

EVERYTHING YOU NEED FOR

Liver/Gallbladder, Pancreas & Kidney Flush Drink, Kidney & Liver Tea,

Potassium Broth and The Bomb

All Ingredients Must Be Organic

SHOPPING LIST SUMMARY

If you have any questions, go to the details that follow on Page 4 through 10

If you don't already own the following items you can elect to beg, buy or borrow them. Consider if you are a healthy person doing a maintenance cleanse a couple of times a year or a person handling an "incurable" disease.

The "incurable" category may chose to cycle through the cleanses a number of times until they are happy with the results obtained. How often you plan to do the cleanses may influence your decision to buy or borrow. For a healthy change of lifestyle, we always recommend that you buy them.

Blender (needed weeks 1 through 4 and ongoing)

Vegetable Juicer - (needed weeks 3 & 4 and ongoing.) Week 1 ongoing if you are on an "incurable" program such as cancer, heart disease or diabetes. An abundance of fresh, organic fruit and vegetables and juices are important to strengthen and rebuild health. Some cancer programs recommend organic juices only and others suggest juices as well as lots or only raw foods. We encourage you to own your own juicer and recommend the Champion juicer.

There are lots of good juicers out there, but we prefer the Champion. It's so tough that you'll be handing it down to your grandchildren.

Citrus Juicer - hand or electric - (needed weeks 3 & 4 and ongoing)
Hand juicer is a bit labor intensive. The electric ones cost \$15 to \$20

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and are well worth the investment.

5 Gallon Stainless Steel Pot with Lid - If you do not own one and don't want to buy one for ongoing use, borrow one from a friend, church or school.
(needed week 3 for one day)

Canning jars and lids - pint, quart or « gallon are perfect or other containers to store Potassium broth. (needed weeks 3 & 4). Standard Mason / Ball jars are ideal.

A Sharp Paring Knife

A Vegetable Scrub Brush

A Colander or Large Strainer

A Bowl to put under the Colander/Strainer to collect dripping broth.

14 Gallons Distilled Water

3 Gallons Drinking Water (needed weeks 1 through 4)

1 Gallon Liver/Gall and Kidney Flush Drinks (needed for weeks 3 & 4)

2 Gallons Liver Tea (needed for week 3)

2 Gallons Kidney Tea (needed for week 4)

2 Gallons Potassium Broth (needed for week 3)

2 Gallons Potassium Broth (needed for week 4)

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Note Well: Please read this entire section to get a good overall idea of what you are shopping for because my idea of a "large onion" or "the size of an orange that will give X amount of juice" may be very different from yours. This list is to make things as simple as possible but please do read everything and I know you will think for yourself. If you have questions, try reading the details in the sections that follow as they are intended to clarify further the exact things you will need for the entire cleanse.

15 to 20 Organic Oranges in Spring/Summer (Liver-Gall. Flush Drink needed week 3)

or combination of citrus: oranges, grapefruit, lemons and limes to equal

8 oz. a day of juice for 5 days.

or 20 to 30 Organic Apples in Winter/Fall (Liver-Gall. Flush Drink needed week 3) and

5 Bunches of Organic Grapes in Winter/Fall (Liver-Gall Flush Drink needed week 3)

16 oz. Bottle Organic Olive Oil (8 oz. Liver-Gall. Flush Drink & 4 - 8 oz. for Bomb needed week 3)

Large piece of Ginger Root - size of an adult male hand - need 15 pieces 1 inch by 1 inch (Liver-Gall Flush Drink needed week 3)

7 Bulbs Organic Garlic (2 bulbs Liv-Gall Flush Drink needed week 3)
(5 bulbs Potassium Broth needed weeks 3 & 4)

1 Bunch Organic Celery (Potassium Broth needed weeks 3 & 4)

10 Lbs. Organic Potatoes Tray to find ones without any green on the skins. (Potassium Broth needed weeks 3 & 4)

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5 Lbs. Carrots - (Potassium Broth needed weeks 3 & 4)

2 Bunches (6-8 good sized) Beets with tops if possible
(Potassium Broth needed weeks 3 & 4)

8 to 10 Large White Organic Onions Yellow onions are fine if white
are not available (Potassium Broth needed weeks 3 & 4)

3 bunches of Organic Greens - 2 Beet if available plus one other.
If beet not available, substitute Spinach, Chard or Kale.
(Potassium Broth - needed weeks 3 and 4)

1 or 2 Organic Hot Peppers - 1 Habanero (very hot) or 2 Scotch Bonnet (hot)
or a couple of Jalapeno to taste. Often it is difficult to find organic
so use commercial if organic are not available.
(Potassium Broth - needed weeks 3 & 4)

1 to 2 Tablespoons of Celtic Sea Salt - This is the best salt without
question. It is available through Organic Solutions if you can't get
it locally (Pot. Broth needed weeks 3 & 4).

13 to 18 lemons - 13 good size and juicy, 18 if small and not juicy
(8 for Bomb needed the end of week 3 and 5-10 for Kidney/Bladder Flush
Drink - needed week 4)

5 to 10 Organic Limes - 5 if good size and juicy, 10 if small and not
juicy (Kidney/Bladder Flush Drink needed for week 4) Often Organic Limes
are not available. Substitute Organic Lemons if Limes are not available
in organic. Organic produce is the only way to go here.

Organic Maple Syrup - optional - 5 tsps. to taste (Kidney/Bladder
Flush - needed week 4)

THIS IS THE END OF THE SIMPLIFIED SHOPPING LIST!

THE PREVIOUS "SIMPLIFIED SHOPPING LIST" WAS EXCERPTED FROM THE FOLLOWING MORE DETAILED AND EXPANDED INFORMATION. YOU WILL SEE THAT ALL ITEMS LISTED ABOVE APPEAR BELOW UNDER THE HEADING OF THE CLEANSE STEPS. YOU WILL BE REVIEWING SOME THINGS YOU HAVE READ PREVIOUSLY BUT MORE SPECIFICS ARE INCLUDED TO HELP YOU UNDERSTAND EVEN MORE EXACTLY WHAT IS INVOLVED IN EACH PART OF THE CLEANSE.

DISTILLED WATER FOR DRINKING WATER

IT IS IMPORTANT TO DRINK A TOTAL OF 1 GALLON OF LIQUIDS A DAY

THIS INCLUDES MORNING FLUSH DRINKS, TEAS, TOTAL NUTRITION DRINKS, JUICES ETC.

Keep several gallons of Distilled Water on hand and drink it to make up your gallon a day!

LIVER-GALLBLADDER MORNING FLUSH DRINK

FOR RECIPE REFER TO SEPARATE DATA SHEET ENTITLED:

FIVE-DAY CLEANSING AND DETOXIFICATION OF THE LIVER & GALL-BLADDER

This is a blender drink. All ingredients go into a blender and are blended.

Things Needed:

Blender Have a blender handy to make your morning drink.

Chose Option 1 or Option 2 depending on when you are doing the cleanse Spring/Summer or Winter/Fall. Since climates vary, the idea is to use

the fruits that are in season in your area at the time you do the cleanse.
Fresh, local, organic fruit is the best when possible.

Option 1. In Spring and Summer citrus juice is recommended. If the morning Liver-Gallbladder Flush Drink is being made with citrus, you will need the following:

Citrus Juicer - Hand juicing is a bit labor intensive. If you do not already own an electric citrus juicer, consider purchasing one. They generally run around \$15 to \$20.

Organic Citrus - Suggest 3-4 oranges per day per person to make the 8 oz. (1 cup) of juice for your flush drink, If you wish to use a combination of citrus, adjust amount to include grapefruit, lemons, and limes. You may wish to buy additional oranges for eating and juicing. If so check on buying cases of oranges from your health food store as cases are usually discounted. (Additional lemons are needed for the Bomb)

OR

Option 2. In Fall or Winter, apple and/or grape juice is recommended. If the morning Liver-Gallbladder Flush Drink is being made with fresh apple juice or grape juice you will need:

Vegetable Juicer - If you do not currently own a juicer, we recommend and therefore sell the Champion juicer. There are many good juicers on the market. Call us and we will tell you why we prefer the Champion. It is the best.

Organic Apples/and or Grapes - Like other fruits, apples and grapes vary in the amount of juice you will get from them. You may need to purchase

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a few, bring them home and juice them to determine how many you will need. We love and eat lots of apples year round so I just buy a case or guesstimate how many I'll need depending on the size and juiciness of the apples. For simplicity sake, let's say 20 to 30 apples and 5 bunches of grapes if that sounds good to you.

Organic Cold Pressed Olive Oil - 16 oz. bottle (15 TBS. of oil per person for the morning drink for 5 days = approx. 1 cup total or 8 oz.)
Additional oil needed to do the Bomb.

Fresh Organic Ginger root - 1 large about the size of your hand depending upon the thickness of the Ginger (15 pieces per person approx. 1 inch by 1 inch per piece)

Organic Garlic - 2 bulbs per person (15 cloves per person)
Additional Garlic needed for Potassium Broth.

Distilled Water - 8 oz. per drink per person times 5 days = 40 oz.
or 1 quart plus 1 cup

Buy 1 gallon for this drink plus the Kidney Flush drink below.

LIVER-GALLBLADDER TEA

YOU NEED:

Distilled Water - 6 cups per day per person for 5 days = approx. 2 gallons

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Liver-Gallbladder Tea - available from Organic Solutions.
Follow directions on the tea label.

Liver-Gallbladder Tincture - available from Organic Solutions.

You can either put the tincture into the tea or take the tincture separately and then enjoy your tea. I personally love the tea! The tincture is strong and in my opinion ruins the wonderful flavor of the tea so I down the tincture first and then drink my tea.

Kidney Flush Morning Blender Drink

FOR THE EXACT RECIPE REFER TO SEPARATE DATA SHEET ENTITLED:
Five-Day cleansing and detoxification program for the kidney and bladder this drink can be blended in a blender or shaken up in a jar.

Things needed:

Blender or a quart jar with a lid.

Hand or Electric Citrus Juicer

Organic Lemons - 5 - 10 Use one each morning for 5 mornings if lemons is good sized and juicy. If not, then use 2 per day.

Organic Limes - 5 - 10 Use one each morning for 5 mornings if lime is good sized and juicy. If not, then use 2 per day. When organic limes are not available, substitute organic lemons.

If lemons are small or not juicy, we recommend using 2 each day instead of just 1.

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If limes are small or not juicy, we recommend using 2 each day instead of just 1.

Adjust number purchased when shopping if lemons and/or limes are small or not juicy.

Distilled Water - 16 ounces times 5 days = 80 ounces. Buy a gallon to make this drink and the Liver-Gallbladder drink above. Best is to own your own distillery. This is a great investment.

Organic Cayenne pepper (powder or tincture) - a pinch of powder or 1-2 drops of tincture

Organic Maple Syrup - optional - to taste 1 tsp. a day for 5 days = 5 tspns.

KIDNEY/BLADDER TEA - NEED TO MAKE:

Kidney Tea - available from Organic Solutions. Follow directions on the tea label.

Distilled Water - 6 cups per person per day for 5 days = 30 cups
= 7 « quarts

Buy 2 gallons.

Kidney Tincture (available Organic Solutions)

Note: You may take the tincture first or add it to your tea. I think the tincture is strong so I down it first and then enjoy drinking my 2 cups of tea.

POTASSIUM BROTH:

THIS BROTH IS USED ON THE LIVER-GALLBLADDER & KIDNEY FLUSH

THINGS NEEDED:

5 Gallon Stainless Steel Pot with Lid. Put your pot on the stove, pour in one gallon of distilled water and turn burner on medium. Start preparing and tossing in the vegetables as you finish preparing them. When you notice steam rising from your broth, turn the burner to as low as it will go. As you add more vegetables, you can add additional gallons of distilled water to cover contents. Again you can turn your burner higher and again turn it down when you see the steam rising. Repeat this process until you have all your vegetables in the pot. This process speeds up the process by heating the water as you go along. We let ours simmer without a lid for an hour or two of the 6 or 7 hours and get less broth that is thicker and stronger in taste. Important: Do not simmer for 6 to 7 hours with the lid off or you will end up with little or no broth. Do not use an aluminum pot ever!

10 lbs. of Organic Potatoes (25% Potato Peels)

Find ones with no green on them. You will only use the peels in the broth. Scrub potatoes with a vegetable brush. Cut out any bad parts. Remember to cut off 3/8 inch thick peels. I use a knife as a peeler does very thin peels. Use peeled potatoes in juicer or for soups/mashed potatoes/potato salad for a family member not on the cleanse, or freeze for later use.

5 lbs. of Organic Carrots (25% Carrot peels and Whole Chopped Beets)

Again only the peels go into the broth. Scrub carrots with a vegetable brush and cut both ends off if damaged or moldy. When the carrots are only « inch in diameter, I don't peel this part. I simply cut the carrot

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into chunks, toss them in the pot and peel the remainder of the carrot. The peeled carrots that are left after peels are put into the broth should be juiced as soon as possible and may be stored in plastic bags in the fridge until juiced.

2 Bunches of Organic Beets -6 - 8 good sized with fresh greens attached if possible.

Pick the beets with the freshest looking green leaves. If the beets have tops, cut them off close to the top of the beet and save. Scrub beets very well with a vegetable brush and cut them into 1 inch pieces. Put in pot.

8 - 10 Large Organic Onions (25% chopped onions including 50 cloves of Organic Garlic) White onions are preferred as they are stronger than the yellow onions; however, yellow are OK and should be used when the white are not available. Remove any skins that are moldy. Cut into 1 inch pieces and toss into your broth.

50 Cloves of Organic Garlic = approximately 5 bulbs if each bulb has about 10 cloves (5 bulbs for broth - 2 bulbs per person additional for Liver morning drink) There is no need to peel all of the cloves. Look for any mold and if there isn't any, each clove can be hit with a hammer (skin and all) and tossed into the broth. This saves a lot of time!

1 Bunch of Organic Celery (25% Celery and Dark Greens) separate stalks,

wash well, cut in 1 inch chunks and toss into pot.

Beet Greens if you have them or if no beet greens substitute 2 bunches of Spinach or Chard. Often beet greens are quite muddy so wash each leaf well, tear it in half

1 bunch of Kale, Spinach, Chard or other preferred greens. Note: wash all greens well with lots of cold water. Spinach can have lots of sand and be gritty if not washed carefully.

Greens cook down to almost nothing and disappear in volume. I put greens in last so that if the pot is very full, I can crunch them down a bit and know that as soon as the steam reaches them, they will shrink drastically and my lid will go down onto the pot.

4 - 6 gallons of Distilled Water - cover vegetables with water if you haven't already done so. In a case where your pot is overflowing with greens, keep your water level at least 2 inches below the top of the pot. Your greens will go down and your pot will not boil over.

(additional distilled water needed for Liver-Gallbladder Flush, Kidney Flush Drink, teas and drinking)

1-2 of the hottest peppers you can find or 1-5 milder peppers to taste

2 -Scotch bonnet is hot. 1 - Habenero is 300,000 heat units

Sometimes fresh organic peppers are not possible to find so use commercial if organic is not available or use some of your Cayenne tincture = start with a tspn., stir well and taste. Add more if desired.

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Celtic Sea Salt - to taste. We use about 1 rounded Tablespoon and add more at the table if needed. Pepper can be added when you sit down to enjoy your broth if desired.

Containers to store the broth. Pint, quart or « gallon canning jars with lids are perfect!

Be sure jars are clean and I recommend using new lids if you have them.

This broth is delicious and nutritious for the whole family cleanse or no cleanse. Some like it hot. Some like it cold. Some like it both ways. So discover your favorite. To get some prediction on how long it will take to make your broth, consider the time it will take you to drive to the store and shop and return home, the time involved in washing and preparing the vegetables, your time separating the veggies from the broth once it is cooked, putting the broth in storage containers, and cleaning up afterwards. I start in the morning and allow 2 hours for shopping and 2 hours prep time (less if I can get someone to help me out). By noon my gas range is as low as the flame will go with a heat diffuser under the pot with the lid on. I leave the broth simmering with the lid on for 5 hours and the lid off for no more than 2 hours. If you take the lid off, you should see steam but no large, rolling bubbles-maybe some real small bubbles. I use a heat diffuser. If you aren't familiar with these, they are a circle of two pieces of metal with a space and held together on the edges. When placed between the burner and the bottom of the pot, it creates a space putting less heat directly on the bottom of the pot so the overall temperature of your broth is lower. At around 7 p.m., I turn the burner off and remove the lid to allow the broth to cool for an hour. Then I remove vegetables with a slotted spoon or soup ladle and put them into a colander or large strainer over a bowl to collect dripping broth. Once the liquid has dripped, toss cooked vegetables into your compost, chicken coop or discard.

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Pour warm broth into warm or room temperature glass jars (canning jars with rubber seal lids are ideal), wipe rim of jar and put the lid on firmly, let cool for at least an hour or overnight if temperatures are cool and store in the refrigerator. Remember when pouring hot broth into jars, the jars should be suited for hot liquid and at least room temperature not cold as hot liquid poured into a cold jar can cause the jar to crack and break and your precious broth will be all over the floor.

Especially when making a large quantity to consume over several weeks, it is best to pour hot broth into canning jars and use appropriate canning lids with seals so that when you put them in the refrigerator, you actually get a slight seal on the lid that pops when you open it. I've had the broth stay good for 2 weeks in the refrigerator. If canned properly, it stands to reason it could last even longer. My opinion is that the garlic, onion and salt act as a preservative. If your broth doesn't disappear within 1 to 2 weeks, ours doesn't even last a week, always smell and taste before consuming to be sure your broth is still good.

Relax and have fun making your broth!

A funny story. Just last week a friend called us from Albuquerque and asked if he could come over to our home and make his potassium broth. We said yes and he arrived 2 1/2 hours later with 1 potato, 3 beets with tops, 50 cloves of garlic, 5 lbs. of carrots, a bunch of celery and 3 onions. Now you can see from the list of things above that this is a far cry from the percentages of ingredients outlined for the Potassium broth recipe. I peeled 5 Yukon gold potatoes and tossed these peels into his broth and made mashed potatoes for my son. I also contributed sea salt. We all had fun making the broth and it turned out great! Our 25 year old friend loved his broth! So relax and have some FUN making yours. You

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have the advantage of this new shopping list to help you out.

THE LIVER -GALLBLADDER BOMB

THIS FLUSH IS DONE AFTER COMPLETING THE LIVER-GALL. FLUSH

FOR EXACT RECIPE SEE SEPARATE DATA SHEET ENTITLED:

THE BOMB

THINGS NEEDED:

Organic Lemons - enough to make 1/2 cup lemon juice. Suggest buying twice as many in case it is necessary to do the bomb twice in a row. Probably 4 lemons will make « cup.

Organic Cold Pressed Olive Oil - 1/2 cup for each bomb. Suggest 1 cup in case 2 bombs are required.

Epsom Salts

Left over Olive Oil and Lemons can be used to make great salad dressings!

These guidelines are intended to help you get a general idea of what you will need for the cleanses. When you are shopping, remember that you are the one standing there looking at how big the onions and beets are and seeing the size of the bunches of greens so use your own good judgment. For the fun and sanity of all, this is not rocket science so above all please have fun creating the broth and your morning drinks.

Yours in health and love,

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Valorie and Ian "Doc" Shillington

(Revised March 11, 2003)