



The Original **Dr. Hulda Clark Protocols**

# Self Health Resource Center

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## Colon/Bowel Cleanse

Depending on the cleanse kit you bought you may or may not have all the products discussed in the following directions.

**NOTE: Read all the instructions before taking the cleanse**

### Handy Cleanse Overview

For best results do the cleanses in the following order:

1. Dr. Clark Colon-Bowel Cleanse
2. Dr. Clark Para-Cleanse
3. Dr. Clark Kidney Cleanse (stay on Para-Cleanse maintenance program)
4. Dr. Clark Liver & Gallbladder Cleanse (stay on Para-Cleanse maintenance program\*)
5. Dr. Clark MetalGone\*

**The first three cleanses, the Dr. Clark Bowel-Colon Cleanse, Para-Cleanse, and Kidney Cleanse, all help with maintaining healthy bowel movements. You can do them all at the same time, but remember to start slowly if you are not used to potent herbal remedies.**

\* It is important not to pull toxins out of your liver when constipated or when you have an imbalance of microorganisms. Therefore, for best results stay on Para-Cleanse maintenance program until the day before you do the day long Olive oil and Epsom Salt Liver Flush in the Liver and Gallbladder Cleanse. If you are chronically constipated please contact your Health Professional. Only use Dr. Clark MetalGone if you are having regular bowel movements.

**Do not take this product during pregnancy or lactation.**

### Diagnosis

The enclosed cleanse protocols are provided for educational purposes only and should not be treated as a substitute for the medical advice of your Health Care Professional. We are not responsible or liable for any actions or diagnosis made by a user based on the directions. We encourage you to consult with your Health Professional, do personal research, and check all our ingredients against a reference book before consuming this product. The Bowel Cleanse is for adults only. Although individual use on the product labels suggests that it can be used for adults and children 12 and over, we do not recommend anyone under 16 years to go through the cleanses, except the Dr. Clark Para-Cleanse.

### Interaction with Medication and Other Supplements

If you are taking medications, you should check with your physician or pharmacist prior to using our products. You can also get drug interaction information from one of the many sites on the Internet. Search for: *Interaction with Medications, Supplements*.

### Dr. Clark Colon-Bowel Cleanse is Unique

Other cleanses of this nature recommend the use of Bentonite Clay and emphasize eating a diet rich in fibers as being the main factor to help with occasional constipation. Dr. Clark focuses her efforts on maintaining a healthy colon, helping with occasional loose stools, and occasional constipation.

### Length of Cleanse

We sell three different combinations (Standard, Super, Deluxe) of the Dr. Clark Colon-Bowel Cleanse. Pick one that you feel will meet your needs and budget. The Super Cleanse comes with Cloves and Super W, in this case do the Para-Cleanse (see Para-Cleanse directions) parallel to the Colon Cleanse.

We suggest you take all the supplements as stated on the label. (Except Black Walnut Hull Freezedried - see below) You can start all the supplements immediately. Remember to take Cascara Sagrada and Senna Tea only as needed. You have completed the cleanse once you run out of the supplements. You don't run out of all the supplements at the same time. If you don't feel like you have gotten the desired effects then also take the Dr. Clark Para-Cleanse along with to another Colon-Bowel Cleanse.

## A Two-Step Action

The cleanse has two types of actions: Action One increases the stomach acid. Action Two balances the intestinal flora.

Most people produce less and less stomach acid as they age. There are many ways to find out if you are deficient in Hydrochloric Acid (Vinegar test, Heidelberg test from your doctor and more). Please do your own research and contact your Health Professional. If you know you have too much stomach acid or if you experience any discomfort when taking the supplements discontinue their use.

- **Action One: Increasing stomach acid**

To increase the acid in the stomach take **Betaine HCL\***, **Hydrochloric Acid 5%\*** and/or **Citric Acid\***. This may help your digestion should you be deficient in Hydrochloric Acid and thereby bring about balance between good flora and microorganisms in the bowels. Better digestion is more easily achieved in a healthy stomach that has pH between 1 and 2 (in a resting stomach). Should your stomach be too alkaline it is important to lower the pH, so you finish digesting your food before expelling it.

- **Action Two: Balances the intestinal flora.**

The following supplements, **Turmeric**, **Fennel**, **Black Walnut Hull Tincture** and **Digestive Enzymes**, also promote good colon health by bringing about balance between good flora and microorganisms in the bowels.

### Use the following products for Sanitation and Elimination:

- Increased sanitation with the use of **Lugol's** (see below) and **Sanitation Spray**.
- To help with healthy elimination take **Magnesium** regularly. Take **Cascara Sagrada** and/or **Senna Tea** as needed – please follow directions on packaging. See below.

\*If you have adverse reactions from Betaine HCL or Citric Acid or other symptoms, discontinue product and seek advice from a qualified Health Professional.

#### 1 - Turmeric

Secondly use turmeric (a common spice), 2 capsules 3 times a day. Expect an orange colored stool. Turmeric is a powerful antioxidant helpful for gastritis and other digestive disorders.

#### 2 - Fennel

Third, use fennel, 3 capsules 3 times a day. Fennel Seed is a common herb used to promote good digestion and relieve gas. Fennel Seed is also a traditional cough remedy that loosens phlegm and eases coughs and colds.

#### 3 - Betaine HCL

Take Betaine HCL capsules, up to 2 capsules 3 times daily with a meal or as directed by a Health Care Professional. Betaine plays an important role in the health of the digestive tract and the cardiovascular system. Betaine, along with other nutrients, helps to reduce potentially toxic levels of harmful amino acids.

#### 4 - Citric Acid

Take Citric Acid capsules, 1 capsule daily with a meal or as directed by a health care professional. Citric Acid is an organic acid found in citrus fruits and other natural foods. Because it prevents bacterial growth, it is a good natural preservative.

#### 5 - Cascara Sagrada

Take Cascara sagrada capsules if occasionally constipated. If you are chronically constipated consult with your Health Care Professional. For adults take 1 or 2 capsules once a day at bedtime with a full glass of water. Cascara Sagrada has been used for centuries for its natural cleansing properties. Cascara Sagrada stimulates digestive secretions and nourishes the sensitive tissues of the gastrointestinal tract.

#### WARNING

**Cascara Sagrada** and **Senna Tea** are stimulant laxatives. Do not use this product if you have abdominal pain or diarrhea. Consult a Health Care Provider prior to use if you are pregnant or nursing a baby. Discontinue use in the event of diarrhea or watery stools. Do not use a laxative for longer than 1 week, or when abdominal pain, nausea or vomiting are present unless directed by a doctor. Rectal bleeding or failure to have a bowel movement after laxative use may indicate a serious condition. Discontinue use and consult a doctor.

## **6 - Digestive Enzymes** (Included in the Deluxe Kit)

Adults and children 12 or more years of age, 1 capsule daily with or after a meal or as directed by health professional.

## **7 - Sanitation Spray** (Included in the Deluxe Kit)

One of the reasons bowel bacteria are so hard to eradicate is that we are constantly re-infecting ourselves by keeping a reservoir on our hands and under our fingernails. The first thing to do is improve sanitation. Sterilize your hands after bathroom use and before meals. Keep a spray bottle next to the bathroom sink, kitchen sink, and in your purse or briefcase, containing a 50:50 grain alcohol-water solution. The purest source for grain alcohol in the US is Ever Clear brand, 151 or 180 Proof, available at most liquor stores. It is bottled by David Sherman Corporation, St. Louis, MO. 151 Proof is equal to 75.5% alcohol, so in this case put 2 parts grain alcohol in the spray bottle and 1 equal part water. Then you will have a 50% grain alcohol solution. You can add a small amount of **Castor Oil (10374)** and Essential Oils like **Peppermint Oil (10527)** into the sanitation spray in order to moisturize your hands at the same time. It also helps to eat only sterile dairy products. Boil milk or bake cheese. Note that the Dr. Clark Para-Cleanse and Kidney Cleanse are often effective in helping maintain good colon health. Try them also in that order.

## **8 - Green Black Walnut Hull (GBWH) - From Green Hulls**

### Black Walnut Hull - Tincture (Included in the Deluxe Kit)

*For those that are new to Black Walnut Hull Extra Strength Tincture*

The first day of the cleanse take one drop of the GBWH tincture on an empty stomach, 10-45 minutes before a meal, in ½ cup of water. The second day, take two drops of GBWH in the same manner. Continue to increase the dosage of the GBWH tincture by one drop a day until day 5. On day 6, take 2 teaspoons. Wait one week and take 2 teaspoons again. If you weigh over 150 pounds, take 2.5 teaspoons.

Take the entire dose within 15 minutes. You may add honey, spices, or syrup to flavor. Repeat once per week until you finish the 2 oz. bottle.

You may be wondering why you should wait for 5 days before taking the 2 teaspoons serving. It is for your convenience only. You may have a sensitive stomach or be worried about toxicity or side effects. By the 6th day your body will have most likely adapted to the GBWH tincture and the full dose should not produce any toxicity or side effects.

### *Going Faster*

If you are convinced after the first drop of the restorative powers of Black Walnut Hull Tincture Extra Strength, take the 2 teaspoons dose on the very first day. Wait a week, take 2 teaspoons, etc.

### *Going Slower*

If you have any side effects, such as an upset stomach, or you cringe at the thought of taking an herb or you are anxious about its safety, continue the drops, increasing at your own pace, until you are ready to take the full 2 teaspoons dose.

*Those that are used to Black Walnut Hull Extra Strength Tincture*, take the entire 2 teaspoons right away on your first day. Repeat once per week until you finish the 2 oz bottle.

### Black Walnut Hull - Capsules - Freezedried (Included in the Super Kit)

Start with one capsule or part of one capsule (pull apart and put mix in water), then take up to 5 capsules on an empty stomach 15 minutes before a meal or as directed by a health care professional. **Note**, the label suggests 1 capsule but you can take up to five.

## **9 - Hydrochloric Acid (HCL) 5%, 1 oz.** (Included in Dr. Clark Colon-Bowel Cleanse Deluxe)

Add up to 45 drops of Hydrochloric acid into food to aid digestion. Do not put directly in mouth, it can dissolve teeth. For heartburn take water or milk, do not take baking soda. Should you experience adverse reactions please discontinue use and seek help from a Health Professional.

## **10 - Magnesium** (Included in Dr. Clark Colon-Bowel Cleanse Deluxe)

Take 1 capsule 2 - 3 times a day. Do not take Magnesium with food, it reduces the acid in your stomach! Best taken on empty stomach at bed time. Magnesium oxide may be used as a laxative for short-term, rapid emptying of the bowel.

### **11 - Senna Tea** (Included in the Deluxe Kit)

Senna (*Cassia angustifolia*) Traditionally used in China for thousands of years for gentle relief of occasional constipation. **Directions:** Put 1 tea bag into a cup and add 6 oz. of hot water. To improve taste and variety also add Peppermint Tea. Let steep. Add honey to sweeten.

**Warning:** This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain. Consult your health professional if you have frequent diarrhea. If you are pregnant, nursing or taking medication, consult your physician before use. Take no more than two cups daily.

### **12 - Lugol's (Sodium) Iodine** (Included in the Deluxe Kit)

There are two uses for Lugol. First, use Lugol's (Sodium) Iodine to help sanitize your greens. Second, supplement with Lugol's for a stronger immune system. Intensive use of Lugol's may help with occasional diarrhea by bringing about a healthy balance of microorganisms in the stomach.

#### Lugol's as a Supplement

Regular use: ½ drop or 890 mcg

Intensive use: 12 Drops or approximately 21,000 mcg

#### Lugol's for Sanitation

First, use Lugol's (Sodium) Iodine to help sanitize your greens. Add enough drops to make the water yellow. Dip lettuce, spinach and any other produce so everything is well wetted for one minute or more. There is no need to rinse. Do not save the water for later use. It will lose its potency. If you wash so many vegetables that you can no longer see the color of the iodine it has lost its effectiveness. Add more.

### **13 - Enema Set** (Included in the Deluxe Kit)

We can unfortunately not give directions for how to use the enema kit. Please consult your Health Care Professional and read about it in various books.

The tubing tip comes with a petroleum based lubricant from the manufacturer you may want to wipe it off and wash with soap before use. Use the enclosed hand soap as lubricant instead. Throw away the blue tip because it cannot be cleaned. For purity reasons we recommend you only use soap from Self Health.

#### WARNING

Enema / colonic irrigation is a very powerful therapy! Like any other powerful therapy (like surgery or spinal manipulation), it can be abused, and can cause harm! Be very careful and gentle when doing enema.

Be very careful when doing any enema with herbs or chemicals. Not all people tolerate those substances the same way. Some people are extremely intolerant or even allergic. If you are unable to eat a particular herb, it's possible that introducing it via enema will not be good for you.

We do not provide recipes, but if you follow a recipe make sure you first try a small amount. Read all recipes carefully! Do not use enema daily for longer than 7 - 10 days or you risk getting addicted to enema! Contact your Health Professional before doing any Enema.

Note! The Enema Bucket Set is not intended to replace medical advice/procedures of your Health Care Professional. We are not responsible or liable for any actions or diagnose made by a user based on the use of the Enema Bucket. We encourage you to consult with your Health Professional, do personal research, before using this product. The Enema Buckets are for lower colon cleansing only. Made by Premium Plastics, Inc., for single use – Disposable.

**Hot Water** - Drink hot water upon rising in the morning. This may help begin to regulate your elimination.

#### **DISCLAIMER NOTICE**

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*Revised as of July, 2008*

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