



The Original Dr. Hulda Clark Protocols

Self Health Resource Center

(866) DR-CLARK (372-5275) - www.DrClarkStore.com - service@drclarkstore.com - 1055 Bay Blvd, Ste A, Chula Vista, CA 91911

Dr. Clark Liver & Gallbladder Cleanse

IMPORTANT NOTE (Please Read Before Cleansing)

- 1. CAUTION:** Do not do 2 day Liver & Gallbladder Flush when constipated. Get the bowels moving regularly first. Should you be occasionally constipated you can take the Dr. Clark Bowel Cleanse. Should you be chronically constipated please consult with your Health Professional. Once your bowels are moving regularly first do Dr. Clark Para-Cleanse program, then Dr. Clark Kidney Cleanse, and finally the Liver & Gallbladder Cleanse.
- 2. CAUTION:** Always make sure you have completed three weeks on Dr. Clark Para-Cleanse before taking the Liver & Gallbladder Cleanse. If you do the Liver & Gallbladder Cleanse more than one week after completing Dr. Clark Para-Cleanse, make sure you stay on the Para-Cleanse Maintenance Program (containing a weekly dose of the same herbs). In addition stay on the Para-Cleanse Maintenance program when taking the Liver Support Tea. For best results, complete the Bowel and Kidney Cleanse before undertaking the Liver & Gallbladder Cleanse. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.
- 3. CAUTION:** The Liver Flush is for people with a healthy liver only. Do not take if you suspect you have an obstructed bile duct or gallstones. Always contact your Health Professional and have an X-ray and CT scan before doing the Liver & Gallbladder Flush. Why? If you do have a large gallstone and you get it to move, you may rupture the gall bladder. This may be life threatening.
- 4. CAUTION:** Please follow the detailed directions in this kit. If you do change these recipes you might expect problems. The liver is quite sensitive to change. If you plan to make changes, be sure to seek the assistance of a Health Professional.
- 5. CAUTION:** During the 2 day Liver & Gallbladder Flush, do not take medicines, vitamins or pills that you can do without; they could prevent success. Make sure you check with your physician.
- 6. CAUTION:** If you are taking medications, please check with your physician or pharmacist prior to using this product.
- 7. CAUTION:** The Liver & Gallbladder Cleanse is only for adults over 18 years of age. This cleanse is not for children.
- 8. CAUTION:** Do not take during pregnancy or lactation. Do not take when ill. Keep away from children.

How does your liver function? It is the job of the liver to make bile, 1 to 1 1/2 quarts (1 liter to 1.5 liter) per day. The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile, which aids in the breakdown of proteins and fats. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

The biliary tubes in a healthy liver allow the bile to flow with minimum restriction into the common bile duct. The Liver & Gallbladder Cleanse may help you maintain healthier and cleaner bile ducts and thereby allow for a better flow.

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

Cleanse your Liver two times per year.

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.*

How Often?

Initially, you may repeat the Liver & Gallbladder Cleanse at two-week intervals. After your initial cleanses, a quarterly or semi-annual Liver & Gallbladder Cleanse may be enough. Always make sure you have completed the Dr. Clark Para-Cleanse program and have remained on the Cleanse One Maintenance program before taking the Liver & Gallbladder Cleanse. For maximum results, complete the Kidney Cleanse before undertaking the Liver & Gallbladder Cleanse.

Step I. Planning the Cleanse

There are two components to this cleanse, the Liver Support Tea and the 2 day Liver & Gallbladder Flush (with Olive Oil and Epsom Salt). For best results drink the Liver Support Tea daily for 1 to 2 weeks prior to the Flush.

Choose a day like Saturday for the 2 day Liver & Gallbladder Flush, since you will be able to rest the 2nd day of the flush. Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more toxins. Limit the amount you eat to the minimum you can get by on. You will purge more toxins. The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results. Finish eating by 12 noon with only sips later.

SUPPLIES NEEDED

Step I. (Buy supplies not included in this kit)

1. Fresh Pink Grapefruit, 1 large or 2 small, enough to squeeze ½ cup juice (you may substitute a lemon, adding water or sweetener to make ½ cup liquid) for each cleanse (every 2 weeks) Wash grapefruit twice in hot water and dry before cutting it open.
2. Pint jar with lid (½ liter)
3. Make sure you have at least 1/2 Liter Olive Oil on hand.

Step II. Liver Support Tea preparation

Add 1 bag (1/2 cup) of herbs to 2 quarts (8 cups) (2 liters) water.

1. Bring to a boil.
2. Turn heat off and put lid on.
3. Let sit for 6 hours or overnight at room temperature or in the refrigerator.
4. Strain and add sweetening such as Agave syrup or honey. You can make it extra good by adding fresh coconut juice.
5. You can put the strained herbs in the freezer and use them one more time.
6. Drink 3 cups a day for 1 to 2 weeks prior to cleansing, or as directed by a Health Professional.

At this stage please re-read all the cautions on page 1 before proceeding.

Step III. The 2 day Liver & Gallbladder Flush

Make sure you have on hand

- Epsom salts - 4 tablespoons
- Olive oil - 1/2 cup (light olive oil is easier to get down). Add 1/2 teaspoon citric acid.
- Fresh pink grapefruit - 2 to 4, enough to squeeze 3/4 cup juice. Hot wash twice first and dry each time.
- Ornithine - 4 to 8, to be sure you can sleep. Don't skip this or you may have great difficulty relaxing.
- Large plastic straw - to help drink the mixture.
- Pint jar with lid (1/2 liter).
- Black Walnut Capsules - Two capsules per cleanse.
- Honey or olive oil mixed with vinegar salad dressing, one tablespoon.

8:00 AM

Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk).

2:00 PM

- **Do not eat or drink after 2 o'clock, otherwise you could feel quite ill later.**
- Get your Epsom salts ready. Mix 4 tablespoons and 1/2 teaspoon Vitamin C in 3 cups water and pour this into a jar. This makes four servings, 3/4 cup each. The Vitamin C powder improves the taste.
- Set the jar in the refrigerator to get ice cold (this is for convenience and taste only)

6:00 PM

- Drink one serving (3/4 cup) of the ice cold Epsom salts. (Dose 1)
- You may rinse your mouth, but spit out the water.
- If you did not prepare this ahead of time, mix 1 tablespoon in 3/4 cup water now.
- Get the olive oil and grapefruit out to warm up.

8:00 PM

- Repeat by drinking another 3/4 cup of Epsom salts. (Dose 2)
- You may rinse your mouth, but spit out the water.
- You haven't eaten since two o'clock, but you won't feel hungry.
- Get your bedtime chores done. The timing is critical for success.

9:45 PM

Making the Grapefruit/Olive Oil Mix

1. Pour 1/2 cup (measured) olive oil into a pint jar.
2. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. You should have at least 1/2 cup juice. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
3. Add 1/4 to 1/2 teaspoon citric acid to the olive oil-grapefruit mixture. Stir till dissolved. Do not take yet!
4. Have two capsules of the Green Black Walnut Hull and 4 to 8 capsules of Ornithine ready.
5. Now visit the bathroom one or more times, even if it makes you late for your 10 o'clock drink. Don't be more than 15 minutes late or you will not be as successful with the cleanse.

10:00 PM

Have the following on hand:

- The Grapefruit/Olive Oil Mix
- One tablespoon of honey or oil mixed with vinegar salad dressing
- Ornithine (4 to 8 capsules)
- Green Black Walnut Hull (2 capsules)

Take the Grapefruit/Olive Oil Mix standing or sitting up. Get it down within 5 minutes (15 minutes maximum). Drinking through a large plastic straw helps it go down easier.

Remember to take the 2 black walnut hull and 4 to 8 ornithine capsules with the first sips.

Four Ornithine will help you sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use cinnamon, or straight sweetener like agave syrup or honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take the oil mix to your bedside if you want, but drink it standing up. Get it down within five minutes.

Now lie down immediately, don't get out of bed and don't eat. You may fail to get toxins out if you do. The sooner you lie down the more toxins 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 toxins traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open due to the Epsom Salts. Go to sleep. You may fail to get toxins out if you don't.

Next Morning (after 6:00 am)

Upon awakening take your next dose of Epsom Salts (Dose 3). 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 am.

2 Hours Later (after 8:00 am)

Take your fourth and last dose of Epsom salts. You may rinse your mouth, but spit out the water. You may go back to bed again.

After 2 More Hours (after 10:00 am)

You may eat. Start with fruit juice. You may add another ½ teaspoon citric acid to it and get even more toxins out. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By dinner you should feel recovered.

Alternative Schedule I

Omit the first Epsom salts dose at 6 p.m. Take only one dose that day at 8 p.m. Change nothing else. If you are not successful with one less dose, do the full course next time.

Alternative Schedule II

Increase the amount of citric acid you add to the grapefruit/olive oil mix and fruit juice after last Epsom salts from ½ teaspoon to 1 teaspoon. In this case you add 1 teaspoon to the to the grapefruit/olive oil mix and 1 teaspoon to the fruit juice after last Epsom salts.

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