

HULDA CLARK ACTION PLAN



3 Keys to Getting Started

QUICKLY & EASILY

with Hulda Clark

A Little About Us...

Hi!

For the past two decades Best Zapper has been helping and coaching ordinary people like you in getting started and succeeding with the Hulda Clark method. It is our pleasure to share with you what we have learned over the years.

We are heartbroken to hear of people struggling through painful medical procedures and therapies, only to find out that they were no cure. Their health only got worse. They thought that drugs were a cure. Others are confused and anxious about wasted time, in the midst of a bad diagnosis.

The good news is that we are going to walk alongside you, beginning immediately with the 3 keys to getting started with Hulda Clark. It is not time to quit. Wading through Hulda Clark's methods by yourself can be daunting. It is comforting to know that you can be coached by others who have done it.

Yes, learning the Hulda Clark methods will take time. But you can get started with the essentials, right here, today.

— BestZapper Team



ACTION PLAN: 3 Keys

#1 Clean Your Toxic Home

Be a toxic chemical sleuth

This is the very FIRST vital step in following the Hulda Clark protocol. All chemical toxins are manufactured products, commonly found in your bathroom, kitchen, laundry room, closets, drawers, cupboards, under sinks and even food shelves.

Chemical toxins are in cleaners, sprays, lotions, perfumes, potions, glues, polishes, window cleaners, soaps, shampoos, paints, creams, candles, felt markers, potpourris.

Dr. Clark even includes canned, packaged and processed foods in this list that must be cleaned up and removed from your house. That's right, removed completely.

It's time to get rid of everything toxic, and begin with a clean slate.



ACTION PLAN: 3 Keys

#1 Clean Your Toxic Home

Why be a toxic chemical sleuth?

Living with toxic chemicals causes huge stress to your body. The toxic burden of these chemicals on a healthy person is overwhelming, and much more so on a sick person. Especially in your home.

You must relieve your body's immune system of all stress from toxic overload or you will not get better. Your body will try to excrete these toxic chemicals, through the liver, when it should be trying to rebuild itself. Like a bucket of water with a large hole in the bottom, you can never keep it full as long as there is a leak. Toxicity in the home is the hole in the bucket, hindering your body from getting better.

Symptoms of toxic overload can be: autoimmune diseases, slow breakdown of immune system, allergies, skin conditions, foggy brain and headaches, lung conditions,, chronic inflammation, etc...



“the more perfectly you do the clean-ups, the faster you will heal.”

—Dr. Hulda Clark

ACTION PLAN: 3 Keys

#1 Clean Your Toxic Home

Your Job starts Now:

Start in the bedroom (where you spend 8 hours per day), and move to the bathroom, the kitchen, laundry room, broom closet, attic and basement. Move systematically through the house, leaving no toxic item behind.

Don't be surprised at how many hidden chemicals you have in your home. Take a group picture of your toxic items as a reminder of what your body has been dealing with. Your will never miss all these items. You will begin to breathe cleaner air, and your body will feel less burdened.

The 3 cleaners that Dr. Clark allows are: Borax, Baking Soda and White Vinegar. You can get creative over the next months to replace the old chemicals with these. Hot water and elbow grease goes a long way, too. Non-toxic soaps, including laundry soaps, can be purchased from SaferSoaps.com. Another place for organic soaps is VermontSoap.com. Stay tuned to our future emails, we will give you Dr. Clark's soap recipe and other great hints.

Our Recommendation:

- Dedicate 1 year to being a toxin-free home. No more chemicals for 1 year.
- Use cardboard boxes to contain your items and take them outside immediately.
- Print out our [Symptom Score Sheet](#) now and fill it in. Fill one in for all family members.



ACTION PLAN: 3 Keys

#2 Rid Yourself of Parasites

Think you might have parasites?

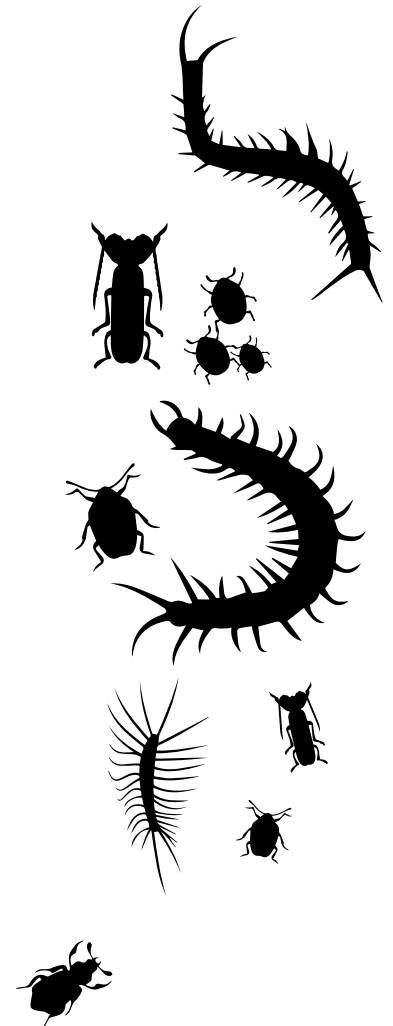
Dr. Clark found that almost everybody has parasites, with Americans having an average of about a dozen types of parasites. These parasites are directly related to diseases such as: diabetes, cancer, heart disease, arthritis, allergies and chronic fatigue. Some other less serious signs of parasitic infestation are:

itchy ears, nose, anus
gas & bloating
ravenous appetite, but feeling hungry
yellowish face
grinding teeth while asleep

lethargy
fuzzy thinking, "brain fog"
blurry vision
heart pain
sexual and menstrual dysfunction

Parasites are foreigners and they need to survive somehow. So they live off the food you eat, stealing nutrients before your body can use them. Some parasites attach themselves to the walls of your colon and survive on your blood. They lay eggs, reproduce, secrete hormones, and dump their wastes and toxins inside you.

Parasites take up residence in your body, and must be removed. Get rid of yours now!



ACTION PLAN: 3 Keys

#2 Rid Yourself of Parasites

Download your free Cleanse Report

Start with the Herbal Parasite Cleanse, the first section in **5 Cleanses with Hulda Clark**. The Herbal Parasite Cleanse in Part E. You only need 3 ingredients: Cloves, Wormwood and Black Walnut Tincture.

Begin with cloves, since you probably have whole cloves in your kitchen. Grind them in a coffee grinder. You can pack the ground cloves into an empty gelatin capsule making it easy to swallow it down, or mix with applesauce and swallow.

Go to the health food store tomorrow to get the other two items or purchase them online at DrClarkTools.com.

“humans don't have hundreds of different maladies and disturbances. We only have two! Things that crawl or climb into us. And toxins... The good news is that our body can reclaim its sovereignty by throwing the rascals out. We must assist by throwing the pollutants out... Our body has miraculous powers to clean itself up.”

ACTION PLAN: 3 Keys

#2 Rid Yourself of Parasites

8 Practical Tips for Remaining Parasite-Free (we will give you more details in the future)

- 1 Do not let your pets sleep in your bed. Put your pets on the zapper* and Herbal Parasite program. (Pet program will come in future emails.)
- 2 Do not let your pets lick you, your kids, or use your dishes.
- 3 Keep your hands out of your mouth, and wash your hands often.
- 4 Wash your fruits and veggies well. Change the dishcloth and towels often. The biggest bacteria carriers in the home is the kitchen dish cloth.
- 5 Do not eat raw meat, and use a separate cutting board for meat.
- 6 Do not drink out of streams, lakes or creeks.
- 7 When one partner is on the parasite cleanse, the other one should also. Parasites can easily pass from one person to another.
- 8 Consume anti-parasitic foods: garlic, raw pumpkin seeds, pineapple, and papaya seeds.

* Order your own Auto-Zap 5 Zapper (and pet zapper) from www.BestZapper.com and experience zapping for yourself!

ACTION PLAN: 3 Keys

#3 Revamp Your Diet

What's wrong with my diet?

Your body runs on the fuel you feed it. Avoid these traps, the 7 killers you should never eat!

- 1 High Fructose Corn Syrup. Avoid any canned or bottled product with it.
- 2 Margarine. Use butter or coconut butter instead.
- 3 MSG (hidden as hydrolyzed vegetable protein, hydrolyzed plant protein, autolyzed plant protein, textured protein, glutamate, vegetable protein extract, yeast extract, glutamic acid or spices). These are deadly.
- 4 Aspartame, as found in any diet drink, sugarless gum, or diabetic product. Also found under the label NutraSweet or Equal. Also avoid sucralose (Splenda).
- 5 Trans Fats. Do not eat fried foods, overcooked foods, french fries, donuts, chips, or anything deep fried.
- 6 Meat and Dairy. Avoid unless it is "clean", without hormones, antibiotics, steroids etc. Natural, raw and unpasteurized is better.
- 7 Commercial body and makeup products. They typically contain hormone disruptors and toxins that clog your pores. Use shea butter or pure coconut butter if unsure.

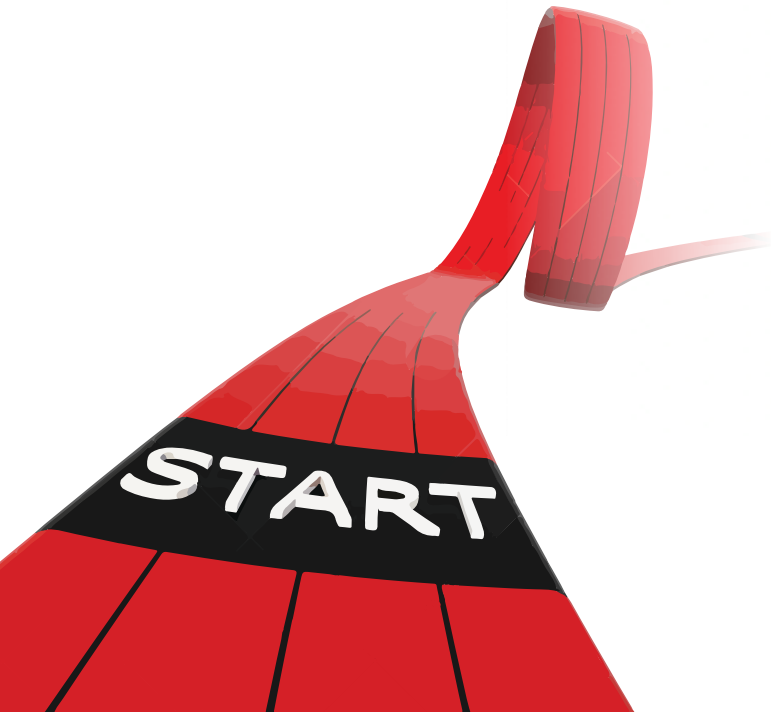
There is much more for you to know. Begin with reading labels very carefully to avoid the "8 killers".



ACTION PLAN: 3 Keys

#3 Revamp Your Diet

You can get started right NOW



I believe this is one of the hardest areas of Dr. Clark's Cleanup Protocol, because everyone's diet is different. The families that buy more processed, packaged & instant items, or eat restaurant foods, will have a harder time to adapt.

Here are some of Dr. Clark's sample meal plans. Of course, we recommend avoiding sugar, but Dr. Clark wants us to avoid anything in a package.

Breakfast – cook old fashioned or steel-cut oatmeal, fried potatoes or egg. All dairy must be boiled. You can add brown sugar or honey.

Lunch – Cook varieties of vegetables, add a homemade sauce, homemade soup from scratch, add homemade bread and milk. Cook your food from scratch. Make your own bread. Do not use anything canned or packaged.

Supper – Cook fish for animal food. Cook supper from scratch. Make your own salad dressing from olive oil, fresh lemon juice or white vinegar, salt and herbs. Make your own tomato sauce adding your own herbs. Peel potatoes before cooking.

ACTION PLAN: 3 Keys

#3 Revamp Your Diet

7 Tips for keeping healthy with Hulda Clark

- 1 Use the Zapper daily. Keep in touch and we will give you coaching on how to successfully use the zapper.
- 2 Use the Zappicator on your food, pets, body and teeth to neutralize parasites and their eggs, bacteria, viruses and many chemicals.
- 3 Do not eat anything from a can or package. Make your food yourself.
- 4 Drink $\frac{1}{2}$ cup of home juiced vegetable juice. Peel your carrots and drink pure carrot juice. Gradually move to $\frac{1}{2}$ carrot juice and half from other vegetables such as celery, squash, lettuce, broccoli. Add cabbage, cucumber, beet, tomato and anything else you have. Drink 1 cup per day.
- 5 Dr. Clark recommends using Vitamin C powder in the kitchen. Vitamin C helps with mold problems and should be used in small amounts regularly. For example, add vitamin C powder to maple syrup when you first open it.
- 6 Do not drink from a styrofoam cup.
- 7 Water – drink 1 litre (1 quart) per day. Drink $\frac{1}{2}$ litre first thing in the morning and the second half later in the afternoon.



ACTION PLAN: 3 Keys

#4 Awesome! What's Next?

We hope you found this Quick Start Action Plan helpful!

Of course, we would hate for this guide to be just “one more thing” on your to-do-list. The idea is to take away your stress and confusion by giving you the right steps in the right order so you can stop spinning your wheels and start healing quickly with Hulda Clark essentials.

Why spin your wheels? You now have one goal, and one goal only: to help your body to heal without wasting valuable time. But this is only the TIP OF THE ICEBERG!

Sure, you'll want more details and that is what we hope to help you with along the way. You will have questions like:

- Are there other key things to do on a daily basis?
- What about zapping, and how often should I zap?
- What about my pets? Can I have pets while on the Hulda Clark protocol?
- What are the best supplements to take?
- Is being 'regular' important, and how can I be regular?

Good News! A few more emails are on their way to you, explaining exactly this. You will hear from us now and then, with timely Hulda Clark information, and you are free to unsubscribe at any time.

— The Best Zapper Team