

*Dr. Partito's*



**ÉJUVA**

*Book of Cleanses*

**This eBook contains easy to follow step by step instructions of 5 commonly needed cleanses that one can do without needing "special" ingredients. Everything needed for these cleanse are common goods found at most any health food stores.**

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# 1 - LIVER AND GALLBLADDER FLUSH

It is best to do this program over two days when you can stay close to your toilet. Diarrhea or loose stool is a very common result. The stool may vary in color from yellow to green. This is a common part of cleansing and is not a cause for alarm. In addition, it is not unusual to see dark green “sand” and/or stones passed in the stool. These are from the gallbladder.

Some people experience waves of discomfort in the liver/gallbladder area (under the right rib cage in the front, and sometimes radiating to the mid back, also on the right side). This is a signal of cleansing activity.

## General Instructions

- Do not take any supplements or herbs unless otherwise instructed.
- Continue to take any prescription medications.
- You may have any additional fresh juice or distilled water that you desire.

## Ingredients

- 1 cup extra virgin olive oil
- 2 large grapefruits (or 4 small)
- Electric or manual citrus juicer
- 8 tablespoons (Tbsp) EPSOM salts (Magnesium Sulfate)
- Apple juice (fresh or health food store quality)

## DAY ONE

### Breakfast

- Fruit, smoothie or fresh fruit juice

### Lunch

- Vegetable salad (go light on the dressing)

### Mid Afternoon

- Sip on fresh fruit juice and/or water.

## **1 - LIVER AND GALLBLADDER FLUSH (Continued)**

### **6:00PM**

- Dissolve 2 Tbsp of EPSOM salts in  $\frac{1}{2}$  glass of warm water.
- [Note: using warm water helps the EPSOM salts to dissolve easier.]
- When dissolved, fill glass with apple juice.
- Drink down.

### **8:00PM**

- Dissolve 2 Tbsp of EPSOM salts in  $\frac{1}{2}$  glass of warm water.
- When dissolved, fill glass with apple juice.
- Drink down.

### **10:00PM**

- Pour  $\frac{1}{2}$  cup olive oil in an 8-ounce glass.
- Juice grapefruit, approximately  $\frac{1}{2}$  cup's worth (or enough to fill glass already containing olive oil). [Note: If desired, use a larger glass (12-ounce) with more grapefruit juice to disguise the taste of the olive oil.]
- With a spoon, thoroughly mix olive oil and grapefruit juice.
- Drink immediately.
- Go to bed and sleep.
- If vomiting occurs, wait  $\frac{1}{2}$  hour and drink the olive oil/grapefruit juice mixture again.

## **DAY TWO**

### **8:00AM**

- Dissolve 2 Tbsp of EPSOM salts in  $\frac{1}{2}$  glass of warm water.
- When dissolved, fill glass with apple juice.
- Drink down.

### **10:00AM**

- Dissolve 2 Tbsp of EPSOM salts in  $\frac{1}{2}$  glass of warm water.
- When dissolved, fill glass with apple juice.
- Drink down.

## **1 - LIVER AND GALLBLADDER FLUSH (Continued)**

### **NOON**

- **Pour ½ cup olive oil in an 8-ounce glass.**
- **Juice grapefruit, approximately ½ cup's worth (or enough to fill glass already containing olive oil). [Note: If desired, use a larger glass (12-ounce) with more grapefruit juice to disguise the taste of the olive oil.]**
- **With a spoon, thoroughly mix olive oil and grapefruit juice.**
- **Drink immediately.**
- **Go to bed and rest.**
- **If vomiting occurs, wait ½ hour and drink the olive oil/grapefruit juice mixture again.**

### **Mid Afternoon**

- **Sip on fresh fruit juice and/or water.**

### **Supper**

- **Vegetable salad (go light on the dressing)**

## **2 - GALLBLADDER FLUSH**

### **ORTHOCOL**

- Take 3 capsules upon rising
- Take 3 capsules mid afternoon
- Take 3 capsules at bedtime

### **APPLE JUICE**

- Begin the morning of the 1st day and drink apple juice for 3 days.
- Fresh is best, have all you want for the 3 days.
- Drink a minimum of 1/2 gallon daily.

#### **Note:**

**If you feel like you must eat during this time, have something not fatty like fruit or steamed vegetables (no butter).**

### **LEMON JUICE DRINK**

- Mix 8 Ounces of distilled water with Juice of 1 fresh lemon.
- Drink 2 glasses each day.

### **OLIVE OIL**

- At bedtime on the 3rd night, drink 1 ounce of pure olive oil and go to bed.
- Lie on your right side if possible for at least a half an hour.
- You may “chase” oil with apple juice.

#### **Note:**

**You may experience nausea.**

**If vomiting occurs, relax for 1 hour, then try again.**

**Watch stool the next day, you may see the gallstones.**

### **3 – KIDNEY & BLADDER INFECTIONS**

Unfriendly bacteria which are present in kidney and bladder infections thrive in an alkaline urine pH. By drinking raw apple cider vinegar, the urine is made more acid and the bacteria can not survive.

#### **DIRECTIONS:**

Mix 1 tsp. raw Apple Cider Vinegar in 1/2 glass of water. Pure water (distilled or reverse osmosis) is best.

Apple Cider Vinegar is best obtained from a health food store and the label should read that it is “Raw”.

#### **FOR ACUTE SYMPTOMS:**

Drink 3-4 glasses daily.

Continue until symptoms are gone (usually 2-3 days).

[Note: If symptom persists, consult your physician.]

#### **FOR MAINTENANCE:**

Drink 1 glass daily.

This is only necessary if there is a tendency for recurring kidney/bladder infections.

## **Cleanse 4 - Kidney & Bladder Stone Flush**

### **SUPPLIES:**

**6 pack of Coke**

**1 quart of prune juice**

**Drink the 6 pack of Coke within 1-2 hours maximum. Immediately following, drink the 1 quart of prune juice in as short a period as you can. Don't plan to go anywhere. If the stones are ready to pass, they will.**

## **Cleanse 5 - Vaginal Yeast Treatment Protocol**

**4 ounces plain yogurt (from health food store).**

**Mix in 1 heaping TBSP of powdered acidophilus.**

**Let it sit 2 hours at room temperature, then refrigerate.**

**Using a vaginal syringe (can obtain from pharmacy), insert and retain yogurt vaginally every 3-4 hours.**

**Wear a pad.**

**Boric Acid Powder (can obtain from pharmacy).**

**Size "0" gelatin capsules (can obtain from pharmacy or health food store).**

**Fill capsules with Boric Acid.**

**Insert the Boric Acid filled capsules vaginally once daily for one week, then twice a week for three more weeks.**

**(In a recent double-blind study of the effectiveness of different treatments for "yeast" infection, Boric Acid powder capsules provided a 92% cure rate.)**