



Dr Hulda Clean Ups

For the body, dental, diet, and home.

PURCHASE CLEAN UP KITS



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BODY CLEAN UP

We are living in a very fortunate time. We are not expected to all look alike! The 60's brought us this wonderful freedom. Freedom to dress in a variety of styles, use make-up or no make-up, jewelry or no jewelry, any kind of hair style, any kind of shoes.

You will need to go off every cosmetic and body product that you are now using. Not a single one can be continued. They are full of titanium, zirconium, benzalkonium, bismuth, antimony, barium, strontium, aluminum, tin, chromium, not to mention pollution solvents such as benzene and PCBs.

Do not use any commercial salves, ointments, lotions, colognes, perfumes, massage oils, deodorant, mouthwash, toothpaste, even when touted as “herbal” and health-food type. Find recipes for homemade substitutes.



People are trying desperately to use less toxic products. They seek health for themselves. So they reach for products that just list herbs and other natural ingredients. Unfortunately, the buyers are being duped. The Food and Drug Administration (FDA) requires all body products to have sufficient antiseptic in them. Some of these antiseptics are substances you must avoid! But you won't see them on the label because manufacturers prefer to use quantities below the levels they must disclose.

And by using a variety of antiseptics in these small amounts they can still meet sterility requirements.

The only ingredient you might see is "grapefruit seed" or similar heal thy-sounding natural antiseptic. This is sad for the consumer of health food varieties.

- I have seen rocks sold as "Aluminum-Free Natural Deodorant". You rub the rock under your arms. It works because the rock is made of magnesium-aluminum-silicate.
- Men's hair color has lead in it.
- Lipstick has barium, aluminum, titanium.
- Eye pencil and shadow have chromium.
- Toothpaste has benzene, tin, and strontium.
- Hair spray has propyl alcohol and PCBS. BEWARE! Stop using it today.
- Shampoo, even health varieties, has propyl alcohol! BEWARE! Stop using it today.
- Cigarettes have lead, mercury, nickel and Tobacco Mosaic virus.
- Chewing tobacco has ytterbium

Some of the unnatural chemicals listed are present because of residues in the manufacturing process, but others you will actually see listed on the label!

Propyl alcohol and wood alcohol are present because the tubing used to fill the bottles is sterilized and cleaned with them. Ice cream machines are "oiled" with a gel containing petroleum products. This could explain why I always find benzene in ice cream.

How can propyl alcohol in shampoo get into your body in significant amounts? The skin is more absorbent than we realize, and time and time again I see cancer victims who have gone off every body product except their favorite shampoo. They harbor propyl alcohol until they make that final sacrifice. It is better, to switch shampoos than to not need any due to radiation and chemotherapy!

Find recipes for easy-to-make, natural cosmetics. But you might consider just stopping them all. Especially if you're going on vacation.

Use nothing that you wouldn't use on a new-born baby. This is a permissive age. You will be the only one feeling "naked." Others won't even notice.

Don't forget advertising is aimed at you, even if other people's eyes are not!

Don't even use soap unless it is homemade soap (see *Recipes*) or borax straight from the box. Borax was the traditional pioneer soap. It is antibacterial and can be made into a solution. It is also a water softener and is the main ingredient in nonchlorine bleach. Borax can remove grease, too, and some stains. But even borax is not natural to your body and it is therefore wise to use as little as necessary. See *Recipes* for antibacterial borax soap.

- **Don't use toothpaste**, not even health-food varieties. To clean teeth, use plain water or chemically pure baking soda (see *Sources*)-but dissolve it in water first, otherwise it is too abrasive. Or brush with hydrogen peroxide food grade, not the regular variety (see *Sources*). Don't use floss; use 2 or 4-pound mono-filament fish line. Floss has mercury antiseptics (with thallium pollution!). Throw away your old toothbrush – solvents don't wash away.
- **Don't use mouthwash**. Use saltwater (aluminum-free salt) or food grade hydrogen peroxide (a few drops in water).
- **Don't use hair spray**.
- **Don't use massage oils** of any kind. Use olive oil.
- **Don't use bath oil**. Take showers, not baths, if you are strong enough to stand. Showers are cleaner.
- **Don't use perfumes or colognes**.
- **Don't use commercial lotions or personal lubricants**.

Stop Using Supplements



Safe Supplements



DENTAL CLEAN UP

The Amalgam Era may soon be known as the darkest era in human history. Darker than cannibalism, headhunting, throwing Christians to the lions, burning non-Christians at the stake or having two world wars. The amalgam disaster was perpetrated on the very young and very old, on the sick and the healthy, and on women as well its men, much less selective than primitive atrocities.

The toll taken by persuading all these people to accept mercury mixtures to suck on day and night is unimaginable. It started the hundred-year slide downward of our immune power, our only defense against extinction.

The purpose of this dental clean up is:



The visit to the dentist



Your antiseptic is best – Make your own!



Save the pieces



Huggins Cavitation Cleaning



Arechiga Gum Cleaning

The second task after extracting your metal teeth and cleaning cavitations is to **remove imbedded amalgam** from the gums. This procedure has been developed by Dr. Benjamin Arechiga of Mexico. Each quadrant of your mouth needs an amalgam clean up. The top of the gum line will be gray from absorbed mercury. It is easiest for you to have this done while extractions are being done. The dentist begins by cutting a straight line on top of the bony



ridge of the jaw where teeth once were.

Next, he/she snips away 1/8 inch (3 mm) of the gum on each side of the incision. Two ribbons 1/8 inch wide and extending from the wisdom teeth to the closest front teeth are discarded. The remaining gum tissue stretches over the top easily and is sutured over. Surprisingly, the new gum tissue is more elastic and heals **much faster** than the old, mercury-saturated gums. You can count on your gums being healed in two to three days. We call it the Arechiga technique, after the oral surgeon who invented it. While the dentist is cutting out mercury-drenched gum tissue, the exposed bone can be cleaned of old amalgam bits that are easier to spot now.

DIET CLEAN-UP

Safety is our main concern. Safety from live parasites, safety from harmful bacteria, safety from solvents, carcinogenic dyes, and mold. Safety from asbestos. And from silicone (defoamer) and acrylic acid which turns into acrolein.

Yet making tasty food is important so you can truly enjoy it. To achieve this with ease and efficiency, you will need to equip the kitchen with:

- * A stainless steel pressure cooker and glass bowls with lids to fit inside.
- * A blender; an additional juicer/extractor is optional.
- * An ozonator.
- * A bread maker.
- * A microwave oven for sterilizing (optional).
- * Plastic cutlery.
- * Glass or enamel pots and pans (not metal).
- * Glass jars and bowls for food storage (not plastic). Some should have lids and fit inside the pressure cooker.

To cook use glass or enamelware, not metal. To fry use glass or enamelware; occasional (once a week) use of Teflon or Silverstone is allowable. To bake use glass,

enamel, or Tefloncoated ware. Do not use special sprays to grease; they contain silicone, which I detect in tumors. Use lard, butter, olive oil, or coconut oil which do not turn into acrylic acid. To microwave use low-wattage (600w) with a rotating plate.

The principles to observe are:


- * Avoid asbestos, heavy metal, and silicone contamination.
- * Detoxify dyes, benzene and mycotoxins.
- * Sterilize everything
- * Don't overheat unsaturated fats

All fruits and vegetables were grown in soil that was fertilized and had filth in it. Dust and dirt made contact with the food. This explains why the Syncrometer finds rabbit fluke parasites on all of it. Ascaris eggs as well as tapeworm eggs and hosts of bacteria are all present. All meats, poultry and fish are similarly contaminated. Even chicken eggs, though shielded by bacteria-proof shells, have rabbit fluke within!

Only a few fruits are so safe they don't need extra caution: watermelon, cantaloupe, and honeydew melon. The thinner- peeled fruits, including bananas, avocados, and citrus require careful sanitizing.

Yet simple ways have been found to make food safe. Not merely cooking and baking the old-fashioned way. These fail to kill rabbit fluke and Ascaris eggs, although they do kill many pathogens. Not merely pressure-cooking, which kills more, but still fails to kill Ascaris eggs in hard foods. Not microwaving with its uneven temperatures. But with simple stomach-like chemistry!

Canned food is not safe either. The dust and dirt on the food prior to canning did not get sterilized. Even canned meat did not get sterilized, the temperature stayed too low. Roasted meats or turkey, even if oven-baked, are not safe; the temperature did not go high enough. Although the temperature may have been set at 400°, the food in the oven is considered done at 185°F and lower! Nothing goes beyond boiling point as long as water is present. Although microwave temperatures go much higher, it does not heat evenly.

Nothing presently employed in the art of cooking reaches the 250°F (121°C) that is considered minimum in a hospital to sterilize bandages or instruments. 

But an ordinary child can sterilize all the food it eats! Without heat or equipment and, while eating with dirt-laden hands, the food is sterilized. The stomach is left with no more bacteria than there were before eating, about 10 bacteria per

teaspoonful of stomach juice. The amazing chemical is simple hydrochloric acid. It is called muriatic acid when it is used by plumbers to dissolve lime deposits. Plumbers must use this very carefully or it will dissolve sink, stool and cement! It could dissolve your teeth! It all depends on its concentration.

A child's stomach has 1000 times more hydrochloric acid (HCl) than most adults over 50 years old (pH 2 versus pH 5; every pH number smaller represents 10 times more acid).

It is not surprising, then, that 2 drops of hydrochloric acid kills all the rabbit flukes, Ascaris eggs, tapeworm stages, and bacteria in one 8 oz. cup of 2% milk. The HCl must be USP Grade diluted to 5% in strength (a little stronger than vinegar). And although one drop is sufficient, I prefer to err on the side of safety by doubling this. This is chemical sterilization at its finest duplicating the body's very own chemistry.

Would it not be wiser, though, to stimulate the stomach's own production of HCl rather than adding it belatedly? Indeed it would. But a way of doing this must first be discovered. This discovery would surely be the closest to the "fountain of youth" ever imagined.

Meanwhile, we can make sure that we stop eating filth with our food for the first time since humans domesticated animals. Yet we must not dissolve our teeth nor disturb our body's acid/base balance by using too much HCl.

Our chloride levels and bicarbonate or carbon dioxide levels are regularly included in blood tests. If you are getting too much HCl, you could expect the body to be too acid; the chloride or CO₂ levels would be too high, while bicarbonate is too low. We easily see there is no tendency for chloride to creep upward after three months of use at the level of 45 drops daily, besides what was used in cooking. Nor did the urinary pH reflect greater body acidity; it remained at 6.0. Evidently, this amount of chloride (2.62 mEq) is negligible out of a blood total of over 500 mEq. In spite of this assurance, however, I recommend that you do not exceed 45 drops daily, not counting the drops used in food preparation before serving.

Just how to prepare each food and be sure it is sterilized is given in the table that follows.

The rules are:

1. If it has asbestos contamination, peel it, or wash thoroughly and core widely.
2. If it has molds, dip in HCL water (2 drops per cup).
3. If it has dye or benzene (pesticide) contamination, add vitamin B2 powder. Only a pinch is needed, and you may add it to the HCL wash, if appropriate.
4. If it has dust or filth, as all vegetables must, cook them twice. After cooking the



first time, cool for 10 minutes. This seems to be the trigger that forces parasite eggs to hatch, making them vulnerable. Then bring to a boil again for 5 minutes to kill all the newly hatched larvae. Always use salt in cooking to raise the boiling point. Since salt, except pure salt, needs sterilizing itself, be sure to add it before you finish cooking.

5. If it has a hard center, like rice or beans, dried peas and lentils, use a pressure cooker to kill E. coli and Shigella bacteria that also survive regular cooking at the center. After a 15 minute cooling-off period, cook them a second time. Again, cooking the first time merely hatches(!) the Ascaris eggs and cultures(!) bacteria deep within these foods.

6. Nearly all supermarket produce has been sprayed to retard sprouting or mold growth or wilting, or to give better color, or as pesticide. All, including bananas and avocados must be soaked in hot water twice for one minute each time, drying both times. This removes spray wax, asbestos, dyes, lanthanides, and benzene altogether. If you soak longer, they re-enter the food.

7. Finally, when adding HCl to food, add two drops per serving of each item on your plate, unless otherwise noted (e.g. 2 drops on potatoes, 2 drops on green beans, etc.). Don't sterilize water or Lugol's water.

HOME CLEAN-UP

This is the easiest task because it mostly involves throwing things out. Hopefully your family and friends will jump to your assistance.

- The basement gets cleaned.
- The garage gets cleaned.
- Every room in the house gets cleaned.



Your Basement



Your Garage



Special Clean-Up for Freon (CFC's)



Special Clean-up for Fiberglass



Special Clean-up for Asbestos



Your House



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