



Frequency Rising
951-303-3471 9-5 PST
frequencyrising@aol.com
FrequencyRising.com

Dr. Clark 21 Day Kidney Cleanse

The Kidney Cleanse consists of a group of herbs and nutraceuticals that work in a synergistic manner for optimal cleansing, and helps to support the body's ability to maintain proper kidney function.*

Check your supplies. This Kit Includes:

- 1 Kidney Support Tea (1/2 cup each: Hydrangea, Marshmallow Root, Gravel Root)
- 1 Ginger Root Capsules, 500 mg, 63 ct
- 1 Uva Ursi Capsules, 500 mg, 63 ct
- 1 Freeze Dried Parsley Capsules, 385 mg, 42 ct
- 1 Vitamin B6 Capsules, 230 mg, 21 ct
- 1 Magnesium Oxide Capsules, 300 mg, 21 ct
- Optional: 1-2 (Black Cherry Concentrate, 4 fl. oz.)



Here is what you need in addition to the Kidney Cleanse Kit: 1) Two glass jars or jugs with lid. 2) A plastic or bamboo strainer.

Optional Items: Vitamin B2 powder and Hydrochloric Acid 5% (not included in base price) are for sanitation and sterilization only.

NOTE: We are in transition from the Dr. Clark Purity line of products to the DrClarkStore line. These are the exact same formulas, made in the very same facility... just with different labels. The Purity line (label) has been discontinued. The good news is, you have what's important... the products. Instructions are the same, regardless of which label you have.

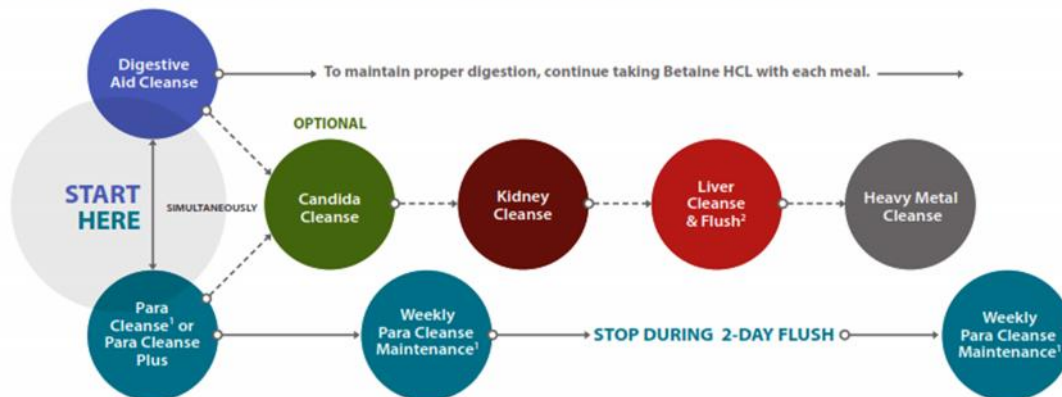
We live in a toxic world. We are exposed to chemicals that didn't exist 30 years ago. Everyday harmful chemicals such as malathion, butyl acetate, livestock hormones and nitrous oxide are polluting our bodies. And that's just a start. Picture a car's oil filter that hasn't been changed in three years. Imagine the gunk! Now imagine a filter that processes 50 gallons of blood and extra water each day. That's your kidneys. If your kidneys did not remove these wastes, toxins would build up in the blood and damage your body. In this toxic world, it is easy for your kidneys to become overwhelmed and weakened due to exposure to common pollutants and invasive microorganisms. Kidney stones, an accumulation of mineral salts, can lodge anywhere in the urinary tract and kidneys, preventing the natural flow of waste removal (urine). The kidneys are sophisticated processing machines. Since the kidneys are essentially filters, it makes good sense to clean these filters with periodic cleansing. A proper diet, as well as a periodic kidney cleanse, is essential to the health of the kidneys. Unlike the liver, the kidneys do not regenerate themselves.

For best overall cleansing and detoxing results, Dr. Clark recommends the following order:

- 1) Bowel/Colon Cleanse.
- 2) ParaCleanse (can & should be done same time as bowel).
- 2) Kidney Cleanse, while on ParaCleanse "Maintenance Program".
- 4) Liver Support Tea, then Liver/Gallbladder Flush (2 days each flush) Repeat the Liver Flush every two weeks as needed.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.



- 1 Stay on the weekly Para Cleanse Maintenance Program until the 2-day Liver Flush. Do not take during the 2-day Flush. Continue after the Liver Flush is complete. A minimum of 4 weeks of the Maintenance Program is recommended.
- 2 Repeat the 2-day Liver Flush 5 times. Wait 2 weeks between each Liver Flush.

DISCLAIMER: Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company, its web site and owner do not adopt any health or disease related claims based on her work or otherwise. Our products are not intended to diagnose, treat, cure or prevent any disease, nor do we provide such information in any form. Our products are made in conformity with Dr. Hulda Clark's protocols. These are the same that she used and tested herself at her clinic. The enclosed cleanse protocols are provided for educational purposes only and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. We are not responsible or liable for any actions or diagnosis made by a user based on the content of this educational directions/recipe. We encourage you to consult with your health care professional and do personal research. **Interaction with Medications and Other Supplements** If you are taking medications, you should check with your physician or pharmacist prior to using our products. You can also get drug interaction information from one of the many sites on the Internet. For example, the Blue Cross has a safety checker that lists many drugs and the herbs, vitamins and foods that would interfere with that drugs function. blueprint.bluecrossmn.com/herbalindex

3 Week Kidney Cleanse: Dr. Clark's Kidney Cleanse helps lighten the load on your kidneys through a synergistic blend of herbs, vitamins and minerals traditionally used to cleanse and nurture the kidneys. The Kidney Cleanse helps to support your body's ability to maintain proper functioning of your kidneys. Regenerate and revitalize your kidneys!*

Kidney Support Tea Preparation

- 1. Pour half a bag** (¼ cup) each (Hydrangea Root, Gravel Root, Marshmallow Root) of the herbs into a pot with 11 cups of cold water.
- 2. OPTIONAL:** Add a pinch of Vitamin B2 powder or 2-3 drops of liquid HCL (not included) into the pot. This helps to sterilize the tea. This can also be accomplished by re-boiling the prepared tea every 3 days.
- 3. Do not boil immediately.** Let the ingredients soak 4 hours or overnight. Since each bag is ½ cup, you are using ¼ cup of each root at this time. Close the opened bag carefully and store unused herbs in a cool, dry, dark place until your next Kidney Tea preparation.
- After soaking the herbs 4 hours (or overnight), **heat to boiling, then lower heat and simmer for 20 minutes.**
- 5. OPTIONAL:** Add Black Cherry Concentrate (4 fl. oz. or less depending on taste) and bring back to boiling, then turn off. The Black Cherry Concentrate is for taste and it supports cleansing.
- 6. Remove from heat and let the mixture cool thoroughly.** Pour mixture through a strainer into glass jars. *Do not throw the strained herbs away.* Freeze the herbs and use them next time you need to boil herbs to make your next batch of tea. Discard after second use.
- 7. Refrigerate half of the tea you made (7 day supply) to use this week, and freeze the other half for next week (another 7 day supply).** One full bag of herbs (½ cup each Hydrangea Root, Gravel Root, Marshmallow Root) will make 28 days' worth of tea. (You can double the yield by freezing and reusing the herbs a second time, for a complete 8 weeks!)
- Reminder... **Day 13 or 14: Prepare next week's tea.** You have 2 options here. Option 1: Re-use the frozen herbs from your first batch and repeat the process with just SIX (6) cups of cold water. This will make 8 days of ¾ cup daily doses. (This will ensure a potent tea, even though it's being steeped a second time.) After soaking the herbs 4 hours (or overnight), heat to boiling, then lower heat and simmer for 20 minutes. Discard herbs after second use. Option 2: Repeat steps 1-5 with the Unused herbs you saved. Use 11 cups to yield another 14 days' worth. Just drink until gone, even though the caps may be gone. If you have any caps left over, take those also if you wish.

OPTIONAL: Add 20 drops of Goldenrod Tincture and/or any spice, such as nutmeg or cinnamon, to each ¾ cup serving.

Dailey Supplement Dose Routine:

Days 1-21: Take your caps and drink ¾ cups of Kidney Support Tea per day by sipping slowly throughout the day. Drinking it all at once could cause you to get a stomach ache or feel pressure in your bladder. (You may start with half the dose if you have a sensitive stomach.) If you miss a day, simply pick up where you left off.

- Ginger root: 1 capsule with each meal (3 per day).
- Uva ursi: 1 capsule in the morning and 2 caps in the late afternoon/evening.
- Vitamin B6: 1 capsule per day.
- Magnesium oxide: 1 capsule per day, NOT with food.
- Parsley: 1 cap 2 times daily, with meals

Take supplements just before your meal (with the exception of Magnesium) to avoid burping. You do not need to duplicate Vitamin B6 and Magnesium if you already take them. In this chart below, you may change a few things per your liking. Example: Magnesium can be taken at bedtime. B6 can be taken in the morning. Etc...

<u>Breakfast</u>	<u>Lunch</u>	<u>Afternoon</u>	<u>Dinner</u>	<u>All Day</u>
1 Ginger Root	1 Ginger Root		1 Ginger Root	¾ cup tea. Sip throughout day until gone.
1 Uva Ursi	1 B6	1 Magnesium	2 Uva Ursi	
1 Parsley			1 Parsley	

8 Week Kidney Cleanse For chronic situations or simply for best results, you may choose to do this cleanse for 8 full Weeks! Simply follow the instructions for the Kidney Support Tea Preparation and the Daily Supplement Schedule. Extend the daily tea and supplement doses for the length of the cleanse. At the very least, you may re-use the frozen herbs (without the caps) for further kidney support.