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DISCLAIMER: This kit contains herbs traditionally used to help support the normal cleansing of the bowels. The enclosed cleanse protocols are provided for educational purposes only and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. Stement here have not been reviewed by the FDA. We are not responsible or liable for any actions or diagnosis made by a user based on the content of this educational directions/recipe. We encourage you to consult with your health care professional and do personal research before consuming these products. All our products are manufactured in strict conformity with Dr. Hulda Clark protocols.

Dr. Clark 17 Day Bowel Cleanse Recipe

The bowel cleanse is for adults only. Not for children under 12 years.

Digestion is a complex process that requires the cooperation of organs, enzymes, and chemical reactions. Without it, we can't properly break down the foods we eat and absorb the necessary nutrients that sustain life. Many people equate digestive health with the colon – hence the popularity of colon flushing therapies, but in actuality, the colon is dependent on the health of other organs, including the stomach, kidneys, liver, and pancreas. When it comes to digestive health, focus on the entire system, not just the colon.

Part of a healthy digestive tract is maintaining proper stomach acid production to break down foods and activate digestive enzymes. But as we age, stomach acid secretions decrease. Insufficient stomach acid production is the most common age-related cause of impaired digestive function and contributes to poor nutrient absorption and chronic digestive issues, including acid reflux, heartburn, and irregularity. Promote optimal digestion by maintaining ideal stomach acidity and encouraging intestinal health. This can be accomplished with a periodic digestive aid protocol like this one that increases acid levels in the stomach, fortifies the system with beneficial herbs and enzymes, and encourages regular bowel elimination. Regular use of a good enzyme product, pro-biotic, and/or betaine (hydrochloric acid) product can be very helpful for this.



The colon is a thriving mass of unwanted bacteria, viruses, and parasites. Based on traditional understanding of the bowels they should be emptied at least twice a day for optimal health in order to keep bacteria levels down. One reason bowel bacteria may be hard to eradicate is that we constantly infect and re-infect ourselves by keeping a reservoir of bacteria on our hands and under our fingernails!

Improve sanitation: Dr. Clark recommended we all keep a spray bottle in the bathroom containing a 50:50 grain alcohol: water solution. The best source for grain alcohol in the US is *Ever Clear* brand 190 Proof, available at most liquor stores. (do NOT drink!) Spray your hands often and keep fingernails clean, especially if dealing with any sort of tenacious health condition.

Another great way to help prevent these organisms from infiltrating us is to wash your food in Ozone water or a solution of L ugo's Iodine before consuming. Just a few drops of iodine in a large bowl (or clean sink) works. Both are great for sterilizing produce.

Contents of this Bowel Cleanse Include:

- 1) **Turmeric:** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
- 2) **Betaine:** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
- 3) **Fennel:** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
- 4) **Magnesium (from Oxide):** Adults and children 12 or older, 1 capsule daily or as directed by a health professional. (2 capsules daily if constipated.) Do not take at meal time, as this reduces stomach acid.
- 5) **Digestive enzymes:** Adults and children 12 or over, 1-3 capsules daily with meals.
- 6) **Cascara Sagrada:** Use this herb in case you are experiencing occasional constipation. If you are chronically constipated consult with your health care professional. Start with one capsule (425 mg) a day of this herb; use up to maximum dose on the label.

(Warnings: Cascara Sagrada is a stimulant laxative. Do not use this product if you have abdominal pain or chronic diarrhea. Consult a health care provider prior to use if you are pregnant or nursing a baby. Discontinue use in the event of continued diarrhea or watery stools. Do not use a laxative when abdominal pain, nausea or vomiting are present unless directed by a doctor. Rectal bleeding or failure to have a bowel movement after laxative use may indicate a serious condition. Discontinue use and consult a doctor.)

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17 Day Bowel Cleanse Chart

As you'll soon discover by reading the directions on each bottle, that there are options on how much to take, and when to take each product. So we have taken the liberty to share our chart with you. This chart is based on aggressive recommended doses per bottle, or about 17 days' worth. One can always use slightly less, and "stretch out" the process a bit longer. With an impacted bowel, or in large persons, it may be beneficial to complete a second full 17 day program. Why? It's very simple: the more intestinal sludge, unwanted bacteria, and plaque present, the more cleansing and sterilizing may be needed. If you're generally constipated or experience bowel irregularity or diarrhea, and find that you quickly revert back to that state, consider a second round of the bowel cleanse, or continued use of a good enzyme product and/or probiotic.

DAY 1

Breakfast	Lunch	Dinner	Shortly 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 Enzymes	1 Enzymes	1 Enzymes	1 Magnesium

DAYS 2-17

Breakfast	Lunch	Dinner	Shortly Before Bed
2 Fennel *	2 Fennel *	2 Fennel *	2 (or 3) Cascara Sagrada, with full glass of water.
2 Turmeric *	2 Turmeric *	2 Turmeric *	
2 Betaine HCL	2 Betaine HCL	2 Betaine HCL	
1 Enzymes	1 Enzymes	1 Enzymes	1-2 Magnesium Oxide

NOTE: * Fennel & Turmeric should be taken at least 13 minutes before a meal. The Betaine and Enzymes should be taken with food.

These are a few personal tips that can help make this bowel cleanse work even better! By following a few rules for eating, you can dramatically help increase the effectiveness of the bowel cleanse.

Reduce Your Eating. (especially "heavy" foods) This enables your body to focus on clearing out the toxins and old fecal matter without the distraction and energy output of digesting new foods. If possible, eat 5-6 small meals or healthy snacks throughout the day to avoid "overloading" the bowel (like most of us do daily). If you do this, simply take the supplements "around the times mentioned above".

Eat Whole Foods whenever possible! Whole foods (fruits and vegetables) are much easier for the colon and body to process, and will provide valuable natural enzymes that are alive. See our 13 day Whole Food Cleanse.

Dietary Changes. It is generally recommended that we do not eat meat during the bowel cleanse, in order to reduce acid-forming dietary input. Especially red meat. Lamb, chicken, turkey, small fish are better. If you DO eat meat, it should be well done, and eat a small portion. We strongly advise not eating breads, rices, and pastas that use bleached flour. Also, you may wish to avoid potatoes, yams, and sweet potatoes during and 30 days after completing the colon cleanse.

Enemas. If you wish to see quicker results for waste removal, consider colonic enemas. These can be done in conjunction with the herbal cleanse, and you can do them yourself at home. (Your local drug store should have these kits.) Enemas are very effective whenever you're doing ANY kind of body cleanse, because most everything ends up in your bowels. The more toxicity you can eliminate, the better.

Epsom Salts. A great natural remedy for constipation is to use Epsom Salts (several nights in a row if needed) Add 2-4 teaspoons to 8 ounces of water, and drink before bed. It's a great natural laxative, and should help the colon make more productive bowel movements. It's ok to take with the Cascara Sagrada and Magnesium above.

Olive Oil. Another simple thing you can try is taking a tablespoon of Olive Oil BEFORE dinner. This adds healthy fat, which aids the passing of waste by softening stool and lubricating the bowel.

Juicing. We like lots of green veggies with just a little fruit to sweeten. With an empty stomach (for best results), drink 8-12 ounces daily for a week or two, then you can back off to a more suitable schedule for you. If you are chronically backed up, you should use a juicer that removes the fiber. Too much fiber in an impacted bowel can make you feel bloated, and be counter productive to the cleanse. By using a normal juicer (removes the fiber), you get a concoction that is literally alive with enzymes that can easily move through the bowel and begin to eat away and loosen bowel and colon sludge.

Antioxidants. As the intestines begin to purge themselves of old matter and plaque, large amounts of toxins and free radicals are released. It is prudent to take an antioxidant formula while doing the colon cleanse to help your system clean up these released toxins.

Follow Up with the next phase of cleansing! The Parasite, Kidney, Liver/Gall Bladder Flush. Why stop now.

Probiotics: Not Included with this kit, but helpful in restore proper Ph and immune health in the GI track. Take during and/or after the cleanse.

Hot water: If constipated, drink hot water upon rising in the morning. This may help begin to regulate your elimination.

Dairy: It may aid normal digestion to avoid or consume only sterile dairy products, i.e. freezing milk, butter, cheese overnight.