

The purpose of this cleanse is to assist your body in its efforts to maintain free-flowing bile and to help keep the gall bladder free of debris. It is a very simple and natural procedure.

The principles involved are really quite simple. The general idea is to cause the liver and gall bladder to naturally expel any accumulated matter, including toxins, stones and pre-stone sludge, believed to be composed of stagnant bile, calcium, cholesterol and toxins. First, natural acids are employed to "cut" the sludge or hardened bile. This allows for it to be readily expelled from the gall bladder, through the bile duct, into the colon and out of the body. Second, adequate amounts of magnesium are ingested, allowing for a relaxation of the smooth musculature, which includes those muscles controlling the relaxation and contraction of the bile duct. Third, a natural oil (preferably olive oil) is ingested, which, if taken in sufficient quantity, will cause the gall bladder to contract, forcing the expulsion of the bile sludge out of the gall bladder and into the (now relaxed) bile duct.

Necessary Articles

- Liqui-Phos Drops or Ultra-Phos Drops
- Malic Acid
- Epsom Salt
- Organic, Cold-Pressed Olive Oil
- Fresh, Organic Apple Juice (Optional)
- Castor Oil Pak articles (Optional)
- Whipping Cream (Optional)
- *Coffee enema articles (see attached information)

Procedure

Days 1-5

• FOLLOW DIET AND SUPPLEMENT PROGRAM AS USUAL

• TAKE 3 MALIC ACID TABLETS 4 TIMES A DAY (with or without food)

• OPTIONAL: INGEST AS MUCH APPLE JUICE AS IS COMFORTABLE FOR YOU

This step may be done unless you are advised by Meridian not to on account of blood sugar problems, or unless the apple juice causes you discomfort. Be certain to use only organic apple juice as it is free of preservatives. Fresh is always the best choice, then frozen, and lastly, cooked, bottled apple juice could be used, but is not really recommended.

• ADD A TOTAL OF 90 DROPS OF ORTHO-PHOSPHORIC ACID (Ultra-Phos Drops) TO THE APPLE JUICE. If you have hypoglycemic tendencies use water instead of juice.

This may be taken all at once, or as 45 drops twice, or as 30 drops 3 times a day.

• OPTIONAL: DO A CASTOR OIL PAK COVERING YOUR ABDOMEN FOR A MINIMUM OF 1 HOUR EACH NIGHT BEFORE BED, OR ANOTHER TIME, IF MORE CONVENIENT.

Day 6

• EAT A NORMAL BREAKFAST, TAKE YOUR SUPPLEMENTS AS USUAL

ð EAT A NORMAL LUNCH, TAKE YOUR SUPPLEMENTS AS USUAL.

After lunch, you will be fasting for the rest of the day.

ð TWO HOURS AFTER LUNCH, DISSOLVE 2 TABLESPOONS OF EPSOM SALT IN 1/2 CUP OF WARM, PURE WATER AND DRINK IT

Meridian recommends holding your nose while drinking the epsom salt water then chasing it immediately with a swallow of the juice of your choice. Her favorite is Papaya & Lime.

ð FOUR HOURS AFTER LUNCH, TAKE A COFFEE ENEMA WITH 1/4 CUP OF EPSOM SALT DISSOLVED IN IT

ð FIVE HOURS AFTER LUNCH, DISSOLVE 1 TABLESPOON OF EPSOM SALT IN 1/2 CUP OF WARM, PURE WATER AND DRINK IT.

ð SIX OR SEVEN HOURS AFTER LUNCH, YOU HAVE A CHOICE: YOU MAY EITHER FAST, OR YOU MAY HAVE A FRUIT AND WHIPPED CREAM SALAD.

It is preferable that you eat the salad. It should be made with a variety of fresh or frozen fruit of your choice and whipped cream. You can eat as much as you desire, emphasizing the whipped cream.

ð AT BEDTIME, DRINK 1/2 CUP OF UNREFINED OLIVE

It is best to use a blender and add an equal part of fresh grapefruit juice. Somehow this makes the oil much more palatable than if you just shake it or alternate swallows. If you feel nauseous at this time, it is due to the contraction of the gall bladder or the release of toxins. Nausea can be stopped by taking a coffee enema with 1/4 cup of Epsom salt or by using a homeopathic remedy like Ipecac 200c.

ð IMMEDIATELY AFTER CONSUMING THE OIL, GO TO BED

It is best to lie on your right side with your right knee drawn up to your chest. This will help facilitate the movement of the oil from your stomach. If during the night, you continue to have any nausea, take another weak coffee enema. Call Meridian if any discomfort continues.

ð IN THE MORNING TAKE ANOTHER ENEMA WITH 1/4 CUP OF EPSOM SALT DISSOLVED IN IT...ALSO DRINK 1/2 CUP OF WATER WITH 1 TABLESPOON EPSOM SALT DISSOLVED IN IT.

(Remember the suggestions above to make this more palatable)

ð RESUME YOUR NORMAL DIET

Unless you have a strong appetite, it is best to eat lightly the first day after the cleanse. Particularly, it is best to minimize fats and oils, as well as heavy animal proteins. You may find that your stool is loose for 24-48 hours afterward. If there is any change in your stool color please call Meridian.

LGB Cleanse Result and Reactions

On the 7th day, the morning after the consumption of the olive oil, you may find many greenish objects expelled in your bowel movement. These may be numerous and may range in size anywhere from the size of a mustard seed to the size of a lima bean. Most tend to be quite soft, while others may be very hard and stone like. Sometimes they may continue to show up in your bowel movement for several days following the cleanse. These particles, composed mostly of coagulated bile, are believed to come directly from the gall bladder (or liver, if your gall bladder was removed) and indicate a "successful" cleanse. Most people do not experience any discomfort from doing the LGB Cleanse, other than a newly discovered, considerable dislike for the taste of Epsom Salt and straight olive oil. However, it is possible that you may feel some temporary

nausea or other discomfort. This is not a cause for worry or concern, but rather is due to the contraction of the gall bladder and the process of eliminating toxins. As a result of the LGB Cleanse, usually a person feels a noticeable improvement in well being.