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Dr. Clark Cleanse-Two Recipe (ParaZap)

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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.

To go to: blueprint.bluecrossmn.com/herbalindex

For best results, Dr. Clark recommends the following order:

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

Included in this Kit : 3 items 1 Extra Strength GBWH Tincture 1 oz., 1 Super W 77ct, 1 Cloves 102 ct

Products

1) 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. For centuries the GBWH has been extracted into an alcohol tincture. **After you open the bottle keep it in the refrigerator.**

Potency Guarantee

Dr. Clark Purity Products guarantees **UNOPENED** bottles of Black Walnut Hull Tinctures to stay GREEN at least until Use By Date printed on the bottle. Once the bottle has been opened it may begin to turn brown and then black. If it turns color black, it still contains Juglone, but only about half as much, therefore take double the dose.

Cleanse Protocol

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

Day 1: Take one drop of the GBWH tincture on an empty stomach, 15-45 minutes before a meal, in ½ cup of water.

Day 2: 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 five (see chart).

Day 6: Take two teaspoons.

Wait one week and take two tsp. again. **If you are over 150 pounds, take 2.5 tsp.**

Take the entire dose within 10 minutes. You may add honey, spices, or syrup to flavor.

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

For even better results, it may help if your family members and friends also do the cleanse in order to prevent cross contamination. Alternatively, if they don't want to do the complete cleanse, it may help if they take 2 teaspoons of the GBWH every other week.

Going Faster: If you are convinced of the restorative powers of the Extra Strength GBWH tincture, you may take the 2 tsp. dose on the very first day, wait a week, take 2 tsp., and repeat weekly. (Make sure you have enough supplies on hand.)

Going slower: If you have any side effects, such as an upset stomach, or you are anxious about its safety, continue the drops, increasing at your own pace, until you are ready to take the full 2 tsp. dose.

Freeze Dried Black Walnut Hull Capsules *(This kit comes with the Tincture... not the caps. Contact us if you prefer the caps)*
 After you open your bottle of GBWH capsules, keep it in the freezer. The GBWH caps are packed with peppermint in order to make them easier on the stomach.

2) Super W (containing 275 mg of wormwood) 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 below.

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

4) Ornithine: (Optional)
 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)
 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. It can make you a bit irritable. Cut back if this happens. Taking ornithine at bedtime may give you so much energy the next day that you don't need to take arginine in the morning.

Cleanse Two 18-Day Chart ▼

	Black Walnut Hull - Extra Strength	Super W Capsules	Clove Capsules
D A Y	# drops or caps once a day on empty stomach, 15-45 min. before a meal, in 1/2 cup of water	# capsules once a day on empty stomach, 15-45 min. before a meal or at meal time if you have a sensitive stomach	# capsules 3 times a day on empty stomach, 15-45 min. before a meal, or at meal time if you have a sensitive stomach
1	1 drop	1	1,1,1
2	2 drops	1	2,2,2
3	3 drops	2	3,3,3
4	4 drops	2	3,3,3
5	5 drops	3	3,3,3
6	2 tsp. all at once (next time in 1 week)	3	3,3,3
7		4	3,3,3
8		4	3,3,3
9		5	3,3,3
10		5	3,3,3
11		6	7 caps. all at once (next time in 1 week)
12		6	
13	2 tsp. all at once (next time in 1 week)	7	
14		7	
15		7	
16		7	
17		None today – 7 caps. all at once next time in 1 week, etc	
18			7 caps. all at once (next time in 1 week)

At this point, you do not need to keep a strict schedule. You may choose any day of the week to take all the ParaCleanse program ingredients. You may choose to continue on the Maintenance Program *indefinitely*, to nourish you and keep you parasite free.

ORDER ON TIME: On or about Day 10, it's time to reorder supplies to use in your maintenance program! Please remember that you only gain about 10% of the benefits this cleanse has to offer during the first 18 days. Plan ahead for taking the once weekly dose. This will give you the full benefits this cleanse has to offer.

Para Cleanse Maintenance Program

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

You may take the 3 items at different times in the day, or all together:

- 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) Take **Ornithine and Arginine** as needed.

Maintenance Chart

Day	Black Walnut Hull - Extra Strength Teaspoons	Super W Capsules	Clove Capsules
1	2	7	7
2			
3			
4			
5			
6			
7			
8	2	7	7
9			
10			

Para Cleanse Program 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:

Age

Six months to five years
Six to ten years
Eleven to sixteen years

GBWH Tincture

1/2 tsp.
1 tsp.
1 1/2 tsp.

Niacinamide

50 mg
100 mg
500 mg

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.

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, 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.