



Self Health Resource Center DrClarkStore.com

LEADER IN PURITY since 1993

The **Kidney Cleanse** consists of a group of herbs and nutraceuticals that work in a synergistic manner for optimal cleansing, and helps to support the body's ability to maintain proper kidney function.*

We live in a toxic world. We are exposed to chemicals that didn't exist 30 years ago. Everyday harmful chemicals such as Malathion, butyl acetate, livestock hormones and nitrous oxide are polluting our bodies. And that's just a start. Picture a car's oil filter that hasn't been changed in three years. Imagine the gunk! Now imagine a filter that processes 50 gallons of blood and extra water each day. That's your kidneys. If your kidneys did not remove these wastes, toxins would build up in the blood and damage your body. In this toxic world, it is easy for your kidneys to become overwhelmed and weakened due to exposure to common pollutants and invasive microorganisms. Kidney stones, an accumulation of mineral salts, can lodge anywhere in the urinary tract and kidneys, preventing the natural flow of waste removal (urine).

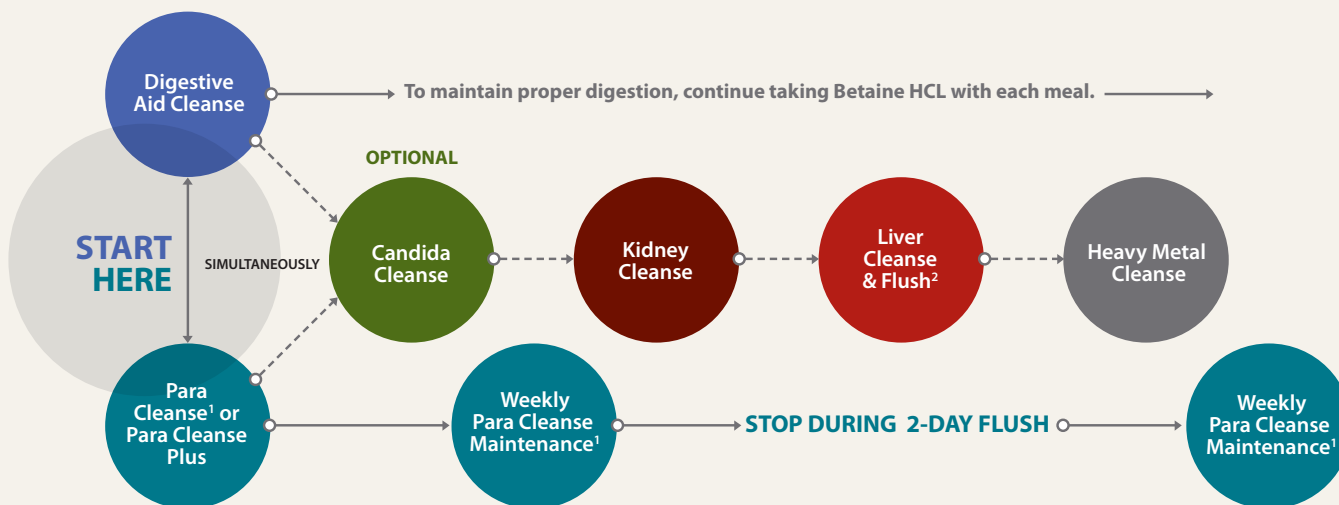
The kidneys are sophisticated processing machines. Since the kidneys are essentially filters, it makes good sense to clean these filters with periodic cleansing. A proper diet, as well as a periodic kidney cleanse, is essential to the health of the kidneys. Unlike the liver, the kidneys do not regenerate themselves.

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 need help please give us a call for clarification of cleanse directions, but please note that we cannot give medical advice of any sort.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.



- 1 Stay on the weekly Para Cleanse Maintenance Program until the 2-day Liver Flush. Do not take during the 2-day Flush. Continue after the Liver Flush is complete. A minimum of 4 weeks of the Maintenance Program is recommended.
- 2 Repeat the 2-day Liver Flush 5 times. Wait 2 weeks between each Liver Flush.

*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 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.

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 Cleanse 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 Para Cleanse Maintenance Program?

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

Q: Do I stop taking the Para Cleanse 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 that everyone take the Para Cleanse Maintenance Program 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 before you go back on the once weekly Para Cleanse Maintenance Program. You can always take the 18-Day Para 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 Program, so stay on it as long as you can. Do the Kidney Cleanse and Liver Cleanse & Flush yearly. Initially do at least 5 liver flushes. The Digestive Aid Cleanse complimented with enzymes should be taken on an 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 healthcare professional.

Q: How long are the cleanses?

A: The Digestive Aid is 17 days long. The Para Cleanse is 18 days long. The Kidney Cleanse is 21 or 56 days. The Liver and Gallbladder Cleanse & Flush is approximately 2 weeks.

Q: Are the cleanses safe for children?

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

Q: Are the cleanses safe for my pets?

A: Only the Para Cleanse can be adapted for pets.

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

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



SyncroZap™ Model A11 is now available!

From the makers of the SyncroZap™ —
the 1st Zapper brand worldwide.

- 100% compliant with Dr. Hulda Clark's research
- Available with either wristbands or copper tubes
- Smaller in size but the same robust durability

New features include:

- Pre-programmed frequencies
- One-touch bottle copy mode
- Continuous body zapping mode
- Continuous Zappicator mode

Dr. Clark turned away from zapping with specific frequencies because she found it less effective than other methods. She replaced frequency zapping with plate zapping. The Dr. Clark Store SyncroZap™ uses plate zapping technology – it does not use “smart keys” with frequencies. Dr. Clark did not use those!

3 Week Kidney Cleanse

Dr. Clark's Kidney Cleanse helps lighten the load on your kidneys through a synergistic blend of herbs, vitamins and minerals traditionally used to cleanse and nurture the kidneys. The Kidney Cleanse helps to support your body's ability to maintain proper functioning of your kidneys. Regenerate and revitalize your kidneys!*

Kidney Support Tea Preparation

- 1 Pour half a bag (¼ cup) each of the Hydrangea Root, Gravel Root, and Marshmallow Root herbs into a pot with 11 cups of cold tap water.
- 2 **OPTIONAL:** Add a pinch of Vitamin B2 powder into the pot. This helps to sterilize the tea. This can also be accomplished by re-boiling the prepared tea every 3 days. **Vitamin B2 powder is not included in 3-Week Kidney Cleanse kit.**
- 3 **Do not boil immediately.** Let the ingredients soak 4 hours or overnight. Since each bag is ½ cup, you are using ¼ cup of each root at this time. Close the opened bag carefully and store unused herbs in a cool, dry, dark place until your next Kidney Tea preparation. After soaking the herbs 4 hours (or overnight), heat to boiling, then lower heat and simmer for 20 minutes.
- 4 Add Black Cherry Concentrate (4 fl. oz. or to taste) and bring back to boiling. The Black Cherry Concentrate is for taste and it supports cleansing.
- 5 Remove from heat source and let the mixture cool thoroughly. Pour mixture through a strainer into glass jars. **Do not throw the strained herbs away.** Freeze the herbs and use the next time you need to boil herbs to make your next batch of tea. Discard after second use. One bag of herbs (½ cup each) will make 28 days worth of tea. You can double the yield by freezing and reusing the herbs a second time.
- 6 Refrigerate half of the tea (7 day supply) to use this week, and freeze the other half for next week (another 7 day supply). Freeze in plastic jars, preferably HDPE plastic.

Drink ¾ cups of Kidney Support Tea per day by sipping slowly throughout the day. Drinking it all at once could cause you to get a stomach ache or feel pressure in your bladder. Start with half the dose if you have a sensitive stomach.

OPTIONAL: Add 20 drops of Goldenrod Tincture and any spice, such as nutmeg or cinnamon to each ¾ cup serving. **Goldenrod Tincture is not included in 3-Week Kidney Cleanse kit.**

Daily Supplement Schedule

GINGER ROOT	UVA URSI	FREEZE-DRIED PARSLEY	VITAMIN B6	MAGNESIUM OXIDE
Take with a meal.	Take with a meal.	Take with a meal.	Take with a meal.	Do not take with food.
1 capsule 3 times a day	1 capsule in the morning, 2 capsules in the evening	1 capsule 2 times a day	1 capsule a day	1 capsule a day

Take supplements just before your meal, with the exception of Magnesium, to avoid burping. You do not need to duplicate Vitamin B6 and Magnesium if you already take them.



Discover the Quick Kidney Cleanse

In 2008, Dr. Clark was asked to come up with cleanse formulas that could be taken more conveniently. After giving it some thought, the Dr. Clark Quick Cleanses are what she came up with. The Quick Kidney Cleanse is a readymade blend of ingredients. Convenient for traveling and busy people on the go! Take on an empty stomach at least 13 minutes before a meal for 13 days. It can be used as an alternative to the original Kidney Cleanse; however, **the original Kidney Cleanse is more thorough and potent.**

The Liver & Gallbladder Cleanse and Flush

Support your liver's natural ability to rejuvenate. Everything you eat, drink, breathe and absorb through your skin is purified and detoxified in the liver. When your liver is overwhelmed, your whole body pays the price. You may feel tired and heavy, bloated and can't sleep. You lose your vitality. We live in a toxic world. Everyday harmful chemicals are polluting our bodies.

Picture a car's oil filter that hasn't been changed in three years. Imagine the gunk! Now imagine a filter that processes 3,780 gallons of blood every week. That's your liver. Dr. Clark's Liver & Gallbladder Cleanse and Flush contains time-tested natural ingredients that have been specifically selected to keep your liver healthy and clear of obstructions.*

TIP:

Stay on the weekly Para Cleanse Maintenance Program while you drink your Liver Support Tea (part 1 of the cleanse), but don't take it during the 2-day Flush (part 2 of the cleanse). Resume your weekly Para Cleanse Maintenance dose when the Flush is complete.



Usage Warning: Consult a healthcare professional before starting this cleanse if taking medication, or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing, or below the age of 18 without consulting with a healthcare professional first. If you have adverse reactions or other symptoms, discontinue taking cleanse and seek advice from a qualified healthcare professional.