ARE YOU READY TO CHOOSE HEALTH?

What is your health worth to you? Are you willing to try a new way? Remember, you alone are responsible for your health. Do you take that responsibility?

If so, we can help you. You have an amazing self-healing body, and it will heal if you help it. We take for granted that a cut or scrape on our skin will heal automatically, and see it happen regularly. Think about this: the inside of your body was designed to heal itself just as surely and wonderfully! To support this natural healing, there is no magical "silver bullet," but a combination of things you must do in order to turn your health around, and go in the right direction.

If you are sick now, your choices you have led you to where you are. Are you willing to change? It may be difficult to make changes like going back 100 years in your household chemistry, giving up your favorite vitamin pills, shunning the “bad,” eating only the “good,” and getting exercise. But this is the only way you will be able to reverse disease and see your health return. Only YOU can do it. It is time to make a change.

Letting go of past habits is a difficult thing to do. People say, “But I could never give up [smoking, my meat, my pills/medications, junk food, etc].” You must realize that this stubborn mindset will cost you years of vibrant living. Will you choose life, or the old habits?

“If you keep doing what you’ve always done, then you’ll keep getting what you’ve always got.”

Did you choose to make a new start? Great! Get a pen and paper and write down your name, the date, and the reasons why you are making this lifestyle change. It is something like a New Year’s Resolution. Fill out the Symptom Score Sheet on page 2. This will identify your problem health areas, and keep you focused on your Resolution. Write down the most important health changes you need.

My list looked like this:

“Why I am on my lifestyle change, dated January 1, 2003

• To maintain strong bones (no osteoporosis)
• To stop the cycle of cancer in my family.
• To avoid heart attack/stroke, diabetes and arthritis.
• Mental & emotional soundness and clarity
• To reverse a medical condition of paranoia/phobia that had crippled me for many years (done!)
• To regain healthy eyesight”

The items you list must be serious motivators for you – to help you stick with it when you get tempted to slip back and cheat.

IT IS NOW TIME TO STOP REPEATING THE PAST AND START CREATING YOUR FUTURE!!! Start by turning the page and filling out the Symptom Score Sheet right away.
Symptom Score Sheet

Complete this evaluation form immediately. It is important to have an accurate record of where you began in order to see the changes in your health over time. Remember to update your symptom score sheet every two weeks. Put a 1, 2, 3 or 4 beside each item that describes your symptoms, using 1 for rare and 4 for constant.

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<thead>
<tr>
<th>SYMPTOM</th>
<th>Today</th>
<th>2 Weeks</th>
<th>1 Month</th>
<th>2 Months</th>
<th>3 Months</th>
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<td>Allergies/Hay fever</td>
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<td>Drink Coffee/Tea/Pop</td>
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<td>Eye Problems–glasses, night vision</td>
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<td>Feel Stressed Out</td>
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<td>Frequent Colds and Infections</td>
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<td>Fuzzy Thinking</td>
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<td>Headaches/Migraines</td>
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<td>Low Energy/Often Feel Tired</td>
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<td>Menstrual Cramps/Moody/PMS</td>
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<td>Moods of Depression/Anxiety</td>
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<td>Muscle Cramps</td>
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<td>Night Sweats</td>
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<td>Poor Concentration</td>
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<td>Shortness of Breath</td>
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<td>Skin Problems – Dry Itchy, Acne</td>
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<td>Varicose Veins</td>
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<td>Weak Bladder, Incontinence</td>
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<td>Weak fingernails / Unhealthy hair</td>
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GET SERIOUS ABOUT TOXIC CLEANUP

**Living Space**

Clean house. Get a box and begin to collect every cleaner, spray, lotion, perfume, and potion of any kind. This includes glues, polishes, window cleaners, soaps, shampoos, paints, creams, candles, felt markers, potpourri, and anything that has any smell to it whatever. Remove it from inside your house. You may keep only vinegar, baking soda and borax for cleaning. When you go through all your cupboards, ask yourself one question, “Is this vinegar, baking soda or borax?” If it is not, then place it in the trash or a discard box to be removed from your house. It must be serious. In the early stages of getting well you must relieve the extra stress from external toxicity from your body’s immune system. You must spend energy in building healthy cells, not continuously removing toxic chemicals from the liver. Remember, the skin is the largest organ of the body, and every pore in your body that comes into contact with toxic substances will compromise your improvements.

Start in the bedroom (where you spend 8 hours per day), move to the bathroom, the kitchen, laundry room, broom closet, attic, and basement. Move systematically through the house, leaving no toxic item behind.

Get non-toxic cleaners. One excellent cleaner that is approved for household use is UltraSafe from [www.Solutions-4-You.com](http://www.Solutions-4-You.com). UltraSafe contains no solvents or toxic substances, and is bactericidal. It can clean your baby, your hair, your carpet, or your car engine. We use it for everything at our house: washing clothes and vegetables, cleaning kitchen and bathrooms, brushing teeth – even killing insects and repelling mosquitoes! We also use the pure liquid castile soap from [www.VermontSoap.com](http://www.VermontSoap.com)

Read Dr. Hulda Clark’s book “The Cure for all Diseases,” pages 420 and after for a more complete guide to cleaning up tainted food and cleaning products.

When Arthur had cancer, we followed her instructions explicitly. This is one of the hardest changes to make when trying to reclaim your health, because it goes against our accustomed lifestyle so much. We think we need makeup, household cleaners, processed and dead foods in order to survive, but they all must go. Get rid of every toxic thing, and begin with a clean slate.

Avoid toxic places. Do not spend time in solvent-laden places like paint stores, places with strong odors like hair salons, carpet stores, perfume departments, body or soap shops, and cleaning supply aisles in grocery stores. Read Dr. Clark’s books for more details.

**Water**

Drink and bathe in clean water. Chlorine and fluoride in our water is extremely toxic to the body, inside and out. In Dr. Clark's latest books, she recommends a whole house water filter in areas with chlorox bleach in their water supply. Get your water tested by a good Syncrometer tester (see list at end of this ebook). If you find you that have chlorox in your water supply, install a self-cleaning whole house water filter from [www.DrClarkStore.com](http://www.DrClarkStore.com) to remove the chemicals that form the cancer complex from your water. This is the same filter as Dr. Clark herself uses at her home in Mexico. If you cannot install the whole house filter, consider moving to an area with chlorox-free water.

**Air**

Clean and protect your air supply. While you are healing, do not buy new furniture, carpeting, or rugs, or renovate your house. Save that for later, or for the summer time when your house can be aired out.
well each day. The glues in new furniture and renovation products are toxic to the body. New carpeting contains formaldehyde. You must avoid these things. If your air is moldy, or if there is mildew in the house, this must be cleaned out. For ten years Arthur and I have used air purifiers that generate low levels of ozone to recreate the natural ozone levels found in healthy outdoor places like the seaside and mountain tops. Ozone at these low levels (30-40 parts per billion) will destroy most household air pollutants, reducing them to harmless water vapor, oxygen, nitrogen and carbon dioxide. Ozone also destroys mildew and fungi. See the Sources list at the end of this ebook if you want to get an ozone air purifier unit like ours.

**KILL PARASITES**

**Zap**

Get a zapper and zap regularly. Dr. Clark recommends zapping every day for the first month, or until symptoms improve. After that, zap at least twice per week for as long as you wish to remain healthy. For the Professional Auto-Zap, the Rolls-Royce of zappers, see [www.BestZapper.com](http://www.BestZapper.com) or phone us at 1-888-533-7007. Remember that the Auto-Zap is a lifetime unit. Even if you get rid of parasites, you can still be re-infected at any time. The zapper is the quickest, most effective way to keep parasites in check, for you, your whole family and your pets. Use it as long as you want to stay healthy.

To get the inside scoop on zapping, written by the inventor of the world’s first automatic zapper, sign up for our free email ZapperCourse. It gives tips for successfully using the zapper, pitfalls to avoid, natural secrets to boost the effectiveness of the zapper and details of our own personal health program. Email [ZapperCourse@aweber.com](mailto:ZapperCourse@aweber.com) to receive this helpful course by email.

**Herbal Cleanse**

Get on the herbal parasite cleanse, as outlined in Dr. Clark’s book, “The Cure for all Diseases.” This uses ground cloves, wormwood and black walnut tincture. See the full dosage chart at the end of this ebook.

Think you don’t have parasites? Dr. Clark finds that almost everybody has parasites. Those parasites are directly related to most of the diseases we see today, including diabetes, cancer, heart disease, arthritis, allergies and chronic fatigue. Some other less serious signs of parasitic infestation are:

- itchy ears, nose, anus
- gas and bloating
- fuzzy thinking, “brain fog”
- ravenous appetite, but still feeling hungry
- yellowish face
- heart pain
- women: menstrual cycle problems
- lethargy
- burning sensation in the stomach
- drooling while sleeping
- blurry vision
- fast heartbeat
- grinding teeth while asleep (bruxism)
- men: sexual dysfunction

Remember, parasites are foreign to your body and they need to survive somehow. They live off the food you eat, stealing your nutrition before you even get it. Parasites thrive, sometimes attaching
themselves to the walls of your colon, sucking your blood. As they feast on you, they lay eggs, reproduce, secrete their hormones, and dump their wastes and other toxins inside you. They also seek out weakened organs, damaged tissues, and heavy metal accumulation to help them set up residence, weakening your immune system and causing disease. Their growth hormones can even upset your natural growth regulators, provoking cancer and hormonal imbalances.

**Types of Worms**

Here are some common parasites. Remember, only 30% of parasites are visible: 70% are microscopic (and more dangerous). So it’s OK if you do not see visible parasites after going on the parasite cleanse. Remember that Dr. Clark says the zapper stimulates your white blood cells, and they “take out the trash” by excreting it through your kidneys. You may or may not see cloudy urine as this happens.

- Flatworms – flat as a leaf, can be as long as your finger like the fasciolopsis buski pictured

- Tapeworms – flat and segmented like a measuring tape. People host fish tapeworm, beef tapeworm, pork tapeworm and many more. You can get them from eating raw or undercooked, infected meat. Pork tapeworms can enter the brain and cause seizures. Fish tapeworms can produce over one million eggs per day. Tapeworms can grow over 30 feet long, are ½ to 1 inch wide and white or grey in color. See Dr. Clark’s new Essential Oil Tapeworm Program at the end of this ebook to get these out completely.

- Round worms - from tiny pinworms to ascaris, as big as a pencil

- Threadworms - Cream-colored parasites as thin as a thread. They often come out by the hundreds, and can be extremely long and tangled.

- Heartworms – like spaghetti strands up to 14 inches long

- Hookworms – Curved, up to six inches long, and grayish color. Have a toothy head (see picture) to grip the intestinal wall and suck your blood.

- And many, many more, all hungry and self-indulgent!

**10 Tips For Remaining Parasite Free:**

1. **Keep pets outside** - During your healing process, find a good home for all your house pets. Parasite reinfestation from house pets is very fast, and makes all the parasite program useless. After they are gone, your house will need to have a thorough cleaning. Pets often lick their rear end, or eat their own vomit, and then lick you. This is a very efficient way to pass on parasites. Animal litter boxes are a source of parasites and toxoplasmosis. You need to place your animals elsewhere if you are really serious about getting better.

2. **Do not let pets sleep in your bed.** Dr. Clark says “Never allow a pet into the bedroom or the household dust will have tapeworm eggs as well as mites. Throw out rugs that have been pet-beds.” [p. 408, “Cure for all Diseases”]. The parasites from the pet often lay their eggs in your sheets and blankets. Clean your sheets and blankets regularly if your pet sleeps there.

3. **Put your pets on the zapper and herbal parasite program.**
Do not allow your pets to use your dishes, or even to lick your face or arms. Parasites can be found in the pet’s saliva, which enters your body.

Do not allow your pet to lick your small children or their toys, as children put toys in their mouths. After an animal licks you, wash your hands thoroughly.

You can catch parasites by inhaling dust containing dried animal feces. “Vacuuming a carpet blasts mites and tapeworm eggs into the air.” p.408, “Cure for all Diseases.” If you have a backyard sandbox, keep it covered, so neighborhood animals will not bury their feces there. The sand provides a perfect environment that is ideal for the development and survival of hookworm larvae from cats. Your children could easily become infected. Keep your yard cleaned up of all animal feces, and keep stray dogs and cats out.

2. Keep your hands out of your mouth. Parasites can even be passed to you by shaking hands. Nail biting is an extremely efficient transport mechanism for parasites.

3. Wash and zappicate all your fruits and vegetables, especially those transported from other parts of the world. Use a good soap like “Solutions-4-You” UltraSafe which is effective in cleansing fruits and vegetables as well as all unsanitary areas. Dr. Hulda Clark has endorsed UltraSafe, as has Larry Wayne Harris, Registered Microbiologist and germ warfare expert. Use it in the kitchen, bathroom, laundry room and even the garage. Call Paul Tima at 1-800-301-9911 for info.

4. Do not eat raw meat. Beef and pork can be loaded with tapeworms. Do not eat raw fish as in sushi or raw tuna. I have seen both live and dead worms in raw salmon and snapper fish. You will most likely get worms by eating raw fish. It is best to become a vegetarian. Meats should be washed before cooking and thoroughly cooked.

5. Wash your hands often. After handling raw meat, chicken and fish in the kitchen, wash your hands before doing other things like preparing the salad. Wash your hands after using the bathroom or even working in the garden.

6. Use separate cutting boards for vegetables and meats. Be careful to thoroughly wash all utensils that have touched uncooked meat.

7. Change the dishwashing cloth and the dishtowel often. One of the biggest bacteria carriers in the home is the kitchen dishwashing cloth, and the dishtowel is second.

8. Do not drink out of streams and rivers, lakes or creeks.

9. When one partner is on the parasite cleanse, the other one should do it also. Parasites can be passed from kissing, and intimate sexual contact.

10. Avoid refined sugars. Parasites love sugar. Parasites also like fried and greasy foods. Parasites thrive when you are constipated. They have no way out, and so they reproduce rapidly.

Important Note: When using the zapper, be sure that you are eliminating regularly – at least one to three times per day. Refer to the section below: “Cleansing the Colon.”
IMPORTANT CLEAN-UPS

“Killing parasites, removing pollutants and clearing gallstones and kidney stones from your body is a powerful combination of treatments. It is so powerful you can change yourself into a new person in half a year and then go on improving for years more.” - Dr. Hulda Clark, “The Cure for All Diseases”

Dr. Hulda Clark says, “We humans don’t have hundreds of different maladies and disturbances. We only have two! Things that crawl or climb into us. And toxins: unnatural chemicals that we unknowingly inhale or consume.” Later she says, “The good news is that our body can reclaim its sovereignty by throwing the rascals out. We must assist by throwing the pollutants out. Fortunately, we don’t have to do the whole job ourselves, we only need to assist. Our body has miraculous powers to clean itself up.”

Here are the main clean-ups Dr. Clark has documented in her many books, plus the brand new unpublished tapeworm program. We will describe them in the order in which they would normally be done. Note that for advanced cancer patients she has an aggressive and detailed two-week action plan in “The Cure and Prevention of All Cancers,” pages 339 to 406.

1. Zapping
2. Zappicating Your Food and Body
3. Herbal Parasite Cleanse
4. Kidney Cleanse
5. Liver Cleanse
6. Colon Cleanse
7. Essential Oil Tapeworm Program

ZAPPING

In all of her books since 1995, Hulda Clark has emphasized the urgent need to “get zapping” to help your body remove parasites, bacteria, viruses and fungi. We have answered the question, “What is a zapper, and how does it work?” at www.bestzapper.com/what_is_a_dr_clark_zapper.html and we offer the free ZapperCourse at http://www.bestzapper.com/pdf/ZapperCourse.pdf

Here is a brief summary of the zapper:

A Dr. Clark zapper is a battery operated pulse generator that sends tiny positive-only pulses of current through the body, usually using handholds or footpads for connection. The beauty of the Hulda Clark zapper is its gentle mode of operation. Instead of trying to electrocute anything, the zapper's tiny positive current pulses simply wake up the white blood cells (WBC's) in the bloodstream. Dr. Clark's latest research shows that our WBC's are put to sleep by many common toxins found in our food, water and air. Once awakened by the zapper current, the WBC's aggressively do their job, identifying and destroying parasites, bacteria, viruses and fungi, flushing the remains out through the kidneys.
The zapper as described by Dr. Hulda Clark is the most revolutionary tool for self health we have seen in our lifetime. Though simple in concept, and very affordable, a good Dr. Clark zapper can improve the wellness of an entire family (and their pets) for a lifetime - all this for about the cost of a single visit to a doctor or naturopath. We have used zappers regularly in our household with 4 kids since 1995, and have seen the results first hand. No supplement or other device we know works as well, at any price. It does not matter if you believe in it or not – use our Professional Auto-Zap zapper regularly for three months, and we guarantee you will be convinced (or get all your money back). When was the last time you got a guarantee like that from a doctor or naturopath?

ZAPPICATING YOUR FOOD AND BODY

The next cleansing device from Dr. Hulda Clark is a magnetic antenna called a zappicator. It does not generate its own signal, but is powered by being plugged into a low frequency zapper such as our Professional Auto-Zap zapper.

You may use the zappicator on your food or body to neutralize parasites and their eggs, bacteria, viruses and many chemicals. This includes the food chemicals forming the first three links of the cancer causing chain in “The Cure and Prevention of All Cancers,” as well as PCB’s, benzene and asbestos. See Dr. Clark's full zappicator quotes at our Super Zappicator page.

We use the Super Zappicator all the time in our kitchen. It has a 12 inch wicker basket on it. When we come home from shopping, we simply pile the basket high with veggies and fruits and let it run for 10 minutes. Do it 15 minutes for dairy products or eggs. The effect works up to a foot above the flat zappicator box.

Feel free to be creative, knowing that the Super Zappicator uses only low intensity, safe magnetic fields modulated by the gentle zapper signal. This zappicator field can reach places even the zapper-energized bloodstream cannot, such as the mucous surfaces of the sinuses and the lungs, and the nerves of the spinal cord and brain, which are bathed in cerebro-spinal fluid.

Customers using the Super Zappicator on the body report that they are seeing dead parasites in the stool the day after using it over their abdomen for 30 minutes. A therapist in New York uses it for 15 minutes every day to rejuvenate his brain. Others have been very satisfied with results on pets of all sizes.

After several years of experience, we believe it is a good idea to use both the zapper and zappicator in synergistic combination to regain and maintain our wellness despite the stresses and toxins that we face every day. To help you do this, we offer a special discount for purchase of an Auto-Zap Professional zapper with a Super Zappicator, here.
KIDNEY CLEANSE
(from pages 549-552 in The Cure for All Diseases)

Kidney Cleanse Ingredients
½ cup dried hydrangea root
½ cup gravel root
½ cup marshmallow root
4 bunches of fresh parsley
Goldenrod tincture (leave this out of the recipe if you are allergic to it)
Ginger capsules
Uva ursi capsules
Vegetable glycerin
Black cherry concentrate, 8 oz
Vitamin B6, 250 mg
Magnesium oxide tablets, 300 mg.

Kidney Cleanse Procedure
Measure ¼ cup of each root and set them to soak together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). After four hours (or over-night) add 8 oz. black cherry concentrate, heat to boiling and simmer for 20 minutes. Drink ¼ cup as soon as it is cool enough. Pour the rest through a bamboo strainer into a sterile pint jar (glass) and several freezable containers. Refrigerate the glass jar.

Boil the fresh parsley, after rinsing, in 1 quart of water for 3 minutes. Drink ¼ cup when cool enough. Refrigerate a pint and freeze 1 pint. Throw away the parsley.

Dosage: each morning, pour together 3/4 cup of the root mixture and ½ cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and 1 tbs. of glycerin. Drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomachache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose.

Save the roots after the first boiling, storing them in the freezer. After 13 days when your supply runs low, boil the same roots a second time, but add only 6 cups water and simmer only 10 minutes. This will last another 8 days, for a total of three weeks. You may cook the roots a third time if you wish, but the recipe gets less potent. If your problem is severe, only cook them twice.

After three weeks, repeat with fresh herbs. You need to do the Kidney Cleanse for six weeks to get good results, longer for severe problems.

Also take these supplements just before your meal to avoid burping:
   Ginger capsules: one with each meal (3/day)
   Uva Ursi capsules: one with breakfast and two with supper.
   Vitamin B6 (250mg): one a day
   Magnesium oxide (300 mg): one a day.

Some notes on this recipe: this herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every fourth day if it is being stored in the refrigerator; this resterilizes it. If you sterilize it in the
morning you may take it to work without refrigerating it (use a glass container).

When you order the herbs, be careful! Herb companies are not all the same! Dr. Clark recommends buying from San Francisco Herbs (www.herbspicetea.com). These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used. Do not use powdered herbs, as they lose potency quickly.

Hydrangea (Hydrangea arborescens) is a common flowering bush.  
Gravel root (Eupatorium purpureum) is a wild flower.  
Marshmallow root (Althea officinalis) is mucilaginous and kills pain.  
Fresh parsley can be bought at a grocery store. Parsley flakes and dried parsley herb do not work.  
Goldenrod herb works as well as the tincture but you may get an allergic reaction from smelling the herb. If you know you are allergic to this, leave this one out of your recipe.  
Ginger from the grocery store works fine; you may put it into capsules for yourself (size 0, 1 or 00).

There are probably dozens of herbs that can dissolve kidney crystals and stones. If you can only find several of those in the recipe, make the recipe anyway; it will just take longer to get results. Remember that vitamin B6 and magnesium, taken daily, can prevent oxalate stones from forming, but only if you stop drinking tea. Tea has 15.6 mg oxalic acid per cup. A tall glass of iced tea could give you over 20 mg oxalic acid. Switch to herbal teas. Cocoa and chocolate, also, have too much oxalic acid to be used as beverages.

Remember that phosphate crystals are made when you eat too much phosphate. Phosphate levels are high in meats, breads, cereals, pastas, and carbonated drinks. Eat less of these, and increase your fruits and vegetables. Drink at least 2 pints of water a day. [Dr. Clark says to drink 2% cow's milk, but Arthur and I prefer to make almond milk in our BlendTec blender, and drink BarleyPlus raw green juice for fresh, organic calcium that is absorbed in 10 minutes. Commercial milk is denatured by pasteurization and contains hormones and antibiotic residues. If you can find raw, unpasteurized milk it is a much better food.] **Cleanse your kidneys at least twice a year.**

You can dissolve all your kidney stones in 3 weeks, but you will make new ones in 3 days if you are drinking tea and cocoa and phosphated [carbonated] beverages. None of the beverage recipes in this chapter are conducive to stone formation.

**LIVER CLEANSE**

(from pp 552 – 559 in The Cure for All Diseases)

**Why Cleanse The Liver?**

Cleansing the liver dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well-being.

Cleansing the liver bile ducts is the most powerful procedure that you can do to improve your body’s health. But it should not be done before the parasite program, and for best results should follow the
kidney cleanse and any dental work you need.

It is the job of the liver to make bile, 1 to 1 ½ quarts in a 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. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile...

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way “nests” of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

**Cleanse your liver twice a year.**

**Liver Cleanse Preparation**

You can’t clean a liver with living parasites in it. You won’t get many stones, and you will feel quite sick. Zap daily the week before, or get through the first three weeks of the parasite killing program before attempting a liver cleanse. If you are on the maintenance parasite program, you are always ready to do the cleanse.

Completing the kidney cleanse before cleansing the liver is also highly recommended. 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.

Do any dental work first, if possible. Your mouth should be metal free and bacteria free (cavitations all cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

**Liver Cleanse Ingredients**

- Epsom salts - 4 tablespoons
- Olive oil- ½ cup (light olive oil is easier to get down)
- Fresh pink grapefruit - 1 large or 2 small, enough for 2/3 to ¾ cup juice
- Ornithine – 4 to 8, to be sure you can sleep. Don’t skip this or you may have the worst night of your life! [we have found this unnecessary – Lyn]
Liver Cleanse Procedure

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM Do not eat or drink after 2 o’clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water and pour this into a jar. This makes four servings, ¾ 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 (¾ cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbsp. in ¾ cup water now. You may add 1/8 tsp. Vitamin C powder to improve the taste. 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 Repeat by drinking another ¾ cup of Epsom salts. 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; don’t be more than 10 minutes early or late.

9:45 PM Pour ½ cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least ½ cup, more (up to ¾ cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

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.

10:00 PM Drink the oil-and-grapefruit-juice potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use ketchup, cinnamon, or brown sugar to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for the very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don’t. The sooner you lie down the more stones 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 a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don’t.

Next morning: Upon awakening take your third dose of Epsom salts. 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:** Take your fourth (the last) dose of Epsom salts. Drink ¾ cup of the mixture. You may go back to bed.

**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 supper you should feel recovered.

How well did you do? Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they will give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a “chaff” floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse programs first.

CONGRATULATIONS! You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands, of years ago; THANK YOU, HERBALISTS!

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of “gallstones” exactly.

**COLON CLEANSE**

Dr. Hulda Clark says, “We humans don’t have hundreds of different maladies and disturbances. We only have two! Things that crawl or climb into us. And toxins: unnatural chemicals that we knowingly inhale or consume.” Later she says, “The good news is that our body can reclaim its sovereignty by throwing the rascals out. We must assist by throwing the pollutants out. Fortunately, we don’t have to do the whole job ourselves, we only need to assist. Our body has miraculous powers to clean itself up.”

Assisting our body to cleanse itself is actually very easy. In the past we have paid too much attention to cleaning the outside of our body, and somehow neglected the inside. The colon is like the body’s
sewer system. If the sewer backs up, fecal matter backs up, toxins become trapped, and they are then reabsorbed into the bloodstream. The walls of the colon over time become encrusted with fecal matter, which hinders the absorption of nutrients from our food. The colon is also the nesting ground of parasites, and therefore the most valuable thing that anyone can do for their health is to begin with cleansing the colon.

One way to make sure you are eliminating regularly (1-3 times per day) is to blend up flax seeds in the blender or coffee grinder. Take 2 tbsp. or more per day. Blend it with a fruit smoothie or sprinkle it on your salads. We usually include ½ cup of ground up flaxseed with our fruit smoothie in the mornings. (Note: The ½ cup of ground flaxseed is sufficient for a full blender of blended fruit).

For those who have extreme difficulty in maintaining bowel regularity, we recommend checking our Internet herbal tea site, http://www.LynTea.com/ This tasty tea is also great for “spring cleaning” your body. We use only pure, natural ingredients, without senna or cascara, and this tea works well. Keeping your colon working is absolutely essential to the success of our parasite cleansing program.

ESSENTIAL OIL TAPEWORM PROGRAM

This recipe is a MAJOR breakthrough! After about twenty years of research, Dr. Clark found that this essential oil combination is the only thing that will destroy the scolex (egg-laying head) of a tapeworm completely, along with the rest of its stages.

To get started, you need 9 essential oils. The safest source is San Francisco Herbs at www.herbspicetea.com Get a small bottle of each of these:

1. Allspice
2. Anise
3. Caraway
4. Coriander
5. Fennel
6. Juniper
7. Nutmeg
8. Sage
9. Thyme

Take 3 drops of each oil 3 times per day for 5 days. Place the drops in a large vegecap (OO size) and swallow with water. You can mix several kinds of drops in one vegecap. That is all there is to it. This recipe is another tribute to the healing power of herbs.

FEED YOUR BODY ULTIMATE NUTRITION

Begin to nourish your body with healthy foods. Try to eat at least 75% of your diet raw. Eat food as close as possible to the hand of God. Get used to the idea of really chewing your food, to mix it with saliva for best enzyme action and absorption. Make big salads with everything in them – lettuce, spinach, broccoli florets, cauliflower, grated yams, celery, tomato, etc. We often blend them into a “salad smoothie” to save time chewing. Add sea salt to taste. Try eating raw corn on the cob, raw potatoes (well-scrubbed and rinsed!), raw beet salads (grated beet, a grated apple, a little grated red onion and fresh lemon juice squeezed over it). Make original dressings with your blender. Get creative! This is life and health to you. See our favorite blender here. It is a vital tool for raw eating.
The other 25% of your diet can consist of cooked food such as baked yam, baked squash, whole grain foods. Do not consume anything out of a can or box or man manipulated. Avoid white sugar, white flour, salty and processed foods, as they contain no useful nutrition. Extremely Important: Avoid all pop, diet drinks, and anything containing aspartame! Aspartame is deadly.

Get a good vegetable juicer (e.g. Breville 800JEXL Juice Fountain Elite or Champion Juicer) and drink 3-4 large glasses of carrot juice per day. You can have straight carrot juice, but we recommend combining spinach, kale, apple, celery etc. to provide a more nutritious, concentrated drink. Vegetable juice provides valuable minerals, which are absorbed straight into the blood stream and nourish the body directly without having to go through the digestive tract. A good place to order a juicer is at our Amazon store (www.DrClarkTools.com).

There are two main reasons that we have become deficient in vitamins and minerals: the American diet has become too reliant on nutritionally deficient processed foods, and our soils have been depleted of many of the nutrients required for optimal health. When we change to eating whole foods, we still need to jump-start the process with juicing. Juicing gives a concentration of nutrients in a food form that your body can easily use and benefit from.

Stop eating meat and animal products. Meat is generally loaded with fat, parasites, antibiotics and hormones and pesticide residues. The removal of these toxins by our body costs us energy and healing nutrients. Meat contains no fiber. Meat digestion produces an overly-acidic state in the body which will leach precious alkaline minerals such as calcium from your bones. While you are concentrating on getting well, you must relieve the body of every possible thing that will compromise your health and that includes meat, dairy, and animal products of any kind.

**Eat Good Oils**

We should consume 2 - 3 tbsp. daily of flax oil, hemp seed oil or a cold-pressed flax oil blend such as Udo's Oil. When we get rid of the bad fats, we must replace them with good fats (especially omega-3 essential fatty acids) for glandular health (adrenals), hormonal health, growth and reproduction and for absorption of calcium.

**Eat Whole Food Concentrates**

Why are whole food concentrates better than a multi-vitamin pill?

In her book “Components of Total Health,” Cyndi Thomas, ND states: “An excess intake of vitamin supplements can cause a deficiency of vitamins due to the body’s utilization of resident or stored vitamins in an attempt to metabolize and eliminate the inorganic and toxic vitamin supplements”.

Although vitamins occur naturally in all fruits and vegetables, scientists have not isolated or even identified all the active ingredients [“co-factors”] in vitamins as they are found in food. So every multi-vitamin pill may contain a few isolated vitamins, but lack the thousands of co-nutrients necessary for proper absorption and nourishment.

ONLY whole foods are our true source of complete vitamins – not man-made vitamin supplements.

Did you know that laboratory-made vitamin supplements are really inorganic and “dead”? “Natural source” on the label can mean that they are synthesized from petrochemicals, because petroleum is a “natural” substance! Because they contain synthetic chemicals and fillers, such pills cost the body
nutrients, including vitamins, needed to rid these unusable substances from the body. Colon surgeons regularly find clumps of undissolved pills in the colons of their patients, part of the problem rather than part of the solution.

The only kind of supplement that will do your body long-term good is a LIVE, WHOLE-FOOD CONCENTRATE, as close to nature as possible.

**Here are the two whole food concentrates that we recommend:**

**Mangosteen juice** from XanGo™ is a whole food concentrated fruit beverage and highly nutritious. See above for reasons why we include it in our disease prevention program. Because we have seen great benefits even in those who did not make any other dietary or lifestyle changes, we recommend that sick people start XanGo™ right away, no matter what their health challenge.

Learn more about this pure food at [www.mangosteenfruitinfo.com](http://www.mangosteenfruitinfo.com) and [www.BestZapper.com/mangosteen.html](http://www.BestZapper.com/mangosteen.html) You may order it online from us at [www.ForgetPills.com](http://www.ForgetPills.com)

**BarleyPlus™** is a live, naturally potent, organically grown food produced from the juice of young barley leaves. BarleyPlus is rich in vitamins, minerals, live enzymes, chlorophyll and protein. Arthur and I take a heaping teaspoonful of BarleyPlus twice a day as the foundation of our organic nutrition. It helps alkalize the body, and when taken on an empty stomach the nutrients are in your bloodstream in ten minutes.

Because the organic barley and alfalfa leaves are juiced first, and the juice is then dried [below 100 degrees F], BarleyPlus offers far more concentrated nutrition than the dried grass clippings sold in health food stores as "green foods." It takes 25 pounds of fresh leaves to make just one pound of BarleyPlus.

**Bonus:** 40% of BarleyPlus is alfalfa juice. Alfalfa roots go as deep as 130 feet, obtaining rich supplies of trace minerals. Alfalfa juice powder yields the highest possible organic mineral content, rich in natural calcium, magnesium, potassium and a host of other nutrients. Low temperature processing ensures that the natural enzymes are live, to help your body absorb these nutrients efficiently.

BarleyPlus is very light and convenient to use, great for use at the office or when traveling. Simply take 1 teaspoonful 3 times per day on an empty stomach 20 minutes before your meals, blended into water or carrot juice. Because the fiber has been removed, if you take BarleyPlus on an empty stomach the juice passes directly through the stomach to the duodenum, where it is absorbed into the bloodstream in about 10 minutes. You may order BarleyPlus right now at [www.BestZapper.com/zapper_store.html](http://www.BestZapper.com/zapper_store.html)

> “God created our living bodies to be nourished by living nutrients from living fruits and vegetables rather than from mega-doses of heat-processed vitamins in the form of a pill. God created the plant kingdom to provide us with every vitamin, amino acid, enzyme, mineral and fatty acid we need, even the oxygen that we breathe.”  
>  
> Dr. George Malkmus, Founder, Hallelujah Acres

**GET EXERCISE**

Walking is the best place to start. Start slowly but be consistent, increasing your distance and
endurance gradually. This is absolutely essential for blood, lymph and oxygen to flow, and your body to regain health. Start with walking as far as is comfortable, every day. Each day try to do a little more. Aim for 30 minutes of vigorous exercise per day; one hour is better. For those who can not get out to walk, a rebounder is the best form of exercise. If you cannot jump, just sit on the rebounder and get someone else to bounce you gently.

Why? Oxygen is the source of life. Ninety-six percent of the nutritional need of the body is aided by the air we breathe. This is because all our cells need oxygen for fuel, and we cannot live more than 4 minutes without it. So when we exercise, we get oxygen into the lungs where it will go into the bloodstream and purify the blood. Exercise helps remove carbon dioxide and wastes from the blood, stimulate the appetite, aid in digestion and regulate the acid/alkaline balance in the body. It also strengthens your muscles, helps to reduce stress, improves circulation, restores energy, improves sleep, strengthens bones and helps the lymphatic system (cell waste elimination) to work properly.

You may also enjoy the Chi Swing machine we use with people who have trouble walking to get their lymph moving. You simply lie on your back and let the machine gently swing your ankles from side to side a couple of times per second, moving your body like a swimming fish. Because you are lying down, there is no stress on the spine, and many chiropractors use this to allow the back to realign itself naturally. See the Sources section at the end for the unit we recommend.

GET OUT IN THE SUNSHINE, AND BREATHE FRESH AIR

There are many health benefits from getting the sun to shine directly on your skin. This is not to get a tan, but to allow the skin to convert Vitamin D into a usable form in the sun. Without Vitamin D, our bodies cannot absorb calcium. Start with 10 minutes per day and gradually increase the sunlight exposure until an hour or more may be taken without harm.

Everyone’s body is different. The more skin exposure to the sun, the greater the benefit to your body. Even if you are sick, you should spend time in the sun. Do not use sunscreen, suntan lotions or commercial suntan oils – they are toxic to the body. Many have been shown to contain chemicals that cause the very skin damage and cancers that they are supposed to “prevent” by blocking the UV rays. Recent studies in Denmark show that increased sun exposure on your skin will help prevent skin cancer, not cause it!

Your body will gradually build up its own protection. Some of the health benefits we get from the sun are assimilation of calcium, improved energy levels, and improved bone health. Vitamin D reserves built in the summer last for months.

Get lots of fresh air. Air out your house daily, and sleep in a room with good ventilation. Practice deep breathing when you get your daily exercise. Fill your house with plants. Green plants absorb carbon dioxide and release oxygen.
REDUCE STRESS

“Stress creates an excellent breeding ground for illness. Researchers estimate that stress contributes
to as much as 80 percent of all major illnesses, including cardiovascular disease, cancer, endocrine
and metabolic disease, skin disorders, and infectious ailments of all kinds.” Prescription for Nutritional
Healing, by Phyllis A. Balch, CNC and James F. Balch, M.D.

Stress can be caused by almost anything: pressures of daily life, work pressures, lack of sleep (physical
health) or even harboring resentments, fear, unforgiveness, worry, guilt, hatred and jealousy (emotional
health). Stress can cause fatigue, headaches, high blood pressure, nervous conditions, insomnia,
gastrointestinal disorders, as well as panic attacks, anxiety and phobic disorders. Stress can even lead
to nutritional deficiencies, especially of the B vitamins.

Ways to reduce stress include getting more sleep, taking time for a hobby, learning to laugh,
surrounding yourself with good supportive friends, practicing thankfulness, learning to organize
your time, choosing to be content, and developing a vision for your life. Discover your real
passion, what you were made for. Then find out where you spend the hours in your day, and if see
if it is physically possible to accomplish all you are expecting from yourself. Make some bold
changes in order to reduce or eliminate the stress in your life. You are the one that has to pace
yourself; no one else will do it for you. Avoid negative people who drain your time and energy.

READ AND CONTINUALLY EDUCATE YOURSELF

There is no silver bullet that your doctor can prescribe for you to regain your health. It will take effort
on your part. When Arthur first had cancer, we immersed ourselves in books on nutrition and
alternative cancer treatments. We changed our lifestyle, and phoned people who had written books, or
who had succeeded in their battles against cancer. We have spent more than 20 years constantly
reading and learning. But the results are well worth it!

GOOD ONLINE RESOURCES: Find much more good information online at our website,
www.BestZapper.com Subscribe to the free ZapTimes Newsletter by emailing
ZapTimes@aweber.com , and read back issues of our ZapTimes newsletters at
http://www.bestzapper.com/zaptimes/ You will discover a treasure trove of health info and tasty
recipes. Many people have taken our exclusive free Dr. Clark MiniTraining Course by emailing
ClarkTraining@aweber.com. You will get a lesson every couple of days by email. You may also enjoy
our free educational videos on the site.

Two of our favorite books are Dr. Hulda Clark’s books, “The Cure for All Diseases” and “The Cure and
Prevention of All Cancers.” These are fact-filled resource manuals showing us how parasites and toxins
together destroy our health. Dr. Clark shows how toxins in our water and our homes help the parasites
to create disease in our bodies, and how we can put a stop to this. Get them at www.DrClarkTools.com
or www.NewCenturyPress.com , as well as many book and health food stores in North America.

CONCLUSION

We would love to hear how our information and/or products have helped you! Please email us at
gethealthy@gmail.com or write to Lyn Doerksen, Box 2094, Abbotsford, B.C. V2T 3X8, Canada. Our
phone number is 888-533-7007 in the US and Canada, and 1-604-826-1406 internationally.
The BESTZAPPER.com HELP CENTER

1. Dr. Clark’s Clinic – Century Nutrition in Tijuana

2. Dr. Clark’s Cleanse Ingredients - [www.DrClarkStore.com](http://www.DrClarkStore.com)

3. Dr. Oscar Solorio – Dr. Clark’s Dentist

4. Dr. Clark’s Book Publisher – New Century Press

5. List of Syncrometer Testers We Recommend

6. Other Sources We Use and Recommend

Dr. Clark’s Clinic – Century Nutrition in Tijuana

Dr. Clark’s Century Nutrition Clinic in Tijuana is permanently closed. At the age of 80, Dr. Clark has retired from active clinical work to rest, research and write.

We believe this change of pace is long overdue, as dear Hulda has selflessly worked non-stop for 20 years.

So what should you do if you want help following her methods? If you have less than stage 4 cancer she will suggest that you read and follow her latest book, The Cure and Prevention of All Cancers. Get your supplies and supplements from [www.DrClarkStore.com](http://www.DrClarkStore.com) if possible to ensure purity.

[If you really get stuck, and need help or encouragement, call us at 888-533-7007 (1-604-826-1406 international). We will do our best to point you in the right direction.]
At the Self Health Resource Center / Dr. Clark Store, Oskar and Susie Thorvaldson offer pure supplements and tools to both clinic patients and wonderful people like you. They work very closely with Dr. Clark to ensure your satisfaction. Try them soon.

You may order online at www.DrClarkStore.com or call them at 866-372-5275 or 619-409-9500. They are right next to New Century Press at 1055 Bay Boulevard, Suite A, Chula Vista, CA 91911

Dr. Oscar Solorio – Dr. Clark's Dentist

Consultorio Dental Solorio
Valdivia
Avenida 5 de Mayo 964
Zona Centro
Tijuana, Mexico
Phone: (52) 664 685-3973
Fax: (52) 664 685-2449
Email:

DrSolorio@DrSolorio.com

Dr. Solorio is the dentist used by all patients at Dr. Clark's Century Nutrition clinic. He is a very talented man, offering good service and prices.
Books by Dr. Clark

*The Cure For All Diseases

*The Cure and Prevention of All Cancers (NEW! Includes 30 minute DVD)

The Prevention of All Cancers

The Cure For HIV and AIDS – but first see www.AliveAndWell.org for important info on the fraudulent AIDS plague!

The Cure for All Cancers (somewhat outdated)

The Cure for All Advanced Cancers (now outdated)

Syncrometer Science Laboratory Manual

• indicates our recommended choices to start learning from Dr. Clark

List of Syncrometer Testers We Recommend

Carmen Myers – 619-644-8635 (San Diego, California)

Helen McReynolds – 407-260-9074 (Florida)

Gloria Ertel – 416-658-7177 (Toronto, Ontario, Canada)

Other Sources We Use and Recommend


BlendTec Blender – www.DrClarkTools.com

Champion Juicer – www.DrClarkTools.com

Herbs - San Francisco Herbs www.herbspicetea.com


XanGo mangosteen juice – www.ForgetPills.com

Zappers and Zappicators - www.BestZapper.com
**Dr. Clark's Herbal Parasite Cleanse**

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<th>Wormwood Capsule Dose (200-300 mg)</th>
<th>Clove Capsule Dose (Size 0 or 00)</th>
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<td>3, 3, 3</td>
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<td>6</td>
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<td>3</td>
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<tr>
<td>12</td>
<td></td>
<td>6</td>
<td>Now once a week</td>
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<tr>
<td>13</td>
<td>2 tsp.</td>
<td>7</td>
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<td>14</td>
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<td>7</td>
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<tr>
<td>17</td>
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<td></td>
<td>Now once a week</td>
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<td>18</td>
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<td>19</td>
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<tr>
<td>20</td>
<td>2 tsp.</td>
<td>7</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>21</td>
<td>(weekly maintenance is 2 tsp. BWT, 7 capsules wormwood and 7 capsules cloves)</td>
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</table>

**Notes:**
For a child the dosage increase stops at one day per year of age (7 yr old stop at day 7 dosage)

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