



Frequency Rising  
951-303-3471 9-5 PST  
1016@frequencyrising.com  
www.FrequencyRising.com

# Dr. Clark 18-Day Parasite Cleanse and Maintenance

**This Kit Includes 3 items:** 1 Extra Strength Tincture GBWH or Capsules (50ct.), 1 Super W Capsules (100ct), 1 Cloves Capsules (100ct.)

**NOTE:** We are in transition from the Dr. Clark Purity line of products to the Dr. Clark Store line. These are the exact same formulas, made in the very same facility... just with different labels. The Purity line (label) has been discontinued. Instructions are the same, regardless of which label you have.

**NOTE 2:** The products are now bottled strictly in counts of 50 or 100, so you will have some left over after the initial 18 days. Just take any extra caps/tincture as part of your maintenance until gone.



**For best overall cleansing and detoxing results, Dr. Clark recommends the following order:**

- 1) Bowel/Colon Cleanse
- 2) Para Cleanse (can & should be done same time as bowel)
- 2) Kidney Cleanse (while on Para Cleanse "Maintenance Program")
- 4) Liver Support Tea, then Liver/Gallbladder Flush (2 days each flush) Repeat the Liver Flush every two weeks as needed.

**Green Black Walnut Hull:** Green-Black Walnut Hull (GBWH) gets its name from the fact that the black walnuts are harvested when they are still green. Black Walnut Hull that is green has almost up to 10 times the amount of juglone, the essential ingredient. For centuries the GBWH has been extracted into an alcohol tincture. The average tincture strength (hull to grain alcohol) is 1:0.68. **After you open the bottle keep it in the refrigerator.**

**Potency Guarantee:** Dr. Clark Store guarantees unopened bottles of the tincture to be green at least 2 years past the manufacturing date. Once open, the tincture will start to oxidize and turn brown and then eventually black. If it turns black, it still contains Juglone, but only about half as much, therefore take double the dose. Bottles of the GBWH caps are guaranteed to be full potency at least 2 years past the manufacturing date. The caps do not go bad, they just lose potency eventually. Take extra as needed.

## Cleanse Protocol

**See the Handy Chart below.** You may strike out the doses as you take them. Reduce the dose if you feel discomfort.

**For even better results,** it helps if your family members (and pets!) also do the cleanse in order to prevent cross contamination.

**1) Green Black walnut Hull** (open the caps to get out ½) SEE CHART FOR DAILY DOSES

You may be wondering why you should wait 6 days before taking the full dose. It is for your convenience only. Some people may have a sensitive stomach. By the 6th day your body should have adapted to the GBWH and the full dose should not produce any toxicity or side effects. If you feel upset stomach, stay at that current dose until that no longer occurs, then move to the next higher dose. It is best to take with clean water, but an organic juice may also be used. No more than ½ cup.

**2) Super W** Take the following quantities with ½ cup of water, on an empty stomach 15-45 minutes before a meal.

**Day 1:** Take 1 Capsule before lunch. **Day 2:** Take 1 Capsule before lunch. **Day 3:** Take 2 capsules before lunch. **Day 4:** Take 2 capsules before lunch.

**Continue increasing by 1 capsule every 2 days** until day 13, when you are up to 7 capsules (see chart). Take all of the capsules in one sitting. Try to continue without interruption until the 6th day. After this, you may proceed more slowly if you wish. Many people with sensitive stomachs prefer to stay longer on each level instead of increasing according to this schedule. You may choose the pace after the sixth day.

**3) Cloves:** Take the following quantities with ½ cup of water, on an empty stomach 15-45 minutes to before a meal.

**Day 1:** Take 1 capsule 3 times a day before meals.

**Day 2:** Take 2 capsules 3 times a day.

**Days 3-10:** Take 3 capsules 3 times a day.

**After day 10:** Take 7 capsules all together once a week, indefinitely, as described in the chart.

Two additional items, Ornithine and Arginine may improve this recipe.

**4) Ornithine: (Optional)**

Dr. Clark recommends Ornithine in the course of cleansing, because it degrades ammonia in the liver, which according to Dr. Clark is released when microorganisms are killed. Dr. Clark thinks that insomnia is closely associated with ammonia toxicity in the brain. Ornithine is an amino acid manufactured by the body. It is produced when another amino acid, Arginine, is metabolized during the production of urea, a substance found in human urine. L-ornithine is a key compound in the urea cycle, one of the body's main processes for eliminating ammonia.

Start by taking 2 capsules at bedtime on the first night. Take 4 capsules the second night. Take 6 capsules at bedtime on the third night. After this take 4 to 6 capsules at bedtime every night until you are sleeping soundly. Then stop taking Ornithine and see whether your sleep is as good without it. It is not habit forming.

**5) Arginine: (Optional)**

Arginine, or L-Arginine, is an amino acid that has numerous functions throughout the body. It is an essential component of the urea cycle, the only pathway in mammals that allows the elimination of toxic ammonia from the body. Arginine can also be converted to glucose and glycogen if needed. If going off caffeine (recommended) has you dragging yourself through the morning, take one capsule of arginine upon rising and another before lunch and supper.

<b>ParaCleanse 18-DAY CHART</b>				
	<b>GBWH Tincture</b>	<b>GBWH Capsules</b>	<b>Super W Capsules</b>	<b>Clove Capsules</b>
<b>D A Y</b>	# drops <b>once a day</b> on empty stomach, 15-45 min. before a meal, in 1/2 cup of water	<b>once a day</b> on empty stomach, 15-45 min. before a meal Open 1 capsule to get 1/2 of powder	# capsules <b>once a day</b> on empty stomach, 15-45 min. before a meal	# capsules <b>3 times a day</b> on empty stomach, 15-45 min. before a meal
1	1 drop	1/2 Capsule	1	1,1,1
2	2 drops	1/2 Capsule	1	2,2,2
3	3 drops	1 Capsule	2	3,3,3
4	4 drops	1 Capsule	2	3,3,3
5	5 drops	1 Capsule	3	3,3,3
6	2 tsp. all at once	5 caps. all at once	3	3,3,3
7	none	none	4	3,3,3
8	none	none	4	3,3,3
9	none	none	5	3,3,3
10	none	none	5	3,3,3
11	none	none	6	7 caps. all at once
12	none	5 caps. all at once	6	none
13	2 tsp. all at once	none	7	none
14	none	none	7	none
15	none	none	7	none
16	none	none	7	none
17	none	none	none	none
18	none	5 caps. all at once	none	7 caps. all at once

If you have a sensitive stomach, take right before eating.

**Now see the maintenance chart below.**

Once you complete this 18 day chart, you may choose any day of the week to take all the Para Cleanse ingredients. (start about day 22 - 24) As mentioned, it is highly recommended to complete at least 3-12 months of this maintenance recipe. The longer the better. You may choose to continue on the Maintenance Program *indefinitely* to keep you parasite free.

ORDER ON TIME: When you're down to 2 weeks left of supplies, it's time to reorder to use in your maintenance program! Please remember that you only gain about 20% of the benefits this cleanse has to offer during the first 18 days. This chart is designed to slowly acclimate you to these potent herbs. Plan ahead for taking the once weekly dose for at least 3-6 months. This will give you the FULL benefits this cleanse has to offer. Dr. Clark recommended that we all remain on the maintenance schedule *indefinitely* to prevent any invasion by the 100's of parasites we are exposed to on a daily basis. (food, water, pets, people, dirt, surfaces, insects, even airborne dust)

## Para Cleanse Maintenance Program

Take the following once per week, on the same day, on an empty stomach, 15-45 minutes before a meal, or at meal time if you have a sensitive stomach

*It is best to take the 3 items at the same time, but if you have a sensitive stomach, you can take them at different times in the day. (As long as they all go down within a few hours.)*

- 1) **Green Black Walnut Hull:** 5 capsules
- 2) **Super W:** 7 capsules
- 3) **Cloves:** 7 capsules
- 4) Take Ornithine and Arginine as needed

<b>MAINTENANCE CHART</b>			
	<b>Black Walnut Hull - Extra Strength</b>	<b>Super W</b>	<b>Cloves</b>
<b>D A Y</b>	# capsules once a day on empty stomach, 15-45 min. before a meal	# capsules <b>once a day</b> on empty stomach, 15-45 min. before a meal	# capsules <b>once a day</b> on empty stomach, 15-45 min. before a meal
<b>1</b>	5	7	7
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>	5	7	7
Continue like this once weekly.			

## **ParaCleanse for Children**

*Attention: You should keep a close watch on children when doing a cleanse program; consult with the child's health care professional before doing any cleanse and if any unusual conditions develop.*

Even though cleansing is beneficial for children, it should not be continued on a maintenance basis, rather help them cleanse twice per year or upon advice of your health care professional.

### Green-Black Walnut Tincture

We do not have specific information for how much GBWH Freeze Dried version to give children. We recommend you use the tincture. Serve 1 drop the first day, 2 the second, etc. until on day 5 you serve 5 drops. Optional: use Niacinamide (not niacin) to help detoxify the alcohol in the tincture. You may crush it and put it in a spoonful of maple syrup or honey, if necessary. Occasionally a bit of niacin gets into the Niacinamide tablet and causes a hot flush. It is harmless and soon passes. On day six, if you choose to keep them on the tincture, give the following:

<b>Age</b>	<b>GBWH Tincture</b>	<b>Niacinamide</b>
Six months to five years	1/2 tsp.	50 mg
Six to ten years	1 tsp.	100 mg
Eleven to sixteen years	1 1/2 tsp.	500

### Super W and Cloves

Increase dosage one day for each year. For instance, a four year old would follow the adult program until day four, and then stop. It is not advisable for children to be on a maintenance dosage of wormwood and cloves for a long period. Performing a short term cleanse 2 or 3 times each year is best, or at the advice of your health care professional is best.

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### Interaction with Medications 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. For example, the Blue Cross has a safety checker that lists many drugs and the herbs, vitamins and foods that would interfere with that drugs function. [blueprint.bluecrossmn.com/herbalindex](http://blueprint.bluecrossmn.com/herbalindex)

## Cleanse-Two Program for Pets

Needed Supplies for the Pet Cleanse: A bunch of parsley about 1 to 2 inches (2.5 to 5 cm) thick at stem obtained at supermarket: Green Black Walnut Hull (Tincture or Caps), Super W, Cloves

Cleanse Pets Too!: It is best to keep your pet on the maintenance program. Your pet is part of your family and should be kept as clean and healthy as yourself. This is not difficult to achieve. Here is the recipe:

**1. Parsley water:** Cook a bunch of parsley about 1 to 2 inches (2.5 to 5 cm) thick at stems in a quart (1 Liter) of water for 3 minutes. You may have to cut down the parsley in order to get it under the water. Drain and throw away the parsley. After cooling, you may freeze most of it in four 1 cup containers or in several ice-cube bags. This is a month's supply. Put 1 teaspoon parsley water on the pet's food. You don't have to watch it go down. Whatever amount is eaten is satisfactory.

**All dosages are based on a 10 pound (4.5 Kilo) cat or dog. Double them for a 20 pound (9 Kilo) pet, and so forth.**

The purpose of the parsley water is to keep the kidneys flowing well so that refuse is eliminated promptly. They get quite fond of their parsley water. Perhaps they can sense the benefit it brings them. Continue with this dose for a week before starting the Black Walnut Hull Tincture.

**2. Black Walnut Hull Tincture:** *We do not have specific information for how much GBWH Freeze Dried version to give pets. We recommend you use the tincture.*

Put one drop of the Extra Strength Tincture on the food. Don't force them to eat it. Count carefully. **Give this to cats only twice a week.** Give this to dogs daily, a 30 pound (13.6 Kilo) dog would get 3 drops per day (but work up to it, increasing one drop per day).

If your pet vomits or has diarrhea, its refuse may be extremely infectious and hazardous. Never let a child clean up a pet mess. To help prevent cross contamination begin by pouring salt and iodine on the mess and letting it stand for 5 minutes before cleaning it up. Clean up outdoor messes the same way.

Finally, clean your hands with diluted **grain alcohol**. Keep a spray bottle in the bathroom containing 50% grain alcohol: 50% water solution. Grain alcohol is actually ethyl alcohol made by fermenting grain. The best source in the US is Ever Clear brand, 151 Proof or 180 Proof, available at most liquor stores. If they don't have it, ask them to special order it or go to the next liquor store. Purchase the 750 ml or 1 liter bottles. Ever Clear 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. In some countries sugar cane is used to make ethyl alcohol; that may also be a good source. **Be careful not to buy isopropyl (rubbing) alcohol for this purpose.**

**3. Super W capsules:** (275 mg wormwood per capsule) Start this one week after starting the Black Walnut Hull Tincture. Open a Capsule and put the smallest pinch possible on their dry food. Do this for a week before starting the cloves.

**4. Cloves:** Put the smallest pinch possible on their dry food. Keep this up as a routine. Notice how peppy and happy your pets become. Go slowly so the pet can learn to eat all of it.:

### Cleanse-Two Program Handy Chart for Pets

*\*See info above for Black Walnut Hull.*

	Parsley Water	Black Walnut Hull Tincture Dose	Wormwood Capsule Dose	Clove Capsule Dose
Week	teaspoons on food	drops on food, cats twice per week, dogs daily	open capsule, put smallest pinch on food	open capsule, put smallest pinch on food
1	1 per 10 lbs.*	nothing	nothing	nothing
2	1 per 10 lbs.*	1 per 10 lbs.*	nothing	nothing
3	1 per 10 lbs.*	1 per 10 lbs.*	1 per 10 lbs.*	nothing
4	1 per 10 lbs.*	1 per 10 lbs.*	1 per 10 lbs.*	1 per 10 lbs.*
5 and onward	1 per 10 lbs.*	1 per 10 lbs.*	1 per 10 lbs.*	1 per 10 lbs.*

**Pet Cleanliness Reminders:** Pets should not stroll on counters or tables. They should eat out of their own dishes, not yours. They should not sleep on your bed. The bedroom should be off limits to pets. Don't kiss your pets. Wash your hands after playing with your pet. Never share food with your pet. Don't keep a cat box in the house; install a cat door. Wear a dust-mask when you change the cat box. If you have a sandbox for the children, buy new sand from a lumber yard and keep it covered.

**Pet Food Choices:** Solvents are just as bad for your pet as for you. Most flavored pet foods are polluted with solvents such as carbon tetrachloride, benzene, isopropyl alcohol, wood alcohol, etc. Don't buy flavored pet food. Pets add a great deal to human lives.