



Annual Cleansing Calendar

Bring brightness and health to body and life

BROWSE PRODUCTS



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Resources brought to you by
Herba Farmacy Natural Healing

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A Simple Yearly Plan for two cleansing cycles

The first cleaning cycle – January to May



 **January**

Ensure you are still on the [Parasite Cleanse](#) and restart it again if you have lapsed. The weekly maintenance cleanse is the crux of the program and consists of 7 capsules of Cloves, 7 capsules of Wormwood and 2 capsules of freeze-fried Black Walnut/ 2 teaspoons of Black Walnut tincture, taken together as a single dose, once a week.

Tapeworms and Ascaris worms are particularly resistant to parasite herbs and need special attention. Dr Hulda Clark uses a [Mop-up program](#). However, we are hesitant to suggest it routinely as we know many of you are may be mercury-toxic and also [sulfur-intolerant](#). The use of high doses of cysteine (a sulfur supplement) carries with it the risk of moving a lot of metals and hurting sulphur sensitive people. For this reason, if you are sulfur sensitive, we encourage you to use something like Vermox, (which is a commonly available deworming tablet found in many countries pharmacies without prescription (e.g. South Africa), though this is difficult to get in some other countries (e.g. Canada, as doctors are under the mistaken impression humans don't routinely get worms). The usual recommendation from pharmacists is to de-worm every 12 months for adults and every 6 months for kids. Get the 100mg tablets and take one tablet twice a day for six consecutive days to eradicate these tough parasites. Do this at the same time as your 'Parasite top-up program' of 7 cloves, 7 wormwood and 2 teaspoons of black walnut tincture for 6 days and then shift to the parasite maintenance cleanse.





✓ February

Start your Bowel Cleanse on the first day of February. It is a 1 week process.



✓ March & April

Start your Kidney Cleanse on the first day of March. It is a 6 week process.

Do your **Liver & Gall-bladder Flush** around 21st March (it is a one-day process).

Continue the **Kidney cleanse** for at least two weeks after this, in order to clear the debris you have mobilized from the liver towards your kidneys.

Make sure you have a colonic treatment soon after the liver flush (ideally within two days) to clear stones that may have lodged in your colon.

(Those people chelating strictly according to the Cutler protocol may choose to avoid the Liver Flush as his protocol does not encourage it)



✓ May

Take **Liver Herbs** for 4 weeks. The liver and gall bladder flush moves stones out of the bile ducts and does not clean the cells of the liver.

To do this take one milk thistle capsule with each meal and 1000iu of Natural Vitamin E throughout May to clean the cells of your liver. If you are interested in what other herbs Dr Clark suggests for the liver.



The second cleansing cycle – June to October

✓ June

Ensure you are still on the [Parasite Cleanse](#) and restart it again if you have lapsed.

The weekly maintenance cleanse is the crux of the program and consists of 7 capsules of Cloves, 7 capsules of Wormwood

and 2 capsules of freeze-fried Black Walnut/2 teaspoons of Black Walnut tincture, taken together as a single dose, once a week.



✓ July

Start your [Bowel Cleanse](#) on the first day of July. It is a 1 week process.





✓ August & September

Start your Kidney Cleanse on the first day of August. It is a 6 week process,

Do your **Liver & Gall-bladder Flush** around 21st August (it is a one-day process).

Continue the **Kidney cleanse** for at least two weeks after this, in order to clear the debris you have mobilized from the liver towards your kidneys. Make sure you have a colonic treatment soon after the liver flush (ideally within two days) to clear stones that may have lodged in your colon.

(Those people chelating strictly according to the Cutler protocol may choose to avoid the Liver Flush as his protocol does not encourage it)

✓ October

Take **Liver Herbs** for 4 weeks. The liver and gall bladder flush moves stones out of the bile ducts and does not clean the cells of the liver.



To do this take one milk thistle capsule with each meal and 1000iu of Natural Vitamin E throughout May to clean the cells of your liver. If you are interested in what other herbs Dr Clark suggests for the liver.

