



# DrClarkStore.com

## Self Health Resource Center

Original Dr. Hulda Clark Products Manufacturer

LEADER IN PURITY

Our products offer you the most pure and potent formulas on the market today due to our unique manufacturing process, stringent sourcing and testing requirements. We bring you, our customer, quality and effectiveness you can depend on. We guarantee it!



### Handy Cleanse Overview

For best results do the cleanses in the following order:

**1. Dr. Clark Digestive Aid & Colon Cleanse**

**2. Dr. Clark Para-Cleanse**

The ultimate colon cleanse is the combinations of 1 & 2

**3. Dr. Clark Kidney Cleanse**

**4. Dr. Clark Liver & Gallbladder Cleanse**

**5. Dr. Clark MetalGone**



The first two cleanses: Dr. Clark Colon-Bowel Cleanse and Dr. Clark Para-Cleanse help build a stronger immune system and maintaining a healthy colon. For best results do them at the same time, but remember to start slowly if you are not used to potent herbal remedies. Once you have completed the Para-Cleanse immediately start the Kidney Cleanse.

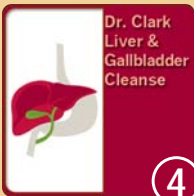


### Customer Service:

Service@DrClarkStore.com

(866) DR-CLARK (372-5275)

October 2009



All Our Cleanses Are Made According to  
Dr. Hulda Clark's, Ph.D Public Protocols.  
Please see disclaimer on last page.



**To Those Wanting Guidance:** If you want to seek guidance from a Health Professional we offer a comprehensive resource and reference document that covers a wide spectrum of protocols. Both Dr. Hulda Clark public protocols and links to find any kind of health professional you want including Medical Doctors, Naturopathic Doctors, Homeopaths, Osteopaths, Chiropractors, Dentists and many more\*.

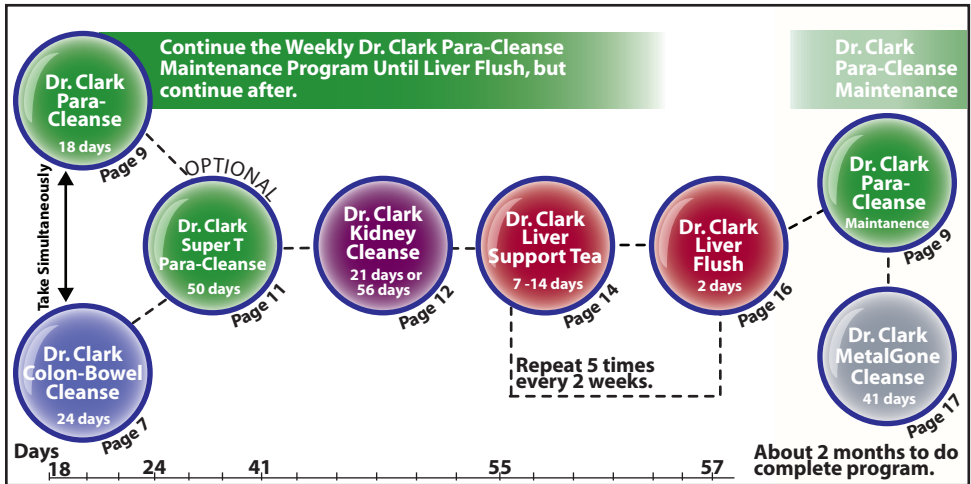
**New!** Newest resources include research services.

**Contact:** [Service@DrClarkStore.com](mailto:Service@DrClarkStore.com)

## Flow Chart Guide

Always remember to start slowly when taking potent and powerful herbal remedies like ours. Make sure you follow the directions. You can take the 18 day Dr. Clark Para-Cleanse program at the same time as you take the Dr. Clark Digestive Aid. Both help cleanse the colon.

As indicated, remember to stay on the Once Per Week - Dr. Clark Para-Cleanse until you do the Liver Flush, then, for best results, continue it afterwards.



**Tip:** Hard to swallow caps? If you or your child have a hard time swallowing the capsules, eat one or two bites of bread and they will go down easily. Of course always drink a glass of water.



## Warnings & Information

**About the Liver Flush:** It is important not to do the Liver Flush when constipated. Therefore, for best results stay on Para-Cleanse maintenance program and the Digestive Aid also if needed, until the day before you do the Liver Flush. If you are chronically constipated please contact your Health Professional. Only do the Dr. Clark Liver Flush if your are having regular bowel movements. Also when sure you are able to tolerate Magnesium Sulfate , see caution 9 on page 15.

**Do not take the cleanses during pregnancy, lactation or if nursing.**

### Diagnosis

The enclosed cleanse protocols are provided for educational purposes only and should not be treated as a substitute for the medical advice of your Health Professional. We are not

responsible or liable for any actions or diagnosis made by a user based on the directions. We encourage you to consult with your Health Professional and do personal research. The cleanses are for adults only. Although individual use on the product labels suggests that they can be used for adults and children 12 and over, for safety we do not recommend anyone under 18 years to go through the cleanses. However, the Para-Zap cleanse may be suitable for children, but only under guidance of a health 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.

## Dear Valued Customer

Our products were originally formulated by world recognized researcher, best-selling author and master herbalist Dr. Hulda Clark Ph.D, Biology. Dr. Clark has spent over 30 years developing the most effective cleansing protocols available to promote the health of the body. Health professionals recognize her protocols as safe and effective, while providing the highest standard of quality and potency. Purity and Potency is what makes our products unique to the industry.

Please let us know if your experience with us is anything less than perfect. Good or bad, we want to hear from you.

Thank you,

Oskar Mar Thorvaldsson  
Service@DrClarkStore.com  
1-866-DR-CLARK (372-5275)

## Testimonials

*Karen from Michigan*

"Dr.Clark is an exceptional scientist and I've been a fan for many years. I've also been a customer of Self Health for many years. When they merged to form the Dr.Clark store I was thrilled because I can always trust the information and quality of the products I buy. Dr. Clark Store is the BEST!"

Reference#514

*Mike from Washington D.C.*

"I have been a customer for years, and have always been more than satisfied with the products and service. I will continue to be a customer for years to come. You just won't find better. Thanks."

Reference#498



## Good Manufacturing Practices

Our customers know our commitment to pure manufacturing according to the Dr. Hulda Clark protocols. In addition we have recently updated our protocols on FDA Current Good Manufacturing Practices (cGMP).

This means we test raw materials and finished products for identity and purity using conventional laboratory equipment.

We have comprehensive SOPs, MBRs and MPRs. This ensures meticulous record keeping and the quality assurance.

1. **SOP** – Standard Operating Procedures
2. **MPR** – Master Production Records
3. **BPR** – Batch Production Records

Our commitment is to purity. We don't simply substitute the GMP Protocols for the Dr. Clark Purity Protocols. We continue to follow the Dr. Clark protocols to the letter.

We have added several icons to help you find which products are best for you. Those icons are:



**Dr. Clark Favorite**

These are the products Dr. Clark has used the most. They meet the highest purity requirement.



**Dr. Clark Original**

Original products manufactured by DrClarkStore.com Self Health Resource Center upon direct request by Dr. Hulda Clark.



**Scientific Advisory Board Recommended**

Products recommended to us by our Scientific Advisory Board. Although most of those products are not used in the Dr. Clark Protocols, they come highly recommended.



**Dr. Salar Farahmand Recommended**

Homeopathic formulas by Dr. Salar, formulated during 30 years of research.



**Best Seller**

The most popular items are marked as "Best Sellers".



**Whole Herb**

Dr. Clark believes you should receive the whole herb, not herbal extracts. The more an herb is processed, the greater the likelihood of incorporating pollutants in addition to leaving out wholesome nutrition. That is why we use the whole herb in our herbal supplement products.



**Canadian Gelatin Capsules**

Dr. Clark discovered that capsules made from vegetables are typically polluted with chemicals from the extensive processing required during manufacturing. We use easy to swallow gelatin capsules made from bovine hide and are certified to be BSE free. Our gelatin capsules are:

- Halal certified
- Kosher certified
- Certified BSE-Free
- 100% bovine hide gelatin
- Preservative-Free



**No Tablets & No Excipients**

We don't manufacture tablets, they have binders, release agents and other highly processed, potentially toxic ingredients.

We never use harmful excipients, such as magnesium stearate, which is known to decrease absorption of nutritional supplements in the body and contain high amounts of pesticide residue. For this reason, most of our supplements have only two ingredients: the pure supplement itself and the capsule. In some cases, and only when necessary, we incorporate pure rice flour as a filler. And when we do, it is clearly marked on the label as one of the ingredients.

- No magnesium stearate
- No corn starch
- No colors



#### Fresh & Potent

Our products are manufactured on demand approximately every 4 to 6 months, giving you highly fresh and potent supplements.

#### GMP - Good Manufacturing Practices:

GMP or cGMP are followed by pharmaceutical, biotech and nutritional supplement firms to ensure the products produced meet specific requirements for identity, strength, quality, and purity. FDA regulates these industries to ensure cGMPs are being carefully followed. GMP is the manufacturer's roadmap to quality and provides a high level of safety for the consumer. We at Dr. Clark Store incorporate Good Manufacturing Practices in all aspects of our laboratory analysis, manufacturing, packaging and labeling processes. We consult with leading quality control experts to continuously update our cGMPs and SOPs.

#### SOP- Standard Operating Procedures:

Whereas GMP provides the general roadmap for safe and consistent manufacturing, SOPs are the specific step-by-step instructions, written for each and every

aspect of manufacturing and are meticulously followed by all employees. Over the years, we have carefully developed our SOPs and continue to upgrade and improve these procedures as we develop new and more effective manufacturing processes.



#### Quality and Safety of Raw Materials:

All raw materials are obtained from one of the best nutrition and herb suppliers in the USA -- we never buy anything directly from abroad.

Of course many of the raw materials we use in our products are not grown or manufactured in USA. We still do not source those raw materials directly. Instead we go through extremely reliable US companies that carefully follow the FDA cGMP protocols.



#### "Hypoallergenic" – Definition:

Non-allergy producing. A term applied to a preparation in which every possible care has been taken in formulation and production to ensure minimum instance of allergic reactions. – *Blakiston's Medical Dictionary*

# Dr. Clark Digestive Aid & Colon Cleanse

## Formulated by Hulda Clark Ph.D, Master Herbalist\*

Betine HCL and Citric Acid support the acid requirements of proper digestion. Stomach acid is essential in maintaining a healthy digestive system by allowing the body to break down proteins and activate enzymes. Dr. Clark finds that the acids are important in helping sanitize food in the stomach before it enters the colon, thereby maintaining a balance of microorganisms and flora in the colon.\*

Contrary to popular belief, excess stomach acid is typically not the problem in most cases of indigestion. Often, it is a lack of stomach acid that triggers this occasional discomfort. Too little acid in the stomach can cause food to putrefy causing gas and expand into the esophagus, producing indigestion, and that feeling of heartburn. In the case of occasional Heartburn take more Betine HCL with meals and less or no Citric Acid, depending on need.

Turmeric and Fennel support optimum balance of good flora and microorganisms in the colon. Once used to the potency of our herbs you can take up to 8 capsules of Turmeric and Fennel based on need.

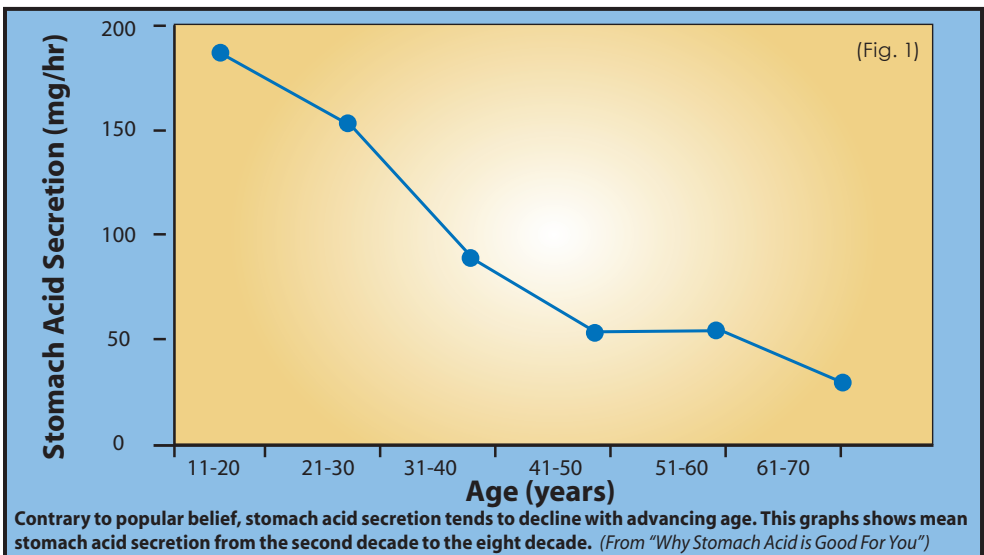
Cascara Sagrada should only be used when experiencing occasional constipation. Avoid products that mix that herb into formulas as it is habit forming.

Occasional heartburn, indigestion, gas, and bloating may be a sign of improper eating habits and a dietary change should be considered. Visit our website at: [www.DrClarkStore.com/health.html](http://www.DrClarkStore.com/health.html) to learn more about healthy eating habits to promote good digestion and reduce or eliminate indigestion and heartburn.

For optimum results, please use this product simultaneously with the Dr. Clark's Para-Cleanse Cleanse, which discourages the proliferation of foreign organisms. If you are not used to potent herbal supplements, please begin treatment with a small dose.

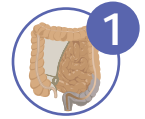
Contrary to popular belief, stomach acid secretion tends to decline with advancing age. This graph shows mean stomach acid secretion from the second decade to the eighth decade. (From "Why Stomach Acid is Good For You.")

The human requirement for vitamins, minerals and other nutrients remains relatively constant throughout adult life. Unfortunately our ability to properly digest food and absorb vital nutrients declines with advancing age. Surprisingly, one of the most common age-related causes of impaired digestive function is the reduction of hydrochloric acid produced by the stomach.\*





# Handy Chart



| Day                   | Turmeric  | Fennel | Betaine HCL#  | Citric Acid# | Cascara Sagrada   |
|-----------------------|---|--------|---|--------------|---|
|                       | Each dose in the morning, afternoon and evening. On an empty stomach. |        | Take with meal. Never with Coffee and not on empty stomach. |              | Take only as needed and following directions on bottle.   |
| 1                     | 1•1•1   |        | 1•1•1   |              | <b>Tip:</b> Always start slowly when taking nutritional supplements, once you are used to them you can take the intensive dose. |
| 2                     | 2•2•2   |        | 2•2•2   |              |   |
| On-ward               | 2•2•2   |        | 2•2•2   |              |   |
| <b>INTENSIVE USE:</b> | <b>Take up to amount of caps indicated.</b>                           |        |   |              |   |
| 1                     | 1•1•1   |        | 1•1•1   |              |   |
| 2                     | 2•2•2   |        | 2•2•2   |              |   |
| 3                     | 3•3•3   |        | 2•2•2   |              |   |
| 4                     | 3•3•3   |        | 2•2•2   |              |   |
| 5-7                   | 8•8•8   |        | 2•2•2   |              |   |

**Tip:** For best results take the Colon-Bowel Cleanse and ParaZap Cleanse at the same time.

## Dr. Clark Colon-Bowel Cleanse Deluxe Handy Chart

This chart is in *addition* to the chart above.

| Day   | Digestive Enzymes | Magnesium Oxide                   | Green Black Walnut Hull Tincture                 | Hydrochloric Acid 5%#                    | Lugol's Iodine  |
|-------|-------------------|-----------------------------------|--|--|---|
|       | Take with meal.   | Take on empty stomach at bedtime. | Take on empty stomach, 10-45 min. before a meal. | Take with meal. Never directly in mouth. | Use as Sanitizer or Supplement. Follow directions on bottle.  |
| 1     | 1•1•1             | 2-3                               | 1 drop   | Up to 45 drops per day                   | Do not take if you are allergic to Iodine.<br><br># If you have adverse reactions or other symptoms, discontinue product and seek advice from a qualified health professional |
| 2     | 1•1•1             | 2-3                               | 2 drops  | Up to 45 drops per day                   |   |
| 3     | 1•1•1             | 2-3                               | 3 drops  | Up to 45 drops per day                   |   |
| 4     | 1•1•1             | 2-3                               | 4 drops  | Up to 45 drops per day                   |   |
| 5     | 1•1•1             | 2-3                               | 5 drops  | Up to 45 drops per day                   |   |
| 7-13  | 1•1•1             | 2-3                               |  | Up to 45 drops per day                   |   |
| 14    | 1•1•1             | 2-3                               | 2 tsp.   | Up to 45 drops per day                   |   |
| 15-19 | 1•1•1             | 2-3                               |  | Up to 45 drops per day                   |   |
| 20    | 1•1•1             | 2-3                               | 2 tsp.   | Up to 45 drops per day                   |   |
| 21-24 | 1•1•1             | 2-3                               |  | Up to 45 drops per day                   |   |

**# Note:** Betaine and Citric Acid that help raise your stomach's acid levels to optimum levels. For some this can cause too high of an acid level, in this case discontinue use and call your Health Professional. Always take with meals. Do not take with coffee.

### Sanitation Spray Bottles

Stop re infecting yourself! Sterilize your hands after bathroom use and before meals. Spray under finger nails and on hands. This should not replace regular hand washing when soap and water are available. Augmenting soap washing by spraying under fingernails is recommended.

### Peppermint and Senna Tea

Steep 1 bag of each in 6 oz. water. Peppermint is cooling and calming. Clinical studies have shown that peppermint is beneficial for occasional spasms, diarrhea, and urgency (it will not cause or worsen constipation). Senna Tea is a laxative. Use it sparingly on as needed basis. Do not use routinely.

### Enema Bucket Set

We cannot provide information on this product please read label on outer bag.

### Hot Water

Drink hot water upon rising in the morning. This may help begin to regulate your elimination.

# Dr. Clark Para-Cleanse

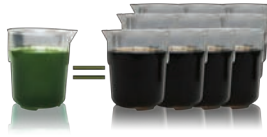


## Professional grade cleanse designed by Dr. Hulda Clark

Dr. Hulda Clark Para-Cleanse contains a unique combination of tincture and pure, fresh herbs that support the immune system and provide powerful cleansing support when used as directed. This cleanse supports the body's natural defenses with natural compounds that discourage the proliferation of foreign organisms known to occupy the human body, bringing about balance between body and microorganisms.\* This cleanse is for 18 and older only. Contact a health professional before giving this cleanse to anyone younger than 18. (See page 10)

**Example of Potency for You:** A good example of our adherence to purity and potency is our **Black Walnut Hull** tincture.

First, it's potent because we use large amounts of the unripe **Green** Hulls from Black Walnuts. The average tincture strength (hull:grain alcohol) is 1:0.68. Second, in our experience\*\*, Black Walnut Hull that is **Green** has up to about 10x the amount of juglone, an essential ingredient in the tincture. Dr. Clark Purity, guarantees unopened bottles of the tincture to be green at least until Use By Date. After you open the bottle the tincture will start to oxidize and turn brown and then black. At this stage it contains about 1/2 the amount of Juglone, so double the dose. Other manufacturers do not go the extra mile and offer only brown or black tincture.



\*\*Tests on File: Adpen Lab

### Tip: Don't like tinctures? Take the Caps!

Some people don't like to take alcohol based tinctures. For this reason we have formulated Green Freeze-Dried Black Walnut Hull capsules that are free of alcohol.



For pinches open 1 cap to get powder.



You can easily obtain the tincture's potency equivalency with this conversion:

**2 1/2 capsules = 1 teaspoon Extra Strength Tincture**

### Testimonial

**Lady, Moultrie Georgia.** "It has been great to be able to assist others. I feel so much healthier since I cleaned up my home and improved my hygiene methods. Also I feel good about offering food to others. They don't really know why they enjoy my simple meals so much. But I get a lot of compliments about freshness and flavor. My life is happier now because I am not in fear of degenerative diseases. All thanks to the hard work, honesty and courage of Dr. Hulda Clark."

Reference# 7

We have received 1000s testimonials most of which we can't show you because of FDA regulations.

Call us at 1-866-Dr-Clark (372-5275)  
Email: [Service@DrClarkStore.com](mailto:Service@DrClarkStore.com)  
[www.DrClarkStore.com](http://www.DrClarkStore.com)

**Tip:** If you stop any of these programs or miss a day or two, don't worry, start again wherever you left off. You will still benefit even if you don't follow the directions to the letter. (Liver Flush Excluded)





## Dr. Clark Para-Cleanse Handy Chart

| Day  | Black Walnut Hull Extra Strength  | Super W Caps   | Clove Caps   | Check As You Go. |   |
|--|---|--|--|------------------|---|
|  | <b>If tincture:</b> Put in ½ cup of water.+<br><b>If capsules:</b> Take with water. For pinches open 1 cap to get powder.<br><b>Both:</b> Please take on an empty stomach, at least 13 minutes before a meal. | Once a day, on an empty stomach, at least 13 min before a meal or at mealtime if you have a sensitive stomach. | 3 times a day on an empty stomach, at least 13 min before a meal or at mealtime if you have a sensitive stomach. |                  | ✓ |
| 1  | 1 drop / pinch of powder  | 1 cap  | 1•1•1  |                  |   |
| 2  | 2 drops / 2 pinches of powder   | 1 cap  | 2•2•2  |                  |   |
| 3  | 3 drops / 3 pinches of powder   | 2 caps   | 3•3•3  |                  |   |
| 4  | 4 drops / 4 pinches of powder   | 2 caps   | 3•3•3  |                  |   |
| 5  | 5 drops / 1 capsule   | 3 caps   | 3•3•3  |                  |   |
| 6  | 2 tsp. / 5 capsules   | 3 caps   | 3•3•3  |                  |   |
| 7  |   | 4 caps   | 3•3•3  |                  |   |
| 8  |   | 4 caps   | 3•3•3  |                  |   |
| 9  |   | 5 caps   | 3•3•3  |                  |   |
| 10   |   | 5 caps   | 3•3•3  |                  |   |
| 11   |   | 6 caps   | 7 caps all at once   |                  |   |
| 12   |   | 6 caps   | From now on take once per week.  |                  |   |
| 13   |   | 2 tsp. / 5 capsules  |  | 7 caps           |   |
| 14   |   |  |  | 7 caps           |   |
| 15   | 7 caps  |  |  |                  |   |
| 16   | 7 caps  |  |  |                  |   |
| 17   |   |  |  |                  |   |
| 18   |   |  | 7 caps all at once   |                  |   |
| Now take these supplements once a week according to the maintenance program below. |   |  |  |                  |   |
| +If you weigh over 150 pounds, take 2.5 teaspoons.                                 |   |  |  |                  |   |

**NOTE:** Its best to take all three herbs at the same time Or within 2 hours.

**NOTE:** Coffee may cause diarrhea if taken close to the time you take the ParaZap herbs. See disclaimer on last page.

## Dr. Clark Para-Cleanse Maintenance Program

| Once a week, every week | Black Walnut Hull Extra Strength | Super W            | Cloves             |
|-------------------------|----------------------------------|--------------------|--------------------|
|                         | 2 tsp. or 5 capsules all at once | 7 caps all at once | 7 caps all at once |

## Dr. Clark Para-Cleanse Deluxe Handy Chart

Use this chart along with chart above.

| Day | Ornithine  | Arginine   |
|-----|--|--|
|     | Take as needed. Or take as follows at bedtime.                     | Take as needed. If going off coffee has you dragging yourself through the morning, take one capsule upon rising and another before lunch and dinner. |
| 1   | 2 capsules   |  |
| 2   | 4 capsules   |  |
| 3   | 6 capsules   |  |
| 4   | From now on 4-6 capsules at bedtime until you're sleeping soundly. |  |

## Dr. Clark Para-Cleanse Safety Warning for Children

We do not recommend you give the cleanse to anyone under 18 years, however the cleanse may be suitable for children, **but only under guidance of Health Professional**. Recommended dose from health professionals should not exceed the following chart. Never give cleanse to ill children. Use it to maintain good health only. Keep a close watch on children when doing the cleanse program. Niacinamide is optional, it may cause hot flashes, it helps detoxify the alcohol in the tincture. Always contact Health Professional if unusual conditions arise, including hot flashes or fever.

### Maximum Levels for Wormwood and Cloves

Increase dosage maximum one day for each year. For instance, a four year old would follow the adult Para-Cleanse program (page 9) until day 4, then stop. It is not advisable for children to be on the maintenance program. Take during routine seasonal cleansing only.

### Maximum Levels for Black Walnut Hull Tincture Extra Strength

Children follow the same Para-Cleanse program (page 4) as adults through day 5. On day 6, instead of 2 tsp., the maximum dose is:

| Age                 | BWT     | Niacinamide |
|---------------------|---------|-------------|
| Under six months    | ¼ tsp.  | 50 mg       |
| 6 months to 5 years | ½ tsp.  | 50 mg       |
| 6 to 10 years       | 1 tsp.  | 100 mg      |
| 11 to 16 years      | 1½ tsp. | 500 mg      |



**Tip:** In order to reduce cross-contamination put your entire family on the Para-Cleanse, including your pets. Never give Para-Cleanse to children without guidance from Health Professional.

## Dr. Clark Para-Cleanse Program for Pets

| Week | Parsley Water  | Black Walnut Hull Extra Strength                | Super W                                | Cloves                                 |
|------|--|---|--|--|
|      | Teaspoons of Parsley water* or Pinches of Freeze-dried Parsley | Drops on food. Cats twice per week. Dogs daily. | Open capsule, put small pinch on food. | Open capsule, put small pinch on food. |
| 1    | 1 or more based on size  | <b>NONE</b>                                     |  |  |
| 2    | 1 or more based on size  |   |  |  |
| 3    | 1 or more based on size  | 1 or more based on size                         | 1 pinch                                |  |
| 4    | 1 or more based on size  | 1 or more based on size                         | 1 pinch                                | 1 pinch                                |
| 5    | 1 or more based on size  | 1 or more based on size                         | 1 pinch                                | 1 pinch                                |

\*Cook a bunch of parsley about 1 to 2 in. (2.5 to 5 cm) thick at stems in a quart of water for 3 minutes. You may have to cut down the parsley in order to get it under the water. Drain and throw away the parsley. After cooling, you may freeze most of the liquid in four 1 cup containers or in several ice-cube bags. This is a month's supply.

# Dr. Clark Super T Para-Cleanse

We always suggest doing the Para-Cleanse first. Following it with the Super T Para-Cleanse, for extra deep cleansing.



## BEFORE YOU START

We highly recommend you make sure you also take the following supplements when taking this cleanse: (available at [www.DrClarkStore.com](http://www.DrClarkStore.com))

**Make sure you have empty capsules for the oregano oil.**

**Vitamin C (#10367)      Vitamin E (#10029)**


**Vitamin B1 (#10444)    CRaNiULS (#10682)**

**Baking Soda (#10433) or Balanced Bicarb Antacid (#10626)**

Follow directions on label for dosage or usage information.

|   |  |   |   |               |                 |
|---|--|---|---|---------------|-----------------|
| Step 1  | <b>CoEnzyme Q10</b>  | Take One Capsule Daily, until you finish the bottle, should last you approximately one month. |   |               |                 |
| <b>We Recommend that you finish the above CoQ10 protocol before step 2.</b> |  |   |   |               |                 |
| Step 2  | <b>Super W Blend</b>   | <b>Oregano Oil</b><br><i>Do Not Put Directly On Tongue!</i>                                   | <b>Spice Syrup</b>  | <b>Cactus</b> | <b>Raz-Caps</b> |
| Day   | Each dose once a day.  |   | Take with meal. 3 Times a day.  |               |                 |
| 1-8   | 7 caps   | 3 drops   | 1/4 tsp   | 2-4 caps      | 4 caps          |
| 8+  | Included in this kit, you have enough supplies for a full 8 day cleanse. After the 8 days you may continue taking the remainder of supplements until finished using the same dose.   |   |   |               |                 |
|   |  |   |   |               |                 |
| Step 3  | Olive Oil, 1/2 liter - Ozonated olive oil, 1/2 tbs. taken morning and night.   |   | Ozonate the olive oil for 20 minutes or longer. When done, cap the bottle and store in the freezer until you are ready to use it. It melts quickly when needed. After 5 days of use, ozonate again to restore potency. While taking the ozonated olive oil, drink lots of water, take vitamin C and vitamin E, 400mg, once a day. Take supplements two hours or more after the oil to make sure there is no loss of the oil's action. |               |                 |
|   | Cysteine, 500mg 100ct 2 capsules 3 times a day.  |   |   |               |                 |
|   | While taking cysteine alkalize yourself with 1/2 tsp. Baking Soda or Balanced Bicarb Antacid at bedtime since all sulfur compounds will acidify you. After taking 6 capsules daily for 3 weeks (plus baking soda at bedtime), go off it completely for 1 week. |   |   |               |                 |

### Black Walnut Hull Tincture




Black Walnut Hull tincture is traditionally used to help nutritionally support the normal cleansing of the body of waste materials and create an environment unfriendly to parasites. Supporting a balanced flora.


Some prefer the Freeze Dried since it doesn't contain any alcohol.

Product# 10406

### Freeze Dried BWHT



Product# 10504



# Dr. Clark Kidney Cleanse



Dr. Clark 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. Dr. Clark Kidney Cleanse helps to support your body's ability to maintain proper functioning of your kidneys.\* This cleanse is intended for people 18 and older. Not for children under any circumstances.

## Dr. Clark Kidney Cleanse (3 week & 8 week)

Handy chart for Dr. Clark Kidney Cleanse 3 week & 8 week.

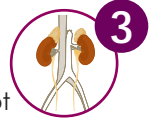
| Step 1 Preparing the Root Tea   |  |
|---|--|
| A   | Pour half a bag each of the Hydrangea, Gravel, and Marshmallow roots into a pot with 10 cups of cold tap water.  |
| B   | Optional: Add a pinch of vitamin B2 powder into the pot as well. Vitamin B2 helps sterilize the tea. (This can also be accomplished by re-boiling the tea every 3rd day.)  |
| C   | DO NOT BOIL IMMEDIATELY. Let the ingredients soak four 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 in a cool, dry, dark place until your next kidney tea boiling. |
| Step 2 Boiling the Root Tea   |  |
| A   | After four hours (or overnight), heat to boiling and simmer for 20 minutes.  |
| B   | Add Black Cherry Concentrate (8 oz. or less depending on taste) and bring back to boiling. The Black Cherry Concentrate is for taste and it supports cleansing.  |
| C   | Let cool then, pour through a strainer into glass jars.  |
| D   | Refrigerate half of the root tea (7 day supply) to use this week, and freeze the other half for next week (another 7 day supply).  |
| 3 bags of roots, each ½ cup; will last for 28 days. You can double the time by freezing the used tea herbs after boiling and reusing.   |  |
| Step 3 Tea Dose Routine   |  |
| Drink ¾ cups per day in divided doses. Drinking it in one dose 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.  |  |
| <b>Optional:</b> Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, to each cup.   |  |
| <b>NOTE:</b> This herbal mixture can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. You do not have to refrigerate it during the day if you boil it in the morning. Always make sure to store in a glass container. |  |
| Parsley   |  |
| <b>If you don't have the Freeze-Dried Parsley Capsules, either purchase them from our website, item #50930 or make the Parsley Tea as follows.</b>  |  |
| 1   | Wash 4 bunches of fresh parsley, chop it up every 2 inches, and soak in 7 cups of tap water.   |
| 2   | For sterilization purposes add a pinch of vitamin B2 powder (optional) into the pot.   |
| 3   | Cover the pot, let soak for 2 minutes, then boil for 1 minute.   |
| 4   | Let cool, then strain into glass jars or jugs. Throw away the parsley. When cool enough, pour yourself ½ cup. Sip slowly. You may add this to your root potion.  |
| 5   | Refrigerate half of the parsley tea (3 ½ cups, enough for 7 days) and freeze the other half.   |

Step 4 continued on next page. Step 4 chart has the daily dosage for each supplement.

## Dr. Clark Kidney Cleanse (3 week)

Handy daily chart for Dr. Clark Kidney Cleanse 3 week.

Take these supplements just before your meal to avoid burping. You do not need to duplicate the B6 and magnesium doses if you are already on them.



| Step 4     | Supplement Doses          |  |                                       |                       |                 |
|------------|---------------------------|--|---------------------------------------|-----------------------|-----------------|
| Day        | Ginger Root               | Uva Ursi                                 | Freeze-Dried Parsley                  | Vitamin B6            | Magnesium Oxide |
|            | Take 1 capsule with meal. | Take 1 in the morning, and 2 in evening. | Take 1 capsule twice a day with meal. | Take 1 capsule daily. |                 |
| 1-21 (3wk) | 1•1•1                     | 1•2                                      | 1•1                                   | 1 cap                 | 1 cap           |

## Dr. Clark Kidney Cleanse (8 week)

Handy daily chart for Dr. Clark Kidney Cleanse 8 week.

Please follow the chart above for Dr. Clark Kidney Cleanse 8 week to get supplement dose along with supplement info below. Tea instructions are on page 12.

| Goldenrod Tincture  | Vitamin B2 Powder   |
|---|---|
| 20 drops added to each cup of tea. As stated in step 3 under the optional note. | Add pinch to pot before boiling, this helps sterilization. As stated in step 1 under the optional note. |

After doing the Dr. Clark Kidney Cleanse it is highly recommended you do the Dr. Clark Liver & Gallbladder Cleanse. Stay on the Para-Cleanse maintenance program, except when on Dr. Clark Liver Flush.

## Featured Products

### CRaNIuLS Multi-Vitamin, Multi-Mineral



The CRaNIuLS formula is based on the Council for Responsible Nutrition's (CRN) Upper Level of Supplementation (ULS) described in Vitamin and Mineral Safety, 2nd Edition (2004), which can be viewed on their website [www.crnusa.org](http://www.crnusa.org). Rather than use the US FDA's Recommended Daily Intake (RDI),

CRN examines current scientific research to determine the maximum a human can consume with no adverse effects. Believing that optimal health levels lie closer to the ULS than the RDI, one CRaNIuLS capsule contains 50% of the CRN ULS for the nutrients listed.



### Saw Palmetto

Saw Palmetto (*Serenoa repens*) is a low-growing palm tree native to the southeastern United States. Saw Palmetto contains a number of beneficial compounds, including flavonoids, sterols and fatty acids that may support prostate health.\*



### Ginkgo Biloba

Scientific research has demonstrated that Ginkgo Biloba Extract has powerful antioxidant activity in in-vitro studies.\*

### Rutin



Rutin is found in plants, fruits, vegetables, nuts and buckwheat. It's especially concentrated in citrus fruits (lemons, limes, oranges, grapefruits) and their rinds. Rutin consists of the flavonol quercetin and the disaccharide rutinose. It helps scavenge harmful free radicals and may also help maintain levels of the antioxidant reduced to glutathione.

Rutin is reported to chelate metal ions, such as ferrous cations, which contribute to the generation of reactive oxygen species molecules. Besides working synergistically with vitamin C to fight cell-damaging free radicals, rutin appears to stabilize vitamin C, inhibiting its oxidation so that it's more useful to the body.\*



### Hesperidin

Various preliminary studies reveal novel pharmaceutical properties of Hesperidin that we can't go into because of FDA regulations. Dr. Clark especially likes Hesperidin for the same reasons she likes Rutin.\*



### 7 Culinary Oil Blend

One of Dr. Clark's latest requests was for us to make an oil blend out of 7 Essential Oils. We successfully completed that mission. The oils are specially selected to help support a strong immune system. Dr. Clark explains them in detail in lectures and recommends taking them in capsules to support immune system health. The ingredients in the essential oil blend are: Sage Dalmatian, Thyme, Cardamom seed, Coriander, Caraway, Fennel Seed, and All Spice.

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# Liver & Gallbladder



## Detox - Cleanse - Restore

Everything you eat, drink, breathe and absorb through your skin is purified and detoxified in your liver. Every day your body is being polluted by harmful chemicals... what your body doesn't eliminate ends up getting stored in your body, including your liver. Dr. Clark Liver and Gallbladder Cleanse helps lighten the load on your liver and gallbladder with a systematic cleanse that helps maintain and restore your liver's vitality.\*

### 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 breakdown 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 Support Tea and Flush may help you maintain healthier and cleaner bile ducts and thereby continued good flow.

### How Often to Flush?

This depends on the toxins you eliminate. Inspect. Initially, you may repeat The Flush at two-week intervals. This allows your organs to get enough rest in between. After your initial Flushes, a quarterly or semi-annual Flush may be enough.

## Liver Support Tea Preparation

There is no time to waste! Prepare the Liver Support Tea in the following way:

1. Add 1/2 bag (1/2 cup) of herbs to 2 quarts (8 cups) (2 liters) water. Bring to a boil.
2. Turn heat off and put lid on.
3. Let sit for 6 hours or overnight at room temperature or in the refrigerator.
4. Strain and add sweetening such as Agave syrup or honey. You can make it extra good by adding fresh coconut juice from young coconuts available in many health food stores.
5. You can save the strained herbs and store them in the freezer for use one more time. The second brew will not result in as strong of a tea.

6. Drink 3 cups a day for 1 to 2 weeks prior to cleansing. If you get off schedule then pick up from where you left off, in other words a gap of a day or two is OK.

If you are going to do The Flush after taking the tea, then make sure you also complete three weeks on Dr. Clark ParaZap before The Flush. Make sure that you take the ParaZap Maintenance does within 7 days of starting the Liver Flush. See Page 9.



## CAUTIONS REGARDING THE FLUSH

Flushes are generally safe for people in reasonable health and with no complicating factors. Consuming fatty foods may carry a comparable risk. Regardless, please adhere to the following cautions. This information booklet is not intended to replace the advice and treatment of a Health Professional who specialize in the treatment of disease.



**1. CAUTION:** Do not Flush when constipated. Get the bowels moving regularly first. Should you be occasionally constipated you can take the Dr. Clark ParaZap and Digestive Aid.

- If you are chronically constipated please consult with your Health Professional.

- Once your bowels are moving regularly, for best results, do the Dr. Clark Kidney Cleanse and the Liver Support Tea before The Flush.

- 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.

**2. CAUTION:** Always make sure you have completed three weeks on Dr. Clark ParaZap before The Flush. Make sure that you take the ParaZap Maintenance within 7 days of starting the Liver Flush. See Page 5.

**3. CAUTION:** Do not take when ill. Consult with your health professional to get X-ray and CT scan before doing the Liver & Gallbladder Flush if you suspect you have an obstructed bile duct or gallstones.

**4. CAUTION:** Please follow the detailed directions in this kit. If you change these recipes you might expect problems. The liver is quite sensitive. If you plan to make changes, be sure to seek the assistance of a Health Professional.

**5. CAUTION:** Do not take medicines, vitamins or pills that you can do without during The Flush; they could prevent success. Make sure you check with your physician.

**6. CAUTION:** If you are taking medications, please check with your physician or pharmacist prior to taking any supplements. Ask them about known INTERACTIONS between the medication and herb or supplement you want to take. In addition, search on the Internet for: Interaction with Medications, Supplements.

**7. CAUTION:** The Flush is only for adults over 18 years of age. Although individual use on the product labels suggests that it can be used for adults and children 12 and over, for safety we do not recommend anyone under 18 years to go through any of the cleanses, except the Dr. Clark ParaZap.

**8. CAUTION:** Do not take during pregnancy or lactation. Keep away from children.

**9. CAUTION:** Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt to consume 4 tablespoons, People unable to tolerate Magnesium Sulfate may suffer a negative reaction, even death. Several people have died from the results of Epsom Salt overdose.

**10. CAUTION:** If you experience initial symptoms of hypermagnesemia such as nausea, vomiting, and weakness, discontinue use and contact your doctor.

**11. CAUTION:** You will get diarrhea after taking the Epsom Salts, this is normal, in fact, please contact your health professional immediately if you do not.

Directions continued on next page.

# Preparing for the Two-Day Liver & Gallbladder Flush

**Step 1. Schedule 2 Days For The Flush** - The Flush takes 2 days. Choose a day where you will be able to rest the 2nd day.

**Step 2. Prepare For Zero Fat Diet** - For best results stop eating fat and protein the night before the Two-Day Flush. On the first day of cleansing, continue eating a no-fat (containing zero fat) breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk). For best results finish eating by 12 noon with only sips later. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more toxins. Limit the amount you eat to the minimum you can get by on. You will purge more toxins out if you do. Take a look at alternative Flush Schedules, we solved the bad taste problem with epsom salts, visit: [www.DrClarkStore.com/liver-program.html](http://www.DrClarkStore.com/liver-program.html)

## Step 3. Gather and Check Supplies

**NOTE:** (Buy supplies not included in this kit)

1. Fresh Pink Grapefruit, 1 large or 2 small, enough to squeeze ½ cup juice (you may substitute a lemon, adding water or sweetener to make ½ cup liquid) for each flush (every 2 weeks.) Wash grapefruit twice in hot water and dry before cutting it open.

2. Pint jar with lid (½ liter)

3. Make sure you have at least 1/2 Cup Olive Oil on hand. (Light olive oil is easier to get down) Choose "Extra Virgin" Olive Oil, because it is cold pressed. Whenever possible choose ORGANIC.

## Step 4. Organize and Check Supplies Make sure you have on hand:



### Supplies Check List

- 1. Pint jar with lid (½ liter).
- 2. Epsom salts .....4 tablespoons
- 3. Olive oil .....½ cup
- 4. Citric Acid .....½ teaspoon
- 5. Vitamin C .....½ teaspoon
- 6. Fresh pink grapefruit ...1 to 2, enough to squeeze ½ cup juice
- 7. Honey .....1 tablespoon
- 8. Ornithine .....4 to 8 caps, to be sure you can sleep. Don't skip this or you may have great difficulty relaxing.
- 9. Large plastic straw .....(to help drink the mixture.)
- 10. Black Walnut Hull Tincture Capsules 1 teaspoon or two capsules per cleanse.

### Flush Schedule

For best results stop eating any fat the night before. Eat no-fat and no sugar or other sweeteners. No spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, etc. Fruit or fruit juice are fine. Until 2 o'clock.



We Solved the Bad Epsom Salt Problem! For those that **DON'T LIKE THE TASTE** of Epsom Salts, visit:

[www.DrClarkStore.com/liver-program.html](http://www.DrClarkStore.com/liver-program.html)

**Now Available:** Magnesium Sulfate Capsules!

**8:00 AM** - Eat a **no-fat** (containing zero fat) **breakfast and lunch** such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk) oatmeal is the most ideal choice. For lunch eat plain cooked or steamed vegetables with rice.

**Recommendation:** Do not eat any protein foods (like butter) or you might feel ill during the actual flush.

**2:00 PM** - Do not eat or drink after 2 o'clock, otherwise you could feel quite ill later.

**Get your Epsom salts ready. Mix 4 tablespoons and ½ teaspoon Vitamin C in 3 cups water and pour this into a jar.** This makes four servings, ¾ cup each. The Vitamin C powder improves the taste. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only)

If you are taking the Epsom Salt caps make sure you have 60 capsules handy.

**6:00 PM - Drink one serving (3/4 cup) of the ice cold Epsom salts or if using capsules take 15 capsules with no more than 3/4 cup water. (Dose 1)** You may bite into a lemon or rinse your mouth, but spit out the water. **If you did not prepare this ahead of time, mix 1 tablespoon in ¾ cup water now. Get the olive oil (ozonated if possible) and grapefruit out to warm up.**

**8:00 PM - Repeat by drinking another 3/4 cup of Epsom salts or take 15 caps.**

**(Dose 2)** You may bite into a lemon or rinse your mouth, but spit out the water. 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 ½ cup (measure) olive oil into a pint jar.**

2. **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. **You should have at least 1/2 cup juice (measured).** Add this to the olive oil. **Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).**

3. **Add ¼ to ½ teaspoon citric acid to the olive oil-grapefruit mixture. Stir till dissolved.** Do not take yet!

4. **Have two capsules of the Green Black Walnut Hull and 4 to 8 capsules of Ornithine ready.**

5. **Now visit the bathroom one or more times, even if it makes you late for your 10 o'clock drink. Don't be more than 15 minutes late or you may not be as successful with the flush.**

**10:00 PM - Have the following on hand:**

- The Grapefruit/Olive Oil Mix
- One tablespoon of honey (optional)

- Ornithine (4 to 8 capsules)
- Green Black Walnut Hull (2 capsules)
- Cinnamon (optional)

**Take the Grapefruit/Olive Oil Mix standing or sitting up.** Get it down within 5 minutes (15 minutes maximum). Drinking through a large plastic straw helps it go down easier. You may use cinnamon, or straight sweetener like agave syrup or honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take the oil mix to your bedside if you want. **Remember to take the 2 black walnut hull and 4 to 8 ornithine capsules with the first sips. Four Ornithine will help you sleep through the night.** Take eight if you already suffer from insomnia.

**Now lie down immediately, don't get out of bed and don't eat.** You may fail to get toxins out if you do. The sooner you lie down the more toxins you will get out. 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 toxins traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open due to the Epsom Salts. Go to sleep. You may fail to get toxins out if you don't.

**Next Morning (after 6:00 am)**

Upon awakening **take your next dose of Epsom Salts. (Dose 3)** 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 (after 8:00 am)**

Take your **fourth and last dose** of Epsom salts. You may rinse your mouth, but spit out the water. You may **go back to bed** again.

**After 2 More Hours (after 10:00 am)**

**You may eat. Start with fruit juice.** You may add another ½ teaspoon citric acid to it and get even more toxins out. **Half an hour later eat fruit. One hour later you may eat regular food but keep it light.** By dinner you should feel recovered. Please avoid sweets and don't eat too much fruits. Start on vegetables.

# Dr. Clark MetalGone Cleanse



Several theories claim that whenever you attempt to dislodge heavy metals in your body, chances are that they move from a "harmless location" like fat to a harmful location, like the brain. Other research disagrees. To be on the safe side please consult with a Health Professional that can help you locate where the toxins are before and after taking the Dr. Clark MetalGone Cleanse. Have them monitor you every week.

You want heavy metals to move out the excretory organs. For this reason always make sure you complete the four cleanses before you move on to the Dr. Clark MetalGone Cleanse. Have clear channels of elimination. Drink plenty of water during and after cleansing. Do light exercise. Also remember to ask your doctor about interactions with drugs. Always talk to your Health Professional before cleansing. Should you experience any adverse reactions please stop use and contact both us and your Health Professional. More info on our website.

| Group 1<br>Day 1-25 |                          | Group 2<br>Day 26-42 |  |
|---------------------|--------------------------|----------------------|--|
| Thioctic Acid       | 3 capsules once a day    | IP6                  | 10 drops in cup of water daily           |
| Citric Acid         | 1 capsule daily          | EDTA                 | Up to 3 capsules once a day              |
| Allied Amino Acids  | 1 capsule with each meal | Chlorophyll          | 1 tbs in a glass of water or juice daily |

Take a maximum of three of the supplements above the same day. When you run out of the first three take the next three.

For best results, replenish your body with a high-quality multi vitamin like **CRaNiULS** and salts like **Sodium Chloride / Potassium Chloride**, an electrolyte. Take: ¼ tsp of Sodium Chloride / Potassium Chloride per day [product # 10476] CRaNiULS, 1 cap per day [product # 10682]

Other beneficial products for this cleanse are:

|                      |                    |                     |
|----------------------|--------------------|---------------------|
| Cysteine (#10423)    | Vitamin E (#10029) | Selenium (# 10733)  |
| Glutathione (#10422) | MSM (#10502)       | Calcium (# 10462)   |
| Vitamin C (#10367)   | Parsley (#50930)   | Magnesium (# 10447) |

*The products are selected based on Dr. Clark's theories. Her theories have not been verified by university/government level studies. Some of the products may not have been proven to chelate heavy metals.*

## Vitamin D3

Our super pure Vitamin D is 100% olive oil and coconut based and does not contain corn oil. Vitamin D helps the body to regulate the transport of calcium from the digestive system through the bloodstream to bone. It also assists in the retention of calcium and phosphorous. Vitamin D helps maintain normal bone and tooth formation. SHRC Vitamin D is 100% natural cholecalciferol.



## OUR HISTORY

Self Health Resource Center was founded in 1993 by Geoff Clark, son of world recognized researcher, best-selling author and master herbalist Dr. Hulda Clark Ph.D, Biology. It was his mission to produce the purest, highest quality herbal supplements strictly following Dr. Clark's formulations and protocols.

Since then, we have grown in size and scope, providing over 250 quality products to satisfied customers throughout the world. Our steadfast commitment to purity and quality can be found in every one of our products. The raw materials we use come from one of the best nutrition and herb suppliers in the United States – so we never purchase ingredients from abroad. And unlike competitors' products, ours do not contain unnecessary additives or harmful excipients.

We know our customers depend on us to provide them the purest and most potent supplements available. We take this responsibility very seriously. You can be assured when you purchase our products, whether from a retail store, a health professional, or directly from our Website, [www.DrClarkStore.com](http://www.DrClarkStore.com), you will be receiving the finest nutritional supplements available today.



**Dr. Clark Store**  
*Potent & Pure without excipients*

## Buy From The Source

There are a number of companies claiming to follow Dr. Clark's protocols. Beware! We are the only manufacturer who worked in close cooperation with Dr. Clark starting in 1993, producing products exactly as she intended, with the latest additions, formulations and improvements. Look for the Dr. Clark Store brand of herbal supplements and cleanses.

## PURCHASE PURITY

When deciding what products to purchase for your supplement needs remember:



Read the Supplement Fact box backwards.

Excipients can contaminate the product. No magnesium stearate, no corn starch, no colors.

Choose a product with few ingredients. A large ingredient list is not a sign of superior product, it's actually the reverse. When taking a combination of 7 or more herbal ingredients it's likely that your body will get confused and cancel out the actions from the different herbs. Other manufacturers like to load up on many ingredients to make their products unique, foregoing the effectiveness of the product.

Tinctures with a rubber dropper attached to the bottle before shipping can contaminate the tincture. Keep bottle upright, don't shake with dropper in it.

Veggie caps are often more contaminated than gel caps. Choose gel caps from Canada, made from bovine hide.

Herbal extracts often contain more chemical contamination than the whole herb.

Also remember that your skin is your largest organ and whatever touches it goes inside your body. For that reason make sure your water, soap and cosmetics are pure.

## Testimonials

*Sandra from Colorado*

"Excellent effective products, value, service and delivery. I have been using their products for the past 5 years, I highly recommend them. They have the highest potency and purity with the best price that I have found anywhere."

Reference#515

*Damaris from Arizona*

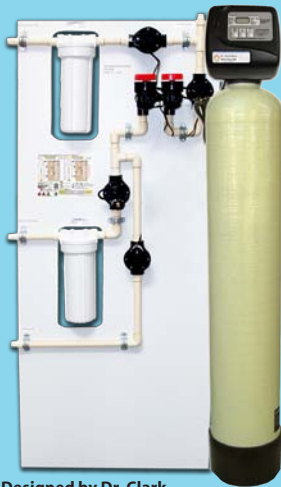
"I would not purchase anywhere else if concerned about purity. Self Health (Dr. Clark Store) has the absolute best prices and herbs that are not near an expiration date. I research everything to death and would only purchase from a company that has integrity. There are more than enough websites that say one thing and sell you another; colloidal silver is a good example!. The same is true when purchasing herbs, cleanses and vitamins. Dr. Clark Store's products are based on her books which makes it easier for me to order. The delivery is fast and the prices can't be gotten anywhere else. Bravo for this store!"

Reference#519

We have received 1000s of testimonials of which we can not show you per regulations.



# DR. CLARK WHOLE HOUSE WATER FILTER



## Designed by Dr. Clark

In 2007, after 2 years of researching many filter combinations and filter media Dr. Clark finally found this filter and filter medium to meet her requirements. We have worked tirelessly on improving the design of this filter keeping in mind Dr. Clark's strict requirements.

## Hot Water:

There is nothing like this in the world! This is the first filter on the market with hot water backwash per Dr. Hulda Clark design.

## Fully Automatic:

The filter is fully automatic and performs a Hot Water Backwash every 1 to 99 days (your choice). Dr. Clark recommends every 5 days.

## Purity:

Specially processed and pre-hot-washed Activated Carbon from Coconut Shells is used as filter medium.

## Backwash:

Since the filter does not contain tightly packed filter media, it backwashes effectively, washing out impurities.

## Superior Filtration:

Activated Carbon is known for being the most effective filter medium for organic solvents, such as oils, benzene, and chlorine. Those are the type of toxins Dr. Clark is most concerned with. visit: <http://drclarkstore.com/activatedcarbon.html>

## Loose Carbon Media

Only loose carbon can be effectively regenerated. During backwash the carbon media is lifted up and tumbled around in hot water. This is not possible with tightly packed filters. Loose carbon also prevents the formation of "water ways" in the carbon. Water follows the law of least resistance and with time it carves a water way right through your filter. Those waterways are destroyed during backwash.

## Large Filter:

The large quantity of carbon (1 cu ft) contributes to the filter's effectiveness.

## Economical:

Water consumption has been reduced to 40 GPBW on the Version 2 Filters by reducing the backwash time to 6 minutes backwash and rinse time to 4 minutes (10 minutes x 4 GPM = 40 gallons per backwash. Main filter medium (1 cu ft carbon) does not need to be changed more often than once every 3 to 5 years.

## Easy Install:

We now have the filter "pre-installed" on a board making for a "fail-proof" installation.

## Complete Coverage:

You get rid of toxic elements before the water enters the house.

## Does Not Create "Hungry Water":

The filter does not take out all your minerals from the water and therefore does not attach to your plumbing system as "hungry water does".

## No Additives:

The filter does not add any chemicals to your water.

## Fights Bacteria:

The hot water backwash helps reduce bacteria buildup inside the filter, a typical problem with carbon based filters.



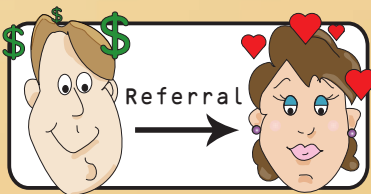
**Self Health  
Resource Center**

Expert tech support at 866-DR-CLARK

(866) DR-CLARK (372-5275)

Service@DrClarkStore.com

Customer Service:



Thank you for your continued referrals. We depend on your referrals in order to give you the best prices and continue research and production of pure supplements.

Please e-mail [Mario@DrClarkStore.com](mailto:Mario@DrClarkStore.com) for your referral link or submit your request by visiting <http://drclarkstore.com/cash-rebate.html>.

Every order made through that link will give you 5% credit of that order total. For example, if your friend ordered \$400.00 total--using the link to our store that we provided you--you will make \$20.00 credit from your friend's order. When you want to use your credit, simply click the Go Shopping with your credit link.

## \*DISCLAIMER STATEMENT

Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, PhD, 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 offered or intended to diagnose or prescribe for medical or psychological conditions, nor to recommend specific products as treatment of disease or to provide diagnosis, care, treatment or rehabilitation of individuals, or apply medical, mental health or human development principles, to provide diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition. Cleanse benefits are recommended based upon traditional uses and are not generally recognized as substantiated by competent and reliable scientific evidence. Although our products are in conformity with the Dr. Hulda Clark, PhD, public protocols, we are not owned nor operated by Dr. Hulda Clark, PhD.

Please understand that [www.DrClarkStore.com](http://www.DrClarkStore.com) can not answer any medical questions. Please direct all questions to your health professional. For your convenience page 11 has information on how to obtain a directory with health professionals familiar with the Dr. Hulda Clark, PhD Protocol. By purchasing products from us, you agree we will be held harmless in your personal usage of any information disseminated by any representative from [www.DrClarkStore.com](http://www.DrClarkStore.com).