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Frequency Rising
ph: 951-303-3471
fax: 603-994-1746
www.frequencyrising.com
email: frequencyrising@aol.com

Bowel Program 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, do personal research, and check all our ingredients against a reference book before consuming this product.

The bowel cleanse is for adults only. Not for children under 12 years.

Traditional Use

This kit contains herbs traditionally used to help nutritionally support the normal cleansing of the bowels. 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, including diseases involving the bowels.

The colon is a thriving mass of bacteria. Based on traditional understanding of the bowels they should be emptied at least twice a day for optimal health in order to keep bacteria levels down.

One reason bowel bacteria may be hard to eradicate is that we constantly infect and re-infect ourselves by keeping a reservoir of bacteria on our hands and under our fingernails.

The following steps may aid in the normal functioning of the bowel.

1. **Improve sanitation:** Keep a spray bottle in the bathroom containing a 50:50 grain alcohol: water solution. The best source for grain alcohol in the US is **Ever Clear** brand, 151 or 180 Proof, available at most liquor stores. It is bottled by David Sherman Corporation, St Louis, MO. 151 Proof is equal to 75.5% alcohol, so in this case put 2 parts grain alcohol in the spray bottle and 1 equal part water, then you will have a 50% grain alcohol solution.
2. **Citric Acid:** Adults and children 12 or over, up to 2 capsules 3 times daily with meals or as directed by health professional. Store at room temp.
3. **Turmeric:** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
4. **Betaine:** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
5. **Fennel :** Adults and children 12 or over, up to 2 capsules 3 times daily or as directed by health professional.
6. **Magnesium :** Adults and children 12 or older, 1 capsule daily or as directed by a health professional. (2 capsules daily if constipated.) Do not take at meal time, as this reduces stomach acid.
7. **Digestive enzymes:** Adults and children 12 or over, 2 capsules daily with meals or as directed by health professional.
8. **Cascara Sagrada:** Use this herb in case you are experiencing occasional constipation. If you are chronically constipated consult with your health care professional. Start with one capsule (425 mg) a day of this herb; use up to maximum dose on the label. **Warnings:** Cascara Sagrada is a stimulant laxative. Do not use this product if you have abdominal pain or chronic diarrhea. Consult a health care provider prior to use if you are pregnant or nursing a baby. Discontinue use in the event of continued diarrhea or watery stools. Do not use a laxative when abdominal pain, nausea or vomiting are present unless directed by a doctor. (Rectal bleeding or failure to have a bowel movement after laxative use may indicate a serious condition. Discontinue use and consult a doctor.)
9. **Probiotics:** Not Included with this kit, but helpful in restore proper ph and immune health in the GI track.
10. **Hot water:** If constipated, drink hot water upon rising in the morning. This may help begin to regulate your elimination.

It may aid normal digestion to avoid or consume only sterile dairy products, i.e. freezing milk, butter, cheese overnight.



Dr. Clark Digestive Aid Chart

This chart is based on Dr. Clark's recommended doses. One can always use slightly less, and "stretch out" the process a bit longer. With an impacted bowel, or in large persons, it may be beneficial to complete a second full 17 day program. Why? It's very simple: the more intestinal sludge, unwanted bacteria, and plaque present, the more "flushing" or "cleansing" may be needed. If you're generally constipated and find that you quickly revert back to a bloated, constipated state, consider a second round of the bowel cleanse, or continued use of a good enzyme product and/or probiotic. Healthcare professionals have noticed that when people increase stomach acid with dietary supplements that it encourages the body to start producing more HCL and other enzymes by itself due to a positive feedback loop in which HCL triggers the pancreas to produce enzymes. To maintain proper digestion, continue taking Betaine HCL with every meal.

Turmeric & Fennel (*): Take on empty stomach, 13-30 minutes BEFORE meal.

Betaine HCL & Enzymes: Take WITH meal. (Do NOT take Betaine on an empty stomach or with coffee.)

Casgara Sagrada: (mild laxative effect): Take at BEDTIME only with at least 6-8 ounces of water.

Magnesium Oxide: (natural stool softener): Take at BEDTIME with at least 6-8 ounces of water.

Day 1

With A.M. Meal	Lunch	Dinner	Before Bed
1 Enzymes	1 Enzymes	1 Enzymes	1 Cascara Sagrada, with full glass of water.
1 Betaine HCL	1 Betaine HCL	1 Betaine HCL	
1 Fennel *	1 Fennel *	1 Fennel *	1 Magnesium
1 Turmeric *	1 Turmeric *	1 Turmeric *	

Day 2-17

With A.M. Meal	Lunch	Dinner	Before Bed
1 Enzymes	1 Enzymes	1 Enzymes	1-2 Cascara Sagrada, with 6-8 oz. water.
2 Betaine HCL	2 Betaine HCL	2 Betaine HCL	
2 Fennel *	2 Fennel *	2 Fennel *	1-3 Magnesium, with 6-8 oz. water.
2 Turmeric *	2 Turmeric *	2 Turmeric *	

These are a few personal tips that can help make this bowel cleanse work even better.

Reduce Your Eating. (especially "heavy" foods) This enables your body to focus on clearing out the toxins and old fecal matter without the distraction and energy output of digesting new foods. If possible, eat 5-10 very small meals or healthy snacks throughout the day to avoid "overloading" the bowel (like most of us do daily). If you do this, simply take the supplements "around the times mentioned above".

Eat Whole Foods whenever possible! Whole foods (fruits and vegetables) are much easier for the colon and body to process, and will provide valuable natural enzymes that are alive. See our 13 day Whole Food Cleanse.

Dietary Changes. It is generally recommended that we do not eat meat during the bowel cleanse, in order to reduce acid-forming dietary input. Especially red meat. Lamb, turkey, small fish are better. If you DO eat meat, it should be well done, and eat a small portion. We strongly advise NOT eating breads, rices, and pastas that use bleached flour. Also, you may wish to avoid potatoes, yams, and sweet potatoes during and 30 days after.

Enemas. If you wish to see quicker results for waste removal, consider colonic enemas. These can be done in conjunction with the cleanse, and you can do them yourself at home. (Your local drug store should have these kits.) Enemas are very effective whenever you're doing ANY kind of body cleanse, because most everything ends up in your bowels. The more toxicity you can eliminate, the better.

Epsom Salts. A great natural remedy for constipation is to use Epsom Salts (several nights in a row if needed) Add 2-4 teaspoons to 8 ounces of water, and drink before bed. It's a great natural laxative, and should help the colon make more productive bowel movements. It's ok to take with the Cascara Sagrada and Magnesium above.

Olive Oil. Another simple thing you can try is taking a tablespoon of Olive Oil BEFORE dinner. This adds healthy fat, which aids the passing of waste by softening stool and lubricating the bowel.

Juicing. We like lots of green veggies with just a little fruit to sweeten. With an empty stomach (for best results), drink 8-12 ounces daily for a week or two, then you can back off to a more suitable schedule for you. We often find instant results for constipation by juicing. If you are chronically backed up, you should use a juicer that removes the fiber. Too much fiber in an impacted bowel can make you feel bloated, and be counter productive to the cleanse.

Antioxidants. As the intestines begin to purge themselves of old matter and plaque, large amounts of toxins and free radicals are released. It is prudent to take an antioxidant formula while doing the colon cleanse to help your system clean up these released toxins.

Follow Up with the next phase of cleansing... Parasite, Kidney, Liver/Gall Bladder Flush. After a full regime of cleansing, you can see truly amazing results.