



Digestive Aid and Colon Cleanse
Optional directions based on the
Protocols of Dr. Hulda Clark

Dear Customer,

Congratulations on having chosen the Dr. Clark Digestive Aid and Colon Cleanse! Since I want you to have the greatest possible benefits from our cleanses please consider the following carefully:

1. To gain even more benefits from your cleanse, **stay on the Para Cleanse Weekly Maintenance Program for a minimum of 4 weeks to a year.** The benefits are cumulative as the Maintenance Program continues to minimize the effect microorganisms have **due to continuous re-exposure.** Dr. Clark believed that in order to gain 100% of the benefit of the cleanse, it was best to stay on the Maintenance dose indefinitely. This helps **free up your body's energy** for issues that need attention rather than relentlessly fighting microorganisms.*
2. The Dr. Clark Colon Cleanse works synergistically with the Para Cleanse. For even better results take those two programs over the same time period. You will gain on two fronts at the same time; while the Para Cleanse will balance foreign organisms systemically throughout your body the Digestive Aid will optimize your digestion in both your stomach and intestines.*

For good Colon Health it is very important to supplement with enzymes on an ongoing basis. Therefore please take a look at “**Addition Information for the Digestive Aid and Colon Cleanse**”, attached, and choose which digestive enzymes help you the most.

Dr. Clark designed the cleanses for maximum effectiveness without compromising safety. This is why she designed the 18-day Handy Chart; it enables your body to slowly get used to these extraordinarily potent herbs.*

A word of caution: One of the most fantastic cleanse protocols of Dr. Hulda Clark's is the Liver Flush. Never do that cleanse when constipated. In addition, for best results, she highly recommends you stay on the once weekly Para Cleanse maintenance program until you start the flush. Dr. Clark always asked people to stay away from cleanses that contain clay, she found that eminences of clay tended to stay in the intestines.*

If you decide to follow Dr. Clark's directions herein please keep in mind that although it is best to stay as close to the schedule set forth by Dr. Clark, if you miss a day or two you can simply pick up where you left off. If you are traveling please consider the Quick Cleanses, they are easy to take and travel with. Remember to secure your supplies in a timely manner.*

If you need help please give us a call, we will send you a list of health care professionals. I apologize upfront that due to FDA regulations we cannot give medical advice of any sort.*

If you follow the above you can expect some good results!

Self Health Resource Center was established in 1993 with the single purpose to help people live a pure lifestyle. That is still our mission. We now make over 400 supplements, water filters and other goods to help your family succeed in that mission as well.

By the way, please let us know of your experience with the cleanse. Good or bad, we want to hear from you. You never know how much your testimony can help others.*

Thank you,

Oskar Thorvaldsson, Owner
Self Health Resource Center
www.DrClarkStore.com

*PS: Since FDA regulations restrict our advertising please tell your friends.**

To Those Wanting Guidance: We offer a comprehensive resource and reference document that covers a wide spectrum of protocols. Our resources cover Dr. Hulda Clark public protocols, research services, and include links to various Healthcare Professionals (medical doctors, naturopathic doctors, homeopaths, osteopaths, chiropractors, dentists, and many more*.) **Please email us at Service@DrClarkPurity.com for this information.**

***Disclaimer Notice:** Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any health or disease related claims based on her work or otherwise. The directions are provided for educational purposes only and should not be treated as a substitute for the medical advice of your healthcare professional. The cleanses are for adults only. We do not recommend anyone under 18 years to go through the cleanses. However, the Para-Zap cleanse may be suitable for children, but only under guidance of a healthcare professional. **Interaction with Medication and Other Supplements:** If you are taking medications, you should check with your physician or pharmacist before cleansing. You may also search online for: Interaction with Medications and Supplements.



FAQ-Frequently Asked Questions

Q: Which cleanse do I do first?

A: Dr. Clark recommended starting with the Digestive Aid Cleanse. It is beneficial to do the Para Cleanse with the Digestive Aid as it will aid in the cleansing process. You can do the Digestive Aid, Para Cleanse, and Kidney at the same time. Just remember that these are very potent herbs. If you begin having difficulties taking them together, slow down and take one at a time.

Q: Can I do the Liver Cleanse first?

A: It is never recommended to do the liver cleanse before completing all 3 of the other cleanses. The reason for this is if you purge the toxins out of your liver and do not have clear channels of elimination, you run the risk of simply re-circulating the toxins. This can make you very ill.

Q: When do I start the parasite maintenance program?

A: The maintenance program starts 7 days after the last day of the Para Cleanse cleanse.

Q: Do I stop taking the maintenance program while I am taking the other cleanses?

A: No. Just do not take it during the 2-day Liver flush.

Q: How often should I do the cleanses?

A: Dr. Clark recommended everyone to take the Para Cleanse Maintenance Cleanse indefinitely. If you decide not to do that, then consider taking it once weekly for 4 weeks minimum. If you take a break, say for about 3 or 12 months then we recommend you take the 18-Day Para Cleanse Cleanse before you go back on the once weekly Para Cleanse Maintenance Cleanse. You can always take the 18-Day Para Cleanse Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse are always received from the once weekly

Para Cleanse Maintenance Cleanse, so stay on it as long as you can. Do the Kidney Cleanse and Liver Cleanse and Flush yearly. Initially do at least 5 flushes. The Digestive Aid complimented with enzymes should be taken on as needed basis. Remember also to do the enemas once per year.

Q: What are the side effects of the cleanses?

A: You can expect increased elimination from all of the cleanses. Few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your health care professional.

Q: How long are the cleanses?

A: The Digestive Aid Kit is 24 days long. The Para Cleanse Kit is 18 days long. The Kidney Kit is 21 days. The Liver and Gallbladder Cleanse + Flush are Approximately 2 weeks.

Q: Are the cleanses safe for children?

A: Dr. Clark did not recommend any of the cleanses except the Para Cleanse Cleanse be administered to children. We don't recommend you give the Para Cleanse Cleanse to your child unless you do so under careful guidance and supervision of your health care professional.

Q: Are the cleanses safe for my pets?

A: Only the Para Cleanse Cleanse can be adopted for pets. See page???

Q: My family members don't want to take the Para Cleanse Cleanse, what can I do?

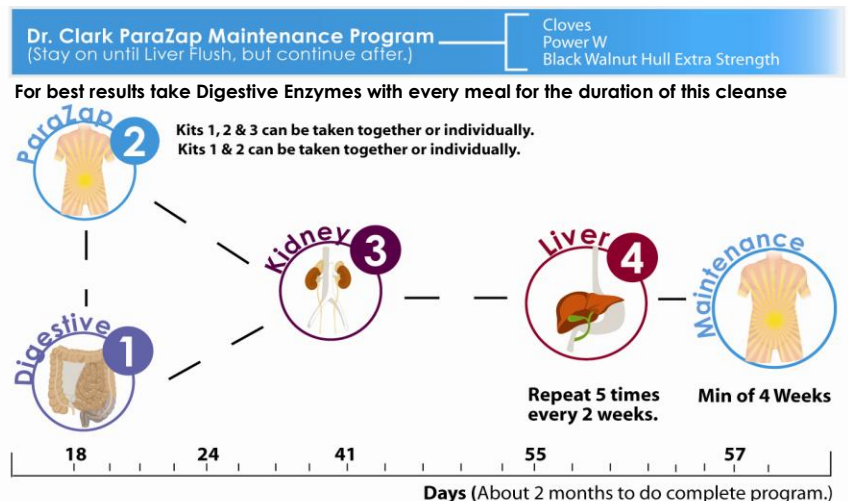
A: Ask your healthcare professional or contact us for the Quick Para Cleanse Cleanse, it is simpler to take.

Q: I can't take alcohol tinctures, what can I do?

A: Ask your healthcare professional or contact us for the Para Cleanse Cleanse with the Freeze Dried GREEN Black Walnut Hull instead of the tincture.

Flow Chart

The Para Cleanse Maintenance Program delivers the greatest benefits if you take it on consistent basis. Dr. Clark wanted people to take it once per week indefinitely, however if you don't want to do that consider taking it for a minimum of 4 weeks or as long as you can. We manufacture many different highly effective **Digestive Enzymes**, all of whom can help you gain greater results in this cleanse program. Contact your health care professional for our **FREE Digestive Enzyme and HCL Information** kit so you can decide for yourself which Digestive Enzymes and HCL supplements to take. You can also get this kit from the internet at www.DrClarkStore.com/enzymes.html





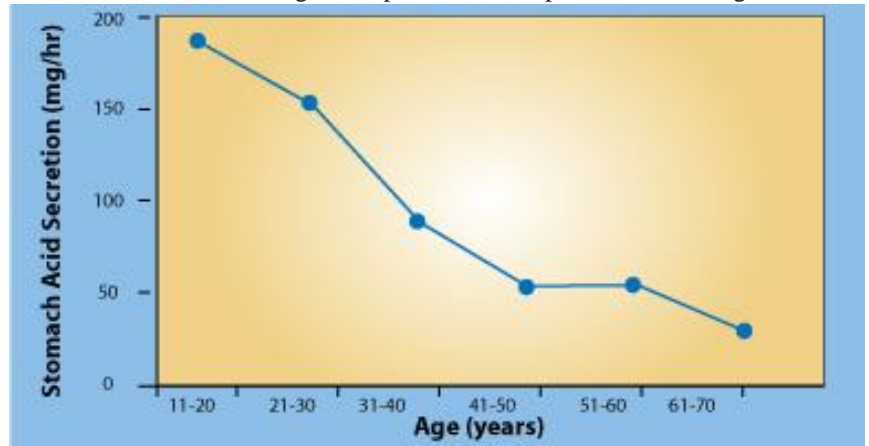
Digestive Aid and Colon Cleanse

Formulated by Hulda Clark Ph.D, Master Herbalist*

Betaine HCL supports your stomach's acid requirements for proper digestion. Stomach acid is essential in maintaining a healthy digestive system by allowing the body to break down proteins and activate enzymes. Dr. Clark finds that acids are important because they help sanitize food in the stomach before it enters the colon, thereby maintaining a balance of microorganisms and flora in the colon.* Contrary to popular belief, excess stomach acid is not the typical cause of indigestion. Often, it is a lack of stomach acid that triggers this occasional discomfort.

Too little acid in the stomach leaves food to putrefy, causing excess gas to expand into the esophagus, producing indigestion, and that feeling of heartburn. In the case of occasional heartburn take more Betaine HCL with meals. Turmeric and Fennel support the optimal balance of good flora and microorganisms in the colon. Cascara Sagrada should only be used when experiencing occasional constipation. Avoid products that mix that herb in formulas as it is habit forming. For optimal results, please use the Digestive Aid simultaneously with the Dr. Clark Para Cleanse. Contrary to popular belief, stomach acid secretion tends to decline with advancing age.

This graph shows mean stomach acid secretion from the second decade to the eighth decade. (From "Why Stomach Acid is Good For You.") by J. Wright, M.D. The human requirement for vitamins, minerals and other nutrients remains relatively constant throughout adult life. Unfortunately, our ability to properly digest food and absorb vital nutrients declines with advancing age. Surprisingly, one of the most common age-related causes of impaired digestive function is the reduction of hydrochloric acid production in the stomach.*



**Per Master Herbalist,
Dr. Hulda Clark**

This cleanse protocol was first published in 1993 and is the result of tireless work and brilliant insights of Master Herbalist, Dr. Hulda Clark who started researching and developing cleansing protocols in 1963.

"The sick have been held hostage for their money or intangible assets since time immemorial. Doctors, even primitive and natural healers, surround themselves with mystery as they use herbs or chemicals and incantations or "prognoses" to help the sick recover. Today, the medical industry (doctors and their suppliers and insurers) takes a significant amount of the worker's earnings. Wouldn't it be nice if they could all go back to gardening or some other primitive and useful endeavor? Wouldn't it be wonderful if the sick could join them?" -- Hulda Regehr Clark, Ph.D., N.D.

Dr. Clark Quick Colon-Bowel Cleanse

Enhance your cleansing power with the Quick Colon-Bowel Cleanse. It contains a ready-made blend of ingredients. Take it to work or carry it with you, so you can have it handy whenever you eat.

"I ordered products for the bowel program, and have had the best restful sleep I have had in years!" - Quote from our Customer Surveys.





Dr. Clark Colon-Bowel Cleanse Standard Handy Chart

Dr. Clark Digestive Aid and Para Cleanse Cleanses help with maintaining healthy bowel movements. For best results, do them at the same time, but remember to start slowly if you are not used to potent herbal remedies. One or two weeks later start the Dr. Clark Kidney Cleanse.

Take the Turmeric and Fennel 7 days straight once per month for as many months as needed. Take the Betaine HCL and Citric Acid with every meal for a minimum of 4 weeks straight. Health care professionals have noticed that when people increase stomach acid with dietary supplements that it encourages the body to start producing more HCL and other enzymes by itself due to a positive feedback loop. But you have to stay on the program for 4 weeks for having a chance of that. Remember that to get good results you need to complete the Para Cleanse and stay on the Once Weekly Para Cleanse Maintenance Program.

Day	Turmeric	Fennel	Betaine HCL#	Citric Acid#	Cascara Sagrada
	Each dose in the morning, afternoon and evening. On an empty stomach. 13 minutes before a meal.		Take with meal. Never with coffee and not on empty stomach.		Take at bedtime as needed with a full glass of water. Adults & children age 12 and over: Take 1-2 capsules. Children under 12 years of age: Consult a healthcare professional. Do not exceed recommended dose.
1	1•1•1		1•1•1		
2	2•2•2		2•2•2		Other good natural laxatives are Epsom Salt (Item# 10900-10) and Senna Tea (Item# 10189-25)
Onward	2•2•2		2•2•2		
INTENSIVE USE:	Take up to amount of caps indicated.				
1	1•1•1		1•1•1		Do not take laxatives for more than 1 week as frequent or prolonged use may result in dependence.
2	2•2•2		2•2•2		
3	3•3•3		3•3•3		
4-7	3•3•3		3•3•3		

#Note: Betaine helps raise your stomach's acid levels to optimal levels. In the case that acid levels are too high, discontinue the use of our supplements and call your Healthcare Professional. Always take with meals. Do not take with coffee.

Tip: Continue to take the remaining Turmeric Capsules for added Digestive Health. For best results take the Digestive Aid Cleanse and Para Cleanse at the same time. **For good Colon Health it is very important to supplement with enzymes on an ongoing basis.** Therefore please take a look at "Addition Information for the Digestive Aid and Colon Cleanse", attached, and choose which digestive enzymes help you the most.



Dr. Clark Digestive Aid and Colon Cleanse

Formulated by Hulda Clark Ph.D, Master Herbalist*

Many people equate the digestive system with the colon. Hence the popularity of “Colon Cleanses.” The fact is that the function of the colon is closely dependent on the stomach, liver, kidneys and pancreas.

For example, if your stomach does not produce enough Hydrochloric Acid (HCL), which is the most common age related cause of impaired digestive function, your food will not be sanitized properly before entering the colon and digestive enzyme production will be lacking. This results in poor colon health.

When it comes to digestive health, don't focus only on the colon, focus on the entire digestive system.

Consider This: 60-80% of the body's energy is used on digestion. The remaining systems in your body (immune, respiratory, reproductive, cardiovascular, nervous, and muscular) share only 20-40% of your total energy. So guess what happens when one or more of these systems are challenged? Your body “steals” energy from the digestive system.

This is why a digestive problem is often the first clue that there may be a problem in another system. This is also why Dr. Hulda Clark always started with supporting the digestive system, no matter what the problem was.

You should pay attention when you experience the following digestive functions can indicate that the culprit is somewhere else entirely.

If you put up with any of the following discomforts, you may benefit from both the Parasite and Colon Cleanses:

- Acid Reflux
- Food Cravings
- Bloating
- Gas & Flatulence
- Occasional Diarrhea
- Occasional Constipation
- Heartburn & GERD
- Indigestion
- Irritable Bowel (IBS)
- Leaky Gut

- Yeast & Itching
- Liver Toxicity
- Fatigue
- Weight Gain
- Low Energy
- Dry/Oily Skin
- Headaches/Migraines
- Allergies
- Brain Fog

When the body “steals” energy from the digestive system, it can't balance the stomach acid or produce enough enzymes for a smooth operation.

Many people are unaware of this connection between the digestive system and other systems of the body.

Supporting the digestive system has two main purposes: **First**, to improve digestion, and **second** to free up energy to be used elsewhere in the body. By supporting your digestive system, you are in fact allowing your body to spend sufficient energy on all the other systems in your body.



Enemas

Disclaimer: To follow is information based on Dr. Hulda Clark's writings. This information is provided for educational purposes only. Use it only under careful guidance and supervision of your health care professional.

Dr. Clark recommended people do an enema daily for one week to maintain bowel function, alternating the below varieties. If you have none of these solutions available, use plain salt water, 1 tsp. per quart. In the absence of salt, use plain water. Remember, you must move your bowels or cleanse at least once a day.

1. **Lugol's Enema:** (Not for persons who are allergic to iodine.) Add 2 tsp. of Lugol's iodine 2% Solution to 1 quart of very warm water (giving you 4 doses). Administer enema slowly and hold internally as long as possible.
2. **Enzyme Enema:** Mix a capsule of digestive enzymes with plain enema water.
3. **GREEN Black Walnut Hull Extra Strength Enema:** Add 1 to 4 tsp. of Black Walnut Hull Extra Strength to 1 quart of very warm water.

Dr. Clark Handy Enema Tips

- Sanitation is important. Spread out a large plastic trash bag on the bathroom floor; also have handy plastic grocery bags and a paper plate. Set a chair nearby, too.
- Wipe away the lubrication grease the manufacturer has put on the end of the hose. You don't want this to enter your body. Use olive oil or soap instead.
- After filling the bucket with enema solution, run some through the tubing until the air is out of it and close the pinchcock. Place it on the grocery bag.
- Lie on your back. Insert the applicator tube as far as you comfortably can. Then lift the container with one hand while opening the valve with the other. The higher you lift it, the faster it runs. Take as much time as you need to run it in. You may wish to set the container on the chair. Very warm liquid is easier to hold. Don't force yourself to hold it all. At any time you may close the valve, withdraw the applicator, and place it on the grocery bag.
- Hold the liquid as long as you can. You get better with practice.

Enema CLEANUP:

- Consider the whole apparatus contaminated.
- First, wipe the applicator tube.
- Fill the Enema Bucket with water and run it through the hose into the toilet. Repeat until it appears clean.
- Fill it with water again and add Lugol's iodine until water is golden brown, run a little bit of Lugol's water through the hose. Store solution in Enema Bucket and hose for 3 minutes. Empty then air dry Enema Bucket.
- Throw away all the plastic bags, making sure nothing spills. Then wash your hands with sanitation spray.

If all went well, you may risk taking the next enema on your bed. If not take a shower and stick to the floor location.

Hot Water

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

Peppermint and Senna Tea

Steep 1 bag of each in 6 oz. water. Peppermint is cooling and calming. Clinical studies have shown that peppermint is beneficial for occasional spasms, diarrhea, and urgency (it will not cause or worsen constipation). Senna Tea is a laxative. Use it sparingly on as needed basis. Do not use routinely.



Health Tip!



Always deal immediately with food poisoning, if you let it run its course you are risking having to deal with H. Pylori later on, since food poisoning leaves your stomach vulnerable to such hardy invaders that doctors prior to the discovery of H. Pylori called ulcer.

Lugol’s Stomach Saver!

Directions: Regular Use

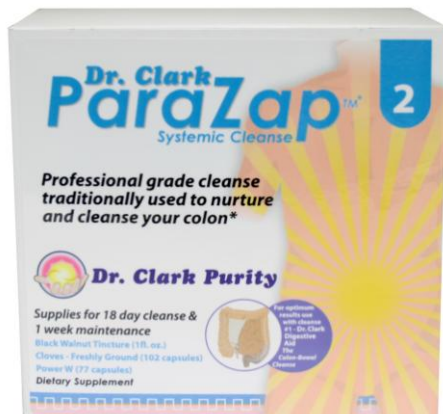
Adults over 18 years take 1.06 mg Iodine in ½ (one-half) drop per day. Put one drop in a glass of water and drink half of it, or take according to the direction of your healthcare professional.

Directions: Intensive Use

Take up to 12 drops in 1/4 glass of water.

Warning: If food poisoning persists, contact a health care professional or go to the ER. This product should only be taken if you are not allergic to iodine.

Dr. Clark Systemic ParaZap Cleanse



The ParaZap Cleanse is fundamental to a Complete Colon Cleanse Program.

Benefits of the Parasite Cleanse

You can provide your body the herbal support it needs to rid itself naturally of these dangerous critters. Our bodies have developed natural defenses to combat parasites. *

The herbs in **Dr. Clark Parasite Cleanses** have been used traditionally to support normal parasitic cleanse function. Ethnographic and herbal studies over recent years tend to support this traditional use.*

- No change in diet needed*
- Potent anti-parasitical, anti-bacterial, anti-fungal and anti-yeast support*
- Aids in healthy balance of gastrointestinal microflora*
- Aids in elimination of parasites from the body*
- Necessity for people returning from abroad*
- The whole family- Pets included!
- Fewer ingredients maximum strength
- Superior potency

GREEN Tincture of the Fresh Black Walnut Hull

The Green Tincture from the Black Walnut Hull Tree is Extra Strong and far surpasses the potency of any of the tinctures available anywhere else online and from health food stores. This is because of four facts:

First, it contains tincture made from the highly potent **green hulls** of the Black Walnut. This is important because the green hull contains up to 10 times the amounts of Juglone, an essential ingredient in the tincture. (lab tests on file)

Second, it is extra strength; meaning it contains double the amount of Black Walnut Hull contained in regular strength tinctures. The Tincture strength in our Black Walnut Hull Tincture (hull:solvent) is 1:0.69. This means it contains 1 part Hull against 0.68 parts 40% grain alcohol (the alcohol level in the finished tincture is less)

Third, the tincture is packed in various size bottles, filled to the brim allowing minimum exposure to oxygen and is not packaged with a rubber dropper that can contaminate the tincture. You actually get more than the volume stated on the bottle. This helps you maintain maximum freshness.



Information Articles

Parasites can affect us in various ways, symptoms are NOT ALWAYS DETECTED, but may include*:

- Allergies
- Bed-wetting
- Brain fog
- Diarrhea or constipation
- Digestive complaints (gas, bloating, cramps)
- Disturbed sleep
- Exhaustion
- Irritability/nervousness
- Irritable Bowel Syndrome
- Joint pain
- Muscle cramps
- Overall fatigue
- Pain in the navel
- Persistent skin problems
- Post-nasal drip
- Ravenous appetite (or loss of appetite)
- Rectal itching
- Sugar craving
- Teeth grinding

Parasites enter the body in various ways

- From Others: kids and adults alike with parasites, from pets and mosquitoes, snails*
- Ingestion: water, fruits, vegetables, raw or rare meat or fish (sushi); pets*
- Inhalation: tiny eggs float on dust particles, especially if we have pets*
- Through our skin: especially the bottom of feet*

Parasites travel throughout our bodies, live off what we eat and even our cells, and leave their toxic waste behind. When they live inside us, they drain our inner resources, debilitating us.*

Not Rare in North America

The medical profession for decades has ignored the existence of parasites. Thanks to Discovery Channel program "Monsters Within Me" and the reporting of Dr.

Jonica Newby, the public's awareness to the existence of parasites has increased. Parasites infect more than 2 billion people worldwide. Persistent skin problems, digestive difficulties, constipation and a wide range of other complaints are linked to parasites. In some cases, parasites kill.*

In 1993, an outbreak of cryptosporidium in the water supply in Milwaukee, WI, sickened over 400,000 people, causing watery diarrhea and other digestive symptoms. Over 100 people died from that incident.*

The Centers for Disease Control (CDC) estimates that 76 million people pick up parasites from food every year in the United States, and by the year 2025 scientists estimate that half of the world's population will be infested with some type of parasitic infection. Parasites are more common in North America than ever before. Parasites spread because of global travel, pollution, increased crowding of children together in day care centers, military personnel returning from infested areas, household pets, overuse of antibiotics and other drugs, infected food and water, exposure to multiple romantic partners, and community swimming pools.*

According to Dr Jonica Newby from Australia, scientists have uncovered the remarkable story of a parasite that can take over a rat's brain, making it lose all fear of its mortal enemy - the cat. And with 50% of Australian humans infected by the same parasite, it makes you wonder - can it do the same in us? Dr. Clark claims it can. Her theories state that humans are infested by parasites that give off neurotoxins that instruct the body to stay constipated.*

A common type of parasitic worm found in digestive systems of North Americans, pinworms are called nematodes, or roundworms. They dwell in the upper portions of our large intestines and appendix and are easily transmitted through direct contact with pinworm eggs found on contaminated furniture, bedclothes or doorknobs.*

According to Ann Louise Gittleman, PhD, CNS, author of Guess What Came to Dinner, "These masked marauders mimic other diseases, so they are often misdiagnosed. Without proper detection and treatment, parasites can linger in the body wreaking havoc for up to 30 years."*