



Bowel/Colon Cleanse

Handy Cleanse Overview

To help you understand what cleanse to do first, here is a handy overview.

- A. If occasionally constipated → **Begin Dr. Clark Bowel Cleanse**
- B. If chronically constipated → **Consult a Health Care Professional Immediately**

If regular, proceed with the following:

- A. Begin Dr. Clark Cleanse One (18 Days) - Then remain on maintenance program.
- B. Begin Kidney Cleanse (4 - 6 Weeks, depending on need), and remain on Cleanse One maintenance program.
- C. Begin Dr. Clark Liver Support Tea (7 - 20 Days, depending on need), and remain on Cleanse One maintenance program.

How is your digestion? Start over if not regular.

How is your health? If ill, wait before beginning the Liver Cleanse.

- D. Begin Dr. Clark Liver Cleanse - Select any 2 days without work or travel so you can focus on the cleanse.

Repeat the Liver Cleanse, if needed, after a 2 week break.

Bowel Program (Approximately 1 Month Supply)

30-Day Colon/Bowel/Intestinal Cleansing System

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 content of this educational directions/recipe. We encourage you to consult with your health care professional, do personal research, and check all our ingredients against a reference book before consuming this product. The Bowel Cleanse is for adults only. Not for children under 16 years.

In order to maintain good health of the intestinal tract, and avoid colon problems, such as occasional bloating and gassiness, it is important to create a condition inhospitable to detrimental bacteria.

It is beneficial to take the Dr. Clark Cleanse One either immediately before (if you don't have occasional constipation) or immediately after (if you have occasional constipation) the Dr. Clark Bowel Cleanse.

For even better results, it may help if your family members and friends also do Dr. Clark Cleanse One 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 Green Black Walnut Hull Tincture every other week.

One of the reason bowel bacteria are so hard to eradicate is that we are constantly re-infecting ourselves by keeping a reservoir on our hands and under our fingernails.

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.*

Small Cleanse (11 Items)

1. Empty Sanitation Spray bottles with pump - 2 qty.
2. Cascara Sagrada
3. Digestive Enzymes - 2 qty.
4. Fennel Seed
5. Turmeric - 2 qty.
6. Betaine HCL
7. Magnesium Oxide
8. 2 oz. Green Black Walnut Hull Tincture

Large Cleanse (15 Items including items listed above)

9. iFlora Acidophilus
10. Sodium Lugol's iodine Veggie-Wash 1oz.
11. Enema Bucket Set w/ Olive Oil Soap
12. Empty Sanitation Spray Bottle - 1 qty.

I - Sanitation Spray

The first thing to do is improve sanitation. Sterilize your hands after bathroom use and before meals. Keep a spray bottle next to the bathroom sink, kitchen sink, and in your purse or briefcase, containing a 50:50 grain alcohol-water solution. The purest source for grain alcohol in the US is Ever Clear brand, 151 or 180 Proof, available at most liquor stores. It 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.

II - Turmeric

Secondly use turmeric (a common spice) 2 capsules 3 times a day. Expect orange colored stool. Turmeric is a powerful antioxidant helpful for gastritis and other digestive disorders.

III - Fennel

Third, use fennel 1 capsule 3 times a day. Fennel Seed is a common herb used to promote good digestion and relieve gas. Fennel Seed is also a traditional cough remedy that loosens phlegm and eases coughs and colds.

IV - Digestive Enzyme

Adults and children 12 or more years of age, 1 capsule daily or as directed by health professional.

V - Black Walnut Hull Tincture

For those that are new to Black Walnut Hull Extra Strength Tincture

The first day of the cleanse take one drop of the GBWH tincture on an empty stomach, 10-45 minutes before a meal, in ½ cup of water. The second day, 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 5. On day 6, take 2 teaspoons. Wait one week and take 2 teaspoons again. If you weigh over 150 pounds, take 2.5 teaspoons.

Take the entire dose within 15 minutes. You may add honey, spices, or syrup to flavor. Repeat once per week until you finish the 2 oz. bottle.

You may be wondering why you should wait for 5 days before taking the 2 teaspoons serving. It is for your convenience only. You may have a sensitive stomach or be worried about toxicity or side effects. By the 6th day your body will have most likely adapted to the GBWH tincture and the full dose should not produce any toxicity or side effects.

Going Faster

If you are convinced after the first drop of the restorative powers of Black Walnut Hull Tincture Extra Strength, take the 2 teaspoons dose on the very first day. Wait a week, take 2 teaspoons, etc.

Going Slower

If you have any side effects, such as an upset stomach, or you cringe at the thought of taking an herb or you are anxious about its safety, continue the drops, increasing at your own pace, until you are ready to take the full 2 teaspoons dose.

Those that are used to Black Walnut Hull Extra Strength Tincture take the entire 2 teaspoons right away on your first day. Repeat once per week until you finish the 2 oz bottle.

VI - Betaine HCl

Take *Betaine HCl capsules*, up to 2 capsules daily with a meal or as directed by a health care professional. Betaine plays an important role in the health of the digestive tract and the cardiovascular system. Betaine, along with other nutrients, helps to reduce potentially toxic levels of harmful amino acids.

VII - Cascara Sagrada

Sixth take Cascara sagrada capsules if occasionally constipated. 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.

Cascara Sagrada has been used for centuries for its natural cleansing properties. Cascara Sagrada stimulates digestive secretions and nourishes the sensitive tissues of the gastrointestinal tract.

WARNING

Cascara Sagrada is a stimulant laxative. Do not use this product if you have abdominal pain or diarrhea. Consult a health care provider prior to use if you are pregnant or nursing a baby. Discontinue use in the event of diarrhea or watery stools. Do not use a laxative for longer than 1 week, or 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.

VIII - Magnesium

Take 1 capsule 2 - 3 times a day. Magnesium may be used as an antacid to relieve heartburn, sour stomach, or acid indigestion. Magnesium oxide also may be used as a laxative for short-term, rapid emptying of the bowel.

Hot Water

Drink hot water upon rising in the morning. This may help begin to regulate your elimination.

Sanitation

Afterward, continue to eat only sterile dairy products, i.e., boiling milk or baking cheese. Note that the Dr. Clark Kidney Cleanse is often effective in helping maintain good colon health. Try it also, but only after you complete Dr. Clark Cleanse One.

You will know you succeeded when your tummy is flat, there is not a single gurgle, and your mood improves!

The Large Cleanse Also Contains:

Lugol's iodine Veggie-Wash
iFlora Acidophilus
Enema Set

IX - Lugol's (Sodium) Iodine

First, use Lugol's (Sodium) Iodine to help sanitize your greens. Add one drop Lugol's per quart (1 liter) of water. Dip lettuce, spinach and any other produce so everything is well wetted for one minute or more. Rinse with cold tap water. Do not save the water for later use. It will lose its potency. If you wash so many vegetables that you can no longer see the color of the iodine it has lost its effectiveness. Add more.

More information about this product is available on our website, www.DrClarkStore.com

X - iFlora Acidophilus

Second, take iFlora Acidophilus, 1 capsule twice daily on an empty stomach with milk or water. May increase dosage up to 4 a day. Dr. Clark does not use acidophilus. She believes that its impossible to grow good bacteria without "accidentally" growing the more undesirable ones. We carry acidophilus because of frequent customer demand. We found that this brand is the purest acidophilus available. If you want to follow Dr. Clark protocol to the letter then do not use this product.

XI - Enema Set

Third, use the Lower Colon Enema Bucket Set, items listed below:

- 1500 ML Graduated Container, 60"
- Tubing With Tip*
- Flow Control Clamp
- Moisture Proof Underpad and
- Olive Oil Soap

We can unfortunately not give directions for how to use the enema kit. Please consult your health care professional and read about it in various books, including Dr. Hulda Clark writings.

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