

5 Cleanses

with

HULDA CLARK



★ ★ TIME TO CLEAN UP! ★ ★ ★

Herbal Parasite Cleanse

Kidney Cleanse

Liver Cleanse

Bowel Cleanse

Electronic Cleanse

INTRODUCTION

Hulda Clark Cleanse Theory

Dr. Clark describes the Problem:

We have only two problems: parasites and pollutants. Parasites are things that live on us, using up our food and giving us their wastes. Pollutants are toxic things in us making it difficult for our organs to do their work. These two things are responsible for all our other problems.

Our bodies have been trying to rid us of these by making stones, making secretions, giving us swellings, inflammations and benign tumors. We develop deficiencies and disabilities

Finally, some permanent damage is done...we weaken.”

“Chronic health problems are not due to exposures of the past. They are ongoing. Your body is constantly fighting to remove pollutants. In order to stay sick, you must be constantly resupplied! These four clean-ups – DENTAL, DIET, BODY, HOME are aimed at removing parasites and pollutants at their source. Only then can your body heal.”
—*The Cure for All Diseases*, p.409

Most of the Cleanses in her book *The Cure for All Diseases* help you to clean up the main organs of the body to improve digestion -
“improving digestion is the basis of your whole health.” p.552.

Dr. Clark taught that when your organs are working properly, and you stop poisoning yourself at the source, you are allowing your body the chance to heal itself.

“Killing parasites, removing pollutants and clearing gall stones and kidney stones from your body is a powerful combination of treatments. It is so powerful you can change yourself into a new person in half a year. And then go on improving for years to come.”
p.48

THE ROAD TO WELLNESS — A STRATEGY

Here's the nutshell version of the 5-step Plan of Action:

“First, we will kill all parasites, bacteria, viruses and fungi.

Second, we will remove the toxic molds, metals and chemicals in our foods and body products.

Third, we will clear away and wash away the stones, secretions and debris already formed, that hinder healing.

Fourth, we will use herbs and special food factors to hasten healing, being very careful to use pure products...

Finally, for repairs that are beyond our abilities, we will seek help from health and medical professionals.”

—Hulda Clark, *The Cure for All Diseases*, p49

This Report will simplify the beginning steps for you in the Hulda Clark protocol.

Get the book ***The Cure for All Diseases*** for reference and further study. This short report focuses on the chapter “Four Clean-Ups”, pages 409–456.



1

HERBAL PARASITE CLEANSE

As with all parasite cleansing, if one person in the house is on a parasite cleanse, it makes sense that the rest of the household do it also. This is true especially with a couple who share the same bed.

This herbal parasite cleanse is easy and fairly inexpensive, and we have done it a few times.

We were able to find the herbs and put them in capsules ourselves. We bought fresh cloves in the bulk section of the grocery store, ground them in our coffee grinder and put the powder in capsules. We bought dry wormwood tea at the health food store, and put this in capsules. We ordered a bottle of black walnut tincture in a bottle. This was before the health food stores carried parasite cleanses.

After this information was written, Dr. Clark later recommended using freeze-dried black walnut in capsule form. We now recommend that instead, unless black walnut trees grow near you, and you are able to harvest them fresh and make your own tincture.

Herbal Parasite Cleanse Recipe

Ingredients:

- Empty Gelatin Capsules purchased at the health food store – large size
- Black Walnut Hull Tincture Extra Strength Dose – Day 1-5 in drops, day 6-21 in teaspoons
- Wormwood Capsule (200 – 300 mg) – taken on an empty stomach (before meals)
- Clove Capsule (Size 0 or 00) – 3 times per day at mealtimes



Herbal Parasite Cleanse ingredients available on drClarkTools.com.
www.drclarktools.com/hulda-clark-herbal-parasite-cleanse/

	Black Walnut Hull Tincture	Wormwood Capsules	Clove Capsules
Day 1	1	1	1,1,1
Day 2	2	1	2,2,2
Day 3	3	2	3,3,3
Day 4	4	2	3,3,3
Day 5	5	3	3,3,3
Day 6	2 tsp.	3	3,3,3
Day 7	Now once per week	4	3,3,3
Day 8		4	3,3,3
Day 9		5	3,3,3
Day 10		5	3,3,3
Day 11		6	3
Day 12		6	Now once per week
Day 13	2 tsp.	7	7
Day 14		7	
Day 15		7	
Day 16		7	
Day 17		Now once per week	
Day 18			
Day 19			
Day 20	2 tsp.	7	7
Day 21			

Weekly maintenance is 2 teaspoons of Black Walnut Tincture, 7 capsules wormwood and 2 capsules cloves

Note: For a child the dosage increase stops at one day per year of age (7 year old stop at day 7 dosage)

Killing parasites, removing pollutants and clearing gallstones and kidney stones from your body is a powerful combination of treatments. It is so powerful you can change yourself into a new person in half a year and then go on improving for years more.

—Dr. Hulda Clark, *The Cure for All Diseases*

Hulda Clark Kidney Cleanse Recipe

Ingredients:

- ½ cup dried Hydrangea root
- ½ cup Gravel root
- ½ cup Marshmallow root
- 4 bunches of fresh parsley
- Goldenrod tincture (leave this out of the recipe if you are allergic to it)
- Ginger capsules
- Uva Ursi capsules
- Vegetable glycerin
- Black Cherry Concentrate, 8 oz
- Vitamin B6, 250 mg
- Magnesium oxide tablets, 300 mg



Herbal Kidney Cleanse ingredients available on [drClarkTools.com](http://www.drclarktools.com).
<http://www.drclarktools.com/kidney-cleanse-kit/>

Measure ¼ cup of each root and set them to soak, together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). After four hours (or overnight) add 8 oz black cherry concentrate. Heat to boiling and simmer for 20 minutes. Drink ¼ cup as soon as it is cool enough. Pour the rest through a bamboo strainer into a sterile pint jar (glass) and several freezable containers. Refrigerate the glass jar.

Boil the fresh parsley, after rinsing, in 1 quart of water for 3 minutes. Drink ¼ cup when cool enough. Refrigerate a pint and freeze 1 pint. Throw away the parsley.

Dosage: Each morning, pour together $\frac{3}{4}$ cup of the root mixture and $\frac{1}{2}$ cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and 1 tablespoon of glycerin. Drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomachache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose.

Save the roots after the first boiling, storing them in the freezer. After 13 days when your supply runs low, boil the same roots a second time, but add only 6 cups water and simmer only 10 minutes. This will last another 8 days, for a total of three weeks. You may cook the roots a third time if you wish, but the recipe gets less potent. If your problem is severe, only cook them twice.

After three weeks, repeat with fresh herbs. You need to do the Kidney Cleanse for six weeks to get good results, longer for severe problems.

Also take:

- Ginger capsules: one with each meal (3/day)
- Uva Ursi capsules: one with breakfast and two with supper
- Vitamin B6 (250 mg): one a day
- Magnesium oxide (300 mg): one a day

Take these supplements just before your meal to avoid burping.

Some notes on this recipe:

- This herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every fourth day if it is being stored in the refrigerator; this re-sterilizes it. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).
- When you order the herbs, be careful! Herb companies are not all the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used. Do not use powder.
- Hydrangea (*Hydrangea arborescens*) is a common flowering bush.
- Gravel root (*Eupatorium purpureum*) is a wild flower.
- Marshmallow root (*Althea officinalis*) is mucilaginous and kills pain.
- Fresh parsley can be bought at a grocery store. Parsley flakes and dried parsley herb do not work.
- Goldenrod herb works as well the tincture but you may get an allergic reaction from smelling the herb. If you know you are allergic to this, leave this one out of your recipe.
- Ginger from the grocery store works fine; you may put it into capsules for yourself (size 0, 1 or 00).

There are probably dozens of herbs that can dissolve kidney crystals and stones. If you can only find several of those in the recipe, make the recipe anyway; it will just take longer to get results. Remember that vitamin B6 and magnesium, taken daily, can prevent oxalate stones from forming, but only if you stop drinking tea. Tea has 15.6 mg oxalic acid per cup. A tall glass of iced tea could give you over 20 mg oxalic acid.

Switch to herbal teas. Cocoa and chocolate, also, have too much oxalic acid to be used as beverages.

Remember that phosphate crystals are made when you eat too much phosphate. Phosphate levels are high in meats, breads, cereals, pastas, and carbonated drinks. Eat less of these, and increase your milk (2%), fruits and vegetables. Drink at least 2 pints of water a day.

Cleanse your kidneys at least twice a year.

You can dissolve all your kidney stones in 3 weeks, but make new ones in 3 days if you are drinking tea and cocoa and phosphated (carbonated) beverages. None of the beverage recipes in this chapter are conducive to stone formation.

The liver is a large important organ in the body, weighing up to 4 pounds. The liver performs over 500 functions in the body (such as blood clotting, bile production, helps with digestion and bowel function, cholesterol, regulating blood sugar levels, and much more), and is like the chemical laboratory of the body. It treats 1.4 liters of blood per minute, and cleans out harmful chemicals from the body. The liver is a basic detoxifier of the body. Without the liver, we would die within 24 hours.

The liver cleans out non-nutrient items that come through the body such as insecticides, household chemicals, body products/chemicals, prescription drugs, food additives and the list goes on.

The **bad news** is that the liver can become sluggish or congested from chemical overload. You can then develop symptoms and disease such as skin outbreaks, fatigue, hormone imbalance, allergies and food sensitivities, blood sugar problems and cholesterol problems.

The **good news** is that it is possible to support the liver with cleansing.

Hulda Clark Liver Cleanse Recipe

Cleanse your liver twice a year.

Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health. But it should not be done before the parasite program and for best results should follow the kidney cleanse and any dental work you need.

Ingredients:

- Epsom Salts — 4 tablespoons
- Fresh Pink Grapefruit — 1 large, or 2 small (enough for 2/3—3/4 cups of juice)
- Olive Oil — 1/2 cup
- Pint jar with lid

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread, and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00pm Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tablespoons in **HOW MANY** cups water and pour this into a jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get cold (this is for convenience and taste only).

6:00pm Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tablespoon in 3/4 cup water now. You may add 1/8 tsp vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterward or rinse your mouth. Get the olive oil and grapefruit out to warm up.

8:00pm Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. This timing is critical for success; don't be more than 10 minutes early or late.

9:45pm Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this). Now visit the bathroom one or more times, even if it makes you late for your ten-o'clock drink. Don't be more than 15 minutes late.

10:00pm Drink the potion you have mixed. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for the very elderly or weak persons). Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (Thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't. Next Morning: Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 a.m.

2 hours later: Take your fourth (the last) dose of Epsom salts. Drink 3/4 cup of the mixture. You may go back to bed.

After 2 more hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones flat because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital, none even reported pain. However, it can make you feel quite ill for one or two days afterward, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse programs first.

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BOWEL CLEANSE

“Bacteria are always at the root of bowel problems, such as pain, bloating and gassinessAlthough most bowel bacteria are beneficial, the ones that are not, like Salmonellas and Shigellas, are extremely detrimental because they have the ability to invade the rest of your body and colonize a trauma site or weakened organAnother reason bowel bacteria are so hard to eradicate is that we are constantly reinfesting ourselves by keeping a reservoir on our hands and under our fingernails.”

—Dr. Hulda Clark, *The Cure for All Diseases* p. 546

- So the first thing to do is **improve sanitation**. For a serious problem, use 50% grain alcohol (100 proof vodka) in a spray bottle in the bathroom sink. Sterilize your hands after bathroom use and before meals.
- Secondly use **turmeric** (2 capsules 3 times a day, this is the common spice).which I find helps against Shigella, as well as E.coli. Expect orange colored stool.
- Third use **fennel** (1 capsule 3 times a day).
- Fourth use **digestive enzyme tablets** with meals as directed on the bottle. (But only as long as necessary, because these frequently harbor molds).
- Fifth use a single 2 teaspoon dose of **Black Walnut Hull Tincture Extra Strength**. Add it to a 1/2 glass of water and sip over a 15 minute period. Stay seated until any side effect from the alcohol wears off.
- Sixth take **Cascara Sagrada** capsules if constipated (start with one capsule a day, use up to maximum on label). Remember to drink a cup of hot water upon rising in the morning. This will begin to regulate your elimination.

It can take all six to get rid of a bad shigella problem in a week. Afterward, you must continue to eat only sterile dairy products. Note that the Kidney Cleanse is often effective with bowel problems. Try it also.

You will know you succeeded when your tummy is flat, there is not a single gurgle, and your mood improves!

Get a zapper and zap regularly. Zapping wakes up the white blood cells which are a vital part of the immune system. Zap every day.

A Dr. Clark zapper is a battery-operated pulse generator that sends tiny positive-only pulses of current through the body, usually using handholds, footpads or conductive gloves for connection. It is safe for use by babies, pets and the elderly.

The beauty of the Hulda Clark zapper is its gentle mode of operation. Instead of trying to electrocute anything, the zapper's tiny positive current pulses simply wake up the white blood cells (WBC's) in our bloodstream.

Dr. Clark's latest research shows that our WBC's are put to sleep by many common toxins found in our food, water and air. Once awakened by the gentle zapper current, our WBC's aggressively do their job, identifying and destroying parasites, bacteria, viruses and fungi, flushing the remains out through the kidneys. They also make antibodies to protect us in the future.

The zapper as described by Dr. Hulda Clark is the most revolutionary tool for self health we have seen in our lifetime. Though simple in concept, and very affordable, a good Dr. Clark zapper can improve the wellness of an entire family (and their pets) for a lifetime.

The beauty of owning a Hulda Clark Zapper is that it provides you a lifetime of use, keeping parasites in check for you and your whole family.

For the AutoZap 5, the Rolls-Royce of zappers, visit www.BestZapper.com. The DVD tutorial that comes with the purchase of the AutoZap 5 gives you success tips for using the zapper, pitfalls to avoid, and natural secrets to boost the effectiveness of the zapper.

Get the Zapper keys to success at www.HuldaClarkActionPlan.com, your free gift from us.

