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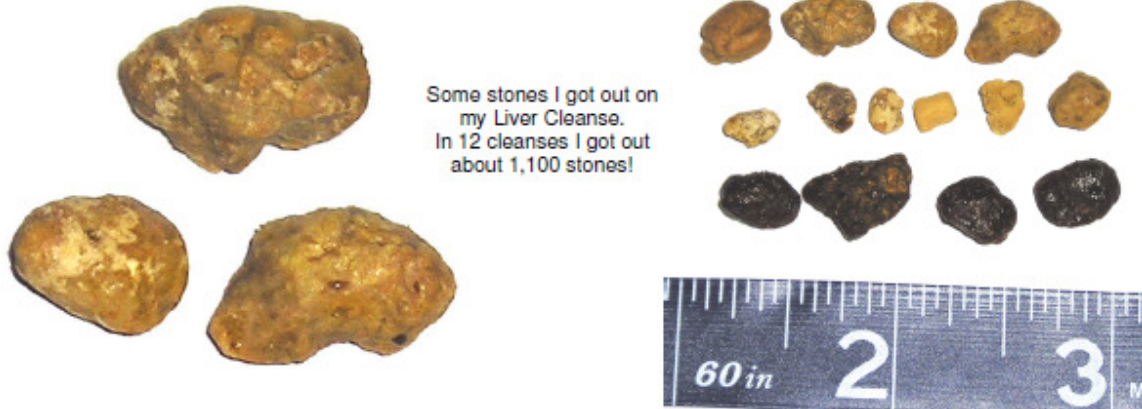
Dr Hulda Clark Supplies

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Dr. Clark Liver & Gallbladder Cleanse



1. Add 3 tablespoons of liver herbs to 5 cups of water in a suitable pot. Let it sit for at least 4 hours (or overnight) to soak. This opens up the herbs. You can make larger batches to last for several days if preferred.
2. Put the pot on stove and bring to a boil. Turn heat off and let it sit to cool a bit.
3. Strain. Add small amount of natural sweetener if desired, but taste it first....it's pretty good! Add 2 drops of HCL drops per cup and stir before consuming.
4. Drink 2-3 cups a day for 1 to 2 weeks prior to cleansing. You can also drink the tea during cleansing. Sip the tea slowly throughout the day.

The Liver & Gallbladder Flush (The Flush)

This page contains a lot of warnings, please read them before doing the flush:

CAUTIONS REGARDING THE FLUSH

1. CAUTION: Do not Flush when constipated. Get the bowels moving regularly first. Should you be occasionally constipated you can take the Dr. Clark Parasite Cleanse and Dr. Clark Colon-Bowel Cleanse. Should you be chronically constipated please consult with your Health Professional.
- Once your bowels are moving regularly then for best results do the Dr. Clark Kidney Cleanse and the Liver Support Tea before The Liver/Gallbladder 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.
- The first two cleanses, the Dr. Clark Colon-Bowel Cleanse and Parasite Cleanse help with maintaining healthy bowel movements. For best results do them first, but remember to start slowly if you are not used to potent herbal remedies. One or two weeks later you can start the Dr. Clark Kidney Cleanse.

2. 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.
3. CAUTION: Please follow these detailed directions. 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.
4. 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 regarding your medications.
5. CAUTION: If you are taking medications, please check with your physician or pharmacist prior to taking any supplements. Ask her 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.
6. 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, we do not recommend anyone under 18 years to go through any of the cleanses, except the Dr. Clark Parasite Cleanse.
8. CAUTION: Do not take during pregnancy or lactation. Keep away from children.

Preparing for the 2-Day Liver & Gallbladder Flush

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 allow for a better flow.

How Often to Flush?

This depends on the toxins you get out. Initially, you may repeat The Flush at two-week intervals. This allows your organs to get enough rest in-between. Many people do 5 flushes in a row. After your initial Flushes, a quarterly or semi-annual Flush may be enough.

Step. 1 Schedule Two Days for the Flush

The Flush takes two days. Choose a day like Saturday, since you will be able to rest the 2nd day.

Step. 2 Prepare for Zero Fat Diet

Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk). 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.

NOTICE: The earlier you stop eating the better your results will be, too. In fact, stopping fat and protein the night before gets even better results. Finish eating by 12 noon with only sips later.

Step. 3 Gather and Check Supplies

NOTE: We sell everything you need on www.DrClarkStore.com except for the grapefruit and and pint jar.

1. Fresh Pink Grapefruit, 1 large or 2 small, enough to squeeze $\frac{1}{2}$ cup juice (you may substitute a lemon, adding water and sweetener to make $\frac{1}{2}$ cup liquid) for each Flush.
2. Pint jar with lid. ($\frac{1}{2}$ liter)
3. Half a cup olive oil. (light olive oil is easier to get down) Optional: For best results use ozonated olive oil. (See Dr. Clark's books or ask us for details)

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

Step. 4 Organize and Check Supplies

1. Pint jar with lid ($\frac{1}{2}$ liter).
2. Epsom salts -4 tablespoons
3. Olive oil - $\frac{1}{2}$ cup
4. Fresh pink grapefruit -2 to 4, enough to squeeze $\frac{1}{2}$ cup juice
6. Honey -one tablespoon (if desired)
6. Ornithine -4 to 8 caps, to be sure you can sleep. Don't skip this or you may have great difficulty relaxing.
7. Large plastic straw -to help drink the mixture.
8. Black Walnut Tincture or Capsules - two capsules per cleanse.

Preparing for the 2-Day Liver & Gallbladder Flush

Day 1

8:00 AM - Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk).

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 3 cups water and pour this into a jar. This makes four servings, $\frac{3}{4}$ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only)

6:00 PM - Drink one serving ($\frac{3}{4}$ cup) of the ice cold Epsom salts. (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 $\frac{3}{4}$ cup water now. Get the olive oil and grapefruit out to warm up.

8:00 PM - Repeat by drinking another $\frac{3}{4}$ cup of Epsom salts. (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 $\frac{1}{2}$ cup (measured) 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 $\frac{1}{2}$ 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 will not be as successful with the cleanse.

10:00 PM - Have the following on hand:

- The Grapefruit/Olive Oil Mix
- One tablespoon of honey
- Ornithine (4 to 8 capsules)
- Green Black Walnut Hull Tincture (1 teaspoon or 2 capsules)

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 teaspoon of Black Walnut Tincture or 2 black walnut hull caps 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.

Day 2

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.

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