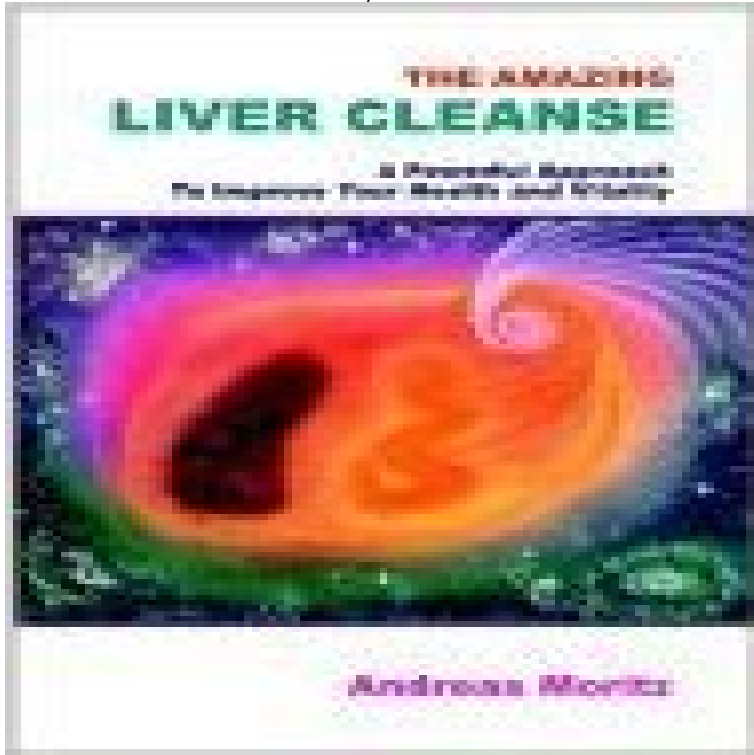


# The Amazing Liver Cleanse: A Powerful Approach to Improve Your Health and Vitality



The Amazing Liver Cleanse A Powerful Approach To Improve Your Health And Vitality In this revised edition of his best-selling book, The Amazing Liver Cleanse, Andreas Moritz addresses the most common but rarely recognized cause of illness gallstones congesting the liver. Twenty million Americans suffer from attacks of gallstones every year. In many cases, treatment merely consists of removing the gallbladder, at the cost of \$5 billion a year. But this purely symptom-oriented approach does not eliminate the cause of the illness, and in many cases, sets the stage for even more serious conditions. Most adults living in the industrialized world, and especially those suffering a chronic illness such as heart disease, arthritis, MS, cancer, or diabetes, have hundreds if not thousands of gallstones (mainly clumps of hardened bile) blocking the bile ducts of their liver. This book provides a thorough understanding of what causes gallstones in the liver and gallbladder and why these stones can be held responsible for the most common diseases so prevalent in the world today. It provides the reader with the knowledge needed to recognize the stones and gives the necessary, do-it-yourself instructions to painlessly remove them in the comfort of ones home. It also gives practical guidelines on how to prevent new gallstones from being formed. The widespread success of The Amazing Liver Cleanse is a testimony to the power and effectiveness of the cleanse itself. The liver cleanse has led to extraordinary improvements in health and wellness among thousands of people who have already given themselves the precious gift of a strong, clean, revitalized liver. When The Body Complains If you experience major, persisting health problems, either physical or emotional, your liver may be congested with toxic compounds that are trapped within deposits of hardened bile

(intrahepatic gallstones). Almost every health condition, beauty problem and premature aging are closely linked with declined liver performance which is elusive to blood tests. Congestion in the bile ducts of the liver undermines the body's effort to make proper use of ingested food and vital energy. This, in turn, may lead to accentuated expressions of discomfort, including fear, anger, impatience, greed, depression, dis-ease and cynicism. Cleansing the liver of existing obstructions and impurities can help restore balance, vitality and happiness in every facet of your life. Unlike the stomach, for example, the liver never tells you directly when it is upset or needs special attention. It does tell you indirectly, though, when it starts to perform poorly. The following conditions would not occur if the liver were in optimum shape: skin irritation, weak eyesight, unhealthy bowel movements, irregular menstrual cycles, recurring headaches, unexplainable weight gain, loss of energy, sudden aging, elevated cholesterol levels, allergies, restricted blood vessels, bloated abdomen, water retention, gastrointestinal trouble, breathing difficulties, poor memory and concentration, pain in the joints or elsewhere in the body, brittle bones, and any major illness such as heart disease, cancer, MS, diabetes or Alzheimers. The liver is responsible for processing, converting, distributing and maintaining the body's fuel supply which consists of nutrients and energy. Impeding these vital functions not only affects the body's performance as a whole, but also the health of every single cell. The liver cannot perform any of these functions properly if its bile ducts are clogged with deposits of hardened bile or gallstones. Gallstones are caused by a number of factors, including the modern fast pace of living, stress, imbalanced diets, disruptive lifestyle, use of medical drugs, stimulants and alcohol, and ingestion of chemical poisons, such as food additives and artificial sweeteners. Bile duct congestion results in major impairment of digestive functions, thereby

reducing the nutrient supply to the trillions of cells in the body. This makes gallstones in the liver a major cause of physical and emotional illness. The Amazing Liver Cleanse The liver flush mentioned in this context is a straightforward, safe and painless do-it-yourself procedure using apple juice, olive oil, citrus juice and Epsom salts to dispel gallstones from the liver and, of course, also from the gallbladder. It is best done on a weekend at home. Although the liver flush is very easy to do, it is important to understand the process and follow all of the directions precisely. By removing gallstones stones through a series of liver cleanses, and maintaining a reasonably balanced diet and lifestyle, the liver and gallbladder will be able to restore their natural efficiency, and most symptoms of discomfort or disease in the body will quickly begin to subside. Sweeping the liver clean eliminates thousands of bits of poisonous substances that have helped form the stones that block thousands of liver bile ducts. The liver cleanse is one of the most important and powerful procedures to regain or improve your health and raise the bodys vibration. By reopening the bile ducts, the bodys energy circuit becomes restored and healing can take place on all levels of body, mind and spirit.

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