

# GHEE FLUSH

The aim of the Ghee/Castor oil flush is to remove as much toxins as possible from the body that might have been stirred up through dental work, fasting or any other therapy, and to flush the gallbladder.

## What is Ghee?

Ghee is clarified butter with contains virtually no milk proteins or lactose. You can purchase Organic Ghee from health food stores (do not purchase non-organic ghee from supermarkets), or you can make it yourself. The Organic Castor Oil mentioned with the protocol is also available to purchase from your health food store.

## Why Organic?

Ghee and butter are 100% fat. Any toxins, be it heavy metals, man-made chemicals, hormones, plastics, etc. will accumulate in fats. This happens inside your body but also in foods. High-fat foods should ALWAYS be organic if possible, otherwise you might just be consuming a concentrated chemical cocktail.

## How to make Ghee

Preheat your oven to around 60-120°C (250°F) and place a large block of quality **organic** butter into a container. Leave it in the oven for 40-50 minutes, then take it out and carefully pour the golden fat from the top (Ghee), making sure that the white liquid at the bottom stays in the container. Discard the white liquid, and keep the extra ghee in a bowl of warm water until melted.

## When to do it

- After dental work (every 2 months during heavy dental work)
- While doing heavy chelation
- During fasting
- Saunas
- When stools are yellow/white colour due to lack of bile

## PROTOCOL

**Day 1** – 1 tsp of ghee morning and night

**Day 2** – 2 tsp's of ghee morning and night

**Day 3** – 3 tsp's of ghee morning and night

**Day 4** – 4 tsp's of ghee morning and night

**Day 5** – 5 tsp's of ghee morning and night

**Day 6** – 6 tsp's of ghee morning and night

**Day 7** – 3 tablespoons of **Organic Castor Oil** followed with a wedge of lemon in the morning, about 1 hour after breakfast (and stay home). After diarrhea occurs take 2 capsules of activated charcoal. The charcoal will stop the diarrhea and bind up any toxins before they can be reabsorbed.

*This should not be attempted without the supervision of your healthcare practitioner and caution is needed where possible blockages to bile ducts may exist. Always consult with a registered healthcare practitioner if you are not sure.*