



DrClarkStore.com

Self Health Resource Center

LEADER IN PURITY | Established by Dr. Clark's Family in 1993

The Para Cleanse was always the first cleanse Dr. Clark had people take in her clinic. This is the most effective of Dr. Clark's protocols. Upon Dr. Clark's insistence, the Para Cleanse features **GREEN** Black Walnut Hull made from the unripe green hulls which contain higher concentrations of the active compound juglone.

To get the greatest possible benefits from the Para Cleanse, please consider the following carefully:

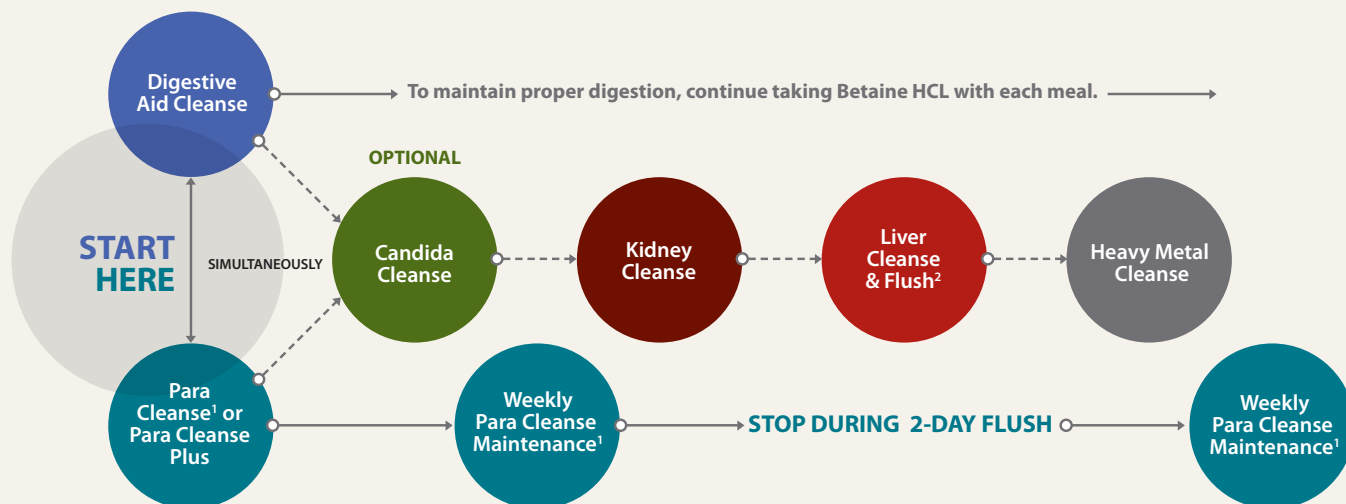
- 1** The Digestive Aid Cleanse works synergistically with the Para Cleanse. For even better results take these two programs over the same time period. You will gain on two fronts at the same time; while the Para Cleanse will balance foreign organisms systemically throughout your body, the Digestive Aid will optimize your digestion in both the stomach and intestines.
- 2** To gain even more benefits from your cleanse, **stay on the weekly Para Cleanse Maintenance Program for a minimum of 4 weeks to a year.** The benefits are cumulative as the Maintenance Program continues to minimize the effect harmful microorganisms have due to continuous re-exposure. Dr. Clark believed that in order to gain 100% of the benefits of the cleanse, it was best to stay on the Maintenance Program indefinitely. This helps free up your body's energy for issues that need attention rather than relentlessly fighting microorganisms.*

Dr. Clark designed the Para Cleanse for maximum effectiveness without compromising safety. This is why she designed the 18-day protocol; it enables your body to slowly get used to these extraordinarily potent herbs.*

If you decide to follow Dr. Clark's directions herein please keep in mind that although it is best to stay as close to the schedule as possible, if you miss a day or two you can simply pick up where you left off. If you need help please give us a call for clarification of cleanse directions, but please note that we cannot give medical advice of any sort.

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 Notice: Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any health or disease related claims based on her work or otherwise. The directions are provided for educational purposes only and should not be treated as a substitute for the medical advice of your healthcare professional. The cleanses are for adults only. We do not recommend anyone under 18 years to go through the cleanses. However, the Para Cleanse may be suitable for children, but only under guidance of a healthcare professional. Interaction with Medication and Other Supplements: If you are taking medications, you should check with your physician or pharmacist before cleansing. You may also search online for: Interaction with Medications and Supplements.

Frequently Asked Questions

Q: Which cleanse do I do first?

A: Dr. Clark recommended starting with the Digestive Aid Cleanse. It is beneficial to do the Para Cleanse with the Digestive Aid as it will aid in the cleansing process. You can do the Digestive Aid, Para Cleanse, and Kidney Cleanse at the same time. Just remember that these are very potent herbs. If you begin having difficulties taking them together, slow down and take one at a time.

Q: Can I do the Liver Cleanse first?

A: It is never recommended to do the Liver Cleanse before completing all 3 of the other cleanses. The reason for this is if you purge the toxins out of your liver and do not have clear channels of elimination, you run the risk of simply re-circulating the toxins. This can make you very ill.

Q: When do I start the Para Cleanse Maintenance Program?

A: The maintenance program starts 7 days after the last day of the Para Cleanse.

Q: Do I stop taking the Para Cleanse Maintenance Program while I am taking the other cleanses?

A: No. Just do not take it during the 2-day Liver Flush.

Q: How often should I do the cleanses?

A: Dr. Clark recommended that everyone take the Para Cleanse Maintenance Program indefinitely. If you decide not to do that, then consider taking it once weekly for 4 weeks minimum. If you take a break, say for about 3 or 12 months, then we recommend you take the 18-Day Para Cleanse before you go back on the once weekly Para Cleanse Maintenance Program. You can always take the 18-Day Para Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse are always received from the once weekly

Para Cleanse Maintenance Program, so stay on it as long as you can. Do the Kidney Cleanse and Liver Cleanse & Flush yearly. Initially do at least 5 liver flushes. The Digestive Aid Cleanse complimented with enzymes should be taken on an as needed basis. Remember also to do the enemas once per year.

Q: What are the side effects of the cleanses?

A: You can expect increased elimination from all of the cleanses. Few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your healthcare professional.

Q: How long are the cleanses?

A: The Digestive Aid is 17 days long. The Para Cleanse is 18 days long. The Kidney Cleanse is 21 or days. The Liver and Gallbladder Cleanse & Flush is approximately 2 weeks.

Q: Are the cleanses safe for children?

A: Dr. Clark did not recommend any of the cleanses, except the Para Cleanse, be administered to children. We don't recommend you give the Para Cleanse to your child unless you do so under careful guidance and supervision of your healthcare professional.

Q: Are the cleanses safe for my pets?

A: Only the Para Cleanse can be adapted for pets.

Q: My family members don't want to take the Para Cleanse, what can I do?

A: Ask your healthcare professional or contact us for the Quick ParaZap Cleanse, it is simpler to take.

Q: I can't take alcohol tinctures, what can I do?

A: Ask your healthcare professional or contact us for the Para Cleanse with the Freeze Dried GREEN Black Walnut Hull capsules instead of the tincture.



SyncroZap™ Model A11 is now available! From the makers of the SyncroZap™ — the 1st Zapper brand worldwide.

- 100% compliant with Dr. Hulda Clark's research
- Available with either wristbands or copper tubes
- Smaller in size but the same robust durability

New features include:

- Pre-programmed frequencies
- One-touch bottle copy mode
- Continuous body zapping mode
- Continuous Zappicator mode

Dr. Clark turned away from zapping with specific frequencies because she found it less effective than other methods. She replaced frequency zapping with plate zapping. The Dr. Clark Store SyncroZap™ uses plate zapping technology – it does not use “smart keys” with frequencies. Dr. Clark did not use those!

The directions on the bottles and packaging are minimum dosage directions for adults. You may also choose to follow dosage directions from your healthcare professional. Dr. Clark's Para Cleanse directions are included, should you want to follow those.*

Please note that although you don't have to be super accurate on when you take your doses, it is best to stay as close to the schedule set forth by Dr. Hulda Clark.* Therefore, please make sure you order products in time.

This cleanse supports the body's defenses with natural compounds that discourage the proliferation of foreign organisms known to occupy the human body. This process helps balance your body and its microorganisms. It is ideal for pet owners and people returning from traveling abroad.*

Our Black Walnut Hull Tincture is a good example of our adherence to purity and potency. First, it is potent because we use large amounts of the unripe, green hulls from the Black Walnut tree. The average tincture strength (hull to grain alcohol) is 1:0.68. Second, in our experience*, **Black Walnut Hull that is green has almost up to 10 times the amount of juglone, an essential ingredient in the tincture.** Other manufacturers do not go the extra mile and offer only brown or black tincture. When a tincture is brown or black, it contains much less juglone. Dr. Clark Store guarantees unopened bottles of the tincture to be green at least two years past the manufacturing date. Once open, the tincture will start to oxidize and turn brown and then black. At this stage it contains much less juglone, so you may have to double the dose you take.



Can't Sleep?

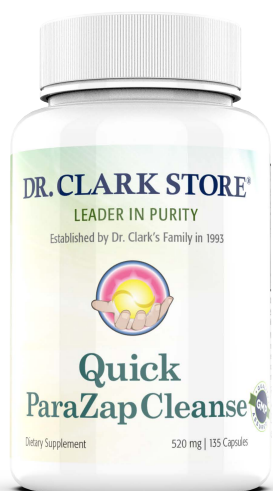
During the die-off phase microorganisms produce uric acid, and this uric acid gets in the brain and can keep you up at night. We recommend that you order **Ornithine** when you order your Para Cleanse. Ornithine helps your body neutralize the effect of uric acid. How much do you take? Start with 2 capsules, but you may need up to 8 capsules in order to feel the effect. Dr. Clark Store **Melatonin** is also an excellent sleep aid. Sleep aids should not be used continuously for more than 7 days.

Day 1	2 capsules
Day 2	4 capsules
Day 3	6 capsules
Day 4 & onward	6-8 capsules until you're sleeping soundly

Don't like alcohol-based tinctures? Take Black Walnut Hull Capsules!

Some people can't take alcohol-based tinctures. For this reason we formulated **GREEN** Freeze-Dried Black Walnut Hull Capsules that are alcohol free. For pinches of powder, as called for in the instructions, open a capsule and squeeze contents between your thumb and index finger.

5 capsules = 2 Teaspoons Extra Strength Tincture



Discover the Quick ParaZap Cleanse

In 2008, Dr. Clark was asked to come up with cleanse formulas that could be taken more conveniently. After giving it some thought, the Dr. Clark Quick Cleanses are what she came up with. The Quick ParaZap Cleanse is a readymade blend of ingredients. Convenient for traveling and busy people on the go! Take on an empty stomach at least 13 minutes before a meal. It can be used as an alternative to the original 18-day cleanse protocol or the weekly Para Cleanse Maintenance Program. While the Quick ParaZap has more action in the colon, **the original Para Cleanse is more systemic and more potent.**

Para Cleanse Handy Chart

Use either Black Walnut Tincture OR Black Walnut Capsules, not both, in addition to Super W Blend and Cloves.				
	BLACK WALNUT TINCTURE	BLACK WALNUT CAPSULES	SUPER W BLEND	CLOVES
DAY	Take once a day on an empty stomach, at least 13 minutes before a meal. Put drops in ½ cup water.	Take once a day on an empty stomach, at least 13 minutes before a meal. Open 1 capsule to get pinches of powder. Take with water.	Take once a day on an empty stomach, at least 13 minutes before a meal or with a meal if you have a sensitive stomach.	Take 3 times a day on an empty stomach, at least 13 minutes before a meal or with a meal if you have a sensitive stomach.
1	1 drop	1 pinch of powder	1 capsule	1 capsule 3 times a day
2	2 drops	2 pinches of powder	1 capsule	2 capsules 3 times a day
3	3 drops	3 pinches of powder	2 capsules	3 capsules 3 times a day
4	4 drops	4 pinches of powder	2 capsules	3 capsules 3 times a day
5	5 drops	1 capsule	3 capsules	3 capsules 3 times a day
6	2 teaspoons †	5 capsules	3 capsules	3 capsules 3 times a day
7	NONE	NONE	4 capsules	3 capsules 3 times a day
8	NONE	NONE	4 capsules	3 capsules 3 times a day
9	NONE	NONE	5 capsules	3 capsules 3 times a day
10	NONE	NONE	5 capsules	3 capsules 3 times a day
11	NONE	NONE	6 capsules	7 capsules all at once
12	NONE	NONE	6 capsules	NONE
13	2 teaspoons †	5 capsules	7 capsules	NONE
14	NONE	NONE	7 capsules	NONE
15	NONE	NONE	7 capsules	NONE
16	NONE	NONE	7 capsules	NONE
17	NONE	NONE	NONE	NONE
18	NONE	NONE	NONE	7 capsules all at once
Now take supplements once a week. Refer to the Para Cleanse Maintenance Program.				

† If you weigh 150 pounds or over, take 2.5 teaspoons of Black Walnut Tincture instead of 2 teaspoons.

****1 drop of tincture = a single droplet, not a dropper-full****

Para Cleanse Plus

Follow the handy chart above for Black Walnut Hull, Super W Blend, and Cloves. Take Raz-Caps and TapeParaKil Oil as follows either during the 18-day cleanse protocol or after you have completed the 18-day cleanse protocol. You can continue to take them while you are on the weekly Para Cleanse Maintenance Program.

Raz-Caps

For adults and children 12 years and over, for 8 consecutive days take 4 capsules 3 times a day with a meal, or as directed by a healthcare professional.

TapeParaKil Oil

For adults over 18 years of age, place 14† drops total of TapeParaKil Oil into an empty capsule. Take immediately. Take 2 times daily for 3 consecutive days. For best results take on an empty stomach at least 13 minutes before a meal.

	Day 1	Day 2	Day 3
DOSE 1	14 drops in empty capsule	14 drops in empty capsule	14 drops in empty capsule
DOSE 2	14 drops in empty capsule	14 drops in empty capsule	14 drops in empty capsule

† If you weigh 200 pounds or over, place 21 drops of TapeParaKil Oil into an empty capsule.

Para Cleanse Maintenance Program

The Para Cleanse Maintenance Program delivers the greatest benefits if you take it on a consistent basis. **Stay on the weekly Para Cleanse Maintenance Program indefinitely, as suggested by Dr. Clark, or at least a minimum of 4 weeks.** The initial 18-day cleanse delivers only about 10% of the full benefit of the Para Cleanse. The Maintenance Program, taken weekly, will give you a better indication of what this cleanse can do for you.

Take the herbs **once per week** on an empty stomach, at least 13 minutes before eating. **Try to take all three herbs in one sitting.** If some capsules get stuck in your esophagus, eat a bite or two of bread.

Use either Black Walnut Tincture OR Black Walnut Capsules, not both, in addition to Super W Blend and Cloves.			
BLACK WALNUT TINCTURE	BLACK WALNUT CAPSULES	SUPER W BLEND	CLOVES
2 teaspoons	5 capsules all at once	7 capsules all at once	7 capsules all at once

Para Cleanse High Dose Program

Do this program every two to three months in place of the Maintenance Program. Do not substitute this High Dose Program for the initial 18-day Para Cleanse. For someone ill with flukes the die-off effects are too intense at these dosages.

Take for three to five days in a row for three to five weeks. You may take these herbs at different times in the day or all together. Continue to take Ornithine at bedtime as needed. Start with only 1 capsule, but you may need up to 8 capsules in order to feel the effect.

Use either Black Walnut Tincture OR Black Walnut Capsules, not both, in addition to Super W Blend and Cloves.				
	BLACK WALNUT TINCTURE	BLACK WALNUT CAPSULES	SUPER W BLEND	CLOVES
WEEK	Take tincture twice per day on an empty stomach, at least 13 minutes before a meal.	Take once per day on an empty stomach, at least 13 minutes before a meal.	Take once per day on an empty stomach, at least 13 minutes before a meal.	Take 3 times per day on an empty stomach, at least 13 minutes before a meal.
1	30 drops 2 times a day	1 capsule a day	7 capsules all at once	3 capsules 3 times a day
2	30 drops 2 times a day	1 capsule a day	7 capsules all at once	3 capsules 3 times a day
3	30 drops 2 times a day	1 capsule a day	7 capsules all at once	3 capsules 3 times a day
You can stop after 3 weeks if you feel no effects so far.				
4	30 drops 2 times a day	1 capsule a day	7 capsules all at once	3 capsules 3 times a day
5	30 drops 2 times a day	1 capsule a day	7 capsules all at once	3 capsules 3 times a day

USAGE WARNING:

Consult a healthcare professional before starting the Para Cleanse if taking medication, or if you have a medical condition. Do not take the Para Cleanse if you are pregnant, nursing, or below the age of 18 without consulting with a healthcare professional first. If you have adverse reactions or other symptoms, discontinue taking the cleanse and seek advice from a qualified healthcare professional.

Para Cleanse for Children

We do not recommend you give the Para Cleanse to anyone under 18 years old, however the cleanse may be suitable for children, **but only under the guidance of a health professional**. Recommended doses from health professionals should not exceed the following chart published here for safety reasons. Never give the cleanse to ill children. Use it to maintain good health only. Keep a close watch on children when doing the cleanse program. Niacinamide is optional – it helps detoxify the alcohol in the tincture, and it may cause hot flashes. Always contact a health professional if unusual conditions arise, including hot flashes or fever. **Never give essential oils, such as TapeParaKil Oil, to children.**

Maximum Levels for Super W Blend and Cloves

Using the Para Cleanse Handy Chart for adults, follow the dosage of Super W Blend and Cloves up to the day that corresponds to the child's age. For instance, a 4 year old child would follow the Para Cleanse until day 4 and then stop. It is not advisable for children to be on the Para Cleanse Maintenance Program. Take during routine seasonal cleansing only.

WARNING: Capsules are a choking hazard. Open capsules when appropriate and give contents in powdered form in food.

Maximum Levels for Black Walnut Hull

Using the Para Cleanse Handy Chart for adults, follow the dosage of Black Walnut Hull up to the day that corresponds to the child's age. For instance, a 4 year old child would follow the Para Cleanse until day 4 and then stop. Use the chart below for the maximum dosage of Black Walnut Hull:

Use either Black Walnut Tincture OR Black Walnut Capsules, not both. Use Niacinamide only with Black Walnut Tincture.				
AGE	BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	Niacinamide (if taking Black Walnut Tincture)
Under 6 months	¼ teaspoon		¾ capsule	50 mg
6 months to 5 years	½ teaspoon		1 ½ capsules	50 mg
6 to 10 years	1 teaspoon		2 ½ capsules	100 mg
11 to 16 years	1 ½ teaspoons		3 ¾ capsules	500 mg

Para Cleanse for Pets

The dosages are based on a 10 pound (5 kilo) cat or dog. Increase dosages accordingly using this base measurement (double for a 20 pound dog/cat, triple for a 30 pound dog/cat, etc.), but always start with 1 drop/pinch and increase by 1 drop/pinch per day if animal weights more than 10 pounds. **Treat cats only twice per week. Treat dogs daily.**

Mix herbs directly into food. Do not force your pet to eat the herbs. Go slowly so the pet will learn to eat it, introducing a new herb weekly over four weeks.

Making Parsley Tea

Boil two bunches of fresh parsley. Rinse parsley and boil in ½ quart (½ liter) of water for 3 minutes. Strain and pour into ice trays and freeze. For convenience make each ice cube contain the correct dose of Parsley Tea based on the weight of your pet. Discard the used parsley.

For your convenience, we sell **Freeze-Dried Parsley Capsules**. You can use pinches of Freeze-Dried Parsley instead of making the Parsley Tea.

Use either Black Walnut Tincture OR Black Walnut Capsules, not both, in addition to Parsley, Super W Blend and Cloves.						
	PARSLEY	BLACK WALNUT TINCTURE	<div>OR</div>	BLACK WALNUT CAPSULES	SUPER W BLEND	CLOVES
WEEK	Use Parsley Tea OR Freeze-Dried Parsley Capsules once a day mixed in food	Use once a day mixed in food.		Use once a day mixed in food.	Use once a day mixed in food.	Use once a day mixed in food.
1	1 teaspoon Parsley Tea OR 1 pinch Freeze-Dried Parsley per 10 pounds	NONE		NONE	NONE	NONE
2	1 teaspoon Parsley Tea OR 1 pinch Freeze-Dried Parsley per 10 pounds	1 drop per 10 pounds		1 pinch of powder per 10 pounds	NONE	NONE
3	1 teaspoon Parsley Tea OR 1 pinch Freeze-Dried Parsley per 10 pounds	1 drop per 10 pounds		1 pinch of powder per 10 pounds	1 pinch of powder per 10 pounds	NONE
4	1 teaspoon Parsley Tea OR 1 pinch Freeze-Dried Parsley per 10 pounds	1 drop per 10 pounds		1 pinch of powder per 10 pounds	1 pinch of powder per 10 pounds	1 pinch of powder per 10 pounds
5 and onward	1 teaspoon Parsley Tea OR 1 pinch Freeze-Dried Parsley per 10 pounds	1 drop per 10 pounds		1 pinch of powder per 10 pounds	1 pinch of powder per 10 pounds	1 pinch of powder per 10 pounds