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DISCLAIMER NOTICE: Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company, its web site and owner do not adopt any health or disease related claims based on her work or otherwise. Our products are not intended to diagnose, treat, cure or prevent any disease and we do not provide such information in any form. Although our products are in conformity with the Dr. Hulda Clark protocols, we are not owned nor operated by Dr. Hulda Clark. She does not sell any supplements on any websites, even if the websites look like they represent her.

We don't recommend you do more than 1 cleansing protocol at a time. The following order is recommended:

- 1) Bowel Cleanse
- 2) ParaCleanse (can be done with Bowel)
- 3) Kidney Cleanse (while staying on ParaCleanse "Maintenance Program")
- 4) Liver Support Tea or "Quick Cleanse Caps", followed by the Liver Flush. You may repeat the Liver Flush every two weeks as needed.

The Liver Cleanse Recipe

The enclosed cleanse protocols are provided for educational purposes only and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. We are not responsible or liable for any actions or diagnosis made by a user based on the content of this educational directions/recipe. We encourage you to consult with your health care professional and do personal research.

Step 1: READ THIS WARNING

Do not do this cleanse when you are experiencing illness such as influenza, cold, etc.

Never do this cleanse when having severe pain attacks in your stomach, liver, or gallbladder.

Do NOT do the Liver/Gallbladder flush when constipated. Get the bowels moving regularly first. If you experience Occasional constipation, you can take the Dr. Clark bowel cleanse. If you are chronically constipated, please contact us or consult your physician.

Do NOT do this cleanse if you suspect you have an obstructed bile duct or problematic gallstones. Contact your physician. Get an X-ray & CT scan.

During the 2-day flush, do not take any vitamins or pharmaceuticals that you can do without. Check with your physician or pharmacist.

Please follow the Detailed directions in this kit. If you change these recipes you might encounter problems. The liver is quite sensitive to details.

The liver cleanse is for adults only. Not for children under 16 years.

DO NOT take during pregnancy or lactation.

Do not do the liver cleanse unless you first complete the Para Cleanse. If you do the Liver Cleanse more than one week after completing the Para cleanse, make sure you stay on the Maintenance Program (containing a weekly dose of the same herbs).

Interaction with Medications and Other Supplements: If you are taking medications, you should check with your physician prior to using our products. You can also get drug interaction information from one of the many sites on the Internet. For example, the Blue Cross has a safety checker that lists many drugs and the herbs, vitamins and foods that would interfere with that drugs function. To go to: blueprint.bluecrossmn.com/herbalindex

How safe is the liver cleanse? According one herbalist's experience of over 500 liver cleanses done on clients, including many persons in their seventies and eighties, the liver cleanse is very safe. None went to the hospital or reported pain. Every one of those 500 people completed the internal cleanse with Black Walnut Hull, Cloves, and Super-W (Dr. Clark Para Cleanse) before starting the liver cleanse.

How effective is the liver cleanse? You can't clean a liver effectively without first doing a Para cleanse. For maximum results, complete the Kidney-Cleanse also before your first liver cleanse. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.

Traditional Use: The items in the **Liver Cleanse** are traditionally used to help nutritionally support the normal cleansing of the liver in order to help you maintain optimum health. The use of these herbal supplements is a traditional use that is not intended to be prescribed for, to treat, or claim to cure any disease.

Step 2: Buy the supplies not included in this kit:

- Fresh pink grapefruit: 2 to 4 for each cleanse (every 2 weeks), enough to squeeze 3/4 cup juice.
- HCL, Hydrochloric Acid 5%, 1 fl. oz. **(optional)**
- Glass Pint (1/2 liter) jar with lid
- Olive Oil, Extra Virgin, 1 liter

Step 3: Check your supplies in this kit

Your supplies will last for 5 liver cleanses. You should have received the following supplies in the box, if something is missing contact us immediately:

- | | |
|---|---|
| 1) Ornithine, 500 mg 10 ct | 4) Vitamin C (Citric Acid), 2 Tbls. |
| 2) Epsom Salts (Magnesium Sulphate), 100 ct | 5) Cascara Sagrada, 10 ct |
| 3) Black Walnut Hull, 5 ct | 6) Liver Support Caps, 125 ct ("Quick Cleanse") |

Step 4: Understand what you are doing

How does your liver function? It is the job of the liver to make bile, 1 to 1 1/2 quarts (1 liter to 1.5 liter) per day. The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile, which aids in the break-down of proteins and fats. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine. The biliary tubes in a healthy liver allow the bile to flow with minimum restriction into the common bile duct. The liver cleanse may help you maintain a healthier and cleaner bile ducts and thereby allow for a better flow.

Read books and contact your health care professional. We encourage you to look up information on the functioning of the liver before you do the liver cleanse.

Step 5: Taking the Liver Support Tea Ingredients (This kit uses the caps, not the tea).

Take the "Quick Cleanse" caps for **2 weeks prior to your first liver flush**. Start your Liver Flush within 48 hours of finishing your liver tea caps. Always take on an empty stomach.

- The first day: take 1 capsule 3 times for a total of 3 capsules.
- Then take 3 capsules 3 times daily, for a total of 9 capsules per day.
- Take recommended dose **at least 13 minutes before a meal**

Liver Capsules	
Day	Dosage
1	1-1-1
2-13	3-3-3

Step 6 – The "Flush": Read the following directions 3 times before the actual cleanse.

Make sure you have on hand

- **Epsom salts:** 2 tablespoons
- **Olive oil:** 1/2 cup (light olive oil is easier to get down). (Add 2 drops Hydrochloric Acid 5%. (optional))
- **Fresh pink grapefruit:** 2 to 4, enough to squeeze 3/4 cup juice. Hot wash twice first and dry each time.
- **Ornithine:** 4 to 8, to be sure you can sleep. Don't skip this or you may have great difficulty relaxing.
- **Large plastic straw:** To help drink the mixture.
- **Pint jar with lid (1/2 liter)**
- **Black Walnut Capsules:** 5 capsules per cleanse
- Honey or olive oil mixed with vinegar salad dressing, one tablespoon

Liver Flush Day 1 of 2

Choose a day like Friday or Saturday for liver flushing, so you will be able to rest the next day. Do not take medicines, vitamins or pills that you can do without; they could prevent success.

Stop any Bowel Cleanse, Para Cleanse, Kidney Cleanse, and Liver Caps you may still be taking, the day before the Liver Flush. During this 2-day flush, do not take any vitamins or pharmaceuticals that you can do without.

8:00 AM

Eat a **NON-FAT breakfast and lunch** such as cooked cereal, fruit, fruit juice, bread and preserves or honey (**no butter or milk or bacon, etc..**). This allows the bile to build up and develop pressure in the liver. A higher pressure in the liver's biliary tubing allows for a more effective cleanse.

For lunch, eat plain cooked or steamed vegetables with white rice. Do NOT eat any proteins or fat (butter, cheese, dairy, etc) or you may feel ill during the flush.

2:00 PM.

- Do not eat or drink after 2 o'clock, otherwise you could feel quite ill later.

6:00 PM.

- Drink ½ tsp. Vit C (Citric Acid) (**Dose 1**) in no more than ¾ cup cold water. (it does not have to be cold, but it helps the taste.)
- Take 15 caps (1 Tbls.) of Epsom salts (Magnesium Sulphate). (**Dose 1**)
- You may also drink a few mouthfuls of water afterwards or rinse your mouth.
- Get the olive oil and grapefruit out to warm up.

8:00 PM.

- Drink ½ tsp. Vit C (Citric Acid) (**Dose 2**) in no more than ¾ cup cold water.
- Take another 15 caps Epsom Salts (Magnesium Sulphate). (**Dose 2**)
- You may also drink a few mouthfuls of water afterwards or rinse your mouth.
- 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.

Making the Grapefruit / Olive Oil Mix

1. Pour 1/2 cup (measured) light olive oil into a pint jar.
2. Add 2 drops Hydrochloric Acid 5% to sterilize. (optional)
3. Wash grapefruit twice in **hot** water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. Add this to the olive oil. You should have at least 1/2 cup juice. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
4. Add 1/2 teaspoon Vit C (Citric Acid) (**Dose 3**) to the mixture. Stir until dissolved. Do not take yet!
5. Have 5 capsules of the Green Black Walnut Hull and 5-10 capsules of Ornithine ready.
6. 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 or you will not be as successful with the cleanse

10:00 PM.

You need:

1. The Grapefruit / Olive Oil Mix (above)
 2. One tablespoon of honey or oil mixed with vinegar salad dressing
 3. Ornithine (5 – 10 capsules)
 4. Green Black Walnut Hull (5 capsules)
- Drink the potion you have mixed, preferably standing up. Get it down within 5 minutes (15 minutes for very elderly or weak persons).
 - Take 5 capsules of the Green Black Walnut Hull and at least 4 Ornithine capsules with the **first sips** to make sure you will sleep through the night. Take all 10 if you already suffer from insomnia.
 - Drinking through a large plastic straw helps it go down easier.
 - You may use oil and vinegar salad dressing, or straight honey, or sweetener like agave syrup to chase it down between sips. Have these ready in a tablespoon on the kitchen counter.
 - Take it all to your bedside if you want, but drink it standing up. Lie down immediately when finished. **The sooner you lie down the better.** You may fail to get toxins out if you don't. 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. You may feel a sensation like marbles moving, as toxins begin traveling along your bile ducts. There is no pain because the bile duct valves are open due to the Epsom salts. Try to keep perfectly still for at least 20 minutes. **Now go to sleep, the success of the cleanse depends on it.**

Next morning (Day 2):

Upon awakening, take 15 Caps of the Epsom salts (Magnesium Sulphate) (**Dose 3**) and 1/2 tsp Vit C (Citric Acid) (**Dose 4**) with no more than 3/4 cups cold water. If you have indigestion or nausea, you can wait until it is gone, or skip drinking this third dose of Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later:

Take 15 Caps of the Epsom salts (Magnesium Sulphate) (**Dose 4**) 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. By lunchtime you should feel recovered.

Expect to be in the bathroom several times this day.

Note: If you are constipated after taking the last does of Epsom salts, start taking the Cascara Sagrada included in the kit. (Even if you are not constipated, you may still take the Cascara safely. It can enhance the elimination process. You should be "going"!)