

Hulda Clark Herbal Parasite Cleanse Recipe

As with all parasite cleansing, if one person in the house is on a parasite cleanse, it makes sense that the rest of the household do it also. This is true especially with a couple who share the same bed.

This herbal parasite cleanse is easy and fairly inexpensive, and we have done it a few times.

We were able to find the herbs and put them in capsules ourselves. We bought fresh cloves in the bulk section of the grocery store, ground them in our coffee grinder and put the powder in capsules. We bought dry wormwood tea at the health food store, and put this in capsules. We ordered a bottle of black walnut tincture in a bottle. This was before the health food stores carried parasite cleanses.

After this information was written, Dr. Clark later recommended using freeze-dried black walnut in capsule form. We now recommend that instead, unless black walnut trees grow near you, and you are able to harvest them fresh and make your own tincture.

Dr Clark's Herbal Parasite Cleanse Chart

Ingredients:

- Empty Gelatin Capsules purchased at the health food store – large size
- Black Walnut Hull Tincture Extra Strength Dose – Day 1-5 in drops, day 6-21 in teaspoons
- Wormwood Capsule (200 – 300 mg) – taken on an empty stomach (before meals)
- Clove Capsule (Size 0 or 00) – 3 times per day at mealtimes

	Black Walnut Hull Tincture	Wormwood Capsules	Clove Capsules
Day 1	1	1	1,1,1
Day 2	2	1	2,2,2
Day 3	3	2	3,3,3
Day 4	4	2	3,3,3
Day 5	5	3	3,3,3
Day 6	2 tsp.	3	3,3,3
Day 7	Now once a week	4	3,3,3
Day 8		4	3,3,3

Day 9		5	3,3,3
Day 10		5	3,3,3
Day 11		6	3
Day 12		6	Now once a week
Day 13	2 tsp.	7	7
Day 14		7	
Day 15		7	
Day 16		7	
Day 17		Now once a week	
Day 18			
Day 19			
Day 20	2 tsp	7	7
Day 21	Weekly maintenance is 2 teaspoons of Black Walnut Tincture, 7 capsules wormwood and 2 capsules cloves		

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

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