

**Dr. Hulda Clark's Kidney Cleanse, Liver Cleanse, Bowel Cleanse,
and the 18 Day Herbal Parasite Cleanse
Herbal Recipes © Copyright 2004 by Hulda Regehr Clark, Ph.D., N.D.**

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Hulda Clark's Kidney Cleanse

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- 1/2 cup dried hydrangea root, organic, (c/s)
- 1/2 cup gravel root, organic, (c/s)
- 1/2 cup marshmallow root, organic, (c/s)
- 4 bunches of fresh parsley
- ginger capsules
- Uva Ursi capsules
- Black Cherry Concentrate, 8 oz., tested
- vitamin B6, 250 mg
- magnesium oxide, 300 mg in powder form

"All herbs should be tested for thallium and laundry bleach pollution. Organic varieties are less likely to have these. Do not ozonate them. Zappicate later.

Measure 1/4 cup of each root (this is half your supply) and set them to soak, together, in 10 cups of water, using a stainless steel saucepan tested for seeping. After four hours or overnight, add 8 oz. black cherry concentrate, heat to boiling and simmer for 20 minutes. Drink 1/4 cup as soon as it is cool enough. Pour the rest through a stainless steel strainer into a HDPE container. Refrigerate.

Find fresh parsley at a small neighborhood grocery store where the water has the correct disinfectant bleach. Give it 2 very hot washes. Boil the fresh parsley in 1 quart of water, or as much as needed to cover it, for five minutes (rolling boil). Drink 1/4 cup when cool enough. Freeze 1 pint and refrigerate the rest. Throw away the parsley.

Dose: Each morning, pour together 3/4 cup of the root mixture and 1/2 cup parsley water, into a safe cup. Drink this mixture in divided doses throughout the day. Refrigerate. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose.

Save the roots after the first boiling, storing them in the freezer. After 13 days when your supply runs low, boil the same roots a second time, but add only 6 cups water and simmer only 10 minutes. This will last another 8 days, for a total of three weeks.

After three weeks, repeat with fresh herbs. You need to do the Kidney Cleanse for six weeks to get good results, longer for severe problems.

Also take:

- ginger capsules: 2 with each meal (6 a day)
- Uva Ursi capsules: 2 with each meal (6 a day)
- vitamin B6 (250 mg): one a day
- magnesium oxide (300 mg): one a day...

...Take these supplements just before your meal to avoid burping...

Some notes on this recipe: this herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every third day if it is being stored in the refrigerator; this resterilizes it. If you sterilize it in the morning you may take it to work without refrigerating it (use a HDPE container or a zippered plastic bag inside a jar). Fold the bag over the edge to drink it.

When you order your herbs, be careful! Herb companies are not the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier.

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Liver Cleanse

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Preparation

- ...Zap daily the week before, or get through three weeks of parasite-killing before attempting a liver cleanse. If you are on maintenance parasite program, you are always ready to do the cleanse.
- Completing the kidney cleanse before cleansing the liver is also highly recommended...

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no pills or vitamins that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before. Even stop zapping and taking drops.

Ingredients

Epsom salts	4 tablespoons
Olive oil	half cup (light olive oil is easier to get down)
Fresh pink grapefruit...	1 large or 2 small, enough to squeeze 1/2 cup juice (you may substitute a lemon, adding water or sweetener to make 1/2 cup liquid)
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Pint jar with lid	
Black Walnut tincture, any strength OR 2 freeze-dried capsules	10 to 20 drops...

Double hot wash the grapefruit. Zappicate the oil... or add a few drops of HCl to the bottle and shake.

Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk)... Limit the amount you eat to the minimum you can get by on...The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 tbsp. in three cups water and pour this into a safe jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving (3/4 cup) of the ice-cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbp. in 3/4 cup water now. You may add 1/8 tsp. vitamin C powder to improve the taste. You may also rinse your mouth.

Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another 3/4 cup of Epsom salts.

You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup. You may use lemonade. Add this to the olive oil. Also, add Black Walnut Tincture or have freeze dried capsules ready instead. Close the jar tightly and shake hard until watery (only fresh citrus juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late...

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use salad dressing, cinnamon, or straight sweetener to chase it down between sips. Take it to your bedside if you wish. Get it down within five minutes (15 minutes for very elderly or weak persons).

Lie down immediately... Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). **Go to sleep**, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the [parasite killing herbs](#) and [zap](#). By supper you should feel recovered.

Alternative Schedule 1: Omit the first Epsom salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture and go back to bed. After 4 more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove.

How well did you do? Expect diarrhea in the morning. This is desirable. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is [proof](#) that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol and automotive grease inside... You may repeat cleanses at two week intervals. Never cleanse when you are ill..."

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Hulda Clark's Bowel Program

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"Bacteria are always at the root of bowel problems, such as pain, bloating and gassiness..."

One reason bowel bacteria are so hard to eradicate is that we are constantly re-infecting ourselves by keeping a supply on our hands and under our fingernails...

1. The first thing to do is improve sanitation. Use 70% (approx.) grain alcohol in a spray bottle at the bathroom sink. Or Lugol's Iodine, one drop per cup water. Sterilize your hands after

- bathroom use and before meals by spraying or dipping them.
2. Second, take Lugol's solution, six drops in 1/2 cup water 4 to 6 times daily...
 3. Third, use turmeric (2 capsules, 3 times daily). This is the common spice... Expect orange colored stool. Increase to 6 capsules (1 tsp.), 3 times daily for serious problems.
 4. Fourth, use fennel (2 capsules, 3 times daily). Take turmeric and fennel, one after the other and 1 minute after Lugol's for fastest relief.
 5. Fifth, take four digestive enzyme capsules all together, any variety.
 6. Sixth, take 1 tsp. tincture or 2 capsules freeze-dried Black Walnut, preferably at bedtime.
 7. Seventh, do a Lugol's-turmeric enema or a Lugol's-turmeric-fennel enema once a day as described on page 269.
 8. Eighth, if you are constipated, take Cascara sagrada, an herb. Start with one capsule a day, use up to maximum on label. Take extra magnesium (300 mg magnesium oxide powder, two or three a day), and drink a cup of hot water (flavored is fine) upon rising in the morning. This will begin to regulate your elimination...

With this powerful approach, even a bad bacterial problem should clear up in two days."

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