

INTESTINAL CLEANING **(25 DAYS)**

Ingredients:

- ◆ Black walnut hull tincture.
- ◆ Turmeric (500 mg).
- ◆ Fennel (450 mg).
- ◆ Digestive enzymes (500 mg)
- ◆ Betaine (350 mg).
- ◆ Magnesium oxide (540 mg)
- ◆ Cascara sagrada (350 mg).
- ◆ Lugol's iodine.
- ◆ Oregano oil

Note: Oregano oil has been added to Dr. Clark's original protocol to increase the effectiveness of this cleansing.

Every day, at breakfast:

- ◆ Black walnut hull tincture (20 min. before breakfast, see dosage below).
- ◆ Drink a cup of hot water just before breakfast.
- ◆ Take 3 capsules of turmeric.
- ◆ Take 3 capsules of fennel.

- ◆ Take 1 capsule of digestive enzymes.
- ◆ Take 2 capsules of betaine.
- ◆ Take 1 capsule of Cascara sagrada.
- ◆ Oregano oil (5 drops in an empty capsule). Do not ingest directly due to the burning that it may cause when coming into contact with the oral or esophageal mucosa.

Every day, at lunch

- ◆ Take 3 capsules of turmeric.
- ◆ Take 3 capsules of fennel.
- ◆ Take 1 capsule of digestive enzymes
- ◆ Take 2 capsules of betaine.
- ◆ Take one capsule of magnesium oxide.

Every day, at dinner:

- ◆ Take 3 capsules of turmeric.
- ◆ Take 3 capsules of fennel.
- ◆ Take 1 capsule of digestive enzymes.
- ◆ Take 2 capsules of betaine.
- ◆ Take one capsule of magnesium oxide.
- ◆ Oregano oil (5 drops in an empty capsule).

Between meals:

- ◆ Lugol's iodine: 6 drops, 4 times a day, in 1/2 glass of water.

Doses

- ◆ Black walnut hull tincture: days 1 to 5: 1 tablespoon every day in cold water. Days 8, 12, 16, 20 and 24: 3 tablespoons every day in cold water.

Weekly maintenance:

- ◆ Once the Bowel Cleanse is complete, we recommend carrying out a weekly maintenance of:
- ◆ Black walnut hull tincture: 1 to 3 tablespoons in cold water, taken slowly.
- ◆ Oregano oil: 5 drops in an empty capsule.
- ◆ Lugol's iodine: 6 drops in 1/2 glass of water twice a day.

