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Dr. Clark recommends you do the cleanses in the following order

- 1) Bowel/Colon Cleanse
- 2) ParaCleanse (can be done with Bowl Cleanse)
- 2) Kidney Cleanse while on ParaCleanse "Maintenance Program".
- 4) Liver Support Caps or Tea, followed by the Liver Flush (2 days each flush) You may repeat the Liver Flush every two weeks as needed.

Kidney Cleanse Recipe

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.

Do not do this cleanse when you are experiencing any illness. The kidney cleanse is for adults only. Not for children under 16 years. DO NOT take during pregnancy or lactation.

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. **To go to:** blueprint.bluecrossmn.com/herbalindex

Traditional Use The Kidney Cleanse includes herbs traditionally used to help nutritionally support the normal cleansing of the kidneys. The use of these herbal supplements is a traditional use that is not intended to be prescribed for, treat, or claim to cure any disease.

"Washing" the inside of your body It takes a great deal of liquid to "wash" the inside of your body. Consuming it in the form of herbal teas gives you extra benefits and enjoyment if you learn to make them with variations - especially if you want to produce a gallon of urine a day.

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.

Note: All capsules in the kidney cleanse are vegetable caps; no animal products used. Vitamin B2 powder and Hydrochloric Acid 5% (not included in base price) are for sanitation and sterilization only. Both are optional.

Step One: Preparing for the Root Tea

1. Pour entire bag of the Hydrangea, Gravel, and Marshmallow Root tea into a pot with 8 cups of cold water.
2. Add 10 drops of Hydrochloric Acid 5%. (optional)
3. Do not boil immediately. Let them soak at least 4 hours (or overnight).

Step Two: Boiling the Root Tea

1. Heat to boiling and simmer for 20 minutes.
2. Add 4 - 8 oz. of Bl. Cherry Concentrate. (optional)
3. Pour through a bamboo or plastic strainer into GLASS jars. (important!)
4. Refrigerate half of the root tea (5 day supply) to use this week, and freeze the other half for next week (another 5 day supply).

NOTE: You can double the time on the cleanse by freezing the used tea herbs, then re-boiling and re-using.

Tea Dose Routine:

1. Drink 3/4 cup per day in divided doses. Drinking all at once can give you a stomach ache.
2. For taste, you may add a spice, such as nutmeg, cinnamon, etc.
3. Keep it cold when storing.
4. **This herbal tea can easily spoil.** Reheat to boiling every third day if it is being stored in the refrigerator. If you boil it in the morning you may take it to work without refrigerating (use a glass container).

Supplement Dose Routine:

1. Ginger root: 1 capsule with each meal (3 per day).
2. Uva ursi: 1 capsule in the morning and 2 capsules in the evening.
3. Vitamin B6: 1 capsule per day.
4. Magnesium oxide: 1 capsule per day.
5. Parsley: 1 cap 2 times daily, with meals
Take these supplements just before your meals to avoid burping

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

How often? It is recommended you cleanse your kidneys at least twice a year. Avoid chocolate, cocoa and tea while cleansing for best results.