



HULDA CLARK ACTION PLAN



3 Keys to Getting Started

QUICKLY & EASILY

with Hulda Clark

A Little About Us...

Hi!

For the past three decades, Best Zapper has been helping ordinary people like you get started and succeed with the Hulda Clark method.

Maybe medical procedures aren't working out, and you want to try something different. You may feel anxious about time slipping by in the midst of a bad diagnosis. Maybe you simply don't know where to begin.

The good news is that we are here to walk alongside you, beginning immediately with the *3 keys to getting started with Hulda Clark*. Wading through Hulda Clark's methods by yourself can feel daunting, and it is comforting to know that you can learn from others who have done it. We feel these 3 areas are the best places to begin.

Yes, learning the Hulda Clark methods will take time. But you can get started with the essentials, right here, today, even if you do not have Dr. Clark's books.

— 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 cleaners, sprays, lotions, perfumes, potions, glues, polishes, window cleaners, soaps, shampoos, paints, creams, candles, felt markers, potpourris. Chemicals include glues, polishes, paints, candles, and maybe you will have something we haven't listed here.

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. 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.

You must relieve your body's immune system of all stress from toxic overload so it can work for you unhindered. Your body must try to excrete these toxic chemicals through the liver, when it should be trying to rebuild itself. An example could be a water bucket with a 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.

Dr. Clark writes that toxic overload can lead to: autoimmune diseases, slow breakdown of immune system, allergies, skin conditions, foggy brain and headaches, lung conditions,, chronic inflammation, and more serious diseases.



“the more perfectly you do the clean-ups, the faster you will heal.”
—Dr. 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 picture of your toxic items as a reminder of what your body has been dealing with. You will never miss all these things. 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. Good old hot water and elbow grease goes a long way. Our [Ultimate Guide to Natural Cleaners](#) (using Dr. Clark's 3 basic cleaners) is a great resource as you transition into a toxin free home.

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
- Refer to www.EWG.org for up-to-date Consumer Guides and product toxicity ratings



#2 Rid Yourself of Parasites

Think you might have parasites?

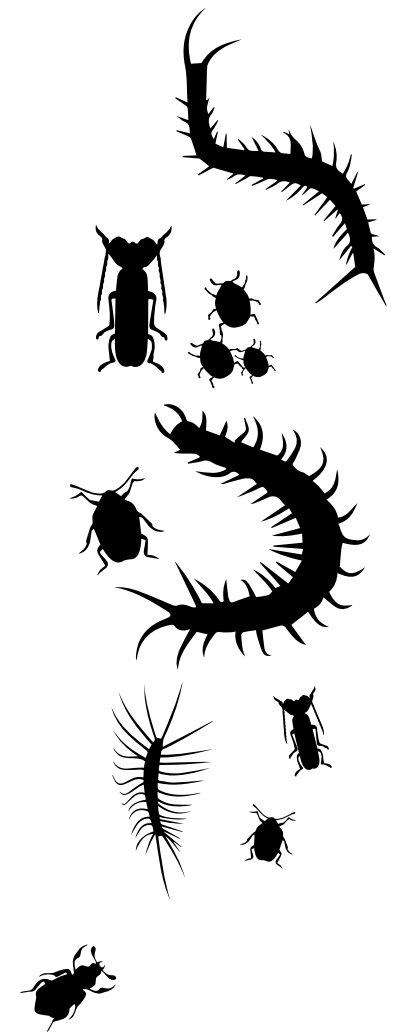
Dr. Clark found that almost everybody has parasites, with Americans having an average of about a dozen types of parasites. These parasites are directly related to diseases such as: diabetes, cancer, heart disease, arthritis, allergies and chronic fatigue. Some other less serious signs of parasitic infestation 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 suck your blood. They lay eggs, reproduce, secrete their 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, which is the first section in [5 Cleanses with Hulda Clark](#). You need 3 ingredients: Cloves, Wormwood and Black Walnut Tincture/Freeze Dried.

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, or mix with applesauce.

Then go to the health food store to get the Wormwood capsules and tincture/freeze dried Black Walnut. You can also choose a formulation containing Cloves, Wormwood and green hulls of Black Walnut. The 30-Day recipe is easy to follow, and gets you started.

“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

- 1 Do not let your pets sleep in your bed. Put your pets on the [zapper](#) and follow the [Pet Parasite Protocol](#)
- 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 crushed papaya seeds.

ACTION PLAN: 3 Keys

#2 Rid Yourself of Parasites

I've done the Parasite Cleanse - Now What?

Congratulations, the 30-Day Parasite Cleanse is the best place to begin your cleansing with Hulda Clark. Body cleansing enables your organs to work efficiently and perform unhindered in your road to recovery.

Continue to follow along with the 5 Cleanses eBook to the Kidney Cleanse. Your teeth are a breeding ground for bacteria and disease, so you will need to begin Dr. Clark DENTAL Clean-Up at the same time.

ELECTRONIC ZAPPING with Dr. Hulda Clark.

It is essential that every family have their own Hulda Clark Zapper, which forms part of the Hulda Clark method. It bypasses the digestive tract and works through the entire body.

Most people do not feel a thing when they begin zapping, although occasionally some may experience a mild cleansing response. Remember this is only temporary as toxins are being released and flushed out of the body.

The AutoZap 5 zapper is easy to use; pets, school kids, grandparents and travelers love it. The FlexZappicator (magnetic accessory) is powered by the AutoZap 5 zapper, and is used for neutralizing pollutants in food.

Jump start your Hulda Clark experience with the zapper and find out what we are all taking about! Detailed information is on our [FAQ page](#) along with the full Instruction Manual download.

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. Avoid sucralose (Splenda) and all artificial sweeteners.
- 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, tallow or pure coconut butter if unsure.

*Read labels, eat simple food from the ground, drink pure water and herbal teas, avoid fast food.



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, soup, add homemade bread and milk. Cook your food from scratch. 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.
- 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 or other commercial packaging.
- 7 Water – drink 1 liter (1 quart) per day. Drink $\frac{1}{2}$ liter 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 these Quick Start Tips 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, not waste valuable time, and give you actionable steps in getting started quickly and easily with the Hulda Clark essentials. There is a lot to know, staying focused in the right direction is key.

If you would like to browse through Dr. Clark's book “The Cure for All Diseases”, a digital copy is available for you our the Library page of our site [HERE](#).

— The Best Zapper Team

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