



The Original Dr. Hulda Clark Protocols

# Self Health Resource Center

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## Kidney 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 your 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*.

## STEP 1 – Preparing the Root Tea

1. This is really simple. Pour half a bag each of the Hydrangea, Gravel, and Marshmallow roots into a pot with 10 cups of cold tap water.
2. Optional: Add a pinch of vitamin B2 powder (not included in the kit) into the pot as well. Vitamin B2 helps sterilize the tea. This can also be accomplished by re-boiling the tea every 3rd day.
3. DO NOT BOIL IMMEDIATELY. Let the ingredients soak four hours (or overnight). Since each bag is ½ cup, you are using ¼ cup of each root at this time. Close the opened bag carefully and store in a cool, dry, dark place until your next kidney tea boiling.

## Step 2 - Boiling the Root Tea

1. After four hours (or overnight), heat to boiling and simmer for 20 minutes.
2. Add Black Cherry Concentrate (8 oz. or less depending on taste) and bring back to boiling. The Black Cherry Concentrate is for taste and it supports cleansing.
3. Pour through a strainer into glass jars.
4. Drink ¾ cup by sipping slowly throughout the day.
5. Refrigerate half of the root tea (7 day supply) to use this week, and freeze the other half for next week (another 7 day supply).

3 bags of roots, each ½ cup; will last for 28 days. You can double the time by freezing the used tea herbs after boiling and reusing.

## STEP 3 – Tea Dose Routine

Drink ¾ cups per day in divided doses. Drinking it in one dose could cause you to get a stomach ache or feel pressure in your bladder. Start with half the dose if you have a sensitive stomach.

Optional: Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, to each cup.

NOTE: This herbal mixture can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. You do not have to refrigerate it during the day if you boil it in the morning. Always make sure to store in a glass container.

## Parsley

If you don't have the Freeze-Dried Parsley Capsules, either purchase them from our website , item #50930 or make the Parsley Tea as follows.

### Making the Parsley Tea

1. Wash the 4 bunches of fresh parsley, chop it up every 2 inches, and soak in 7 cups of tap water.
2. For sterilization purposes add a pinch of vitamin B2 powder (optional) into the pot.
3. Cover the pot, let soak for 2 minutes, then boil for 1 minute.
4. Strain into glass jars or jugs. Throw away the parsley. When cool enough, pour yourself ½ cup. Sip slowly. You may add this to your root potion.
5. Refrigerate half of the of the parsley tea (3 ½ cups, enough for 7 days) and freeze the other half.

## Step 4 – Supplement Dose Routine

Ginger Root- 1 capsule 3 times per day

Uva Ursi- 1 capsule in the morning and 2 capsules in the evening

Vitamin B6- one capsule per day

Magnesium Oxide- one capsule per day

Freeze Dried Parsley- one capsule 2 times per day with meals (if not taking the parsley tea)

Take these supplements **just before your meal** to avoid burping. You do not need to duplicate the B6 and magnesium doses if you are already on them.

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