



## Kidney Cleanse

### **NOTE (Read Before Cleansing)**

Before you do the Dr. Clark Kidney Cleanse, first do Dr. Clark Cleanse One. It is most advantageous to stay on the Maintenance Cleanse One until (and during) the Kidney Cleanse.

The kidney cleanse is for adults only. Not for children under 16 years. DO NOT take 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.

### **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.*

### **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.

### **Traditional Use**

The Kidney Cleanse includes herbs traditionally used to help nutritionally support the normal cleansing of the kidneys. The use of these herbal supplements is a traditional use that is not intended to be prescribed for, treat, or claim to cure any disease.

### ***“Washing” the inside of your body***

It takes a great deal of liquid to “wash” the inside of your body. Consuming liquids in the form of herbal teas gives you extra benefits and enjoyment if you learn to make them with variations – especially if you want to produce a gallon of urine a day.

### ***Here is what you need in addition to the Kidney Cleanse***

1. Four bunches of fresh parsley for every 14 days. You can obtain those at a health food store or supermarket, a bunch is about 2 inches (5 cm) thick at stems.
2. Two glass jars or jugs with lid.
3. A plastic or bamboo strainer.

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### ***Step I - Preparing for the Root Tea***

1. This is really simple. Pour half a bag each of the Hydrangea, Gravel, and Marshmallow roots into a pot with 10 cups of cold tap water.
2. Add a pinch of vitamin B2 powder into the pot as well.
3. Add 10 drops of Hydrochloric Acid 5%.
4. Let them soak four hours (or overnight). Do not boil immediately. Since each bag is ½ cup, you are using ¼ cup of each root at this time. Close the opened bag carefully and store in a cool, dry, dark place until your next kidney tea boiling.

### ***Step II - Boiling the Root Tea***

1. After four hours (or overnight), heat to boiling and simmer for 20 minutes.
2. Add Black Cherry Concentrate (8 oz. or less depending on taste) and bring back to boiling. The Black Cherry Concentrate is for taste and it supports cleansing. 3. Pour through a bamboo or plastic strainer into glass jars.
4. Drink ¾ cup by sipping slowly throughout the day, but first stir in two drops of Hydrochloric Acid 5%.
5. Refrigerate half of the root tea (7 day supply) to use this week, and freeze the other half for next week (another 7 day supply). Add Hydrochloric Acid 5% at point of consumption, even after pre-sterilizing.

**3 bags of roots, each ½ cup; will last for 28 days.** You can double the time on the cleanse by freezing the used tea herbs after boiling and reusing.

### ***Step III - Making the Parsley Tea***

1. Wash the 4 bunches of fresh parsley, chop it up every 2 inches, and soak in 7 cups of tap water.
2. For sterilization purposes add a pinch of vitamin B2 powder into the pot as well as five drops of Hydrochloric Acid 5% (both optional).
3. Cover the pot, let soak for 2 minutes, then boil for 1 minute.
4. Strain into glass jars or jugs. Throw away the parsley. When cool enough, pour yourself ½ cup. Add 2 drops of Hydrochloric Acid 5%. Sip slowly. You may add this to your root potion.
5. Refrigerate half of the of the parsley tea (3 ½ cups, enough for 7 days) and freeze the other half. Add Hydrochloric Acid 5% at point of consumption even after pre-sterilizing.

#### **Step IV - Tea Dose Routine**

1. Each morning, mix 3/4 cup of the root mixture and 1/2 cup parsley tea, filling a large mug.
2. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc.
3. Then add a tiny pinch of vitamin B2 and 4 drops of Hydrochloric Acid 5%.
4. Drink this mixture in divided doses throughout the day.
5. Keep it cold.
6. Do not drink it all at once or you may get a stomach ache and feel pressure in your bladder.
7. If your stomach is very sensitive, start with half the dose.
8. Both of the herbal teas can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. If you sterilize it in the morning you may take it to work without refrigerating (use a glass container).

#### **Step V - Supplement Dose Routine**

1. Ginger Root - one capsule with each meal (3 per day).
2. Uva Ursi - one capsule in the morning and 2 capsules in the evening.
3. Vitamin B6 - one capsule per day.
4. Magnesium Oxide - one capsule per day.

Take these supplements just before your meal to avoid burping. You do not need to duplicate the B6 and Magnesium doses if you are already on them.

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