

# The Hulda Clark Action Plan

✦ *Your Quick-Start Guide to  
the Hulda Clark Method*

[www.BestZapper.com](http://www.BestZapper.com)



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# A NEW BEGINNING

*Step into a new world. A world without chronic diseases  
Step out of your own world. It has kept you a prisoner.*

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“ Try something new. The prison has no walls. It has only lines. Lines that mark the ground around you. Inside the lines are your old ideas. Outside are new ideas that invite you to step over and escape your prison. Dare to try these new ideas and your illness promises to recede. In a few weeks it can be gone. ”

(The Cure For All Diseases, Dr. Hulda Regehr Clark, ©1995, p.1)

What is your health worth to you? Are you really tired of the way it is? Are you ready to try something new?

If so, we can help you. You have an amazing self-healing body, and it wants to heal. A cut or scrape on your skin will heal automatically. The inside of your body was designed to heal itself just the same as the outside.

Letting go of past habits can be difficult. This stubborn mindset may cost you years of vibrant living. Will you merely recycle the old habits or will you choose to become healthy? You alone are responsible for your health.

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



The first step is to 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. Items on our personal list include:

- Maintain strong bones (no osteoporosis)
- Stop the cycle of cancer in our family
- Avoid heart attack/stroke, diabetes and arthritis
- Mental & emotional soundness and clarity
- Regain healthy eyesight

Note: The items you list must be serious motivators for you – to help you stick with it when you are tempted to slip back and cheat, or take a break before you are ready. You can live your life any way you wish, but you can only live it once!

IT IS NOW TIME TO STOP REPEATING THE PAST AND START CREATING YOUR FUTURE!!! Continue by turning the page and filling out the Symptom Score Sheet. If your symptoms are not listed, just add them at the bottom, or on a new page.



# Symptom Score Sheet

Date \_\_\_\_\_

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.

SYMPTOM	Today	2 Weeks	1 Month	2 Months	3 Months
Allergies/Hay fever					
Bloated Feeling					
Blood Sugar Problems					
Body Odor					
Bowel Gas					
Cold Hands and Feet					
Constipation/Diarrhea					
Cuts and Bruises Heal Slowly					
Difficulty Getting Up in Morning					
Difficulty Falling Asleep					
Drink Coffee/Tea/Pop					
Eye Problems—glasses, night vision					
Feel Stressed Out					
Food Cravings					
Foot Pains					
Frequent Colds and Infections					
Frequently Take Pain Killers					
Fuzzy Thinking					
Headaches/Migraines					
Heartburn/Indigestion					
Hemorrhoids					
High/Low Blood Pressure					
Joint Pain					
Low Energy/Often Feel Tired					
Menstrual Cramps/Moody/PMS					
Moods of Depression/Anxiety					
Muscle Cramps					
Night Sweats					
On Medication/Drugs					
Poor Concentration					
Shortness of Breath					
Skin Problems – Dry Itchy, Acne					
Varicose Veins					
Weak Bladder, Incontinence					
Weak fingernails / Unhealthy hair					





# Step 1. Live Parasite-Free

## *Zap Daily*

Get a zapper and zap regularly. This is our first recommendation because each of us has an amazing self-healing body. The zapper wakes up white blood cells which are a vital part of the immune system. We recommend zapping every day, or as long as you wish to remain healthy.

For the [super-fast AutoZap 5](#), the Rolls-Royce of zappers, visit [www.BestZapper.com](http://www.BestZapper.com) or phone us at 1-888-533-7007. Remember that the AutoZap 5 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 every day as long as you want to stay healthy.

To get the inside scoop on zapping, refer to the section on [page 13](#), or watch the DVD that comes with your AutoZap 5 purchase. 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. With every AutoZap purchase, you will receive a full video tutorial to help you use it effectively, for life.



## *Parasite Symptoms*

Think you don't have parasites? Think again. Dr. Clark found that almost everybody has parasites, with Americans having an average of about a dozen types of 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 vitamins and other nutrients before your body can use them. Some parasites can thrive by attaching themselves to the walls of your colon and sucking your blood. As they feast on you, they lay eggs, reproduce, secrete their hormones, and dump their wastes and other toxins inside you. Parasites also seek out weakened organs, damaged tissues, and heavy metal accumulation (which depress the immune system) to help them set up residence, weakening your immune system further and causing disease. Their growth hormones can even upset your natural growth regulators, provoking cancer and hormonal imbalances.

## *Types of Parasites*

Here are some common parasites. Remember, on average only 30% of parasites are visible: 70% or more are microscopic (and often more dangerous). So it's OK if you do not see visible parasites after going on the parasite cleanse. Dr. Clark says the zapper stimulates your white blood cells, and they "take out the trash" by excreting it through your kidneys. You might see cloudy urine as this happens. Drink 8 to 10 cups of good water every day to help flush out this debris.



- Flatworms – flat as a leaf, can be as long as your finger like the fasciolopsis buski (*pictured at left*).
- 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 (9 m) long, are ½ to 1 inch (1 to 3 cm) 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 thick 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 (36 cm) long.
- Hookworms – Curved, up to six inches (15 cm) long, with a grayish color. They have a toothy head (*see picture at right*) to grip the intestinal wall and suck your blood.
- And many, many more, all hungry and self-indulgent!





## *11 Practical Tips For Remaining Parasite-Free*

1

**Keep pets outside.** During your healing process, find a good home for all your house pets. Parasite re-infestation from house pets is very fast, and makes all the effort of the parasite program useless. After pets 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 common source of parasites and toxoplasmosis. You need to place your animals elsewhere if you are really serious about getting better.

**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.

**Put your pets on the zapper and herbal parasite program.** The [Super Zappicator](#) is also helpful.

**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 thoroughly with soap and water.

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 clear 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. Other items to keep out of your mouth are the ends of your pen or pencil, and side arms of your eye glasses.

3

**Wash and zappicate all your fruits and vegetables,** especially those transported from other parts of the world. Clean fruits and vegetables with a solution of grapefruit seed extract and water (40-50 drops in a 16 oz spray bottle), which can also be used for cleaning all unsanitary areas like kitchen counters and cutting boards. A solution of Hydrogen peroxide and water can also be used.

4

**Do not eat raw meat.** Zappicate all meat for 15 minutes with the SuperZappicator. 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, snapper halibut and other fish. You will likely ingest 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 with soap 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** (unless you use a Sawyer Filter). See [Sources](#) section for more info.

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. They also like fried and greasy foods. Parasites thrive when you are constipated because they have no way out, and so they reproduce rapidly.

11

**Consume anti-parasitic foods:** garlic & onions, raw pumpkin seeds, pineapple, raw beets & carrots, figs, papaya seeds (chew, but they are hot!), pomegranates. Other remedies are – grapefruit seed extract, oregano oil and anise tea.



**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 “[Colon Cleanse](#)” on page 26.





## Step 2. Clean Up Toxins



### *Your Living Space*

- Clean house. Get a box and 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, or you can also use [Thieves' Oil](#) for cleaning.
- When you go through all your cupboards, ask yourself “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. You must be serious. In the early stages of getting well you must relieve the extra stress from external toxicity. Spend energy on 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. For our laundry, we use pure organic liquid castile soap from [www.VermontSoap.com](http://www.VermontSoap.com). We love their organic Rosemary bar soap for hands, teeth(!) and even hair. For other cleaning we use UltraSafe Plus from [www.SaferSoaps.com](http://www.SaferSoaps.com). Arthur's favorite shampoo is Orange Rose Coconut Shampoo from [www.SaferSoaps.com](http://www.SaferSoaps.com). All of these non-toxic products have been Syncrometer tested as pure by Carmen Myers, the best tester we know.
- 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.
- 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.

When we experienced cancer in our family, we followed her clean-up 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 everything toxic, and begin with a clean slate.



## *Your Water*

Drink and bathe in clean water. Chlorine and fluoride in our water is 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 the water supply. Get your water tested by a good Syncrometer tester (see [Sources](#), p. 38)). 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 used at her home in Mexico. If you cannot install the whole house filter, consider moving to an area with chlorox-free water.

## *Your 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 and releases 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 15 years we 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 e-book (p. 38) if you want to get an ozone air purifier unit like ours.





## Step 3. Clean Up Your Body

“ 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 said, “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 adds, “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.

### *A. 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?”](#) on our website.

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. It is safe for use by babies, pets and the aged. The AutoZap 5 comes with [Super Straps wristbands](#), which are the only wristbands that provide adequate contact area to work well.

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 our 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 gentle zapper current, our WBC's aggressively do their job, identifying and destroying parasites, bacteria, viruses and fungi, flushing the remains out through the kidneys. They also make antibodies to protect us in the future.





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 couple of visits to a doctor or naturopath. We have used AutoZap 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 AutoZap 5 super-fast zapper (*pictured above*) regularly for a year, and we guarantee you will be convinced (or get your money back). When was the last time you got a guarantee like **that** from a doctor or naturopath?

### *Ten Keys to Successful Zapping*

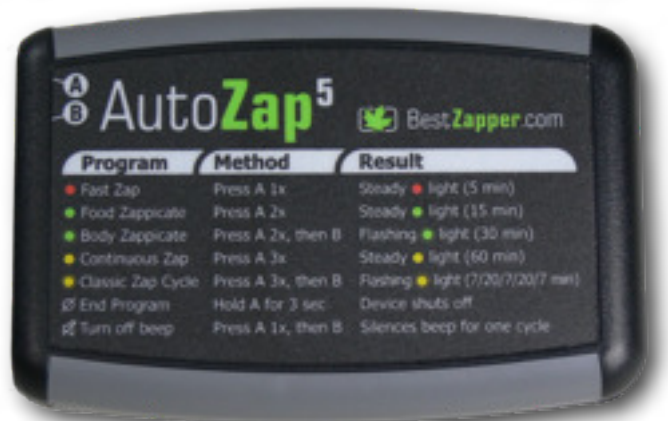
A full DVD tutorial and printed instructions come with your zapper and zappicator from [BestZapper.com](http://BestZapper.com). Please watch the DVD first.

Dr. Clark recommends that people starting out should zap at least once every day for the first month. Our practice and recommendation is to zap every day, for as long as you wish to remain healthy. One “zap” is a 5-minute cycle on the red “Fast Zap” cycle. Of course, you may safely zap several times, or even all day if you wish.

We based these 10 keys on our personal experience, and years of coaching people on the phone. Naturally, if you need special help, [we are only an email away](mailto:info@bestzapper.com).

- **Find your Symptom Score Sheet** (page 6). Check off your symptom list today.

- **Clear Your Home of Toxic Chemicals.** Follow the instructions in [Step 2](#) of this report (page 11). 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. You must be serious about this. You should move systematically through the house, leaving no toxic item behind. We also use home-made soap from Dr. Clark's recipe. (If you do not have a book yet, find Dr. Clark's Recipes in our Best Zapper Library section at [BestZapper.com](http://BestZapper.com)).

- **Get Moving:** Make sure you have 1-3 bowel movements per day. You must keep garbage moving out of the body, or you could get very sick. For constipation or irregularity, we take 2 tbsp. ground flax seed at morning and night. Another natural option is to take a glass or two of warm water first thing in the morning. If the ground flax or warm water does not work for you, see our site at [www.CleanseHelp.com](http://www.CleanseHelp.com) for all kinds of helpful information on natural health and [colon cleansing](#). Get your colon working well and the zapper will work more effectively.

- **Drink Water to Help Detox.** A few people feel worse after beginning something new. This is called a cleansing, or detoxification (“detox”), reaction. Detox reactions can range from headaches to joint-muscle aches or stiffness, “flu-like” symptoms, mild nausea, skin rash or irritation, or diarrhea. **These symptoms are only temporary**, as they are caused by toxins released and flushed out of your body as it cleans house. While the toxins are on their way out to your kidneys, they can make you feel worse for a while.

- **Drink at least 8 cups per day of clean water.** Your body will be going through some cleansing, so help your kidneys out, diluting the toxins as much as possible with pure water.

- **Check your diet.** You must [feed your body the ultimate nutrition](#) (live food) which it needs to begin healing itself. Try to eat as much fresh raw veggies and fruit as possible. Raw food has live enzymes which make food much easier to absorb into your bloodstream and cells. Remember, live food builds robust living cells, and dead (cooked) food will build inferior cells. Use a blender to make whole-food green smoothies or fruit smoothies (do not add any dairy to this). Use a juicer to make live vegetable juices. (See [Step 4A](#), page 32)

- **Take time for extra rest.** This is the hardest part for most of us. Take time to relax, read, do what you enjoy, things that make you laugh, take time with good friends, learn something new, etc. Do not get into a cycle of stress! Every hour of sleep before midnight is worth two after midnight.



- **Kick-start your Nutrition** with live whole foods such as fresh vegetable juices, raw fruits and vegetable smoothies, and superfoods such as kale, broccoli, spinach, romaine lettuce, parsley.
- After a week or two, do something you couldn't do before, in the way of exercise and endurance. Take a walk, jog, climb stairs, etc. *Note any changes on your Symptom Score Sheet.*



These 3 things will also help you:

**Talk.** Let your loved ones, friends and co-workers know that you are determined to make healthy choices this year. Ask them for their support, as it is crucial to your health success. You are responsible for your own health. When your friends can offer their encouragement and support, it makes it easier to get through the tough times.

**Help.** Find a friend or accountability partner to call when you need help, and someone that will help motivate you. Be ready to help others as well. Sow what you want to reap.

**Pray.** We have found that God wants to be your best friend, and He is there if you call to Him. We are always ready to pray with you at any time. Email us at [zapperexperts@gmail.com](mailto:zapperexperts@gmail.com) for prayer support, with "Prayer" in the subject line, and we will pray with you or pray for anyone who requests it.

## ***B. 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 [AutoZap 5 super-fast zapper](#) (*shown on the next page, connected to the SuperZappicator*).

Dr. Clark found that you may use the zappicator on your food, pets, body and teeth 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 [SuperZappicator page](#).

We use the Super Zappicator all the time in our kitchen. We put 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 the green 15-minute cycle. Do it the same way for dairy products or eggs. When done, put the food away. The effect works up to a foot above the flat zappicator box, so you can easily zappicate a gallon jug. Remove metal lids from containers while zappicating the contents.







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 cerebrospinal fluid.

Customers using one or more Super Zappicators on the body report that they are seeing dead parasites in the stool the day after use over the 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. Arthur finds the SuperZappicator helpful for tension headaches and muscle pain.

**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 special discounts for purchase of an Auto-Zap Professional zapper with one or more Super Zappicators at the Zapper Store.](#)**

### *C. Herbal Parasite Cleanse*

As with all parasite cleansing, if one person in the house is getting rid of parasites, we recommend that the rest of the household do it also. This is true especially with a couple who share the same bed.

We started the Hulda Clark method before the zapper came into existence, beginning with the herbal parasite cleanse, where we found herbs and put them in capsules ourselves. We bought fresh cloves in the bulk section of the grocery store and ground them in our coffee grinder and put the powder in capsules by hand. We bought dry wormwood tea at the health food store, ground it and put this in capsules. And we ordered a bottle of black walnut hull tincture in a bottle. This was before the health food stores carried parasite cleanses.

Now, you can order the kit directly from [www.drclarkstore.com](http://www.drclarkstore.com). Dr. Clark recommended using freeze-dried black walnut in capsule form, so that is what we recommend, unless black walnut trees grow near you, and you are able to harvest them fresh and make your own tincture.



**NOTE:** Black Walnut Tincture: The Definitive Dose chart is found later in this report in [“Three Practical Fast-Start Recipes”](#) on page 28.



## Dr. Clark's Herbal Parasite Cleanse

Day	Black Walnut Hull Tincture Extra Strength Dose Drops once a day, before a meal	Wormwood Capsule Dose (200-300 mg) Capsules once a day, on empty stomach before meal	Clove Capsule Dose (Size 0 or 00) Capsules 3 times per day, at mealtime
1	1	1	1, 1, 1
2	2	1	2, 2, 2
3	3	2	3, 3, 3
4	4	2	3, 3, 3
5	5	3	3, 3, 3
6	2 tsp.	3	3, 3, 3
7	Now once a week	4	3, 3, 3
8		4	3, 3, 3
9		5	3, 3, 3
10		5	3, 3, 3.
11		6	3
12		6	Now once a week
13	2 tsp.	7	7
14		7	
15		7	
16		7	
17		Now once a week	
18			
19			
20	2 tsp.	7	7
21	(weekly maintenance is 2 tsp. tincture, 7 capsules wormwood and 7 capsules cloves)		

Source: "The Cure for all Diseases": Copyright 1995 by Hulda Regehr Clark, PhD ND ISBN# 9781890035-01-3



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



## ***D. Hulda Clark 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 ¾ 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 re-sterilizes 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! 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. [Dr. Clark recommends buying from [San Francisco Herbs](http://SanFranciscoHerbs.com) or you may purchase the ingredients for the kidney cleanse from [DrClarkStore.com](http://DrClarkStore.com) instead.]

- 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 we 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.



**When you have completed the Kidney Cleanse, you will be ready for the next step: Dr. Clark's Liver Cleanse.**



## *E. Hulda Clark Liver Cleanse*

### *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 (125 ml)(light olive oil is easier to get down)
- Fresh pink grapefruit - 1 large or 2 small ones, enough for ⅔ to ¾ cup (160 to 180ml) 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! [N.B. we have found this unnecessary]
- Large plastic straw - To help drink potion
- Pint jar with lid

## ***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 (14:00)** 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. (60ml) in 3 cups (710 ml) 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 (18:00)** Drink one serving ( $\frac{3}{4}$  cup or 180ml) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbsp. (15ml) in  $\frac{3}{4}$  cup (180ml) water now. You may add 1/8 tsp. (0.6ml) Vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterward or rinse your mouth.

Get the olive oil and grapefruit out to warm up.

**8:00 PM (20:00)** Repeat by drinking another  $\frac{3}{4}$  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 (21:45)** Pour  $\frac{1}{2}$  cup (measured)(120ml) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least  $\frac{1}{2}$  cup (120ml), more (up to  $\frac{3}{4}$  cup [180ml]) 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 (22:00)** 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  $\frac{3}{4}$  cup (180 ml) 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 afterward, 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.

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



## *F. Colon Cleanse*

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 blood stream. 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. The most valuable thing that anyone can do for their health is to begin cleansing the colon.

You **MUST** be eliminating regularly (1-3 times per day). Every person is unique and responds differently. One way is to blend up flax seeds in the blender or coffee grinder. Take 2 tbsp. (30ml) or more per day. Blend it with a fruit smoothie or sprinkle it on your salads. Soak the seeds in water overnight and drink the gel created from the flax seeds. Another method is to relax and drink a glass of warm water in the morning upon arising. Eating 3 prunes with breakfast helps.

There are many other ways to ensure your bowels are working regularly and efficiently. See [www.CleanseHelp.com](http://www.CleanseHelp.com) for information on colon cleansing, Hulda Clark's cleanses, do-it-yourself recipes and ideas for all aspects of cleansing. Keeping your colon working is absolutely essential to the success of our parasite cleansing program.

## *G. Hulda Clark Dental Clean-up*

Most people do not realize that their mouth can be a hidden source of poison, infection and bacteria. This includes root canals, abscesses, metal crowns, mercury amalgams (silver fillings) and mercury tattoos (mercury lodged in gum tissue) and hidden cavitations (infected holes in the jaw bone in previous extraction sites).

Clostridium bacteria plays a role in tumor formation and cancer, and is found in tooth crevices, under tooth fillings and in dairy products. Clostridium is hard to eradicate.

The 2 key things you must do in Dr. Clark's Dental Cleanup are:

- Get rid of toxic mercury in the mouth
- Get rid of clostridium and infection around and in the teeth

Dr. Clark said, "**THE IMPORTANCE OF THE DENTAL CLEAN-UP CANNOT BE OVERESTIMATED** and should be dealt with at the beginning. Do not be persuaded otherwise by anyone. The rule of dentistry is to save a tooth at all costs, when it should be 'don't keep anything



in your mouth that impacts negatively on your immune system'. It is often the difference between illness and true health and when ignored can be the cause of failure or limitation with your health.

"The hidden infections found in all root canal treated teeth continues to be arguably the most significant cause of many serious degenerative diseases, most notably cancer and heart disease. It is our opinion that the evidence clearly shows that many, if not most, significant diseases and medical conditions get their start in the dentist's chair. Some of the dental procedures performed every day by practicing dentists certainly initiate many, and worsen most, medical conditions.

"Root canal treated teeth are not the only sources of dental infection, although they are probably the most significant in terms of severity of the diseases they cause. Cavitations are another major contributing source of dental toxicity that remains virtually unknown to the vast majority of practicing dentists world wide...

The case histories that we have cited are nevertheless very real, and the number of people affected by the toxicity of cavitations exceeds even the number of people affected by the toxicity of root canal treated teeth. The vast majority of people that have ever had teeth extracted, especially the larger teeth such as the wisdom teeth and the molars, are suffering from the toxicity of these gangrenous holes in their jawbones. This also means that older dental patients who may feel that they have 'escaped' the many toxins associated with modern dental care when they finally get full mouth extractions and dentures have only traded one form of dental toxicity for another form. The denture wearers uniformly have an enormous amount of cavitation-related toxicity. In isolated patients, cavitations toxicity can be as bad or worse than root canal treated toxicity...

"It appears that any dental infection, whether it is gum-related, root canal-related, cavitation-related, abscess-related, or implant-related, has very consistent and serious medical consequences.

"A focal infection seeds microbes throughout the body. The mouth continues to be the most significant source of these seedlings."

Practical things you can do immediately:

- Find a Metal-Free Dentist. In North America you can find a metal-free dentist by going to [www.IAOMT.org](http://www.IAOMT.org). Only a dentist who is trained in the safe removal of toxic mercury fillings should perform dental work in your mouth. Find out the name of any substance (fillings, caps, etc) that goes into your mouth for research on safety.
- Use Oregano oil to keep your mouth clean. Put one drop in a plastic spoon, dip your toothbrush in it (so you only get ½ a drop) and brush. It reaches clostridium in the tooth crevices.
- Use Colloidal Silver to swish your mouth every time you brush.





Recommended Reading Please see our Library Section at [www.BestZapper.com](http://www.BestZapper.com) for a download of “Good Teeth Birth to Death” The Prescription for Perfect Teeth by Dr. Gerard F. Judd.

Dr. Clark's dentist in Mexico was Dr. Oscar Solorio, who followed her protocol and whom we have met personally. His contact information is: 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](mailto:DrSolorio@DrSolorio.com)

Syncrometer expert Carmen Myers also recommends Dr. Ada Garcia of Tijuana. Contact her through Carmen at [www.CTSoriginals.com](http://www.CTSoriginals.com)

## ***H. Three Practical Fast-Start Recipes for Disease***

### ***1. Black Walnut Tincture: The Definitive Dose***

Dr. Hulda Clark has found that even with the regular use of a zapper a very sick person will quickly re-infest with parasites between zapping sessions. The source of this re-infestation seems to be the contents of the bowel, which is not thoroughly treated by either the zapper or low dose anti-parasite herbal treatment. But she found a way to clean out this hidden reservoir of parasite stages: a definitive dose of tincture concentrate made from the green hulls of black walnuts. The concentrate is four times the strength of the original recipe given in the books.

The definitive dose is a large dose of the tincture concentrate taken on the sixth day, after doing one drop on day one, two drops on day two, continuing up to five drops on day five. In the evening on day six, take two teaspoons (10 ml) of the tincture concentrate in one dose (with  $\frac{1}{4}$  cup of water), and then use the zapper for a full cycle (5 minutes with the AutoZap 5, 61 to 63 minutes with other zappers). The dose may be increased for persons weighing over 150 pounds (68 kg) to a maximum of three teaspoons (15ml) at 225 pounds (102 kg) or over. It is not toxic.

The dose and zapping should be repeated daily for five days. Then a maintenance dose of 2 teaspoons once a week is recommended. This will kill the parasite stages in the bowel contents. Naturally the zapper should be used daily for continued protection.

The definitive dose should also be taken one time by all family members or people who handle food or utensils used by the sick person. This should be the same day as the patient takes the first large dose. This is to prevent re-infestation through normal daily contact.



Day	Dose of Tincture Concentrate	Comments
1	1 drop	Use zapper at least once
2	2 drops	Use zapper at least once
3	3 drops	Use zapper at least once
4	4 drops	Use zapper at least once
5	5 drops	Use zapper at least once
6	2 teaspoons (10ml) in evening	Use zapper at least once
7	2 teaspoons (10ml) in evening	Use zapper at least once
8	2 teaspoons (10ml) in evening	Use zapper at least once
9	2 teaspoons (10ml) in evening	Use zapper at least once
10	2 teaspoons (10ml) in evening	Use zapper at least once
After this	2 teaspoons (10ml) once a week	Use zapper daily

## 2. 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 7 essential oils. The safest source is [San Francisco Herbs](#). Get a small bottle of each of these essential oils: allspice, caraway, coriander, fennel, sage and thyme.

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

## 3. Six Fresh Seeds (see video at <http://vimeo.com/16556988>)

“Six Fresh Seeds can single-handedly kill SV40, Fasciolopsis buski, the tumor nucleus, and prions, as well as destroy many phenolics.” Dr. Hulda Clark

- 6 large apricots OR 6 peaches OR nectarines (in order of effectiveness). They do not need to be tested for chlorox since it does not penetrate the pit. [we get whole apricot pits at [www.DrClarkStore.com](http://www.DrClarkStore.com)]

Let them completely ripen if you have time and chlorox is Negative. Remove the pits. To crack open pits: find a rock or piece of cement brick. Slide it into a zippered plastic bag. Position it in your sink over the drain. Or, if you are near a cement sidewalk, slip the 6 pits into a double



zippered plastic bag for cracking. Procure a heavy hammer. After cracking the pits, remove the seeds and place in grinder. If you are very sick choose the larger seeds, at least the size of your thumbnail. Adding the following is optional:

- ¼ tsp. (1.2ml) nutmeg
- ¼ tsp. (1.2ml) ground barley (raw)
- 3 tsp (15ml) shredded coconut or flakes

Grind 2 tbsps. (30 ml) whole barley first for 4 seconds in coffee grinder and store in freezer. Grind all ingredients together for 3 seconds only. Eat it all within one hour. The raw barley provides the drying effect that keeps fresh seeds from clogging the grinder and also brings organic manganese.

It may be thought that amygdalin or “laetrile” is the active ingredient of the 6 seeds, but there is no evidence for this. Clinical trials got stalled decades ago after finding it promising against cancer. Amygdalin keeps its potency but the active ingredients in this recipe do not.

Apricot kernels in health food stores have lost their potency, in spite of refrigeration, so you must prepare your own. Do not crack those pits ahead of time nor store seeds, although you may store pits. The Syncrometer finds that the active ingredient is already a part of our metabolism, somewhat like a vitamin, and in similarly small amounts. It is not yet identified, chemically. Sick organs have none. The correct amount is essential for us but large amounts are toxic, somewhat like trace elements and hormones. I have not seen any side-effects. Nevertheless, do not take more. Six Fresh Seeds can single-handedly kill SV40, Fasciolopsis buski, the tumor nucleus, and prions, as well as destroy many phenolics.

The dose is one set of 6 kernels daily for 3 days, using half of them in a suppository [we used coconut butter to form suppositories, and froze them till needed] and the other half by mouth at the same time. Then take 1 or 2 days off and repeat till you are much better. You may grind by pounding seeds with a hammer.

NOTE: Apricot seeds have had this warning label to let you know they were once deemed toxic. (LOW QUANTITIES MAY CAUSE REACTION. NOT SUITABLE FOR FOOD USE WITHOUT FURTHER PROCESSING-SECTION 10786 TITLE 17, CALIFORNIA ADMIN.CODE). Six fresh seeds has not resulted in stomach aches, headaches, diarrhea, or even fatigue. Their cancer-curing magic is easy to monitor by Syncrometer. Read more on the Internet.

*(from The Cure and Prevention of all Cancers, Recipe Section, p. 580)*



## *I. Thieves' Oil: Proven Health Protection for Your Family*

Thieves' oil has been shown to dramatically strengthen your defense against viruses and bugs of all kinds, natural or man-made. It was tested in the toughest lab of all: the Black Plague of the 14th century.

This recipe was discovered from research about a group of 14th century thieves and grave robbers who rubbed oils on themselves to avoid contracting bubonic plague while they robbed the bodies of the dead and dying. In exchange for more lenient punishment when apprehended, the thieves disclosed the formula of herbs, spices and oils they used to protect themselves.

This blend of therapeutic-grade essential oils was tested at Weber State University for its potent antimicrobial properties. Thieves' oil was found to have a 99.96% percent kill rate against airborne bacteria. The oils are highly antiviral, antiseptic, and antibacterial. They help to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc. Apply a few drops to bottom of feet or stomach and rub into the skin. Here is the recipe for the mixture. Get a 2 or 4 ounce (60 or 120ml) brown glass bottle and add these 5 essential oils:

- Clove oil (*Syzygium aromaticum*) 200 drops or ½ oz (15 ml).
- Lemon oil (*Citrus limon*) 175 drops (13ml)
- Cinnamon Bark oil (*Cinnamomum verum*) 100 drops (8ml)
- Eucalyptus oil ( *Eucalyptus radiata*) 75 drops (6ml)
- Rosemary oil (*Rosmarinus officinalis* ) 50 drops (4ml)

You can also use a small spray bottle and mist the air in home and car. Or you can place this mixture in a pan of water and simmer on a wood stove during the fall, winter and spring. Get the oils from [www.HerbSpiceTea.com](http://www.HerbSpiceTea.com).





## Step 4. Feed Your Body Ultimate Nutrition

### *A. Whole, Live Foods*

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 adding spinach, beet, kale, apple, celery, parsley etc. to provide a more nutritious, concentrated drink. Add an inch or two of fresh ginger plus a slice of lemon to add great flavor to your vegetable juice. 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](http://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.

At least for a while, 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.

## ***B. Eat Only Good Oils***

We should consume 2 - 3 tbsp. (30 to 45ml) 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.

New research shows that good fish oil is an excellent source of omega-3 oils, which combats inflammation in the body. Make sure that the fish oil you take has been cleaned of all toxicity and heavy metals.

## ***C. 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 a 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 synthetic, 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.





**Please see our recommended whole-food concentrate supplements at [www.bestzapper.com/greendrink.html](http://www.bestzapper.com/greendrink.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



## ***D. Eight Killers You Should Never Put Into Your Body***

To really follow the Hulda Clark method when rebuilding your health or cleansing, we recommend avoiding any commercial food product in a can, box or package. This is easy to do, because it forces you to make things yourself with natural ingredients and to be creatively involved in your nutrition. Here are eight of some of the WORST things to put in your body:

1. High Fructose Corn Syrup – avoid any canned or bottled product containing this.
2. Margarine – organic coconut butter is a great substitute.
3. MSG (often hidden as hydrolyzed vegetable protein, hydrolyzed plant protein, autolyzed plant protein, textured protein, glutamate, vegetable protein extract, yeast extract, glutamic acid. Use natural herbs and Celtic sea salt for flavoring.
4. Aspartame as found in any diet drink, sugarless gum, or diabetic product. Turns to wood alcohol in the body and is toxic. Check all labels for this or the trade name NutraSweet or Equal. We also avoid sucralose (Splenda).
5. Trans Fats – found in fried foods, overcooked foods, french fries, chips, anything deep fried.
6. Meat and Dairy – unless it is 'clean', with no hormones, antibiotics, steroids, etc. Natural, raw, and unpasteurized dairy is the very best.
7. Commercial skin and beauty products – contain hormone disruptors and toxins that clog the pores. These prevent your body from healing and can poison you. Use shea butter or pure coconut butter if unsure.
8. Vaccines – these poisons injected into your body will hinder your your health. No vaccine has ever been shown to be safe and effective. See more at [www.nvic.org](http://www.nvic.org) It is much wiser to strengthen your immune system by regular zapping and good nutrition.





## Step 5. Four Essentials

### ***A. 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. Many chiropractors use this to allow the back to realign itself naturally. See the Sources section at the end for the unit we recommend.

### ***B. Sunshine And 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 or maintain a strong immune system. 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 and Australia 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. The “flu season” starts when summer vitamin D reserves are gone.

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.

### *C. 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.



## *D. Keep Learning*

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.

Now we have harnessed the power of the Internet to slash your learning curve. Here are our best free resources:

1. How-to and training videos and our Library section at [www.BestZapper.com](http://www.BestZapper.com).
2. Arthur's latest discoveries, health tips, videos and special offers at his blog at [www.ZapperExperts.com](http://www.ZapperExperts.com)
3. Easy-to-use health info and tasty recipes in the free ZapTimes Newsletter. Read back issues of our ZapTimes newsletters at [www.bestzapper.com/zaptimes/](http://www.bestzapper.com/zaptimes/)



# Other Sources We Recommend

## ***1. Dr. Clark Cleanse Ingredients***

[www.DrClarkStore.com](http://www.DrClarkStore.com)

Their products are syncrometer tested, pure and safe.

## ***2. 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)

## ***3. Sources Mentioned in this Report***

BarleyPlus – [www.BestZapper.com/zapper\\_store.html](http://www.BestZapper.com/zapper_store.html)

Hulda Clark Books – [www.DrClarkTools.com](http://www.DrClarkTools.com)

BlendTec Blender – [www.DrClarkTools.com](http://www.DrClarkTools.com)

Champion Juicer – [www.DrClarkTools.com](http://www.DrClarkTools.com)

Herbs - San Francisco Herbs [www.herbspicetea.com](http://www.herbspicetea.com)

Safe Soap – [www.VermontSoap.com/castile.shtml](http://www.VermontSoap.com/castile.shtml) and [www.SaferSoaps.com](http://www.SaferSoaps.com)

Self-cleaning whole house water filter from [www.DrClarkStore.com](http://www.DrClarkStore.com)

Zappers and Zapplicators - [www.BestZapper.com](http://www.BestZapper.com)

Chi Swing Exercise Machine - “Exerciser 2000” Commercial Model E-2K from Clark Enterprises, Salina, KS 1-800-748-7172

Sawyer Water Filter - [www.SawyerProducts.com/water.htm](http://www.SawyerProducts.com/water.htm)



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# FREE BONUS

## Personal Toxicity Detective Checklist

*(hidden clues to where you might be polluting yourself)*

1. Do you use commercial body products such as skin creams, cosmetics, soaps, shampoos? (99% are polluted with chemicals)
2. Do you use commercial laundry soap and fabric softeners? (They are all polluted)
3. Do you use Clorox bleach in your house? (100% toxic)
4. Do you use Windex, Tilex, room fresheners, bathroom cleaners? (99.9% are toxic)
5. Do you store cleaners in your bathroom, bedroom, kitchen? (Polluted Air - remember the smell of the cleaner aisle at your grocery store)
6. Do you drink tap water? (Heavy metals, synthetic hormones, pollutants)
7. Do you eat regular store-bought meat? (Contain hormones, antibiotics, etc)
8. Do you eat pre-packaged food, food in cans, or preserved meats such as sandwich meats? (Contain preservatives, MSG, have no life in the food)
9. Do you eat at fast food restaurants? e.g. fries, hotdogs, hamburgers (Trans-fats which kill your liver)
10. Do you prepare foods with MSG, or eat at any restaurant that cooks with MSG? (MSG is also labeled as hydrolyzed vegetable protein, autolyzed vegetable protein, yeast extract, or glutamic acid) (Toxic)
11. Do you drink diet drinks, or anything containing aspartame? (Toxic)
12. Have you installed new carpet, new furniture, new flooring, new drapes recently? (Formaldehyde, toxic glues)
13. Have you painted your house recently? (Xylene, toluene, toxic chemicals)
14. Do you consume prescription drugs (including birth control)? (Toxic to the liver)
15. Do you consume over the counter pharmacy drugs (including sinus, cold, headache preparations)? (Toxic to the liver)
16. Have you had any water leak in your house or mold of any kind? (Toxic mold)
17. Do you have any mold in the carpet or walls left from previous owners?





18. Do you have any mercury fillings in your mouth? (Heavy metal toxicity)
19. Do you store or freeze your food in plastic containers? (Zeno-estrogens)
20. Do you live in a neighborhood with smog, pollution, or near a major highway?
21. Do you smoke or use street drugs?
22. Do you have pets, and do they live in your home? (Parasites)
23. Do you lack exercise? Should be 3-4 times per week for at least ½ hour. (You need vigorous circulation to help your body flush out toxins)

See Dr. Hulda Clark's book "The Cure for All Diseases" for more information about sources of household poisoning and toxicity.

### ***Why a Toxic Overload Inventory is necessary, and how it affects your health.***

Homeostasis is a state of stability in which your health is maintained evenly and well. Your body is able to maintain a good weight level and you feel good.

When there is an upset to your life in any way (dehydration, lack of adequate nutrients, stress, accident, toxic assault in any form, etc) your body system can go out of balance and will need correction. If the correction is not made, symptoms will develop into chronic problems and diseases, which are then harder to reverse (e.g. inflammation of any kind (arthritis and almost all diseases), obesity, allergies, cancer, etc.)

