

Dr. Hulda Clark's Herbal Parasite Cleanse

Parasites can cause great damage to the human body, weakening our immune system and cause disease. This is why even though it is quite normal for parasites to cycle through our bodies, it is very important to eliminate them on a regular basis.

Even though many herbs have anti-parasitic properties, Dr. Clark discovered that three herbs alone can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on! The herbs are:

BLACK WALNUT HULLS (from the black walnut tree - *juglans nigra*)

Used by the Indians of America as an anti-parasite, anti-bacterial, anti-viral and anti-fungal remedy. Its active ingredients are juglone, tannin and iodine. The tincture of the green hulls of the black walnut kills the adult stages of the parasites.

WORMWOOD (from the Artemisia shrub - *artemisia absinthum*)

Known for its vermifugal properties and helps those with a weak and under-active digestion. It increases the acidity of the stomach and the production of bile. The wormwood capsules kills the larval stages of the parasites

COMMON CLOVES (from the clove tree - *eugenia caryophyllata*)

Anti-parasitical, anti-fungal, antiviral and anti-inflammatory properties. It also removes pain. The cloves capsules removes the parasite eggs.

These three herbs must be used **together** but as separate ingredients. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. **They must be used together as a single treatment.**

BLACK WALNUT HULL TINCTURE

Take the recommended amount in 1/2 cup of water. Sip it on an empty stomach over 15 minutes. You may sweeten it or add it to fruit juice. Alternatively, you can take the capsules.

WORMWOOD CAPSULES

Take according to the handy chart. You take the capsules all in a single dose (you may take a few at a time until they are all gone). Follow the protocol religiously until the 6th day, so you know the adult intestinal flukes are dead. After this, you may proceed more slowly if you wish.

Pregnant or breastfeeding women and infants should not take wormwood.

CLOVES

Grocery store ground cloves do not work! They have lost their parasiticide power a long time ago. Take according to handy chart.

The doses build up to prevent adverse cleansing reaction from killing off the parasites.

Parasite Cleanse Handy Chart

	Black Walnut Hull Tincture Extra Strength Dose	Wormwood Capsule Dose (200-300mg)	Clove Capsule Dose (500mg)
Day	1 time per day, before a meal, in 1/2 cup of water (if tuncture)	capsules 1 time per day, on empty stomach (before meal)	capsules 3 times a per day, like at mealtime
1	1 drop (or 1 capsule)	1	1, 1, 1
2	2 drops (or 1 capsule)	1	2, 2, 2
3	3 drops (or 1 capsule)	2	3, 3, 3
4	4 drops (or 1 capsule)	2	3, 3, 3
5	5 drops (or 1 capsule)	3	3, 3, 3
6	2 tsp. (or 2 capsules)	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. (or 2 capsules)	7	
14		7	
15		7	
16	2 tsp. (or 2 capsules)	7	3

The last doses have been brought in line to be taken together and should be taken every week all together as maintenance to prevent re-infection for at least 6 months, and indefinitely for long-term prevention if you wish.

Dying parasites release their toxins such as ammonia.

Ornithine and **arginine** are two natural aminoacids that detox ammonia. It is important to take Ornithine and arginine together with the parasite cleanse. They help the body free itself from excessive nitrogen. Further they protect the liver from damage caused by medications and chemicals and stimulate the regeneration of the liver. They strengthen the immune defense by stimulating the production of more active and more effective WBCs.

Arginine is also involved with hormone secretion and reduces tumor growth.

IF TAKING:

ORNITHINE

Start by taking ornithine, 2 at bedtime on the first night you get it. Take 4 ornithines the second night. Take 6 ornithines at bedtime on the third night. After this take 4 or 6 ornithines at bedtime every night until you are sleeping soundly. Then go off ornithine and see whether your sleep is as good without it. It is not habit forming.

ARGININE

Taking ornithine at bedtime may give you so much energy the next day that you don't need to take arginine in the morning. But if needed, take one arginine upon rising and another before lunch and supper. It can make you a bit irritable. Cut back if this happens.

ALL HERBS NEEDED, INCLUDING A HANDY PARASITE CLEANSE PACK, CAN BE OBTAINED FROM SHOP HOLISTIC:

www.shopholistic.com

Customer Services: (029) 2085 2222