Here is the info on how to get rid of gall stones naturally. I have copied it from the following website http://www.asktom-naturally.com/cleanse.html:

 Topic: Liver / Gall Bladder Flush -- Removing Stones

 If you follow Hulda Clark's instructions just the way it’s written here from

 her book "Cure for All Diseases" on page 592 you will not have any

 problem with the cleanse. Remember your gallbladder fills up with stones

 only after your liver is filled up with stones. So by doing the liver flush

 you eliminate the stones in the gallbladder first. I recommend doing at least 5

 flushes one every 2 weeks and then once every 6 months. Do the flush

 don't let them steal your gallbladder !

 Sincerely,

 Michael Maxon

 Nutritional Advisor

 LIVER AND GALLBLADDER CLEANSE

 from CURE FOR ALL DISEASES by Dr.Hulda Clarke

 INGREDIENTS

 epsom salts ..................... 4 tablespoons

 olive oil ..................... half cup

 fresh pink grapefruit ........... 1 large or two small - juice

 Ornithine ........................ 4 to 8, to be sure you can sleep.

 Don't skip this or you could have the worst night of your life.

 pint jar with lid ...............

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 Choose a day like Saturday for the cleanse, since you will be able to rest

 the next day.

 Take NO medicines, vitamins or pills that you can do without; they could

 prevent success.

 Eat a NO-FAT eakfast and lunch such as cooked cereal with fruit,

 fruitjuice, ead and preserves or honey (no butter or milk), baked potato or

 other vegetables with salt only. This allows the bile to build up and

 develop pressure in the liver. Higher pressure pushes out more stones.

 2:00 PM.

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 DO NOT EAT OR DRINK AFTER 2 O'CLOCK. If you break this rule you could feel

 quite ill later. Get your Epsom salts ready. Mix 4 tablespoons

 in 3 cups water and pour this into a jar. This makes four servings, 3/4 cup

 each. Set the jar in the refrigerator to get ice cold (this is for convenience

 and taste only).

 6:00 PM

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 Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not

 prepare this ahead of time, mix 1 tablespoon in 3/4 cup water now. You may add

 1/8 teaspoon vitamin C powder to improve the taste. You may also drink a few

 mouthfuls of water aferwards or rinse your mouth. Get the olive oil

 and grape fruit out to warm up.

 8:00 PM

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 Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since

 two o'clock, but you won't feel hungry. Get your bedtime chores done.

 The timing is critical for success: don't be more that 10 minutes early or

 late.

 9:45 PM

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 Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit

 by hand into the measuring cup. Remove pulp with fork. You should have at

 least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with

 lemonade. Add this to the olive oil. Close the jar tightly with the lid and

 shake hard

 until watery (only fresh grapefruit juice does this).

 Now visit the bathroom one or more times, even if it makes you late for your

 ten o'clock drink. Don't be more that 15 minutes late.

 10:00 PM

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 Drink the potion you have mixed. Take 4 ornithine capsules with the first

 sips to make sure you will sleep through the night. Take 8 if you already

 suffer from insomnia. Get the potion down within 5 minutes (15 minutes for

 very elderly or weak persons).

 LIE DOWN IMMEDIATELY! You might fail to get stones out if you don't. The

 sooner you lie down the more stones you will get out. Be ready for

 bed ahead of time. Don't clean up the kitchen. As soon as the drink is down,

 walk to your bed and lie down flat on your back with your head up high

 on the pillow. Try to think about what is happening in the liver.

 Try to keep perfectly still for at least 20 minutes. You may feel a train of

 stones traveling along the bile ducts like marbles. There is no pain because

 the bile duct valves are open (thank you Epsom salts!) GO TO SLEEP. You may

 fail to get stones out if you don't.

 NEXT MORNING:

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 Upon awakening take our third dose of Epsom salts. If you have indigestion

 or nausea wait until it is gone before drinking the Epsom salts. You may

 go back to bed. Don't take this potion before 6:00 am.

 2 HOURS LATER

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 Take your fourth (the last) dose of Epsom salts. Drink 3/4 cup of the

 mixture. You may go back to bed.

 AFTER 2 MORE HOURS:

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 You may eat. Start with fruit juice. Half an hour later eat fruit. One hour

 later you may eat regular food but keep it light. By supper you should feel

 recovered.

 HOW WELL DID YOU DO?

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 Expect diarrhea in the morning. Use a flashlight to look for gallstones in

 the toilet with the bowel movement. Look for the green kind since this is

 PROOF that they are genuine gallstones, not food residue. Only bile from the

 liver is pea green. The bowel movement sinks but gallstones float

 because of the cholesterol inside. COUNT THEM ALL ROUGHLY, whether tan or

 green. You will need to total 2000 stones before the liver is clean

 enough to rid you of allergies of bursitis or upper back pains PERMANENTLY.

 The first cleanse may rid you of them for a few days, but as the

 stones from the rear travel forward, they give you the same symptoms again.

 You may repeat cleanses at two week intervals. Never cleanse when

 you are ill.

 Sometimes the bile ducts are full of cholesterol crystals that did not form

 into round stones. They appear as a "chaff" floating on top of the toilet

 bowl water. It may be tan colored, harboring millions of tiny white

 crystals. Cleansing this chaff is just as important as purging the stones.

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 Dear Michael,

 I have a question. You said in your explanation to me that, "Remember your

 gallbladder fills up with stones only after your liver is filled up with

 stones". I can't find in my (very old) medical books, anything about the

 liver having stones. In fact what my medical books say, is that stones are

 formed in the gall bladder. Might that be in Hulda Clark's book, "Cure for

 all Diseases"? Most of my friends look at doctors like their God, and think I'm a nut, so it's important to me to be able to show them, when asked, that I know what I'm talking about.

 Thanks much!

 Diane

 Diane,

 The gallbladder is simply a bladder that fills with bile ready to be put in

 the digestive system. It's only a sac. Everything in it comes from the liver.

 The stones are made of fat. This is the way the liver stores the fat of the

 body. The problem is that over the years we take in more fat than we burn

 off. The liver gets bigger and bigger from the stones in storage because the

 stones not only increase in number but increase in size and after a period

 of time like 25 to 30 years the liver gets enlarged and filled with stones

 and then the stones at the bottom of the liver get deposited into the

 gallbladder. Usually by the time the stones are in the gallbladder they are

 bigger. The liver cleanse done properly will get them out everytime with

 comfort and ease. Do it for your health, no matter what others might say. We

 have too many success stories.

 Trust me on this, Doctors don't know everything; my Dad was one of the best;

 a Tulane Honors graduate. I have talked to his class mates about this

 very subject and I am correct. I think the truth is often hidden by doctor's

 ignorance, after all I watched my Mother die of liver cancer. I wished she

 would have done the liver cleanse, but no the doctors don't believe in that.

 Sincerely,

 Michael Maxon

 Nutritional Advisor

 At 11:56 AM 2/3/01 EST, DHigg76532@aol.com wrote:

 Hi all,

 I just got word my oldest daughter is in the hospital with a dozen stones in

 her gall bladder. I guess they are operating tomorrow. Anybody have any

 experience with this and the oils? Its probably too late to do anything

 before they operate but I am thinking of her recoup time. And I am not sure

 what kind of problems she will have after with no gall bladder. Any help will

 be greatly appreciated. Thank You

 Debbie Higgins

 Marcellus, NY

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 Debbie Higgins

 Marcellus, NY/FONT/HTML

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