



**Can't lose weight?**  
**Keep getting candida?**  
**Overreacting to chemicals?**  
**Can't digest dairy or wheat anymore?**  
**Have Fatty Liver or Gallstones?**  
The liver needs regular cleansing and detoxification.

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## **After the heart, the liver is your most vital organ**

A sluggish liver can manifest a malaise of symptoms that lead to misdiagnoses for other chronic diseases. This sluggishness can be prevented and also corrected through rejuvenating and cleansing your liver frequently.\*

**Do you need a liver cleanse?**

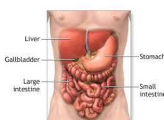
**Ailments that indicate you may need a liver cleanse include:**



- Alcoholic Liver Condition
- Allergies & Chemical Sensitivities
- Bloating, Gas, Flatulence
- Gallstones
- Low Metabolism & fatigue
- Easy Weight Gain
- PMS (pre-menstrual syndrome)
- Poor Digestion of Fat

*[blockquote]"Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health," says Dr. Hulda Clark, author of The Cure of All Diseases [blockquote]*

## The liver has over 500 functions!



- Stores fat soluble vitamins: A, E, D & K, and water soluble folate, and vitamin B12.
- Converts sugars, amino acids and fats into glucose.
- Stores the glycogen for future use.
- Creates bile for the digestion of fat and elimination of toxins.
- Metabolizes many hormones.
- Breaks down excess cholesterol, hormones, aldosterone, norepinephrine and insulin.
- Breaks down excess levels of sex hormones estrogens, progesterone, and testosterone.
- Synthesizes cholesterol for the production of hormones and vitamin D.
- Plays a role in immunity by producing antibodies.
- Breaks down old cells and antibodies that need to be removed from the body.

With so many functions, disorders of the liver also come with many potential side effects. Side effects of liver dysfunction include long term elevation of liver enzymes, fatigue, itchy skin, anal itching, loss of appetite, muscle weakness, easy bruising from decreased clotting factors, bleeding gums or nose, malabsorption of fats, and foul smelling diarrhea from these fats being expelled in the feces, light colored stools, dark urine, hormone imbalances; which may lead to fibroids, cysts, breast enlargement, shrunken testicles, insomnia, thyroid dysfunction, decreased libido, hair loss etc., increased cholesterol levels, varicose veins and decreased detoxification capacity.

### **Why cleanse your liver?**

In our industrialized developed world, we are immersed in a sea of toxic chemicals. The Environmental Protection Agency estimates that half-a-million chemicals are in use today, and over five thousand new chemicals are introduced yearly. Some researchers believe up to twenty-five percent of these may be carcinogenic. This is why it is crucial to employ a liver cleanse supplement and/or diet to cleanse your liver of the toxic waste of twenty-first century living.

[blockquote]"Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise." **Dr. Hulda Clark, PhD, ND, in her groundbreaking bestseller,** **The Cure of All Diseases**  
[/blockquote]

If your liver becomes overworked, it can become congested. Toxic compounds and impurities may get trapped in deposits of hardened bile. Pollutants may not be flushed out of the body, and can back up in your bloodstream.

A sluggish liver can lead to serious fatigue, weight gain, water retention, and a host of other health woes. Detoxification that targets the liver can help remove these unwanted poisons and enable it to function properly. A healthy liver will increase your energy, improve metabolism, and help you burn excess fat.

### **Gallbladder problems:**

Problems with the gallbladder and biliary system are very common and consist of inflammation of the gallbladder and bile ducts, muscular spasms and/or poor contraction of the gallbladder

wall, stones forming in the gall bladder and/or bile ducts and obstruction to the free flow of bile.

Gallbladder problems are caused by production of toxic bile by the liver, inadequate production of bile by the liver, sluggish flow of bile, excess amounts of cholesterol in the bile resulting in stone formation, infection of the gall bladder, poor dietary choices with excess consumption of fatty foods, dairy products and fried foods.

**A complete liver and gallbladder treatment needs to:**

- **Remove all the excess fat from the liver.**
- **Get bile flowing freely again.**
- **Eliminate toxic waste that your liver has accumulated**
- **Dissolve and pass out the accumulated gallstones and incipient gallstones**
- **Regenerate any damaged or destroyed liver cells.**

**Herbal approach:** Generally cholagogue herbs (those that stimulate liver function and emptying of the gallbladder) are combined with Carminative herbs (those that improve digestion and increase absorption) and other supporting herb such as tonic herbs (those detox and remove congestion). Some herbs need to be taken before meals to stimulate bile and digestion while others are taken after meals.



## **Liver Detoxification and Gallbladder Cleansing Program**

### **A 7-day Individualized Naturopathic protocol with Ayurvedic Herbs**

\*This program can be provided privately in Ojai or the Santa Barbara area, or remotely by phone/Skype with herbal remedies mailed to you.\*

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**This Liver and Gallbladder Cleansing Program** offers an inexpensive and easy way to detoxify, support and rejuvenate one of your most important organs responsible for many body functions.

Note: This program does not include drinking Epsom salts or drinking a cocktail of oil and citrus

juice. This liver cleansing program utilizes Ayurvedic and traditional Naturpathic therapies.

By cleansing the colon and the liver consecutively, you'll focus on the two critical eliminating organs of the body. The combination of both therapies helps relieve poor digestion, including gas, bloating, and constipation while at the same time improving liver function.

**What conditions can a liver detox help the most:** chronic fatigue, recurring candida, chronic indigestion, fatty liver disease, elevated liver enzymes, Gallstones, or diagnosed with IBS or diverticulitis.\*

After reviewing your health history and current health condition the appropriate plan will be recommended.

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## Home treatments utilized:

- **Diet and juice therapy**
- **Oilation (if required).**
- **Purgation (Virechana).**
- **Hot Compress** (If needed)
- **Gall badder flush (if required).**

## Typical herbal products provided:





Approved by the National Health and Medical Research Council (NH&MRC) for the use of natural products in the treatment of liver and gallbladder disease. (1)

What does this program do?

- Supports blood purification\*
- Cleanses stagnant waste from the liver\*
- Promote the production of healthy blood cells, bile and nutritional fluids\*
- Reduces and eliminates gallbladder congestion\*
- Helps filter the cancer producing toxins and eliminate the toxic accumulation of pharmaceutical drugs\*
- Lowers blood cholesterol levels.\*

### Overall benefits of the program:

- Supports healthy weight loss.\*
  - Improves digestion and assimilation of nutrients.\*
  - Improves the texture of the skin and most skin conditions.\*
  - Lowers the incidence of hormonal imbalance in females.\*
  - Improves blood sugar control.\*
  - Lowers instances of recurrent infections.\*
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Program requires one or two private consultations (in Ojai, CA or by Skype) plus herbal products.

For appointment details see [Fees](#) .

To set an appointment see [Schedule](#)

To get started or discuss your health issues with Khabir please submit [Online Health Assessment](#)

Success stories

*"I want to thank you again for encouraging me to do the liver cleanse. I have felt more energy and enthusiasm for life than ever before since the liver cleanse. No more sluggishness, long afternoon naps, and desire for greasy foods. I feel the cleanse has changed my life. I was not sick to begin with and now I look forward to leading an EVEN MORE energetic life in my golden years. Thank you so much." Sincerely, **Janice Lorber, Santa Barbara.***

*"The results were impressive [from your Gallbladder/Liver Flush Workshop] and I will be doing my second gallbladder/liver flush in a few months. Thank you, Khabir, for your guidance through this process and being available to answer any concerns." **Mary Kennedy, Ojai.***

*"I'd done cleanses before, but doing the liver-gallbladder cleanse with the Ayurvedic herbs was so much easier. Thank you, Khabir!" - **Catherine Ann Jones. Ojai***

*"You are a magician. My spasms are mostly gone. The inflammation has been greatly reduced [after the liver cleanse]. Very little pain or stiffness." **Karen Stephens Oak View***

*"I have been working with Khabir since April [including detoxification] and I have had some amazing improvements to my health. I have less pain in my body, my knees are feeling better and I've lost 30 lbs [after the colon and liver detox]. " **River, Ojai***

[More testimonials](#)

