

Alkaline Cleanse

A slightly modified version of Hulda Clark Gillard's method from "Cure for all Disease".

Frequency

Fortnightly once, for 3 times.

Example 1: Three consecutive weekends

Example 2: 1st, 3rd and 5th weekends.

Example 3: In other words, the 1st, 15th and 30th of the month.

Duration

Each cleanse takes less than 2 hours. So, if you start at 6 pm and finish at around 2 pm the next day. Please keep that in mind.

Things to buy

1. Epsom salt 4 Tbs or 60 grams. (180 gms in total, for all three cleanses.)
2. 200 ml Apple juice. (600 ml in total for 3 cleanses.)
3. Extra virgin olive oil 125 ml or 1/2 cup. (375 ml for 3 cleanses.)
4. Fresh (In a carton, as a second option) grapefruit juice 200 ml or 1 cup. (600 ml for 3 times.)

Day one

Mix 60 gm (4 Tbs) of Epsom salts + 600ml water + 200 ml apple juice and keep in the refrigerator (for reducing bad taste) sometimes in the morning. Divide it into 4 quarters of 200 mL each. Finish your solids for the day with a filling, light lunch, before 2 pm.

Avoid any solid foods after 2 pm.

Procedure

- 1) Finish your substantial lunch at 2 pm.
- 2) 6.00 pm Drink the first quarter of the Epsom salt solution.
- 3) 8.00 pm Drink the second quarter of the Epsom salt.
- 4) 9.45 pm Prepare for sleep. Mix the olive oil with grapefruit juice and shake it.
- 5) 10.00 pm Drink the olive oil + grapefruit while you stand up.
 - 1) Lie down immediately after the drink (enables more stones to come out).
 - 2) Keep still for the next 20 minutes.
 - 3) Go to sleep.

Day two - morning:

6) On waking up (say at 6 AM): Drink the third quarter of the Epsom salt. If there is nausea, sip lemon water and walk for 2-3 minutes inside the house. Then drink Epsom salt. Expect diarrhea in the morning.

7) 2 hours later (8 AM): Drink the last quarter of the Epsom salt. Breakfast, lunch and dinner on the second day: Eat your breakfast slowly 2 hours after (10 AM) the last Epsom salt drink. Keep it light, preferably cooked fruits or soup.

8) Don't plan anything outdoors until after lunch on the second day. Rest sufficiently. Remember to eat light until you regain your digestive function (usually for 24 hours) fully.

Important

Sip water throughout the cleansing period. Remember to keep the system hydrated. If necessary, take digestive enzymes (available at supermarkets and chemists) for a day or two after the therapy in case you experience bloating.

Avoid

Avoid this cleanse during flu, diarrhea, severe tiredness, menstruation or a recent history of intestinal bleeding.

Only suitable for adults.

How does this cleanse work?

Grapefruit juice takes the olive oil into the inflammatory and toxic corners of the body. Olive oil softens the toxic crystals. And, then the Epsom flushes it.

What to expect

If the cleanse is effective, you get more than 6 strong bowel movements. Some people get 8-10 loose bowel motions after the first or second drink, in which case they can discontinue the program immediately. This happens as the system responds to the treatment effectively. Usually the second and third cleanses are much easier. Expect diarrhoea at any time during cleansing. Look out for soft stones, which usually float. They can be any colour including pea green. Up to 2,000 stones can sometimes be cleared in people with bursitis, allergies & upper back pains.