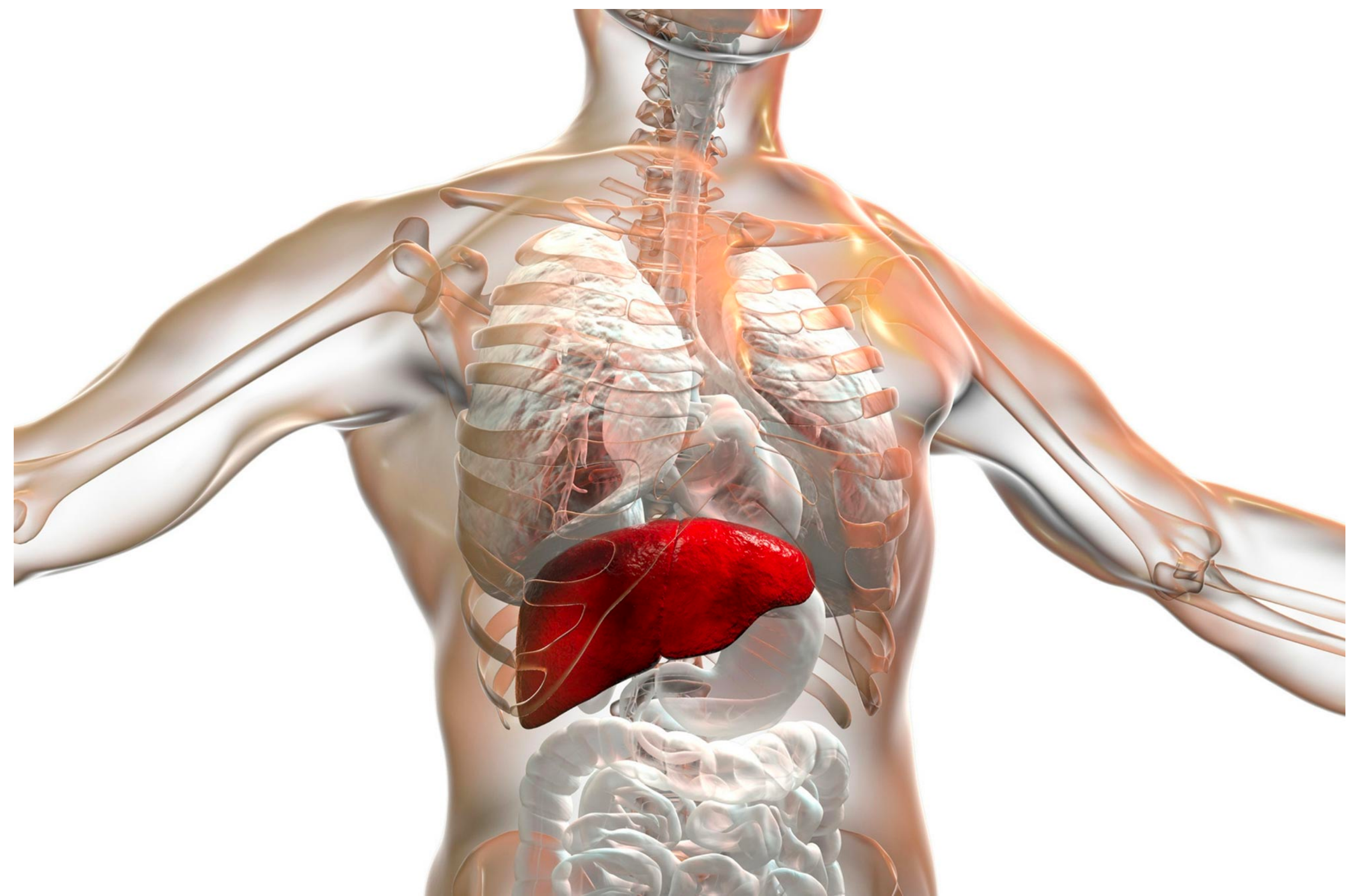


HOW TO  
**DETOX**  
STONES FROM YOUR  
**LIVER**



**CATE STILLMAN**



# LIVER DETOX

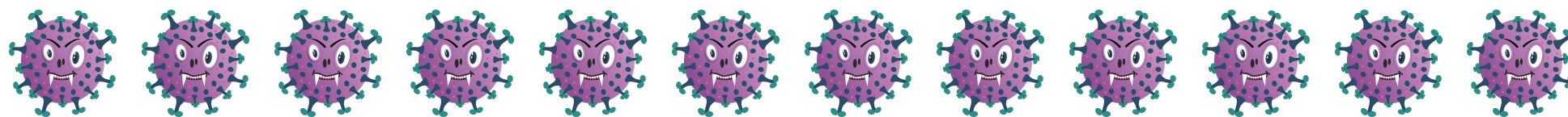
*get your stones out*

## Your liver has a microbiome.

In my journey of researching, writing, living, and editing my last book, Uninflamed: 21 Primal Habits to reverse chronic inflammation I kept running into dysbiosis. Modern disease is caused by microbiomes dying from diet and lifestyle-driven chronic inflammation. The loss of microbe diversity from what we modern humans consume slowly degenerates into dysbiosis, first in the gut, later in organs. To turn of tide, in CLUB THRIVE we rebuild our microbiomes. We live an anti-inflammatory lifestyle. We eat a microbiome diet. We employ positive stressor habits, including detox, until the dysbiotic microbes die off. Once the burdens of inflammatory habits and dysbiosis are alleviated, healthy microbiotic colonies thrive.

The best positive stressor habit for your liver is to purge the stones - biliary stones - from your liver and the gallstones from your gallbladder. The stones are packed with dysbiotic microbes.

Dysbiotic biofilms grow on stones, which are anti-biotic resistant. Gallstones are associated with a higher risk of cancers of the liver, biliary tract, and possibly pancreas. Pancreas and liver cancers are projected to surpass breast, prostate, and colorectal cancers to become the second and third leading causes of cancer-related death by 2030, respectively. The biliary and gut microbiota are involved in almost all passages of bile formation, such as the metabolism of lipids and cholesterol, biotransformation, and enterohepatic circulation. The biliary system was once considered to be sterile. The gallbladder physiologically has a composite microbiota.



When you purge your liver and gallbladder of dysbiotic stones - you are causing perhaps the most potent form of dysbiotic die-off. I say this as a detox professional who has led thousands of people through my seasonal Yogidetox for over two decades.

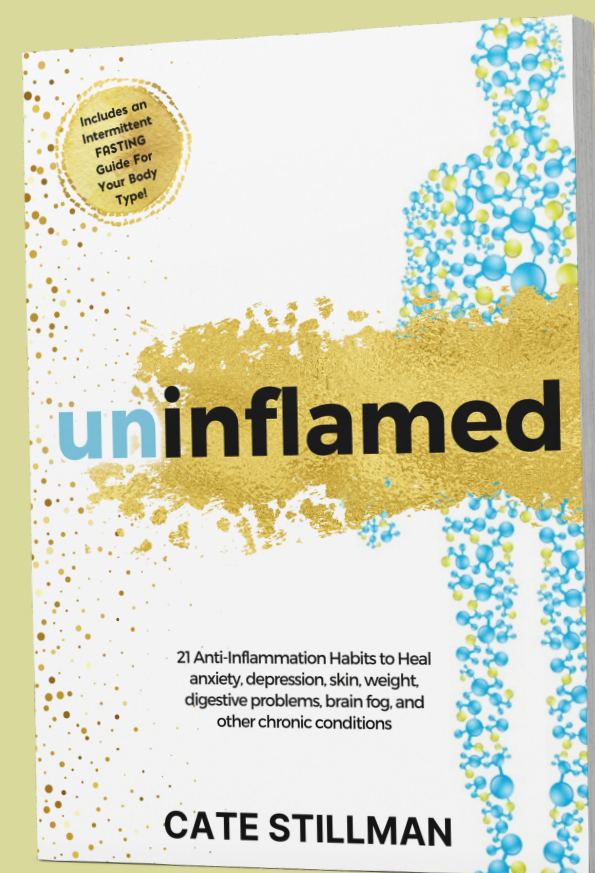
The liver/gallbladder flush is not new. However, the need for it increases with the global increase of chronic inflammation, increasing gallbladder disease, and increasing cancer risks. This guide is for you to clear your liver and gallbladder of stones. This may take 8-12 cleanses, spaced roughly a month apart, if you are overdue. Like I was.

I made this guide for our members of CLUB THRIVE. We guide our members to completely detox their bodies of stones and rebuild their microbiome with a microbiome diet. The results are astounding. The body regenerates. Genetic cancers become highly unlikely.

With the dysbiotic die-off from purging the stones, your tastes change. Addictions fall away. Metabolism improves. Skin tone improves. Moods improve. The excess weight falls away. The body is unburdened and free.

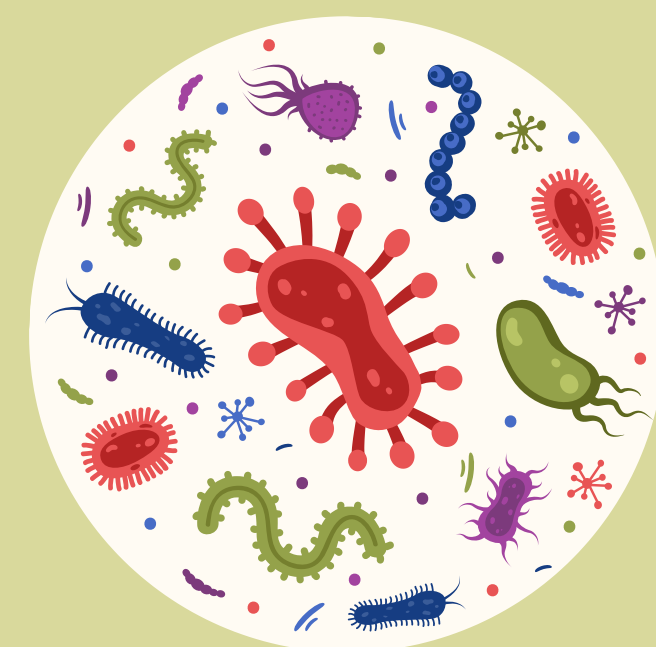
I hope this guide inspires you to take action. It's an easy enough cleanse. I wish I had started liver detoxing when I first heard about it 20 years ago. I want us to make this positive stressor detox habit... normal. More normal than cancer.

*Cate Stillman*



Relevant chapters in UNINFLAMED:

- CHRONIC
- MEDICINE
- MICROBIOME
- HEAL
- DETOX





# LIVER FLUSH GROCERY LIST *by Cate Stillman*

## WHAT TO GATHER:

For first six days:

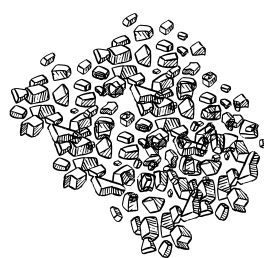
12 oz./1.5 cups tart cherry juice concentrate  
or  
6 x 32 oz/1L organic apple juice

For liver flush day of & after:

1 box baking soda  
2-3 jars apple sauce  
4 Tbsp Epsom salts (food grade)  
24 oz/700mL filtered water  
reusable enema bottle or 20 ml syringe  
2 oz. castor oil  
Hot water bottle  
2 grapefruits  
1 lemon  
1/2 c. olive oil  
2 c. coffee for coffee enemas for baking soda enemas  
Coconut oil

## EPSOM SALT (FOOD GRADE)

Magnesium sulfate (epsom salt) dilates and relaxes the bile ducts, and clears waste that may obstruct stones. Magnesium and bile release together smoothing the passage for stones.



## CASTOR OIL



Castor oil penetrates tissue and breaks down fibrous cells and scar tissue. Used topically the night of the flush, over your liver with a clean rag, plastic bag, and hot water bottle, the stones can move into the g.i. tract with ease.

## OLIVE OIL

Extra virgin olive oil is the most effective oil for liver cleansing. It will cause the gallbladder to speedily release bile and with the bile will come the stones.

## MALIC ACID

Malic acid softens stones and dissolves stagnant bile. Once pliable, the stones can move out of your liver via the hepatic ducts. Use tart cherry juice concentrate if you'd rather not ingest so much fructose from apple juice.



## TART CHERRY JUICE CONCENTRATE

Use 2 tablespoons of tart cherry juice concentrate daily, diluted in water. Tart cherry juice is also high in malic acid.

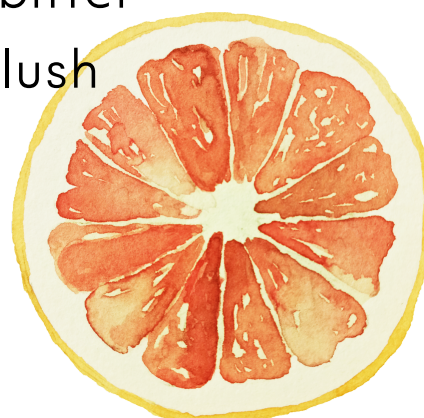
## APPLES

Cloudy apple juice has a higher content of polyphenols (#microbiomediet) compared to clear apple juice.



## FRESH CITRUS FRUITS

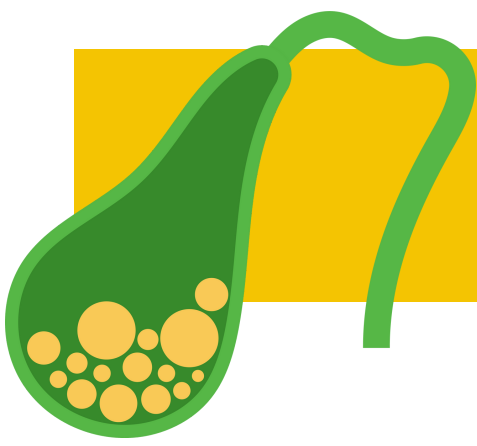
Citrus encourages the gall bladder to contract and flush out bile and small gall stones. A lemon slice will kill the bitter taste of the epsom salts on the flush day.



## COFFEE BEANS

Coffee enemas stimulate the liver to increase its detoxification of the blood and decrease the toxic load on the liver. This includes removing a variety of toxins and free radicals from the bloodstream. They assist the liver so as not to overburden an already sluggish and toxic liver with the flood of toxins dislodged from the clean.





# LIVER/GALL BLADDER FLUSH

by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE.global and Wellness Pro Academy

## WHAT+ WHY

Your liver constantly filters and improves your blood. Your gall bladder manufactures and releases bile to break down fats into nutrient molecules. Both harbor toxic accumulation of dysbiotic microbes in the condensed form of stones. Liver stones are biliary stones. Gallbladders stones are gallstones. Dysbiotic microbe filled stones are highly correlated with cancer and the laundry list of diseases caused by chronic inflammation and loss of microbiome diversity.

## WHO

If you don't have an acute illness. People who are healthy or have chronic illness can liver detox. Children between the ages of 10 and 16 can do liver cleanses at half the adult dosage (apple juice, Epsom salts, olive oil).

## WHEN

Add a liver flush as part of any seasonal detox or before or after a five day fast-mimicking diet.

The flush takes a week for entry, flush and reintegration. It's an easy cleanse. The 24 hours of stone release starts on the afternoon of the 6th day. Be in a supportive, relaxing environment from then through the midday of the 7th day.

## THE FIRST SIX DAYS

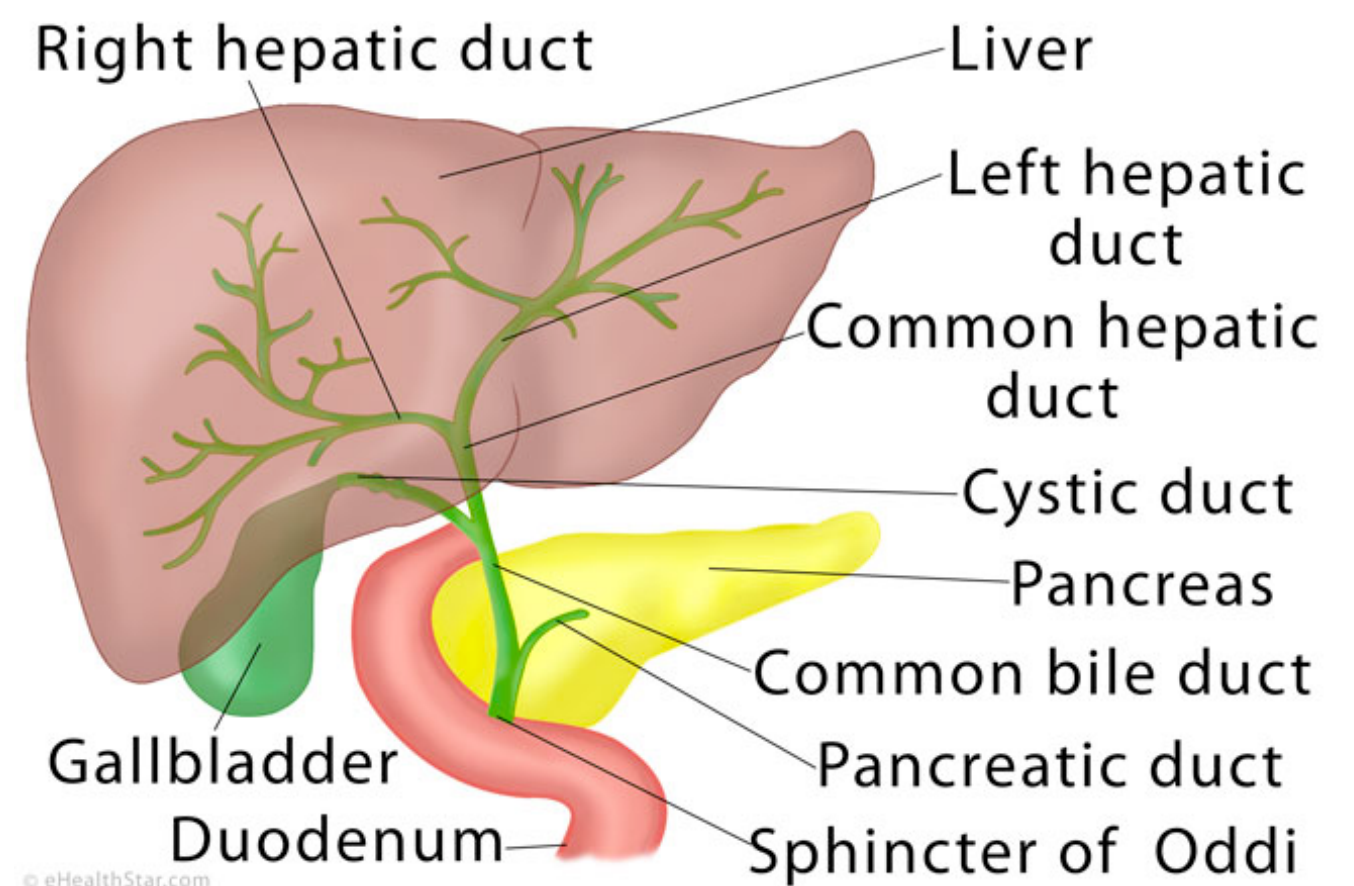
For the first six days, you'll soften the stones with malic acid from 32 oz apple juice or 2 oz tart cherry juice. Sip throughout the morning. Wait 30 minutes after juice, before food. If you want more later in the day, drink 2 hours after eating.

Eat light. Avoid meat, fried foods, sugar, pastries, alcohol, and junk. Decrease caffeine and fats. Increase vegetables, fruits, and complex carbs from grains and legumes. Add fermented vegetables like sauerkraut, kimchi, and pickled beets. Reduce fat intake. All food and drinks should be warm.

If you don't naturally have a bowel movement in the morning, do an enema every day. If possible, schedule a colonic irrigation session 2-3 days after your liver cleanse to remove gall stones from the gi tract.

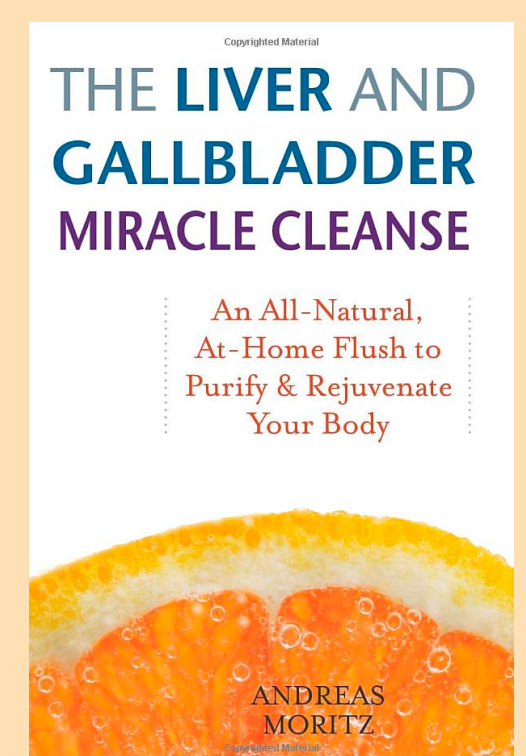
For the stone release on the 6th, follow DAY OF + After LIVER Flush.

## Biliary Tree



"The liver gets congested filtering all your stimulants, depressants, pharmaceuticals, etc. Since the liver is in charge of processing, converting, distributing, and maintaining the body's vital "fuel" supply (for example, nutrients and energy), anything that interferes with these functions must have a serious, detrimental impact on the health of the liver and the body as a whole. The strongest interference stems from the presence of gallstones."

The Liver and Gallbladder Miracle Cleanse by Andreas Moritz







# WHAT'S IN THE STONES?

by Cate Stillman

by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE.global and Wellness Pro Academy

Bile is the greenish-yellow fluid made of waste, cholesterol, and bile salts. Bile is secreted by the liver cells. The biliary (bile) system does two things:

1. Drain waste products from the liver into the g.i. tract
2. Release bile to digest fats

Stones occur when substances in the bile reach their limits of solubility. Too much sludge in the works. Sludge comes from cholesterol, pigment, and waste. Stones are classified by chemical composition: cholesterol (>70% cholesterol), mixed (30% < cholesterol < 70%), and pigmented (cholesterol < 30%).

Most gallstones are cholesterol gallstones from cholesterol-rich bile. Bile concentrates in the gallbladder, supersaturated with cholesterol, and precipitates into small crystals, which become gallbladder sludge. The crystals grow into stones which erode the function of the organs leading to potential obstruction of the hepatic and biliary ducts. Cholesterol gallstones can become colonized with microorganisms from gut dysbiosis, which leads to inflammation of the mucosa, and dysbiosis of the gall bladder, which make these stones more likely to lead to cancer.

Pigmented stones contain bilirubin and calcium (calcium bilirubinate). Black pigment comes from the breakdown of red blood cells. In people with a high turnover of heme (red blood cells) from cirrhosis or chronic hemolysis, the unconjugated bilirubin will crystallize and eventually form stones.

Dysbiotic microbes live off sludge deposits of waste. Stones with dysbiosis develop into infections and even cancer.<sup>1</sup>

## CASTOR OIL TO MOVE + REDUCE STONES

A series of castor oil packs at bedtime before, during and after your liver flush optimize liver function. Ricinoleic acid and quercetin in castor oil reduce oxidative stress (inflammation) and remove excess iron. Castor oil removes dysbiotic biofilms - promoting eubiotic microbes. It also increases glutathione, a powerhouse detox antioxidant.

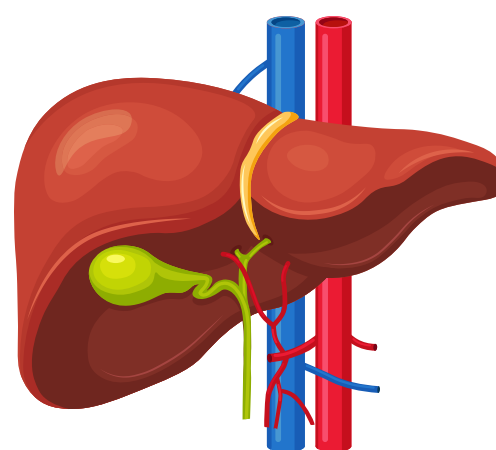
You can use castor oil externally in a pack over your liver at bedtime, or internally taken before bed.

## CASTOR OIL PACK

- castor oil
- unbleached wool or cotton flannel
- plastic 1 gallon bag
- hot water bottle



Fold a piece of cotton flannel in a square the size of your hand with fingers spread. Four layers are good. Soak flannel in castor oil. Lie down. Place flannel over the liver. Then, a plastic bag, then the hot water bottle. Leave the pack on for about 45 minutes to an hour. Remove the pack and wipe the area clean with a warm damp towel. You can store the castor oil pack in the container used to soak them. Cover and refrigerate. Reuse each castor oil pack up to 30 times.



## BAKING SODA ENEMAS

If you aren't having complete movement movements in the day prep, do an enema. You also may need to do one on the 6th evening. You want all your channels, especially your main chute, through your guts out your anus to be open and flowing. For enemas buy a disposable saline enema bottle and empty it; or use a 20-30 ml syringe. Do before bed or upon arising daily throughout the process.

Mix 1/2 tsp. baking soda with 1/2 cup of warm water. Lube your anus with coconut oil. Lay down and inject into your butt hole.



# DAY OF + AFTER LIVER FLUSH

by Cate Stillman



On Day 6 you'll drink your juice, eat light, and end the day with drinking epsom salt water, followed by the olive oil/citrus juice concoction. Follow the schedule below.

am	<ul style="list-style-type: none"> <li>• Slowly sip 32 oz./1L apple juice or 2 oz. tart cherry juice in am, before eating</li> <li>• If you want breakfast, have oatmeal or fruit</li> </ul>
midday	<ul style="list-style-type: none"> <li>• If you need food eat white rice and steamed vegetables. You'll be purging, so keep it light.</li> <li>• Only water after 1 pm</li> </ul>
6 pm	Mix 4 tbsp. epsom salts in 24 oz. warm filtered water. Plug your nose and drink 6 oz. Suck on a lemon or orange peel after to remove the bitter taste. Wait 20 minutes before drinking water.
8 pm	Drink 6 oz epsom salts. Wait 20 minutes before drinking water.
9:30 pm	Do an enema if you haven't had a bowel movement since 6 pm
9:45 pm	<p>Wash citrus fruits. Make 3/4 cup fresh juice. Strain pulp. Mix 1/2 cup olive oil in a pint jar with juice. Shake 20x. Optional: get a hot water bottle, castor oil, and an old rag for the castor oil pack.</p> <p>Stand next to the bed. Plug your nose and drink the mix all at once.</p> <p>LIE DOWN IMMEDIATELY. LIE STILL in dark FOR 20 minutes. Keep your head propped, higher than your abdomen, or lie on the right side with knees pulled toward your head. Put attention on your liver. Feel for stones traveling along the bile ducts like marbles. Avoid drinking water until after 2 am.</p>
6 am	Drink 6 oz epsom salts. Wait 20 minutes before drinking water. Read, rest, meditate. Best to be upright.
8 am	Drink final 6 oz epsom salts. Wait 20 minutes before drinking water.
10 am	Drink fresh green juice
10:30 am	Have fresh fruit, if desired. Eat light meals for the next few days.
next few days	<p>Gallstones can be caught in the colon. To clear the stones, use colonic irrigation, enemas, or drink epsom salts.</p> <p>Coffee enema - see other page</p> <p>Mix one level teaspoon of Epsom salts with one glass of warm water and drink it first thing in the morning on the day of any other chosen colon cleanse following the liver cleanse.</p> <p>2-3 days after the liver cleanse -- schedule colonic irrigation or colemena enema, mix one level teaspoon of Epsom salts with one glass of warm water and drink it first thing in the morning on the day of any other chosen colon cleanse following the liver cleanse</p>

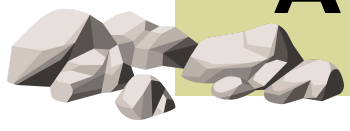
Learn more about  
Microbiome Diet



[clubthrive.global/waitlist](https://clubthrive.global/waitlist)



# AFTER THE FLUSH: CLEAR YOUR COLON



by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE.global and Wellness Pro Academy



Stones exit via the intestines and colon. They can get stuck. To keep your channels open and stones moving out the first three days after your liver flush, flush your colon, you have options:

- colonics
- coffee or baking soda enemas
- castor oil before bed
- epsom salt water flushes

## CASTOR OIL

Castor oil is the most gentle and beneficial to the microbiome. Take 1 to 3 teaspoons of castor oil in 1/3 glass of warm water on before going to sleep at night, if your stomach is empty. If your stomach is full, take it in the morning and fast for a few hours.



## SALT WATER FLUSHING

Mix one level teaspoon of Epsom salts with one glass of warm water. Take before bed if your stomach is empty. If your stomach is full, take it in the morning and fast for a few hours.

## COFFEE ENEMAS

Coffee enemas stimulate the liver to increase its detoxification of the blood and decrease the toxic load on the liver. Caffeine, theobromine, and theophylline dilate blood vessels, bile ducts and relax smooth muscles, increasing the flow of bile. Electrolytes and probiotic microbes are also lost. Gold, green or white beans are very potent, with light to medium roasts typically well-tolerated by most. If you are new to coffee enemas, green, gold, or white beans may not be the best to start with. Instead, start with a medium or light roast. Coffee must be organic.

Coffee enemas should always be balanced by fresh pressed juice. The typical ratio is 3:1 (three, 8 oz. juices for each coffee enema).

Before and after a coffee enema, do a few water enemas. Hold the coffee enema in your colon for 15 minutes before releasing. For complete instructions [go here](#).

## When NOT to do coffee enemas

- Currently undergoing chemotherapy
- Renal, cardiac or respiratory failure
- Bleeding and/or ulceration in the colon tract
- Ulcerative Colitis
- Crohn's disease
- Ileostomy (no colon)
- Hypertension and/or tachycardia
- Pregnant (consult with your primary physician or Gerson Practitioner)
- Acute or ongoing chronic diarrhea until investigated by a physician
- First 6-8 weeks post-surgery (always check with your primary physician or Gerson Practitioner)



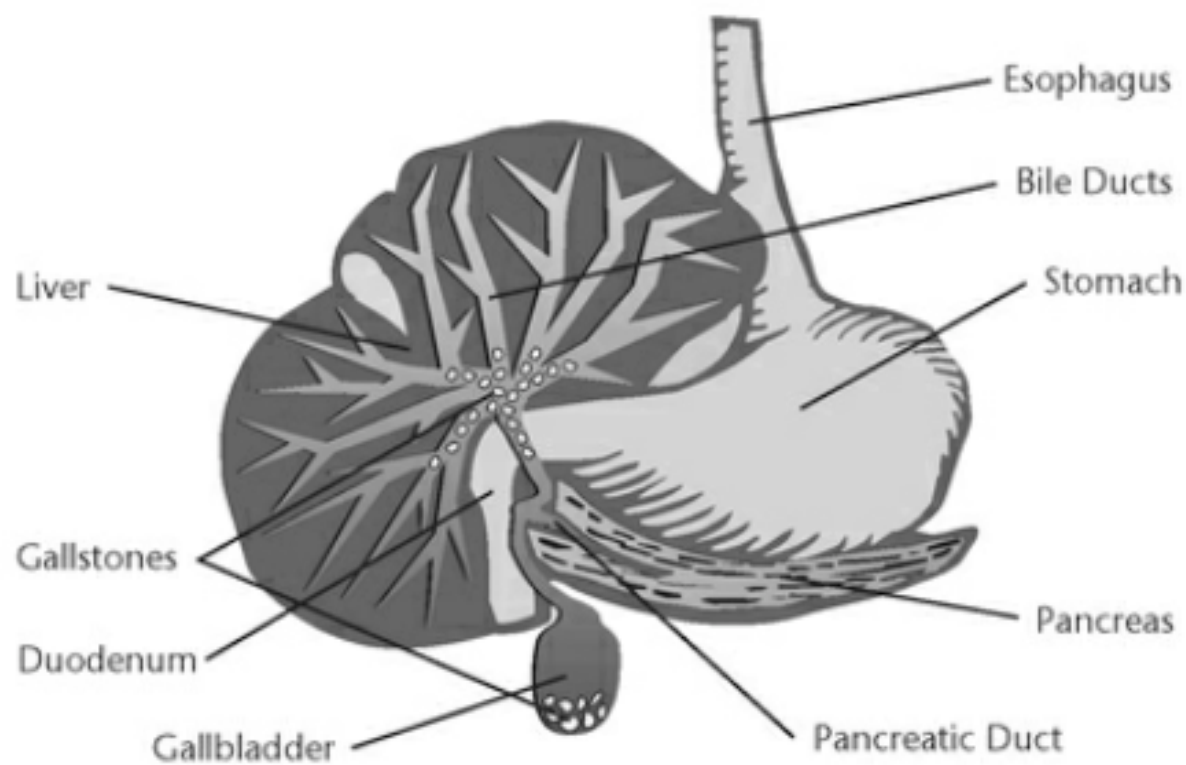
# NEXT STEPS...

by Cate Stillman

by Cate Stillman, founder of Yogahealer.com, ClubTHRIVE.global and Wellness Pro Academy

## CLEARING YOUR LIVER OF STONES

Clearing your liver of stones may require at least 8 to 12 cleanses, once a month. Your liver is clear when you have two consecutive flushes free of stones.



## Aloe Vera Juice

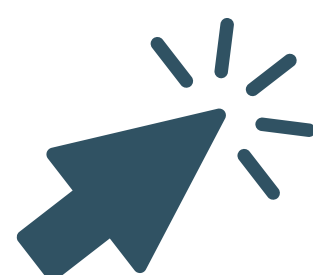
To keep your liver releasing toxins after the liver cleanse, take one tablespoon of aloe vera juice, diluted with a little water, before breakfast. Aloe breaks down bile sludge while rehydrating cells.



Aloe vera is high in enzymes which feed microbiota. Aloe contains over 200 nutrients, including the vitamins B1, B2, B3, B6, C, E, and folic acid; iron, calcium, magnesium, zinc, manganese, copper, barium, and sulphate; plus 18 amino acids.

## Electrolytes, Probiotics, Prebiotics

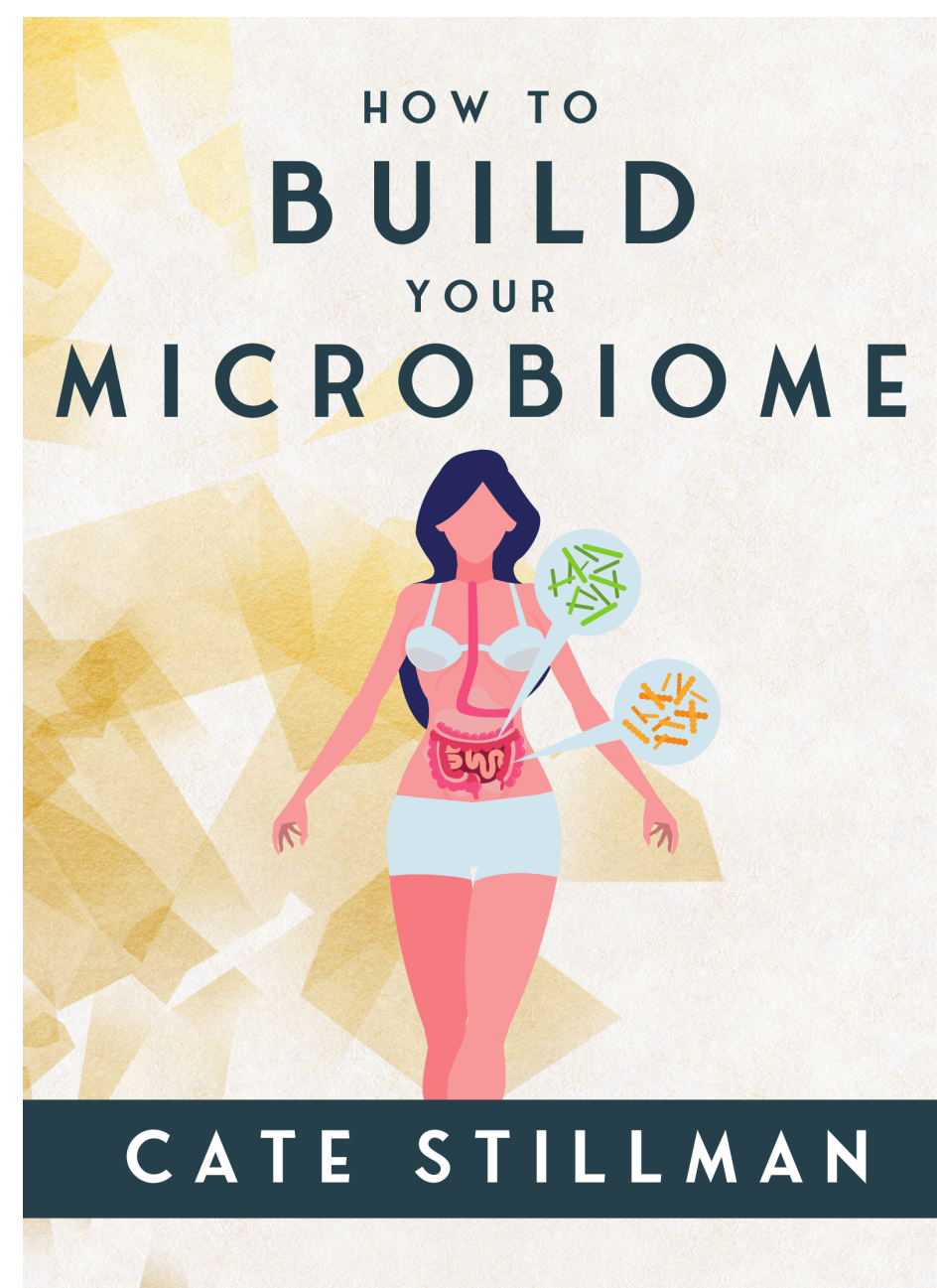
After all this flushing, you need to replenish electrolytes. Fresh green juices, and fermented fiber - sauerkraut, kimchi, pickled beets, will all help.



## TALLY YOUR SYMPTOMS

These are all symptoms of inflammation which lead to chronic symptoms and chronic disease. Note how many symptoms and to what severity to understand the unnecessary load on your system - called your allostatic load.

- Chronic low-grade stress, anxiety
- Depression, hopelessness, feeling trapped
- Irritability, frustration
- Overwhelm
- Brain fog, mental confusion, poor memory
- Difficulty making decisions, concentrating or focusing
- Poor willpower, unmotivated, low ambition
- Fatigue
- Poor sleep
- Joint pain, stiffness upon rising
- Feeling heavy, stagnant, stuck
- Poor digestion: bloating, irregular or loose stools, constipation, indigestion, bad breath, coated tongue
- Puffiness, water retention, sinus congestion
- Belly fat, cellulite, man boobs, spare tires, excess body weight
- Emotional eating: cravings for crappy foods, overeating
- Skin issues: rashes, hives, acne, psoriasis, eczema
- Allergies or asthma
- PMS, fibrocystic breasts, hard periods
- Headaches
- Susceptibility to illness, infection, or fungus
- High blood pressure
- Lack of sex drive
- Disconnect from purpose in daily life
- Unclear about purpose, direction, or strategy
- Lack of creativity and unique expression





Heal your  
**GUT**

... BECOME A  
CLUB THRIVE MEMBER

**100% MICROBIOME DIET**



It's easier to thrive with us  
at **CLUB THRIVE**

Heal your  
**BODY**

... BECOME A  
CLUB THRIVE MEMBER

led by Cate Stillman, founder of Yogahealer.com,  
WELLNESSPRO.ACADEMY, and CLUBTHRIVE.GLOBAL.

Heal your  
**BELLY FAT**

... BECOME A  
CLUB THRIVE MEMBER

### WHAT

We are a CLUB, a global online mastermind members-only club that orients towards thrive. We use core competencies in an elegant curriculum, guided by primal habits thought leader: Cate Stillman, and the wellness pro mentoring team .

Heal your  
**SOUL**

... BECOME A  
CLUB THRIVE MEMBER

### WHO

CLUB THRIVE GLOBAL is taking members who want to thrive, are ready to take responsibility for their habits, their relationships and their unique potential. We guide people to thrive in their bodies and lives.



TO HEAL AT CLUB THRIVE,  
*join our waitlist:*

[clubthrive.global/waitlist](https://clubthrive.global/waitlist)

*We thrive on your success.*



**CLUB THRIVE**  
GLOBAL