

## HULDA CLARK 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 three weeks of parasite-killing before attempting a liver cleanse. If you are on *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.

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

### Ingredients

Epsom salts	4 tablespoons (60 gr)
Olive oil (for best results ozonate it for 30 minutes)	½ cup (120 ml) ( <i>light olive oil is easier to get down</i> )
Fresh pink grapefruit	1 large or 2 small, enough to squeeze ½ cup (120 ml) juice ( <i>you may substitute a lemon, adding water or sweetener to make ½ cup liquid</i> )
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!
Pint jar with lid	
Black Walnut Hull tincture, any strength	10 to 20 drops, to kill parasites coming from the liver.

Take no pills or vitamins that you can do without; they could prevent success. Stop the *Parasite Program* and *Kidney Cleanse*, too, the day before. Even stop zapping and taking drops.

Double hot wash the grapefruit. Zappicate the oil to destroy traces of benzene and PCBs or add a few drops of hydrochloric acid to the bottle and shake.

Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or sweetening (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the amount you eat to the minimum you can get by on. You will get more stones. The earlier you stop eating the

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

**2:00 P.M.** 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 (60 gr). in three cups water (720 ml) and pour this into a safe jar. This makes four servings,  $\frac{3}{4}$  cup (180 ml) each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**6:00 PM.** Drink one serving ( $\frac{3}{4}$  cup – 180 ml) of the ice-cold Epsom salts. If you did not prepare this ahead of time, mix 1 Tbsp. in  $\frac{3}{4}$  cup (180 ml) water now. You may rinse your mouth, but spit out the water.

Get the olive oil and grapefruit out to warm up.

**8:00 P.M.** Repeat by drinking another  $\frac{3}{4}$  cup (180 ml) 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.

**9:45 P.M.** Pour  $\frac{1}{2}$  cup (120 ml) olive oil (for best results ozonate it for 30 minutes) 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 (120 ml) . You may use lemonade. Add this to the olive oil. Also, add Black Walnut Hull Tincture. If you haven't gotten stones out in the last few cleanses, add citric acid to bring success. Also, using  $\frac{2}{3}$  (160ml) cup water for Epsom salts instead of  $\frac{3}{4}$  (180 ml) can bring success. Close the jar tightly and shake hard until watery (only fresh citrus 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. You will get fewer stones.

**10:00 P.M.** Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use salad dressing, syrup, or straight sweetener to chase it down between sips. Take it to your bedside if you wish. Get it down within five minutes (15 minutes for very elderly or weak persons). If you had difficulty getting stones out in the past add  $\frac{1}{2}$  tsp. citric acid to the potion. You may put it in capsules.

**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. You may go back to bed again.

**After 2 More Hours** you may eat. Start with fruit juice. You may add another ½ tsp. citric acid to it (or capsules) and get even more stones. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the parasite-killing herbs and zap. By supper you should feel recovered.