



Gentle Touch Healing

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Liver/Gallstone Detox

INFORMATION SHEET ...

DETOX – NO 1.	SUPPLIER / REFERENCE
<p>Ingredients: 1/2 cup extra virgin olive oil, 1 very big grapefruit (providing 3/4 cup of juice), 4 tablespoons of Epsom Salts, 3 cups of water, Ornithine tablets.</p> <p>Preparation: Set aside three days.</p> <p>Day 1: Eat a no-fat breakfast; and lunch. Eat and drink nothing after 2.00pm. Mix the Epsom Salts in the water (easier if water is warm), then cool.</p> <p>At 6.00 pm - Drink a quarter of this liquid.</p> <p>At 8.00 pm - Drink a further quarter of the liquid.</p> <p>At 10.00 pm - Mix the olive oil and pulp-free grapefruit juice and shake vigorously. Drink the liquid through a straw before 10.15 pm. Take four Ornithine tablets to help you sleep. Retire immediately and massage your stomach. Focus your mind on your liver and imagine the toxins leaving it, along with the stones. Sleep.</p> <p>Day 2: Upon waking and not before 7.00 am take the third quarter of the Epsom salts mix. Two hours later take the last quarter. Expect diarrhoea for two days; don't eat before lunch time on day two and keep food to salads and fruit, plus baked potatoes for days two and three.</p> <p>You may need to repeat this treatment after a few weeks. 2000-3000 small stones may be passed.</p>	<p>Please note - This recipe is derived from William Kelley's cancer treatment. It has thousands of testimonials, none report pain, only success.</p> <p>Extract from the book "Everything you need you know to help you beat cancer" (ISBN 0-9542968-0-X) with kind permission of the author Chris Woollams.</p> <p>Chris has his own web site for further information: www.iconmag.co.uk and email address: enquiries@iconmag.co.uk</p>

DETOX – NO 2	SUPPLIER / REFERENCE
<p>Drink a quart of Apply juice drink each day for five days - eat normal solid food diet.</p> <p>On the 6th day, take no solid food, and in the evening take a tablespoonful of Epsom Salts in water. Just before bed time, take a mixture of four ounces of olive oil, and four ounces of lemon juice - shake the mixture thoroughly before drinking.</p>	<p>General knowledge learnt over many years of giving healing.</p>

IMPORTANT

If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.

We cannot guarantee that any advice given will improve every individual's well-being or state of health. What might work for one person may not necessarily work for another.