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## Removing Gallstones The Natural Way (Pls Pass It)

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It has worked for many. If it works for you please pass on the good news. CHIU NAN is not charging for it, so we should make it free for everyone. Your reward is when someone, through your word of mouth, benefits from the regimen. Gallstones may not be everyone's concern. But they should be because we all have them. Moreover, gallstones may lead to cancer. "Cancer is never the first illness," Chiu Nan points out. "Usually, there are a lot of other problems leading to cancer in my research in China, I came across some material which may say that people with cancer usually have stones. We all have gallstones. It's a matter of big or small, many or few. One of the symptoms of gallstones is a feeling of bloatedness after a heavy meal. You feel like you can't digest the food. If it gets more serious, you feel pain in the liver area." So if you think you have gallstones, Chiu Nan offers the following method to remove them naturally. The treatment is also good for those with a weak liver, because the liver and gall bladder are closely linked.

### Regimen:

1. For the first five days, take four glasses of apple juice everyday. Or eat four or five apples, whichever you prefer. Apple juice softens the gallstones. During that five days eat normally.
2. On the sixth day, take no dinner. Avoid food after 2 PM.
3. At 6 PM, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water.
4. At 8 PM, repeat the same. Magnesium sulphate opens the gall bladder ducts. (Tip: By the Epsom salt before you start this program.)
5. At 10 PM, take a half-cup of olive oil (or sesame oil) with a half-cup of fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage. (Important Tip: Drink slowly for better results. Avoid food after 2 PM and expect more out of the next day.)

The next morning, you will find green stones in your stools. "Usually they float," Chiu Nan notes. "You might want to count them. I have had people who possess 40, 50 or up to 100 stones. Very many."

Even if you don't have any symptoms of gallstones, you might have some. It's always good to give your gall bladder cleaned up now and then.

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