thinking pattern.

Inflammation Reduction

Reducing *silent inflammation* and for *primary inflammation* in the intestinal tract increases cell nutrient and waste transportation. This also normalizes body pH, reduces fat, and abdominal water retention.

Maintaining Muscle / Reducing Fat

The LifeFood Nutritional Fast guards against prophylactic shock, by maintaining optimal mineral level, so the blood remains hydrated and provides fat and protein to manage blood sugar at 85 mg/dl. The LifeFood nutritional fast muscle to have remained, while clearing away what is other than you.

Flushing

Flushing the gall bladder and liver is accomplished by encouraging both a maximized bile flow for a brief period of time, and a dilation of the sphincter of Oddi (the bile duct). This cleanse is primarily emptying of the liver, so that body debris can be processed. The non-surgical removal of gall stones is a by-product of this process, yet other than the primary reason for this cleanse. Eating lifefood alone other than accomplishes this. Flushing is the most direct way of re-establishing optimal bio-terrain, vitality and health as it addresses the source of bio-balance.

Rest

Resting as much as one can, is a central component in any healing. This offers your body the resource to maximize its rejuvenation.

Features of the Cleanse

The following is a brief description of the nutritive and cleansing elements of the Lifefood Nutritional Fast.

Lifefood

While on the 14 day nutritional cleanse you will be enjoying Lifefood, the original food of human beings, Lifefood is eaten more so as Mother Nature provides it, organic and uncooked. It encompasses mostly fruit, botanically defined as the fruiting body of a flower. This includes: cucumber, pepper, avocado, nuts, zucchini, melon, and squash. Sea vegetable, herbs, algae, tree honey, buckwheat, cauliflower, seeds and many other foods still retain much of their wild nature and are also considered lifefood. We are designed more as a frugivores. Lifefood, simply, is food which retains a semblance of its ancient ancestor and correlates more directly to our physiology. There is an enormous variety of delicious food which can be eaten on this fast. Explore the natural bounty of the earth, share and enjoy.

Lifefood is other than cooked or processed food, meat, dairy and animal product; Lifefood is other than sugar cane, corn, rice, wheat and most grain. Lifefood is other than all soy product, canola oil and other poor-quality oils. Lifefood is other than potato, beet, carrot, yam, banana, pineapple, date, cashew, peanut and all non-organic product. Those substances, in their modern form, are human advents and other than support the balance of that part of us which is Nature. For a more in-depth clarification of the distinctions of lifefood, see **The LifeFood Recipe Book** by the Jubbs

Evacu-Ease

This is an herbal powder containing several unique plants, combined in rations which work synergistically. **Evacu-Ease** reduces inflammation, rebuilds the intestinal wall, fortifies nutrient brought in, and has an excellent evacuative effect. This encourages normalization of transit time of food through the intestine. **Evacu-Ease** is an *evacuative*, other than a laxative and can even be taken during pregnancy, whereas all laxatives are poison, being how they operate. **Evacu-Ease** has health benefit and actually strengthens the system. With **Evacu-Ease** we are managing 4 loose or liquid stools a day. (clear liquid is fine as well). If having more than 4 bowel movements, reduces doses a bit; if less than 4, bowl movements, then increase number of does per day.

Dosage is 1/3 of a tsp., the approximate equivalent to 1 gram or one capsule of powdered herb. During the cleanse it is taken 4 times per day taken near food time but can be taken up to 7 times per day if needed to achieve 3-4 bowel movements per day. **It is taken sprinkled on a slice of fruit and thoroughly chewed or carefully places on the tongue and chewed in order to be taken more as a food and thoroughly mixed with the parotid hormone in the saliva.** The taste is bitter, yet manageable. In a day or two, it will feel just like home.

All the herbal formulas in this cleanse, except for the teas, are chewed and wet by the saliva in the mouth and then swallowed. Mixing them with water and then taken will prevent their effectiveness.

Digest Aid / Wild Zymes

Digest Aid is a true *digestive tonic*, causing all digestive juices to flow. As well, it powerfully assists with softening of the stones, dissolving arteriosclerotic plaque, and increasing the blood's fat-manipulative force. **Wild Zymes** is a plant-based product that has all of its metabolic and enzymatic force and is other than in a fermentative state. As well as its enzymatic capacity, **Wild Zymes** is a powerful anti-inflammatory and can reduce cortisol in the intestinal tract. It also contains *tri-methylglycine*, which assists in building hydrochloric acid and neurotransmitters; it is a gut manner as **Evacu-Ease** chewed alone or with a piece of fruit to thoroughly wet with the saliva.

Wait at least 5 minutes in between any herbal formulas.

Raw Apple Cider Vinegar

This is the only *alkalizing* vinegar, and should be uncooked, and cloudy at the bottom. This substance, as well as managing pH, softens and loosens bile stones, preparing them for flushing out.

During the cleanse one can take **1-2 oz. Raw Apple Cider Vinegar diluted in 4 oz. water**, 4 times a day, (even with a tad of honey to taste). After taking acids, such as this or lemon, always rinse your mouth to protect teeth.

Raw Apple Cider Vinegar can be effectively and directly replaced by **Digest Aid**. To make this shift, **take 1/3 tsp Digest Aid** at the same times in the day as you would apple cider vinegar, and remove it from meal times.

Whole-Food and Plant-Based Supplement

During the cleanse one may opt for maximizing their cellular feast and detox with additional foods in the concentrated forms of *whole-food* vitamin/mineral complex and herbal, plant-based supplements. Some common supplements include, whole-food vitamin Magnesium, which is utilized in 300 body pathways, and over 200 detox pathways. Most everyone is deficient in this vital mineral. Folate, B vitamins, Zinc, and various other vitamins in their whole food form can be added. Plant-based supplements, such as those already listed above, are standard fare on the cleanse. Additionally, one may wish to bring in formulas such as **Alpha & Omega**. These two formulas are blood and lymph cleansers and herbal anti-biotics which can address internal mold, fungus and yeast. They also act as parasite eliminators and *anti-neoplastics* for cancerous and tumorous conditions. **Alpha & Omega** are taken internally, can be used as externally applied compounds and also come as suppositories. All these supplements assist to specifically potentiate your cleanse. There is wide range of supplemental substances available in Nature which one can also apply. A full range of Jubbs herbal formulas is listed at the back of this program.

Oil Flush

The presence of lipid (fat/oil) in the duodenum is the primary stimulus for the liver to empty itself and to release bile. This stimulus re-activates the liver's capacity to absorb and manage debris in your body. One can consider the liver to be like a kitchen sponge, which when saturated, less than really can mop anything up. A liver flush very simply squeezes out the sponge, and as it springs back, it again can pull waste out of the system. A by-product of this liver flushing is the removal of gall stones. As you have loosened and softened stones, as well as stimulated the liver/gall bladder through massage and percussion, they dislodge and become ready for evacuation. Ingesting a quantity of *organic olive oil* on the Flush Day stimulates a torrent of bile which flushes the loosened stones out of bile ducts and the gall bladder, which are further evacuated in the cathartic release provided by the coffee enema. 6-10 oz. of olive oil will flush the gall bladder and liver. A lesser amount, 4-6 oz, will flush the liver alone.

Large amounts of olive oil can often result in queasiness. To manage that, go easy on yourself when deciding how much oil you will drink, especially for your first 6 ounces is an adequate amount. It is suggested to take **Wild Zymes** or extra digestive enzymes containing *lipase* prior to and after drinking any oil. Rest, and refrain from much movement of the body or eyes to ease any challenge one might experience.

Organic olive oil, still retaining its Lipase is optimal, though uncommon. Even cold-pressed oils can have encountered heat during processing. If the oil lasts a long time without deteriorating one will recognize it to be without its own enzyme. In general, it is wise to eat a living fat, retaining its Lipase, such as avocado, or nuts, if you eat Lipase deficient oil. Look for a recent "pressed on" date and a dark bottle. Poly-unsaturated oils such as flax become rancid in the body far too quickly for large doses. Suitable brands of olive oil can be found through Jubbs Longevity.

Blood Circulators and Sugar Regulators

Vitamin B3 affects blood sugar regulation and has been shown to be involved in insulin metabolism and blood sugar regulation. Vitamin B3, in the form of Niacin is a ***vaso-dilator***, opens circulatory pathways and encourages flow of blood to the capillaries and give the sensation of a hot flush on the skin and having got a bit of sun. It is a precursor for NADH, involved in the body's energy cycles. The flush reaction can be achieved by taking powdered cayenne, wasabi or horseradish (great food sources of Vitamin B3) in 1-3 veggie caps. The flush reaction is corollary to having other than sufficient vitamin B3 and lessens with repeated use as you are replenished.

Coffee Enema

Many substances in coffee, not simply caffeine, encourage the sphincter of Oddi to dilate and the liver to empty itself, allowing the passage of larger stones. The sphincter of Oddi is the muscular valve surrounding the exit of the bile duct and pancreatic duct into the duodenum. The sphincter is normally closed, opening only in response to a meal so that digestive juices can enter the duodenum and mix with the food for digestion.

An ***enema*** is an effective technique for flushing out internal debris quickly and efficiently. Prior to the 1950's it was quite common for an enema to be administered to any patient arriving at a hospital, as it sets the foundation for rejuvenation by removing toxic debris. You should consider it normal; it is just not fashionable today. An enema is more enjoyable with dim light and other stimuli, such as pleasant scent or sound, which encourage ease. On flush days it is beneficial to have things set up in advance with your oil and lemon poured and a nice place to rest and wrap up, ready for the next steps. This can be a time of ease and a gift to oneself.

Use **2 tablespoons** of ***ground organic coffee*** (de-caf or regular) in **2 quarts of filtered water**, steeped since the previous night, not brewed. Ideal temperature of the coffee is 97°

Fill an enema bag with the coffee and take in the liquid ***slowly and gently***, pausing as you require to relax your abdomen in order to avoid having to quickly expel the liquid. ***Hold 12-15 minutes*** if possible, less if you were very sensitive to coffee. Keep your hips higher than your upper body to help keep the liquid in, laying on your back or getting on all fours. Assist coffee to reach celiac area by massaging fluid counter-clockwise, from bottom-left sigmoid area, up to upper left quadrant of abdomen, left to right along transverse colon, then down ascending colon on right side. Simply circle up the left and down the right. Hold for 12-15 minutes and, if desired, repeat with the second quart of coffee.

Percussion and Massage

Percussion alone increases liver, pancreas, and thymus force about 30%. Even if you were doing nothing other than this, it would assist you a great deal. Slow, deep massaging underneath the gall bladder loosens stones and encourages stone evacuation and an emptying of the liver. The gall bladder is a pear-sized organ folded under the liver, beneath the floating ribs on the right side. Making percussion and massage a habit throughout the cleanse encourages more success.

To do ***percussion***, place your open left hand flat over the liver. Make a fist with the right hand and gently pummel the back of your left. Increase intensity to dislodge material, improve liver function, and help flush stones. Percussion can be done at any time; the more the better.

To do ***massage*** on the gall bladder, begin by finding the bottom of the ribs on your right side. With relaxed breathing, gently curl your fingers under the ribs to reach behind them as you massage upward, following the shape of the ribs (diagonally) toward the solar plexus. Then push straight down toward the belly button in a circular motion, coming up on the right side, and coming down on the left. Remember to breathe deeply and repeat.

***The following is a suggested schedule;
starting times are approximate and can be modified***

Before Day 1 If one has been eating cooked food, begin cleanse at dinner with a steamed vegetable meal with a Lifefood sauce, eaten until $\frac{3}{4}$ full.

Evening

Before Day 1 **1/3 tsp Evacu-Ease, 1/3 tsp Digest Aid**
Taken at least 5 minutes apart from each other.

These herbal formulas can always be chewed on a small slice of fruit *so as to mix with parotoid hormone in the saliva.*

Recall a fruit, botanically, is a watery body, resulting from a flower and includes cucumber, squash, zuchinni, peppers, nuts, and avocado.

Castor Pack 1 hour

PREPARATION DAYS (days 1-3, 5-7, 9, 10, 12, 13, 14)

8 am Hydrate blood with herbal tea, such as **EZ-Tea** (mood elevator, appetite suppressant) **Chai**, or **Energy Ginseng**.

Castor Pack 1 hour

9 am **1/3 tsp Evacu-Ease, 1/3 tsp Digest Aid**
Taken at least 5 minutes

Remember to chew them alone or with a piece of fruit to mix with the saliva.

10 am 2 tbs **Apple Cider Vinegar** diluted in 4 oz. water.
Can sweeten to taste with unheated honey from a fruit tree.

12-1 pm Nourishment Begins

Lifefood Soup, Electrolyte Lemonade

1/3 tsp. **Evacu-Ease**, 1/3 tsp **Digest Aid**
Taken at least 5 minutes apart from each other.

1/3 tsp **Wild Zymes** (aids in fat and cholesterol digestion)

2 pm 2 tbs **Apple Cider Vinegar** diluted in 4 oz. water.
Can sweeten to taste with unheated honey from a full fruit tree

3 organic lemons, use whole lemon
3 tablespoons olive oil
1 organic apple
1 teaspoon celtic sea salt
6 cups pure/charged water

3 pm Nourishment:

Electrolyte Lemonade

1/3 tsp **Evacu-Ease**, 1/3 tsp Digest Aid
Taken at least 5 minutes apart from each other.

5-6 pm Nourishment:

Lifefood Soup, Ground Flax Crackers, Electrolyte Lemonade

1/3 tsp **Wild Zymes**

Castor Pack (30-60 minutes; if possible at this time)

7 pm 2 tbs **Apple Cider Vinegar** diluted in 4 oz. water.
Can sweeten to taste with unheated honey from a fruit tree.

BASIC CRACKERS

2 cups seed: Pumpkin/Sesame/
Sunflower

1 cup flax seeds, ground to a fine meal

1 cup (approx) charged water

1 tablespoon Celtic Sea Salt

8 pm Nourishment:

Electrolyte Lemonade, Lifefood Soup, Smoothie, Sorbet, Flax Crackers, etc.

Optional Beverage: Facilitates Serotonin to cross blood – brain barrier and goes toward making melatonin, facilitating sleep.

Blend 5 soaked prunes, ½ apple, cinnamon, honey, and water.

Bedtime 1/3 tsp **Evacu-Ease**, 1/3 tsp **Digest Aid**
Taken at least 5 minutes apart from each other.

1/3 tsp **Wild Zymes**

Castor Pack 1 hour

Flush Days (day's 4, 8, 11)

Upon Awakening

Hydrate blood with Tea: **EZ Tea, Chai, Energy Ginseng**

Castor Pack 1 hour

8 am 1/3 tsp **Evacu-Ease**, 1/3 tsp **Digest Aid**
Taken at least 5 minutes apart from each other.

9 am 2 tbs **Apple Cider Vinegar** diluted in 4 oz. water.
Can sweeten to taste with unheated honey from a fruit tree

10 am Hydrate with Tea: **Ez Tea, Chai, Energy Ginseng**

12 pm 1/3 tsp **Evacu-Ease**, 1/3 tsp **Digest Aid**

Light Nourishment:

Electrolyte Lemonade with ginger or cayenne to increase heat and circulation.

Castor Pack 1 hour

And/or 1-3 veggie caps *powdered* cayenne, wasabi or horseradish

12:30 pm 1/3 tsp **Wild Zymes**

2 pm **Olive Oil & Lemon Juice**

Sip 6-8oz. oil for **gall bladder flush** (on day #4)

And

Sip 2-4oz. pure, organic lemon juice

Sip 4-6oz. oil for **liver flush** (days #8 & #11)

Slowly sip all the olive oil and lemon juice, *alternating between the two*

2-3 pm Coffee Enema

After Coffee Enema lay comfortably on your right side with three pillows under the right hip.

Cover up with a blanket and keep warm, with a slight sweat.

Putting cayenne in your socks will heat things up as well.

- 4 pm** 1 tsp **Wild Zyme** (on a slice of fruit)
- 1/3 tsp **Evacu-Ease**, 1/3 tsp **Digest Aid**
- Castor Pack** 1-2 hours
- Massage gall bladder
- Percussion
- 7-8pm** Nourishment:
- Lifefood Soup, Flax Crackers, Smoothies, Electrolyte Lemonade
- It is very beneficial at this point in the cleanse to take in food that acts as a broom to clear out the oil and debris from the digestive tract. A Lifefood soup with flax crackers are an excellent way to bring in the brooming action that will help in the passing of gall stones. Electrolyte Lemonade with ground flax seeds also works well.
- 8pm** **1/3 tsp Evacu-Ease, 1/3 tsp Digest Aid**
Taken at least 5 minutes apart from each other.
- 1/3 tsp Wild Zymes**
- Castor Pack** 1 hour
- Following Morning** Continue schedule as on Preparation Days unless one is going on to a Flush Day.
- Day #12** End use of Apple Cider Vinegar.
 Continue with herbal formulas and Castor packs
- Day #14** Last day of cleanse.
 One can resume eating more solid foods the following day, maintaining a diet of Lifefood.

Plant-Based Pharmacy

Alpha & Omega – blood cleansers; remove intestinal debris, parasite eggs, heavy metals, solvents

1/3 tsp.. 4 x day in 4 oz water. On empty stomach (2-3 hrs before or after food)

Alpha & Omega are taken separately at least 5 mins apart from each other.

Can prepare in advance: in 16 oz water for each formula mix 1 1/3 tsp. and drink 4 oz., 4 x day

Angelica – deep cell cleansing

1 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Bestonite – intestinal debris absorbent

1 tsp. 4 x day on empty stomach during intestinal cleanse.

Blood & Lymph – blood and lymph purifier

½ tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Chai Tea – blood purifier / circulator

1/3 tsp. in warm/hot water. Taken as tea as desired.

Digest Aid – assists digestion (tonic)

1/3 tsp. 4-7 x day. Taken alone and chewed or eaten with small piece of fruit.

Energy Ginseng Tea – hormonal support / adaptogen

1/3 tsp. In warm/hot water. Taken as tea as desired.

Evacu-Eze – evacuative / intestinal restorative

1/3 tsp. 4-7 x day. Taken alone and chewed or eaten with small piece of fruit.

EZ Tea – mood elevator / appetite suppressant

1/3 tsp. In warm/hot water. Taken as tea as desired

Gum Powder – gum/periodontal health

1/8 tsp. Place in palm of hand and rub on gums. Rinse after a few minutes.

Heal-All – deep cell cleansing

1 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Juniper Berry – herbal anti-biotic (bacteria)

1 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Longevity – hormonal support / adaptogen

1/3 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit

Parasite Formula – removes 120 different parasites

½ tsp. 2 x day. Take formula for 5 days, then skip 2 days for a total of 3 weeks.

After this 3 week period abstain from the formula for 4 weeks.

After this 4 week period one begins the cycle again: 5 days on, then 2 days off for 3 weeks then abstain from the formula for one month. Repeat the cycle one more time.

Rooibos Tea – anti-oxidant

1/3 tsp. In warm/hot water. Taken as tea as desired

Super C Tea – whole food vitamin complex

1/3 tsp. In warm/hot water. Taken as tea as desired

Usnea – herbal anti-biotic (yeast)

1 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Venus flytrap – deep cell cleansing

1 tsp. 2 x day. Taken alone and chewed or eaten with small piece of fruit.

Wild Zymes – food enzymes for digestive support

1/3 tsp. 4 x day during Gallbladder / Liver Cleanse or Intestinal Cleanse. (see intestinal program)

This formula formerly known as Wild Fruit & Greens

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