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The Liver has Many Functions

- Carbohydrate Metabolism
- Amino Acid Metabolism
- Endocrine Functions
- Protein Synthesis
- Bile Production
- Fat Metabolism
- Detoxification

+ Many Others

The Liver:

Detoxifying Toxins with Might
Keeping You Healthy Day and Night
A Crucial Organ, You Must Protect
With Love and Care, You Must Respect

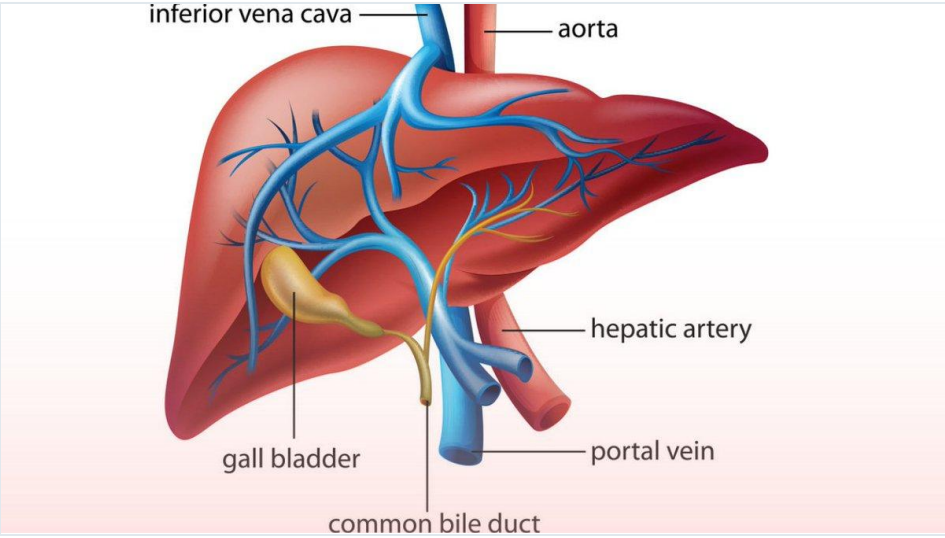

Photo Credit: https://www.naturopathtoronto.ca/liver-function-tests/

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Greetings! My name is John. 🤝

Years ago, I worked at $MSFT as a contractor.

I had persistent Nasal Congestion and I took Antihistamines such as Alavert/Claritin.

Over time, I felt discomfort in the Liver Area

Understand there are Many Ways You Can Damage Your Liver:

• Excessive Alcohol 🍺
• Environmental Toxins☠️
• Drastic Weight Loss / Weight Gain
• OVERUSE of Medications: Acetaminophen, Antibiotics, Antidepressants, Statins, etc
• Years of Eating Trash🍔🌭🍟 + Smoking🚬

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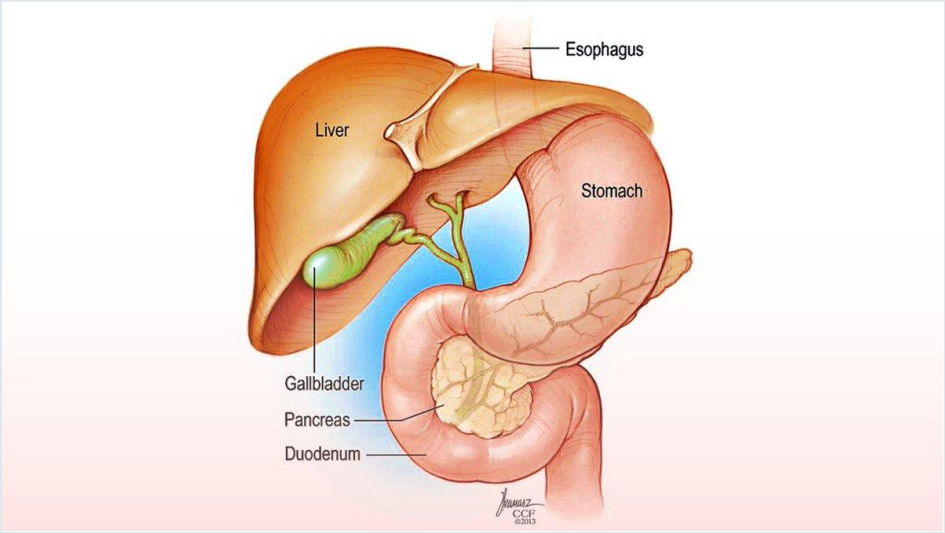

Photo Credit: https://my.clevelandclinic.org/health/diagnostics/9503-liver-biopsy

What EXACTLY are the Functions of the Liver?

- Filters Waste Products from the Blood
- Stores Vitamins and Minerals
- Regulates Blood Sugar Levels
- Produces Bile for Digestion
- Hormone Regulation
- 500+ Functions!

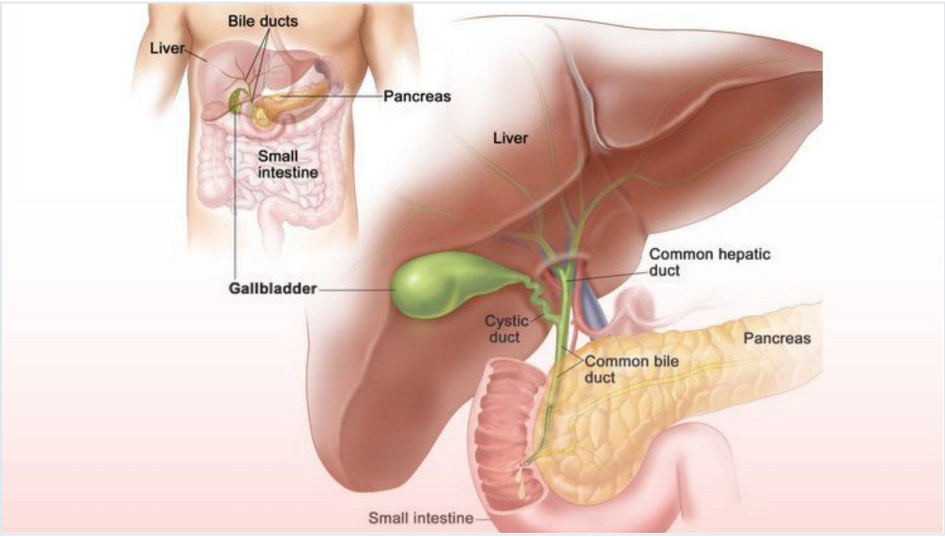

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Photo Credit: https://my.clevelandclinic.org/health/diagnostics/9503-liver-biopsy

When you take a lot of medications, understand they are derived using PETROChemicals (Crude Oil).

In the 1890s, Willow Bark was used in the original Aspirin.

Today, Aspirin is Synthesized in the Laboratory🔬🧪

Just THINK about that. Your Liver has to process that mess.

Photo Credit: https://hub.jhu.edu/2021/03/04/name-brand-prescriptions-cost-medicare/

Internal PARASITES Can Also Damage Your Liver!

Roundworms, Tapeworms & Liver Flukes **CAN Penetrate the Intestinal Walls** and Leave a CYST in Your Liver.

Internal Parasites are the APEX Predators of the Host-Parasite Ecosystem - True Ultimate Hunters.

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Photo Credit: https://www.insider.com/man-had-tapeworm-in-his-brain-years-had-seizures-hospitalized-2021-11

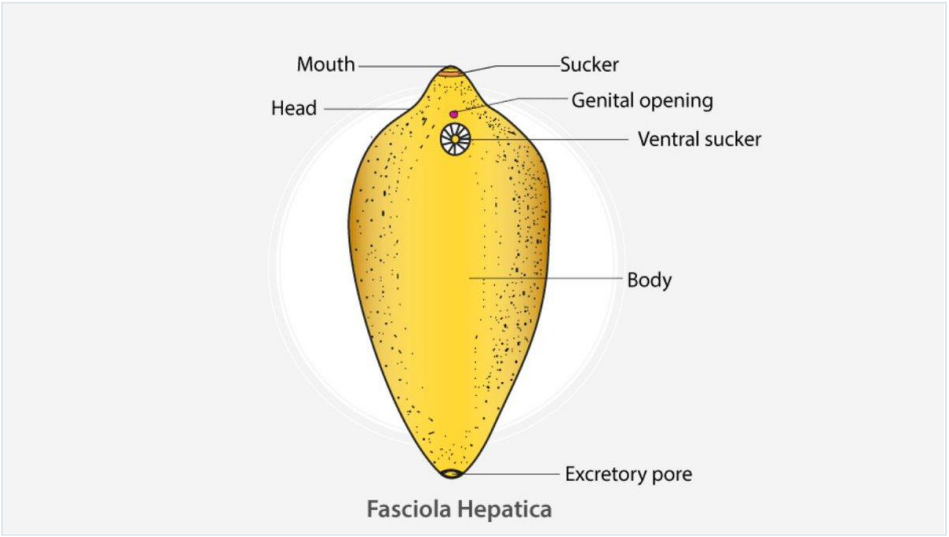

Photo Credit: https://byjus.com/biology/liver-fluke-life-cycle/

Back to my story. While I worked at $MSFT, I did try a Liver Cleanse protocol that I found online.

I tried the protocol but was NOT successful so I just set it aside.

Beginning of 2023, I was reminded of this book. I reread the book and decided that it was time to retry.

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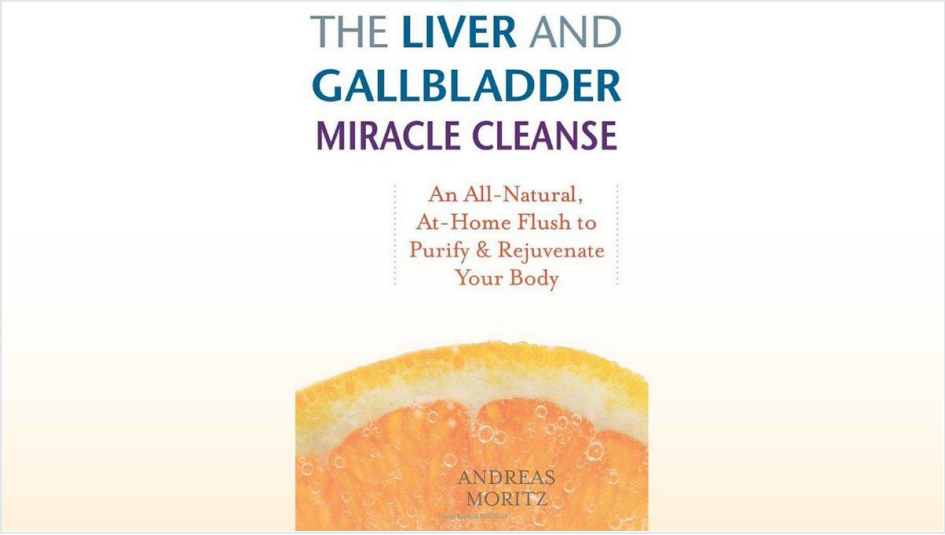

Photo Credit: https://www.amazon.com/Liver-Gallbladder-Miracle-Cleanse-All-Natural/dp/1569756066/ref=sr_1_4?crid=AIGM79PNG119

Let's Learn about Gallstones:

Gallstones are Hardened Deposits of digestive fluid that can form in your Gallbladder AND Liver.

Gallstones are a Combination of Cholesterol, Bilirubin, and Calcium Salts.

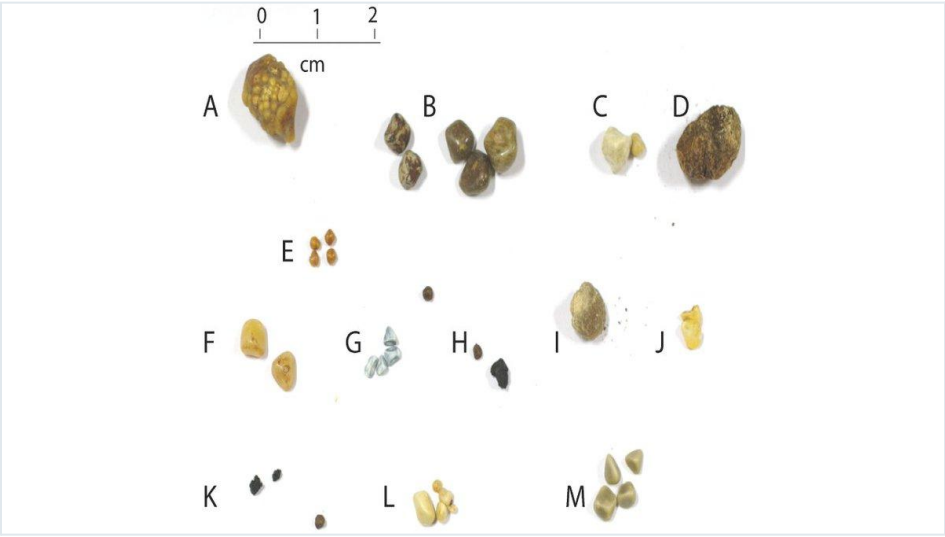

Photo Credit: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0166351

Why do Gallstones Form?

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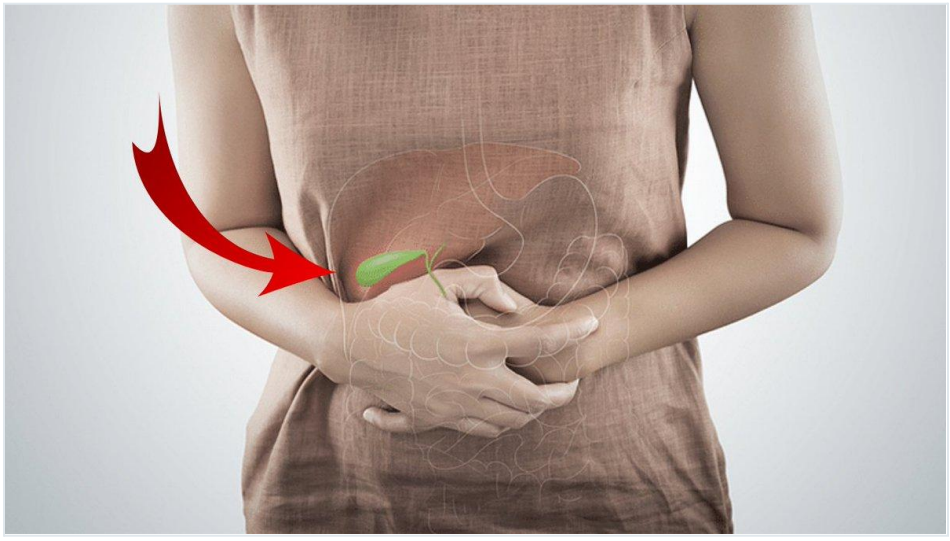
Here are Possible Reasons:

- Parasitic Activity
- Hormonal Factors
- Imbalance of Bile Components
- Years of Overdrinking, Eating Trash
- Overuse of Medications Synthesized from Petrochemicals (Analgesics, Antihistamines, Antibiotics, etc)



How do you know if you MAY have Gallstones?

- Headaches & Migraines
- Chronic Fatigue & Brain Fog
- Discomfort in the Liver Area
- Pain Around Shoulder Blades
- Poor Digestion & Elimination
- Constant Bloating and Flatulence

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• Skin/eyes Becoming Yellow (Jaundice)

I Summoned the Courage to REDO the Liver Cleanse protocol outlined by Andreas Moritz.

Recently, I had my 5th Liver Cleanse.

The Gallstones that were released out of me were BIGGER and MORE than my 4th Liver Cleanse.

I Must Commit to This Protocol Every 2 Weeks.

The 1st time I did the Liver Cleanse protocol, I had 300+ gallstones that came out of me.

I don't even drink or smoke!

The body keeps score. I ate a lot of TRASH AND I had Parasites.

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Are you interested in learning EXACTLY what I did?

👉👉**shorturl.at/jmwAV**

Read!

Directions for Salt Flush + Liver Cleanse

If your Gallbladder is FULL of these Gallstones, then BILE is not flowing properly.

If BILE is not flowing properly, ***you cannot break down fats***.

If you are not breaking down fats, then you cannot absorb **fat-soluble vitamins (A, D, E, K)** →→Weak Bones (Osteoporosis).

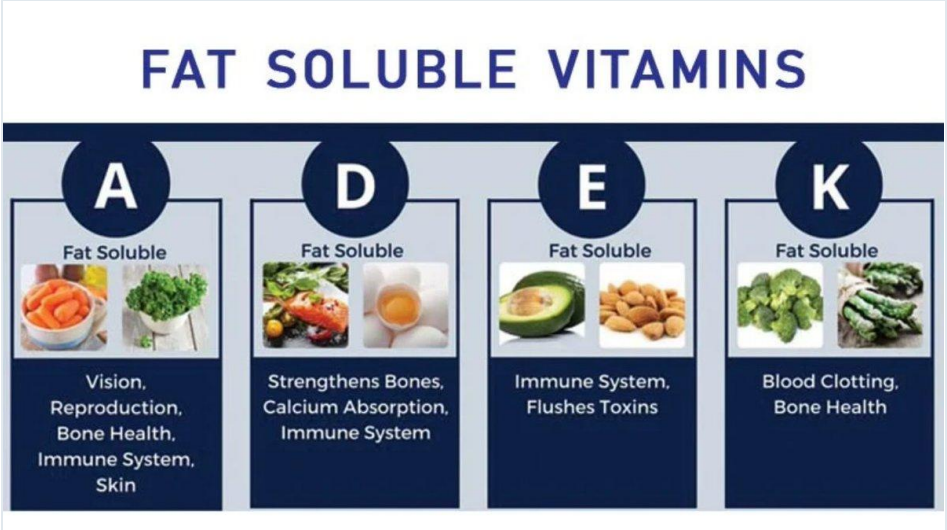

Photo Credit: https://microbenotes.com/fat-soluble-vitamins-vitamin-a-d-e-and-k/

When I think about Gallstones, it reminds me of Pearls in an Oyster ⚪🦪

Why do Pearls form in an Oyster?

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Irritants such as Sand or Parasites Enter the Oyster.

The Oyster ENCASES the foreign debris with Calcium & Conchiolin (a form of protein) to PROTECT itself.

Theory: Gallstone formation is a response to all the Toxins we are exposed to + Parasite Infections.

Learn How to Get Rid of Gallstones Naturally!

Ingredients for the Liver and Gallstone Cleanse:

- Apple Juice
- Grapefruits
- Extra Virgin Olive Oil
- Food Grade Epsom Salt

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Let's Review Our Digestive System Real Quick:

Where does Food go after you EAT It?

It goes through a VERY Long Pipe.

Mouth→Pharynx→Esophagus→
Stomach→Small Intestine→Large Intestine→Rectum→Anus

What goes in, MUST go out!

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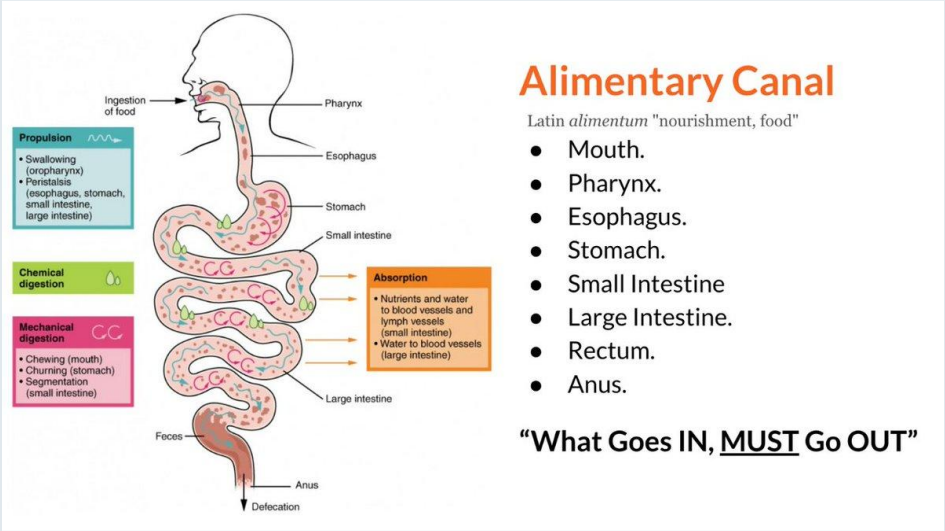
You must FIRST Clean this Pipe.

👇👇



⚠️Pay Close Attention!

When Gallstones are released, they are passed into your Small Intestines (Duodenum).

You DO NOT want the Gallstones to sit around in your small intestines.

Your Small Intestines will try to ABSORB the gallstones like food and you may feel nauseous.

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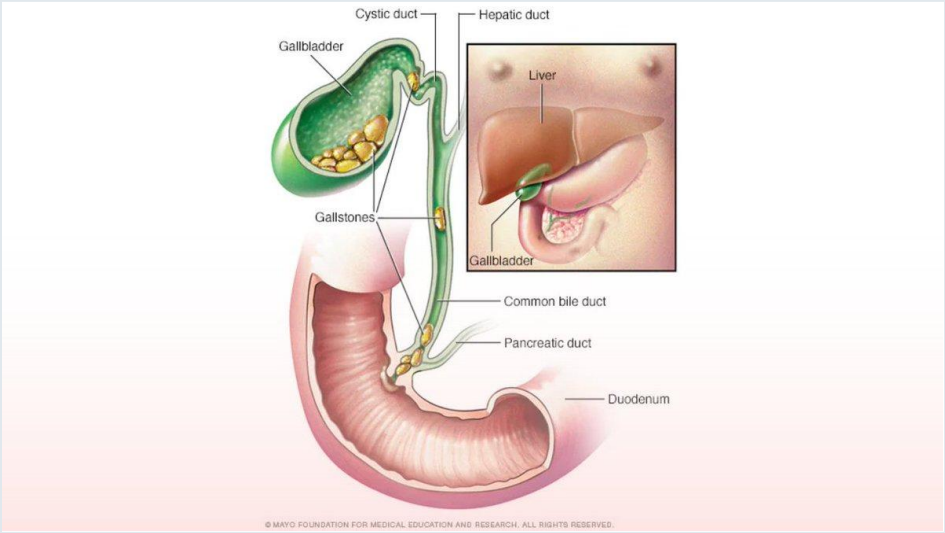

Photo Credit: https://www.mayoclinic.org/diseases-conditions/cholecystitis/symptoms-causes/syc-20364867

The Liver/Gallbladder Cleanse is NOT for Beginners.

Command Mastery over Cleaning your Small and Large Intestines, Comprehensively.

This is What I Teach:

👇🏼👇🏼

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THE No B.S. Guide to Accelerated Weight Loss. Lose 3-5 lbs/month - Just Sitting on the 🚽

https://centeredtrading.gumroad.com/l/WeightLoss

Once again, this is the EXACT Formula that I followed in a Google Doc:

👉👉**shorturl.at/jmwAV**

1. I did My Protocol above
2. I did the Liver/Gallbladder Cleanse Protocol
3. I did My Protocol *AGAIN*

You need 2 days to yourself. No Distractions!

https://shorturl.at/jmwAV

The Liver IS the Largest Internal Organ. The Liver Filters Waste + Removes Toxins.

When People OVERBURDEN the Liver, the Liver Produces Gallstones that they do not want in their bodies:

- Parasites
- Overuse of Medications
- Drinking Alcohol Excessively

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If Gallstones ARE NOT being released, a Healthy Liver → Fatty Liver → Liver Fibrosis → Cirrhosis

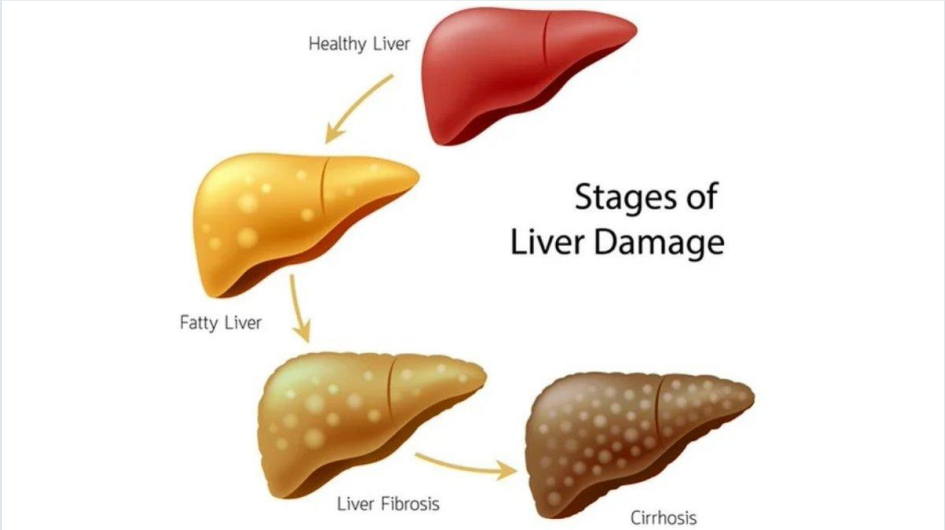

Photo Credit: https://www.news-medical.net/health/What-Causes-Cirrhosis.aspx

In ADDITION to Liver/Gallbladder Cleanses, begin to make DRASTIC Changes to your Nutrition to RESTORE Your Liver.

Use:

Kale

Beets

Limes

Garlic

Ginger

Turmeric

Broccoli

Cilantro

Lemons

Blueberries

Cauliflower

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Cranberries

Milk Thistle

Mustard Greens

Brussels Sprouts

+ More!

What are the Benefits of Releasing Gallstones?

My Personal Experience:

• A Sharper Mind
• Optimized Digestive Health
• Increased Vitality and Energy
• Easy and Unrestricted Breathing
• Restful and Serene Nights of Sleep
• Alleviation from Back and Joint Discomfort

• Follow @therealjohnchao

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I'm sharing my experience following the Liver & Gallbladder Cleanse by Andreas Moritz.

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