

Dr. Clark Parasite Cleanse Handy Chart

Remember, using the herbal recipe *along with* the Zapper is best. Start with the herbal parasite program and zapping. Follow this with a Map-Up Program, Kidney Cleanse, then Liver Cleanse, then Heavy Metal Cleanse.

| | Green Black Walnut | Wormwood Blend | Fresh Cloves | ✓ as you go |
|-----------|---|--|---|-------------|
| | For Tincture: Put in ½ cup of water. For Capsules: Take with 8 oz of water | Once per day on an empty stomach at least 15 mins before a meal. (If you have a sensitive stomach, take with meal) | 3 times per day on an empty stomach at least 15 mins before a meal. (If you have a sensitive stomach, take with meal) | |
| 1 | 5 caps or 2 teaspoons of tincture | 1 cap | 1 • 1 • 1 caps | |
| 2 | None on this day | 1 cap | 2 • 2 • 2 caps | |
| 3 | None on this day | 2 caps | 3 • 3 • 3 caps | |
| 4 | None on this day | 2 caps | 3 • 3 • 3 caps | |
| 5 | None on this day | 3 caps | 3 • 3 • 3 caps | |
| 6 | 5 caps or 2 teaspoons of tincture | 3 caps | 3 • 3 • 3 caps | |
| 7 | None on this day | 4 caps | 3 • 3 • 3 caps | |
| 8 | None on this day | 4 caps | 3 • 3 • 3 caps | |
| 9 | None on this day | 5 caps | 3 • 3 • 3 caps | |
| 10 | None on this day | 5 caps | 3 • 3 • 3 caps | |
| 11 | None on this day | 6 caps | 7 caps all at once | |
| 12 | None on this day | 6 caps | None on this day | |
| 13 | 5 capsules or 2 teaspoons of tincture | 7 caps | None on this day | |
| 14 | None on this day | 7 caps | None on this day | |
| 15 | None on this day | 7 caps | None on this day | |
| 16 | None on this day | 7 caps | None on this day | |
| 17 | None on this day | None on this day | None on this day | |
| 18 | None on this day | None on this day | 7 caps all at once | |

After completing the 18 Day Program above, start on the **Dr. Clark Maintenance Program** below.

Dr. Clark Maintenance Program

| Now Take Once Per Week, Every Week To Prevent Re-Infection | Green Black Walnut 5 caps or 2 teaspoons of tincture | Wormwood Blend 7 caps | Fresh Cloves 7 caps |
|--|--|--------------------------|------------------------|
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Take the **Ornithine** as follows... "Parasites produce a great deal of ammonia as their waste product. Ammonia is their equivalent of urine and it is set free in our bodies by parasites in large amounts. Ammonia is very toxic, especially to the brain. I believe this causes insomnia and other sleep problems at night and anxiety by day. By taking ornithine at bedtime you will sleep better. It is known that ammonia is a strong brain irritant. In fact, a person can be awakened from a coma by being made to smell ammonia "smelling salts." Ornithine reacts with ammonia, mopping it up like a sponge. Start by taking ornithine, 2 at bedtime on the first night you get it. You don't need to wait for the rest of the program to start on ornithine. Take 4 ornithine caps on the second night. Take 6 ornithine caps at bedtime on the third night. After this take 4 or 6 ornithine caps at bedtime every night till you are sleeping soundly. Then go off ornithine and see whether your sleep is as good without it. Use as needed. It is not habit forming." *"The Cure For All Diseases"*

Take the **Arginine** as follows... "Arginine, another amino acid, also reacts with ammonia, but does not put you to sleep. So there is more to insomnia than mere inability to reduce ammonia levels. Arginine results in alertness and therefore should be used in the morning, when needed. Take 1 capsule upon arising and 1 capsule before lunch and dinner or as needed for energy." *"The Cure For All Diseases"*

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