

Full Body Cleanse 4-in-1 Kit: **Bowel, Parasite, Kidney, Liver/Gallbladder**

The Ultimate Cleanse for overall health! A "must" for immune comprised victims. Contains ALL 4 individual cleanses above. Remember... consider getting an extra Parasite Cleanse(s) for your maintenance! Some people like to spread these out and do them one at a time; however, some want to crank it out and do them all at once. Consider this method if dealing with chronic health conditions. It can help to expedite the healing process.

Bowel Cleanse	Parasite Cleanse	Kidney Cleanse	Liver Cleanse / Flush
Fennel Turmeric Betaine HCL Enzymes Casgara Sagrada Magnesium Oxide †	Green Black Walnut Hull Cloves Wormwood Ornithine † Arginine †	Kidney Tea (x2) Parsley Ginger Root Uva Ursi Vitamin B6 Magnesium Oxide HCL Drops † Cherry Concentrate †	Liver Tea Bags (x3) / or Caps (1) Ornithine Green Black Walnut Hull Vitamin C powder Citric Acid Powder Epsom Salts (Magnesium Sulphate) Casgara Sagrada †
† Optional Products	† Optional Products		

Check your supplies. You should have the products above, along with instructions. If you overlay the instructions by day, the charts below is how it looks.

Note 1: Asterisk (*) means take 15-30 minute BEFORE meal. Otherwise take the caps just before your first bites of the meal.

Note 2: Ornithine helps detox ammonia in the brain from parasites and die off. Helps to sleep also. Non-habit forming.

Note 3: Arginine is also a detoxifier. Helps increase metabolism and produce energy. Take this early in the day.

Note 4: The Parasite herbs can be taken together all at once, or throughout the day as we have it outlined here.

DAY 1

Breakfast	Lunch	Afternoon	Dinner	Before Bed
1 Fennel *	1 Fennel *		1 Fennel *	1 Cascara Sagrada, with full glass of water.
1 Turmeric *	1 Turmeric *		1 Turmeric *	
1 Betaine HCL	1 Betaine HCL		1 Betaine HCL	1 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
1 drop Bl. Walnut Hull *	1 Wormwood			2-8 Ornithine Caps †
1 Cloves *	1 Cloves *		1 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 2

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
2 drops Bl. Walnut Hull *	1 Wormwood			2-8 Ornithine Caps †
2 Cloves *	2 Cloves *		2 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 3

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-3 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
3 drops Bl. Walnut Hull *	2 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 4

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
4 drops Bl. Walnut Hull *	2 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 5

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
5 drops Bl. Walnut Hull *	3 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root	1 Ginger Root	1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

Side Note! Many of these products are now bottled strictly in counts of 100, so you may have some left over after the chart is completed. We strongly recommend you just continue taking any extra caps/tincture as part of your maintenance until gone.

DAY 6

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
2 Tsp. Bl. Walnut Hull *	3 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 7

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	4 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Liver Tea/Caps (nothing until Day 8)				

DAY 8

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	4 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Start Liver Tea or Caps. Depending on which one you have in your kit, see below.				
1 Quick Liver Cap *	1 Quick Liver Cap *		1 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer. We like to use this for washing down the supplements. (Keep your liver and kidney teas in separate containers.)				

DAY 9

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	5 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 10

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	5 Wormwood			2-8 Ornithine Caps †
3 Cloves *	3 Cloves *		3 Cloves *	
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 11

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	6 Wormwood		7 Clove all at once *	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 12

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull *	6 Wormwood		NO Cloves	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 13

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
2 Tsp. Bl. Walnut Hull *	7 Wormwood		NO Cloves	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAYS 14, 15, 16

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull	7 Wormwood		NO Cloves	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 17

Breakfast	Lunch	Afternoon	Dinner	Before Bed
2 Fennel *	2 Fennel *		2 Fennel *	1-2 Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *		2 Turmeric *	
2 Betaine HCL	2 Betaine HCL		2 Betaine HCL	1-2 Magnesium
1 Enzymes	1 Enzymes		1 Enzymes	
NO Bl. Walnut Hull	NO Wormwood		NO Cloves	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
Depending on which one you have in your kit, see below.				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAY 18

Breakfast	Lunch	Afternoon	Dinner	Before Bed
NO Bl. Walnut Hull	NO Wormwood		7 Cloves *	2-8 Ornithine Caps †
1 Uva Ursi	1 Vitamin B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	
1 Ginger Root	1 Ginger Root		1 Ginger Root	
Sip on/Drink 3/4 Cup Kidney Tea throughout the day. See recipe. (HCL drops and Cherry Concentrate are optional.)				
3 Quick Liver Cap *	3 Quick Liver Cap *		3 Quick Liver Cap *	
Drink 3 cups of Liver Support Tea daily for 2 weeks prior to the 2-day Flush. (days 8-21) If you miss a day or two, simply pick up where you left off. You can drink it down very quickly or sip throughout the day if you prefer.				

DAYS 19, 20, 21: Finish your Kidney Tea and the Liver Tea or Caps.

You may have left over caps/herbs. You may wish to CONTINUE taking any Bowel and Kidney caps as above until day 21, then STOP. (No parasite herbs.) Save any left over parasite herbs for your maintenance needs.

IMPORTANT! DAY 23 or 24: Start your LIVER/GALLBLADDER FLUSH

See the Liver Cleanse Instructions for these directions. Dr. Clark recommends repeating this Flush every 2 weeks for 3-5 times. Save your used Liver Tea herbs to make more tea if you wish, and keep drinking it for the second flush. It won't be as strong, but that's OK. If you don't repeat right away (2 weeks later), do the flush every year or two.

DAY 25-27: Pick a day for your weekly parasite dose. (Ex. Every Saturday)

If you know ahead of time what day you want for your maintenance doses, then use a calendar. Count backwards 25-27 days to begin this process. If it doesn't matter to you, then don't worry about it.

PARA CLEANSE MAINTENANCE PROGRAM

Take the following once per week on an empty stomach, 15-45 minutes before a meal.

Try to take the 3 items all at once. At least within an hour for best results. You want to 'spike' your body with these herbs.

- 1) Green Black Walnut Hull: 2 tsp., depending on body weight (2.5 tsp. if over 150 lbs.)
- 2) Super W: 7 capsules
- 3) Cloves: 7 capsules
- 4) Optional: Take Ornithine (before bed) and Arginine (morning) as needed

All At Once, or Within ONE Hour, Take Your 3 Herbs. After 15 minutes, you can eat. (if this is still hard for you, simply get them down as quickly as you can)			Before Bed †
2 TSP. Bl. Walnut Hull	7 Caps Wormwood	7 Caps Cloves	2-8 Ornithine Caps †