



Super Phase 2 Liver Support Kit

Optional directions based on the
Protocols of Dr. Hulda Clark

Dear Customer,

Since I want you to have the greatest possible benefits from our cleanses please consider the following carefully:

1. To gain even more benefits from your cleanse, **stay on the Para Cleanse Weekly Maintenance Program for a minimum of 4 weeks to a year.** The benefits are cumulative as the Maintenance Program continues to minimize the effect microorganisms have **due to continuous re-exposure.** Dr. Clark believed that in order to gain 100% of the benefit of the cleanse, it was best to stay on the Maintenance dose indefinitely. This helps **free up your body's energy** for issues that need attention rather than relentlessly fighting microorganisms.*
2. The Dr. Clark Colon Cleanse works synergistically with the Para Cleanse. For even better results take those two programs over the same time period. You will gain on two fronts at the same time; while the Para Cleanse will balance foreign organisms systemically throughout your body the Digestive Aid will optimize your digestion in both your stomach and intestines.*

Dr. Clark designed the cleanses for maximum effectiveness without compromising safety. This is why she designed the 18-day Handy Chart; it enables your body to slowly get used to these extraordinary potent herbs.*

A word of caution: One of the most fantastic cleanses protocol of Dr. Hulda Clark is the Liver Flush. Never do that cleanse when constipated. In addition, for best results, she highly recommends you stay on the once weekly Para Cleanse maintenance cleanse until you start the flush. Hulda always asked people to stay away from cleanses that contain clay, she found that eminences of clay always stayed in the intestines.*

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 Hulda, if you miss a day or two you can simply pick up where you left. If you are traveling please consider the Quick Cleanses, they are easier to take and travel with. Remember to secure your supplies in a timely manner.*

If you need help please give us a call, we will send you a list of health care professionals. I apologize upfront but due to FDA regulations we cannot give medical advice of any sort.

If you follow the above you can expect some good results!

Self Health Resource Center was established in 1993 with the single purpose to help people live a pure lifestyle. That is still our mission. We now make over 400 supplements, water filters and other goods to help your family succeed in that mission as well.

By the way, please let us know of your experience with the cleanse. Good or bad, we want to hear from you. You never know how much your testimony can help others.*

Thank you,

Oskar Thorvaldsson, Owner
Self Health Resource Center
www.DrClarkStore.com

*PS: Since FDA regulations restrict our advertising please tell your friends.**

To Those Wanting Guidance: We offer a comprehensive resource and reference document that covers a wide spectrum of protocols. Our resources cover Dr. Hulda Clark public protocols, research services, and include links to various Healthcare Professionals (medical doctors, naturopathic doctors, homeopaths, osteopaths, chiropractors, dentists, and many more*). **Please email us at Service@DrClarkPurity.com for this information.**

***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-Zap 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.



FAQ-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 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 parasite maintenance program?

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

Q: Do I stop taking the 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 everyone take the Para Cleanse Maintenance Cleanse 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 3 to 12 months then we recommend you take the 18-Day Para Cleanse Cleanse before you go back on the once weekly Para Cleanse Maintenance Cleanse. You can always take the 18-Day Para Cleanse Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse will be achieved from the once weekly

Para Cleanse Maintenance Cleanse, so stay on it as long as you can. Do the Kidney Cleanse and Liver Cleanse and Flush yearly. Initially do at least 5 flushes. The Digestive Aid complimented with enzymes should be taken on a "as needed" basis. Remember also 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. A few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your health care professional.

Q: How long are the cleanses?

A: The Digestive Aid Kit is 24 days long. The Para Cleanse Kit is 18 days long. The Kidney Kit is 21 days. The Liver and Gallbladder Cleanse + Flush are approximately 2 weeks.

Q: Are the cleanses safe for children?

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

Q: Are the cleanses safe for my pets?

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

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

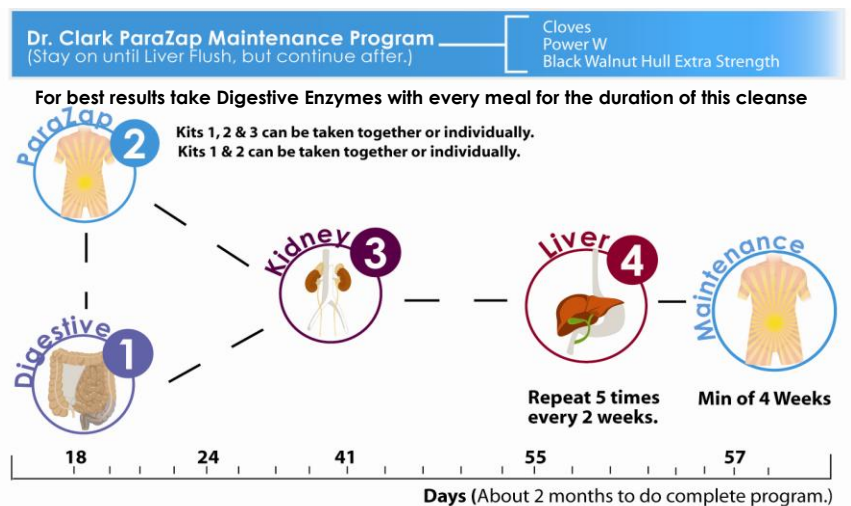
A: Ask your healthcare professional or contact us for the Quick Para Cleanse Cleanse, it is simpler to take.

Q: I can't take alcohol tinctures, what can I do?

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

FAQ-Frequently Asked Questions

The Parasite Maintenance Program delivers the greatest benefits if you take it on a consistent basis. Dr. Clark wanted people to take it once per week indefinitely, however if you don't want to do that consider taking it for a minimum of 4 weeks or a year. We manufacture many different highly effective **Digestive Enzymes**, all of which can help you gain greater results in this cleanse program. Find our **Digestive Enzyme and HCl Information** at www.DrClarkPurity.com/enzymes.html With that information you can easily decide for yourself which Digestive Enzymes and HCl supplements to take.





Super Phase 2 Liver Support Kit - 333003

Kit Items (13 Items Total) Dietary Supplements

Item Count	Description	Directions	Item#
1	Cysteine Capsules	x 3 day with meals	10423-100
1	Glutamine Capsules	x 3 day with meals	10427-100
1	Vitamin C Capsules	Take with food, morning and dinner.	10367-100
1	Vitamin B2	1 in the morning	10446-100
1	Vitamin B6	1 in the morning and 1 at lunch	10426-100
1	Vitamin B12	1 in the morning	10445-50
1	Selenium Capsules - Antioxidant	1 cap per day with a meal	10733-50
3	Milk Thistle Capsules	3 caps x 3 daily 13 min before meals (9 per day)	10719-100
1	Methionine Capsules*	3 caps x 3 daily 13 min before meals (9 per day)	10454-50
2	Quick Liver Cleanse	take as directed up to 3 caps, (3 times per day)	50952-125-PP

***Methionine: Be sure to get enough foliate, Vitamin B6, and Vitamin B12.**

This kit when taken as directed will last you for about one month.

First, complete the [Super Phase I Liver Support Kit](#).

The Liver Cleanse and FLUSH is also really beneficial for your liver. We recommend you also do the Liver Cleanse and FLUSH program.



Dr. Clark Colon Cleanse and Digestive Aid

Formulated by Hulda Clark Ph.D, Master Herbalist*

Many people equate the digestive system with the colon. Hence the popularity of “Colon Cleanses.” The fact is that the function of the colon is closely dependent on the stomach, liver, kidneys and pancreas.

For example, if your stomach does not produce enough Hydrochloric Acid (HCL), which is the most common age related cause of impaired digestive function, your food will not be sanitized properly before entering the colon and digestive enzyme production will be lacking. This results in poor colon health.

When it comes to digestive health, don’t focus only on the colon, focus on the entire digestive system.

Consider This: 60-80% of the body’s energy is used on digestion. The remaining systems in your body (immune, respiratory, reproductive, cardiovascular, nervous, and muscular) share only 20-40% of your total energy. So guess what happens when one or more of these systems are challenged? Your body “steals” energy from the digestive system.

This is why a digestive problem is often the first clue that there may be a problem in another system. This is also why Dr. Hulda Clark always started with supporting the digestive system, no matter what the problem was.

You should pay attention when you experience the following digestive functions they can indicate that the culprit is somewhere else entirely.

If you put up with any of the following discomforts, you may benefit from both the Parasite and Colon Cleanses:

- Acid Reflux
- Food Cravings
- Bloating

- Gas & Flatulence
- Occasional Diarrhea
- Occasional Constipation
- Heartburn & GERD
- Indigestion
- Irritable Bowel (IBS)
- Leaky Gut
- Yeast & Itching
- Liver Toxicity
- Fatigue
- Weight Gain
- Low Energy
- Dry/Oily Skin
- Headaches/Migraines
- Allergies
- Brain Fog

When the body “steals” energy from the digestive system, it can’t balance the stomach acid or produce enough enzymes for a smooth operation.

Many people are unaware of this connection between the digestive system and other systems of the body.

Supporting the digestive system has two main purposes: **First**, to improve digestion, and **second** to free up energy to be used elsewhere in the body. By supporting your digestive system, you are in fact allowing your body to spend sufficient energy on all the other systems in your body.

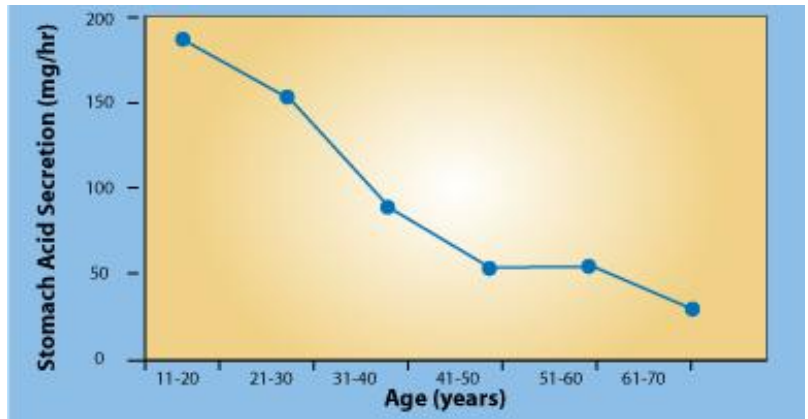


Stomach Acid Secretion

Betaine HCL supports your stomach's acid requirements for 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 acids are important because they help 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 not the typical cause of indigestion. Often, it is a lack of stomach acid that triggers this occasional discomfort.

Too little acid in the stomach leaves food to putrefy, causing excess gas to expand into the esophagus, producing indigestion, and that feeling of **heartburn**. In the case of occasional heartburn take more Betaine HCL with meals. Turmeric and Fennel support the optimal balance of good flora and microorganisms in the colon. Cascara Sagrada should only be used when experiencing occasional constipation. Avoid products that mix that herb in formulas as it is habit forming. For optimal results, please use the Digestive Aid simultaneously with the Dr. Clark Para Cleanse.

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.") By J. Wright, M.D. 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 production in the stomach.



Constipation

There are many theories about why constipation occurs, ranging from psychological stress to interference of microorganisms in the colon and lack of dietary fiber. Each one of those theories have merits. However, Dr. Clark maintains that interference of microorganisms is the primary culprit. Her theory was that neurotoxins from microorganisms interfere with neurotransmitters (acetylcholine and epinephrine), thereby causing fecal matter to stay longer inside the colon. In other words, the microorganisms trick the body into delaying bowel movements. This is good for bacteria but bad for you. This theory of Dr. Clark's has not been researched and we don't expect it to be researched. However this phenomena of neurotoxins is well known in nature.

