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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