

Onibasus.com Health & Nutrition Blog

Wednesday, May 18, 2005

Liver Flush Debate

[Colon Cleanse Boulder](#) Get Refreshing Colon Cleansing At Our Colon Hydrotherapy Clinic. www.NaturalFlowHealth.com

[Is Milk Thistle for You?](#) See if Dr. Weil recommends Milk Thistle for you - Take the survey DrWeilVitaminAdvisor.com

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Liver flushing was debated recently on Native Nutrition, and one participant went as far as getting one of the "stones" analyzed. The results came back as "bile salt." This didn't help clarify the debate, but Filippa posted the most interesting message in this thread. Instead of engaging in the debate on the composition of stones, [she addressed the positive changes](#) she experienced:

...in my experience the liver flush definitely DOES work in some way - not just my experience but hundreds of others who post their experiences and results on the curezone liver flush forum. The liver flush totally transformed my health.

Initially afflicted with fatigue, allergies, weakened immunity and skin problems, the liver flushes caused enough changes within months that friends and family noticed the changes:

I was living in Japan and every year I went home, family and friends would comment on how thin, tired and pale I looked. The trip home after the flush, they all said how well I looked (even though I was actually thinner). The fatigue and allergies disappeared. My skin was clear. My skin colour changed. My husband and I were both amazed at how supple and soft my skin suddenly became (from being dry and scaly). My period pain disappeared (it did get worse again later but it was never as bad and got better once I worked on my hormone imbalance). I couldn't believe the difference in my health.

She also notes that she had her flush analyzed and it was also pronounced to be not gallstones, but mentions that labs may not be able to properly analyze the liver flush stones. See [this message](#) where she addressed the composition argument in more detail. Finally, she writes that the liver flush alone did not solve all her gallbladder problems - a wholesale change in diet was required to do this.

For more information on the liver flush, Curezone's [Liver Cleanse and Gallbladder Cleanse](#) page is the most popular resource. In addition to the [Liver Flush & Liver Cleansing Support Forum](#), Curezone recently added a [forum for documenting health effects](#) of the liver flush/cleanse.

posted by onibasus at 7:11 AM

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