



Dr. Clark Cleanse One

NOTE (Read Before Cleansing)

If you are occasionally constipated first consider doing the Dr. Clark Bowel Cleanse. If chronically constipated consult with a health care professional. When regular proceed with Dr. Clark Cleanse One.

For maximum best results stay on the Maintenance Cleanse until you do the Dr. Clark Liver Cleanse. This means you take it once per week while taking the Kidney Cleanse and while taking the Liver Support Tea.

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.

Do not take this product during pregnancy or lactation.

Please do not use the directions as a substitute for the advice of your health care professional. We are not responsible or liable for any actions or diagnosis made by you based on the instructions.

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.

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. Search for: Interaction with Medications, Supplements.

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. GBWH is 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 will begin to turn brown and then black. It still contains Juglone, but only about half as much. Therefore take double the dose.

Cleanse Protocol

Follow the Cleanse One Handy Chart below and strike out the doses as you take them. Reduce the dose if you feel discomfort.

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 five (see adjacent chart). On day six, take two teaspoons. Wait one week and take two 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.

You may be wondering why you should wait for five days before taking the 2 teaspoon serving. It is for your convenience only. You may have a sensitive stomach or be worried about toxicity or 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 after the first drop of the restorative powers of Black Walnut Hull Tincture Extra Strength, take the 2 teaspoon dose on the very first day. Wait a week, take 2 teaspoons.

Going slower

If you have any side effects, such as an upset stomach, or if 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 teaspoon dose.

Freeze Dried Black Walnut Hull Capsules

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. If you are taking homeopathic medicine the peppermint may neutralize their effect, depending on which homeopathic medicine you are taking. Please ask your Homeopath for details.

Conversion for the Freeze Dried GBWH Capsules

The above dosage information is based on the use of GBWH Extra Strength tincture. When the recipe calls for drops we suggest taking 1 capsule every other day. When recipe calls for teaspoons of tincture use the following conversion:

2 teaspoons GBWH Extra Strength Tincture = 5 capsules

2. Super W (containing 275 mg of wormwood)

Take the following quantities with ½ cup of water, on an empty stomach 20 to 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 one capsule every two days until day 13, when you are up to seven capsules (see chart below). 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 6th day.

3. Cloves

Take the following quantities with ½ cup of water, on an empty stomach 30 minutes to 1 hour before a meal.

Day 1
Take 1 capsule 3 times a day before meals

Day 2
Take 2 capsules 3 times a day

Day 3 to Day 10
Take 3 capsules 3 times a day

After Day 10
Take 7 capsules all together once a week, indefinitely, as described in the Cleanse One Day Chart

CLEANSE ONE DAY CHART

DAY	Black Walnut Hull Extra Strength	Super W Caps	Clove Caps	
	<i>Caps or Drops</i> Drops in ½ cup of water or caps once a day on an empty stomach, 20 - 45 minutes before a meal.	Caps once a day, on an empty stomach, 20 - 45 minutes before a meal or at meal time if you have a sensitive stomach.	Caps 3 times a day on an empty stomach, 20 - 45 minutes before a meal or at meal time if you have a sensitive stomach.	
1	1 drop or 1 cap	1 cap	1 • 1 • 1 cap	
2	2 drops or 1 cap	1 cap	2 • 2 • 2 caps	
3	3 drops or 1 cap	2 caps	3 • 3 • 3 caps	
4	4 drops or 1 cap	2 caps	3 • 3 • 3 caps	
5	5 drops or 1 cap	3 caps	3 • 3 • 3 caps	
6	2 teaspoons or 5 caps	3 caps	3 • 3 • 3 caps	
7	NONE	4 caps	3 • 3 • 3 caps	
8		4 caps	3 • 3 • 3 caps	
9		5 caps	3 • 3 • 3 caps	
10		5 caps	3 • 3 • 3 caps	
11		6 caps	7 caps all at once	
12	NONE	6 caps	NONE	
13		7 caps		
14		7 caps		
15		7 caps		
16		7 caps		
17		NONE		NONE
18				

Two additional supplements, Ornithine and Arginine, may improve this recipe

1. 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 as without it. Ornithine is not habit forming.

2. 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 dinner. 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 may not need to take arginine in the morning.

At this point, you do not need to keep a strict schedule. You may choose any day of the week to take all the Cleanse One program ingredients. You may choose to continue on the Maintenance Cleanse One Program, indefinitely, to nourish your body's protective ability.

Maintenance Cleanse One Program

Take the following once per week on an empty stomach, 20 minutes before a meal. You may take the 3 items at different times in the day, at different days or together:

- 1. Green Black Walnut Hull** - 2 teaspoons or 5 capsules, depending on body weight*
(*If you weigh over 150 pounds, take 2.5 teaspoons)
- 2. Super W** - 7 capsules
- 3. Cloves** - 7 capsules
- 4. Take Ornithine and Arginine** as needed

Inspection

While performing the Cleanse One, you may wish to examine your stools from time to time. To accomplish this you will need an ordinary size metal strainer (about 15 inches long with handle), a pitcher or similar container and a plastic knife. Make sure to mark the strainer "For Bathroom Use Only."

Place the strainer on the toilet bowl rim and target feces to drop into it. Slowly pour water from pitcher on feces to dissolve waste matter and reveal what's inside. Assist discovery procedure with plastic knife.

Cleanse One Program for Children

Attention - You should keep a close watch on children when doing a cleanse program. Consult with the children'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. Instead help them cleanse twice per year or upon advice of your health care professional.

1. 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.

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 flash. It is harmless and soon passes. On day 6, if you choose to keep them on the tincture, give the following:

	GBWH Tincture	Niacinamide
6 Months - 5 Years of Age	½ teaspoon	50 mg
6 - 10 Years of Age	1 teaspoon	100 mg
11 - 16 Years of Age	1½ teaspoon	500 mg

2. Super W and Cloves

Increase dosage one day for each year. For instance, a 4 year old would follow the adult program until day 4, and then stop. A 12 year-old child would follow the adult program until day 12 and then stop, etc.

Again, it is not advisable for children to be on a maintenance dosage of wormwood and cloves. Taking them bi-yearly or upon advice of your health care professional is best.

Cleanse One Program for Pets

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.

Supplies Needed for the Pet Cleanse

A bunch of parsley about 1 to 2 inches (2.5 - 5 cm) thick at stem obtained at supermarket; Green Black Walnut Hull Tincture, Super W, and Cloves.

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 the liquid 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 fourth.

The purpose of the parsley water is to keep the kidneys flowing well so that refuse is eliminated promptly. Pets become 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 your pet 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, the mess 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. You will then 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 your pet's dry food. Do this for a week before starting the cloves.

4. Cloves

Put the smallest pinch possible on your pet's 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 ONE DAY CHART FOR PETS

	Parsley Water	Black Walnut Hull Tincture	Super W Caps	Clove Caps
WEEK	Teaspoons on Food	Drops on Food Cats twice per week Dogs daily	Open Capsule Put small pinch on food	Open Capsule Put small pinch on food
1	1 or more, based on size	NONE		
2	1 or more			
3	1 or more	1 or more*	1 pinch	
4	1 or more	1 or more*	1 pinch	1 pinch
5	1 or more	1 or more*	1 pinch	1 pinch

*See information for Black Walnut Hull

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 and wood alcohol. Do not buy flavored pet food. Pets add a great deal to human lives.

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