

PATHOLOGIES OF THE DIGESTIVE APPARATUS

GASTRITIS

SUPPLEMENTS

- ◆ Bowel cleanse program without Betaine
- ◆ Quassia herb (Clark): half a teaspoonful before all three meals

As a booster, once a week:

- ◆ 3 spoonfuls of Black Walnut hull Tincture (Clark)
- ◆ Lugol Iodine (Clark), 6 drops 4 times on that day (preferably at a distance from other supplements).

+

Every day at least during 1 month:

- ◆ B Complex (Clark): 1 at breakfast
- ◆ Calcium (Clark): 1 at breakfast, 1 at lunch, 1 at dinner
- ◆ MSM (Clark): 1 capsule 15mins before a meal
- ◆ Curcuma (Clark): 3 at breakfast, 3 at lunch, 3 at dinner

HOMEOPATHIES (Optional):

- ◆ Stomach
- ◆ Gastroesophageal sphincter

GASTRITIS

ZAPPER (optional):

- ◆ Regular zapper during 60 minutes (from the 7th day of bowel cleanse)
- ◆ Zapping plates can be added:
 - Stomach 20'
 - Gastroesophageal sphincter 20'

REMARKS:

The foods below should be avoided, of course, as they do not allow the gastroesophageal sphincter to close properly:

- ◆ Sugar (it increases secretion of HCL)
- ◆ Mint
- ◆ Tea, Coffee and Chocolate

GASTRIC AND DUODENAL ULCER

BASIC SUPPLEMENTS:

- 1°** Start by taking Quassia herb during 5 days and begin protocol on the 6th day. To prepare it, boil up 3 full spoonfuls of Quassia in ½ liter of water; at boil, remove from heat and let cool down. It can then be used for various servings.
- 2°**
- ◆ Bowel cleanse program during 5 weeks (without curcuma nor betaine)
 - ◆ Birch tree tea (twice a day)+ after two weeks, add Oregano oil (5 drops in an empty capsule twice a day with a meal).
 - ◆ Quassia (Clark): Half a teaspoonful before the three meals
 - ◆ Glutamine :2 capsules. 3 or 4 times a day

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GASTRIC AND DUODENAL ULCER (Continued)

3° Weekly booster:

- ◆ 3 spoonfuls of Black Walnut hull tincture(Clark)
- ◆ Lugol Iodine (Clark), 6 drops 4 times a day
- ◆ Oregano oil, 5 drops twice a day
- ◆ Make 2-3 liver cleanses (at a 2-3 weeks distance) and

Take every day during at least 4 weeks:

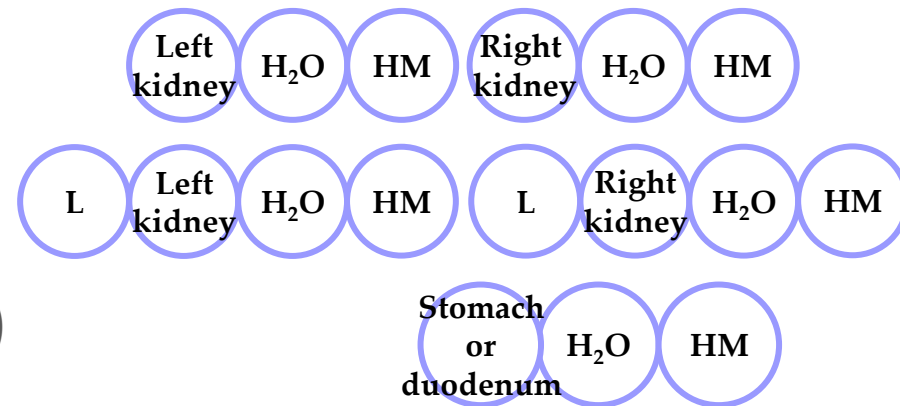
- ◆ MSM (Clark): 1 capsule 15 minutes before 1 or 2 meals
- ◆ Hydrangea (Clark): 1 capsule with 2 or 3 meals (for possible accumulation of asbestos and HM in mucosa)
- ◆ Glutamine (Clark): 2 capsules 3 or 4 times a day between meals (helpful in cicatrization)
- ◆ Fennel (Clark): 3 at breakfast, 3 at lunch, 3 at dinner
- ◆ B Complex : 1 at breakfast (Vitamin B2 helps eliminate phenol)

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GASTRIC AND DUODENAL ULCER (Continued)

HOMEOPATHIES (Optional):

- 💧 Stomach or duodenum
- 💧 Take out heavy metals from kidneys
- 💧 Take out HM 'L' kidneys
- 💧 take out HM (stomach or duodenum)



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GASTRIC AND DUODENAL ULCER (Continued)

ZAPPER (Optional) only 3 days a week, because H. Pylory is hiding:

- 1° Regular zapper during 60 minutes (optional)
- 2° Stomach or duodenum Zapping plates: 20 minutes (optional)
- 3° H. Pylory (optional)

REMARKS:

To be eliminated from diet:

- ◆ Alcohol
- ◆ Acetylsalicylic Acid
- ◆ Coffee
- ◆ Tea
- ◆ Any type of dairy products
- ◆ Animal fats
- ◆ Dental work to be reviewed, with elimination of metals and root canal treatments
- ◆ Eliminate phenols (monohydroxy alcohol) as they are stomach allergens present mainly in facial and body creams, cigarette smoke, and smoked foods

IRRITABLE BOWEL SYNDROME

(Pathogens + allergy are always present)

SUPPLEMENTS:

- 1°
 - ◆ Bowel cleanse program + Slippery elm : 2 capsules at every meal + Wormwood.
 - ◆ Suppository made from 3 apricot seeds (5 days yes and 5 days no during 4 weeks)
- 2° Once a week:
 - ◆ Black Walnut hull tincture (Clark): 3 spoonfuls
 - ◆ Lugol Iodine (Clark): 6 drops 4 times a day + Ascaris deparasitation
 - ◆ Curcuma (Clark): 6 at breakfast, 6 at lunch, 6 at dinner
 - ◆ Fennel (Clark): 6 at breakfast, 6 at lunch, 6 at dinner
 - ◆ Oregano oil (Clark): 5 drops in an empty gelatin capsule with a meal
- 3° HM detoxification program + IP6 (10 drops all at the time once a day) and:
Make at least 3 or 4 liver cleanses (1 every 2 to 3 weeks) in this phase of heavy metals detoxification.

IRRITABLE BOWEL SYNDROME

(Pathogen and allergy always present)

HOMEOPATHIES (Important):

- ◆ 3 parts of colon TAKE OUT NICKEL-COLON TAKE OUT NICKEL- LIVER
- ◆ Liver TAKE OUT HM-COLON TAKE OUT HM- LIVER

ZAPPER (Optional)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates: 3 parts of colon during 20 minutes

From the second week, add **ZAPPING PLATES:**

- 3 parts of colon – Vascular set (once or twice a week)
- Liver: 20' (once or twice a week)

REMARKS: Eliminate allergens from colon: pyrroles (smoked foods) and Acetic acid (vinegar) as well as gluten, dairy products and soy, and zappicate all foods for 10 minutes before eating them so as to avoid allergens and “d” forms of amino acids.

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Important : always drink water that has been distilled.

CROHN'S DISEASE

Damage is usually located in the upper part of the digestive tract (usually affecting the junction between small and large intestines). Generally, there are parasites, bacteria and fungi.

SUPPLEMENTS: in case of bleeding just take Alginate sodium together with Slippery elm for 5 days until bleeding stops.

1/8 teaspoonful of potassium + 4 HCL drops (in empty capsules) +2 spoonfuls of alginate sodium in 2 glasses of water + 2 spoonfuls of slippery elm in water once a day between meals

- 1° Bowel cleanse program + Oregano oil (Clark) (5 drops in empty gelatin capsules with 2 meals) + Wormwood. Eliminate curcuma if there is some bleeding.
 - 10 capsules of digestive enzymes with every meal + slippery elm: 2 teaspoonfuls at each meal.
- 2° Ascaris deparasitation

CROHN'S DISEASE

3° As a booster:

- ◆ Black Walnut hull tincture (Clark) 3 spoonfuls
- ◆ Lugol Iodine (Clark) 6 drops 4 times a day
- ◆ Oregano oil (Clark) 5 drops in empty gelatin capsules with 2 meals
- ◆ Curcuma (Clark): 6 at breakfast, 6 at lunch, 6 at dinner (not if bleeding)
- ◆ Fennel (Clark): 6 at breakfast, 6 at lunch, 6 at dinner

4° Heavy metals detoxification program +IP6 (10 drops) + digestive enzymes

Important: Make 2-3 liver cleanses (at a distance of 2-3 weeks) during the heavy metals detox

From the beginning the following supplement can be added:

- ◆ Vitamin C (Clark): 1 gr at breakfast, 1 gr at lunch and 1gr at dinner

CROHN'S DISEASE

HOMEOGRAPHIES (important) During the HM detox:

- ◆ Ascending colon + take out nickel – ascending colon
take out HM - ascending colon
- ◆ Small intestine + take out nickel - small intestine
take out HM - small intestine

ZAPPER: (OPTIONAL)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Ascending colon 20'
 - Small intestine 20'
 - or both together 20'

CROHN'S DISEASE

REMARKS:

Avoid smoked foods, vinegar, cabbage, cauliflower, Brussels sprouts , hearts of palm, white cabbage, mustard, green peas, radish, dairy products, oranges , tangerines, broccolis y cereals with gluten.

- Important:**
- ◆ Zappicate food
 - ◆ Drink distilled water

DIVERTICULA

SUPPLEMENTS:

- 1° Bowel cleanse program + Oregano oil (5 drops in an empty capsule with two meals)+ slippery elm: 1 spoonful at every meal + wormwood.
- 2° Repeat every week + Ascaris deparasitation
 - ◆ Black walnut hull tincture (Clark) 3 spoonfuls
 - ◆ Oregano oil: 5 drops in empty capsules with two meals
 - ◆ Lugol Iodine (Clark) 6 drops 4 times a day
- 3° HM detoxification
 - +
 - Once a day, from the beginning:
 - ◆ Vitamin C (Clark): 1 gr. at breakfast, 1 gr. at lunch y 1 gr. at dinner
 - ◆ Green tea extract (Clark): 1 at breakfast, 1 at lunch
 - ◆ Curcuma (Clark): 3 ay breakfast, 3 at lunch, 3 at dinner
 - ◆ Important: afterwards, make 4 to 6 liver cleanses

DIVERTICULA

HOMEOGRAPHIES (important) During HM detoxification:

- | | |
|--------------------------------------|-----------------------------------|
| 💧 Colon | TAKE OUT NICKEL - COLON |
| 💧 Colon non pigmented skin | TAKE OUT HM - COLON |
| or: | |
| 💧 Stomach | TAKE OUT NICKEL - STOMACH |
| 💧 Stomach non pigmented skin | TAKE OUT HM - STOMACH |
| or: | |
| 💧 Small intestine | TAKE OUT NICKEL – SMALL INTESTINE |
| 💧 Small intestine non pigmented skin | TAKE OUT HM – SMALL INTESTINE |

DIVERTICULA

ZAPPER (Optional)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping Plates:
 - Colon: 20'
 - Colon - non pigmented skin: 20'
 - Colon – Vascular set(if very serious)
- or:
- Stomach: 20'
- Stomach - non pigmented skin: 20'
- Stomach – Vascular set
- or
- Small intestine: 20'
- Small intestine – non pigmented skin: 20'
- Small intestine – Vascular set

REMARKS: it is important to zappicate food before eating

Avoid foods containing allergens: pyrrole and acetic acid (smoked foods and vinegar).

HEPATITIS AND HEPATIC MONONUCLEOSIS

SUPPLEMENTS:

- 1°
 - ◆ Bowel cleanse program during 4-5 weeks (with 6 curcuma and fennel capsules at every meal) + Oregano oil 5 drops in empty capsules with two meals + Boswellia: 2,2,2 at every meal + Wormwood.
 - ◆ Thiocetic acid (Clark): 1 capsule at 2 to 3 meals
 - ◆ Glutathione: 1 or 2 capsules 10 minutes before every meal
 - ◆ Herbal tea for the liver (Clark): 2 infusions per day
- 2° Ascaris deparasitation + **Weekly booster**
 - Black Walnut hull tincture (Clark): 3 spoonfuls
 - Oregano oil: 5 drops in empty capsules with two meals
 - Lugol Iodine (Clark): 6 drops 4 times a day

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HEPATITIS (Continued)

3° Repeat bowel cleanse for 2 weeks

4° Every day during 3 months:

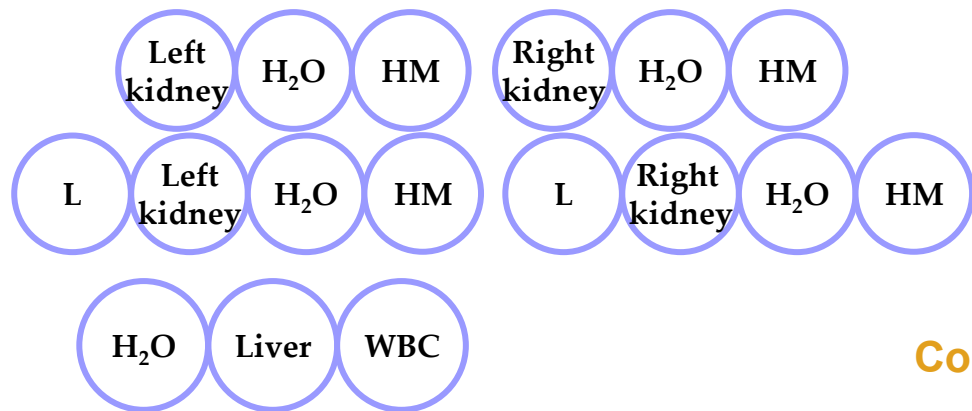
- ◆ Rose hips (Clark): 1 at breakfast, 1 at lunch and 1 at dinner
- ◆ Selenium (Clark): 1 at breakfast, 1 at lunch and 1 at dinner
- ◆ Hydrangea (Clark): 1 at breakfast, 1 at lunch and 1 at dinner
- ◆ B Complex (Clark): 1 at breakfast
- ◆ Curcuma (Clark): 3 at breakfast, 3 at lunch and 3 at dinner
- ◆ IP 6 (Clark): 10 drops before a meal
- ◆ Thiocctic acid (at the same time)
- ◆ MSM (Clark): 1 capsule 15 minutes before two meals
- ◆ Glutathione: 1 capsule at least at one meal (ideally at all three meals)
- ◆ Vitamin C: 1 capsule at every meal
- ◆ Herbal tea for the liver
- ◆ Boswellia: 2 capsules at every meal
- ◆ Weekly booster

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HEPATITIS (Continued)

HOMEOGRAPHIES (Important only in case of Hepatitis C):

- ◆ Liver
- ◆ WBC
- ◆ Kidney
- ◆ Take out HM from:
 - Kidneys
 - 'L' kidneys
- ◆ Liver / WBC



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HEPATITIS (Continued)

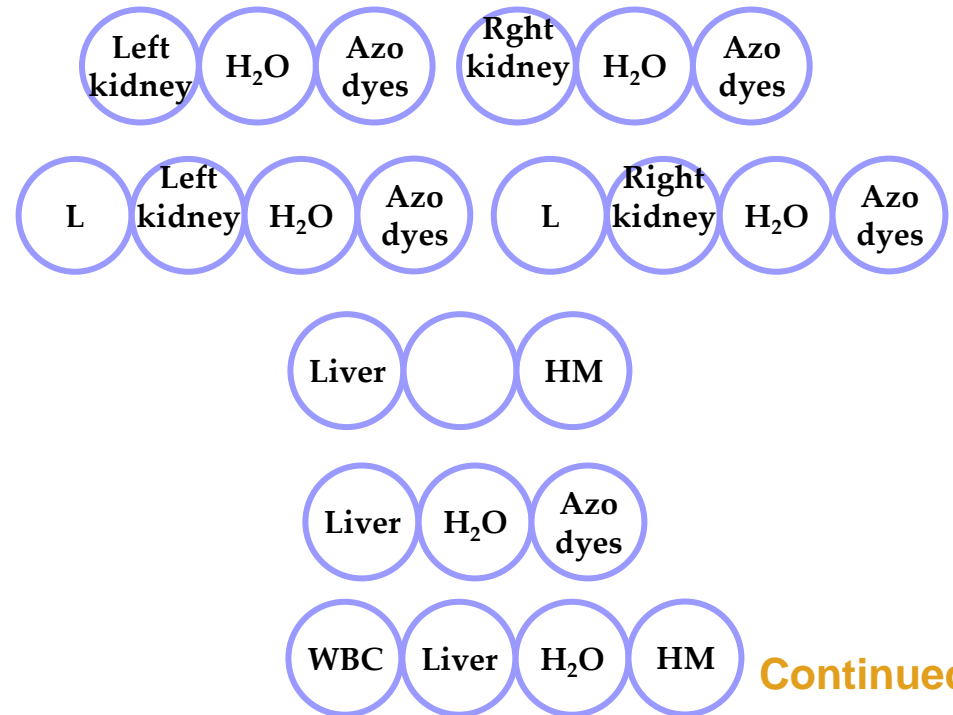
◆ Take out Azo dyes from:

- Kidneys
- 'L' kidneys

◆ Take out HM from Liver

◆ Take out Azo dyes from Liver

◆ Take out HM from WBC from Liver



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HEPATITIS (Continued)

ZAPPER: (Important)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Liver: 20' (on right plate)

In serious cases add:

- Zapping plates Liver - Vascular set
- Ingested homeographies: Benzoquinone / liver, Glycoxal / liver, Rodhizonic acid / liver. Glycoxylic acid / liver

Continued...

HEPATITIS (Continued)

REMARKS:

IT IS IMPORTANT TO APPLY FULL SPECTRUM LIGHT TO HEPATIC AREA DURING 15 MINUTES TWICE A DAY (With no clothes on, place it directly on the skin).

Avoid:

- ◆ Sugar, and products that contain it
- ◆ Saturated fats
- ◆ Alcohol
- ◆ Coffee
- ◆ Tea
- ◆ Carrot (because of the umbeliferone it contains)
- ◆ Zappicate food
- ◆ Drink distilled water

TYPE 1 DIABETES

(Duration a few months) Parasites + methanol (present in nearly all processed foods, bottled water and soft drinks) + gold (present in food, some dental pieces, water and nutritional supplements, as well as in jewelry).

SUPPLEMENTS:

- 1° Bowel cleanse program (6 capsules of curcuma and fennel with every meal) and Oregano oil 5 drops in empty capsules with 2 meals + Wormwood
- 2° Kidney cleanse + Weekly booster:
 - ◆ Black walnut hull tincture (Clark) 3 spoonfuls
 - ◆ Oregano oil 5 drops in empty capsules with 2 meals
 - ◆ Lugol Iodine (Clark) 6 drops 4 times a day
- 3° Ascaris cleanse without cysteine.

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TYPE 1 DIABETES (Continued)

FROM THE BEGINNING:

- ◆ Vitamin B2 (Clark): 1 capsule at breakfast (at least during 6 weeks). Helps eliminate methanol
- ◆ Arginine (Clark): 1 capsule in the middle of the morning, with empty stomach (at least during 6 weeks). Helps eliminate methanol
- ◆ Chromium Picolinate (Clark): 200 µg: 1 at breakfast and 1 at dinner (helps insulin enter the cells)
- ◆ Vitamin C (Clark): 1 gr. daily
- ◆ Magnesium (Clark): 1 at lunch (helps eliminate methanol)
- ◆ B Complex (Clark): 1 at breakfast (reduces risk of retinopathy) To be taken except during Ascaris deparasitation
- ◆ Glutathione(Clark) : 1 at dinner
- ◆ Thiocctic acid (Clark): 1 capsule at breakfast, lunch and dinner (increases sensitivity to insulin)
- ◆ MSM (Clark) : 1 capsule at breakfast, lunch and dinner
- ◆ Vitamin B3 (Clark): 1 capsule at lunch and dinner
- ◆ Co-enzyme Q10 (30 mg. Clark): 3 capsules at breakfast, lunch and dinner (stimulates secretion and synthesis of insulin)

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*Begin with liver cleanses (Clark)

TYPE 1 DIABETES (Continued)

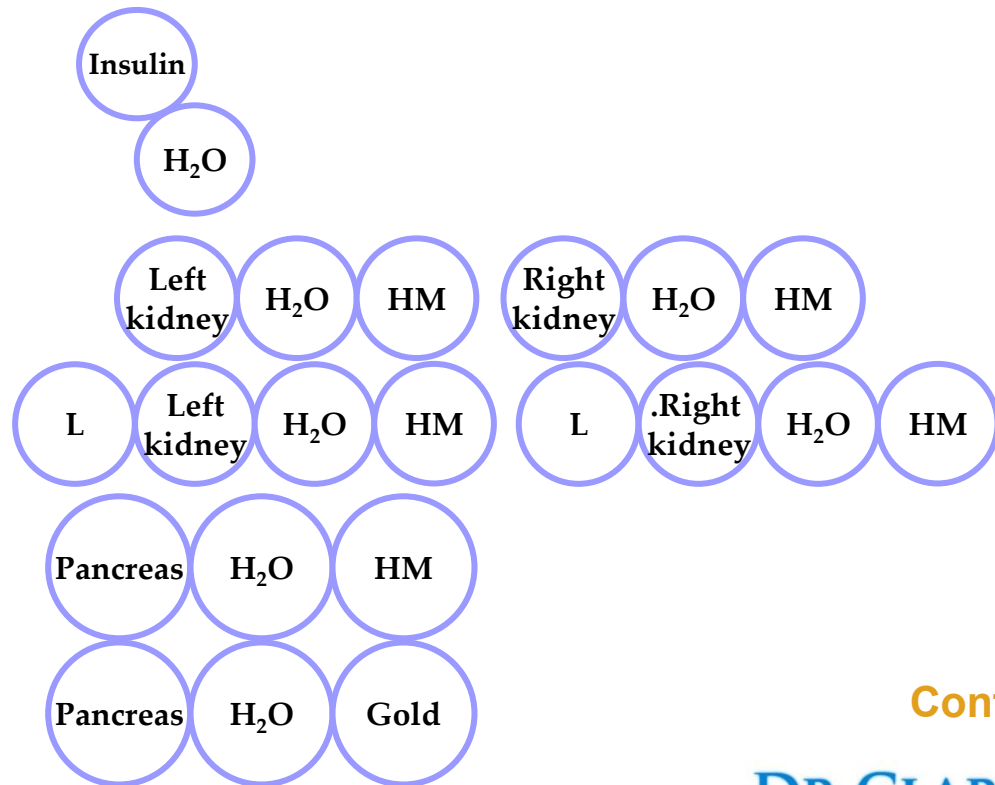
HOMEOGRAPHIES (important):

- ◆ Pancreas
- ◆ Langerhans islets
- ◆ Liver
- ◆ Adrenals
- ◆ Kidneys
- ◆ Insulin
- ◆ Take out HM from kidneys

- ◆ Take out HM
Kidneys- 'L' Group

- ◆ Take out HM from pancreas

- ◆ Take out gold from pancreas



TYPE 1 DIABETES (Continued)

ZAPPER (important)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Pancreas: 20'. Once or twice a week: Pancreas – Vascular set
 - Islets: 20'
 - Liver: 20'. Once a week: Liver – Vascular set
 - Adrenals: 20'

Continued...

TYPE 1 DIABETES (Continued)

REMARKS:

Avoid any piece of gold in contact with skin. Avoid sources of methanol:

- ◆ Tap or bottled water (Drink distilled water coming from distiller)
- ◆ Artificial sweeteners (use stevia)
- ◆ Carbonated soft drinks
- ◆ Tin, bottled and pre-cooked food
- ◆ Sources of Phloridzin
 - Raw amaranth and millet, apples (except for red y golden delicious, both very ripe), pork and pork products, banana, soy and soy products, non ripe fruit, raw cashew, raw cauliflower, raw cabbage and zucchinis, milk and dairy products, jalapeño pepper,, mango, oil (corn, rapeseed, sesame and soy), fried potatoes, Quassia herb.

TYPE 1 DIABETES (Continued)

- Sugar, of course, and products containing sugar as well as high glycemic index food (restrict consumption of carbohydrates not coming from vegetables)

IMPORTANT:

- ◆ Zappicate food
- ◆ Apply full spectrum light on pancreas area during 15 minutes twice a day

TYPE 2 DIABETES

SUPPLEMENTS:

- 1° Bowel cleanse program (with 6 capsules of curcuma and fennel at every meal) and Oregano oil
- 2° Ascaris deparasitation
- 3° Kidney cleanse + Thiocctic acid (Clark): 1 at breakfast, 1 at lunch and 1 at dinner
Co-enzyme Q10. 30 mg. (Clark): 1 at breakfast, 1 at lunch and 1 at dinner
+ Weekly booster

After the kidney cleanse, make 4-5 liver cleanses (at a 2-3 weeks distance)

Chromium Picolinate (Clark): 200 mg 3 times a day (avoid other minerals in the same meal)

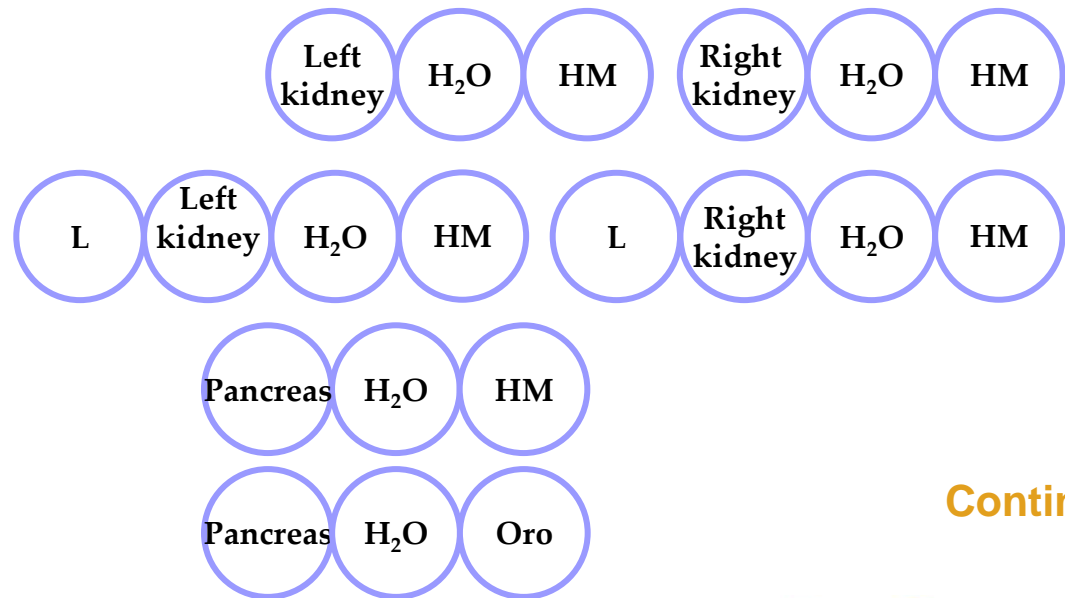
- ◆ Vitamin C (Clark): 1 gr. a day
- ◆ B Complex (Clark): 1 at breakfast
- ◆ Thiocctic acid (Clark): 1 capsule at breakfast, lunch and dinner
- ◆ MSM (Clark): 1 capsule at breakfast, lunch and dinner
- ◆ Co-enzyme Q10 (30 mg.) (Clark): 3 capsules at breakfast, lunch and dinner

Continued...

TYPE 2 DIABETES (Continued)

HOMEOGRAPHIES (Optional)

- ◆ Pancreas
- ◆ Langerhans islets
- ◆ Liver
- ◆ Adrenals
- ◆ Kidneys
- ◆ Take out HM- kidneys
- ◆ Take out HM-'L' kidneys
- ◆ Take out HM- pancreas
- ◆ Take out gold- pancreas



Continued...

TYPE 2 DIABETES (Continued)

ZAPPER (important)

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Pancreas 20'
 - Optional: Langerhans islets: 20'

REMARKS:

Same nutritional protocol as Type 1 diabetes

Fundamental: Zappicate food

GASTROESOPHAGEAL REFLUX DISEASE, HIATAL HERNIA

SUPPLEMENTS:

- 1° ♦ Bowel cleanse program and Oregano oil (5 drops in an empty capsule with two meals) + Quassia herb or Slippery elm.
 - ♦ Weekly booster:
 - Black Walnut hull Tincture (Clark) 3 spoonfuls
 - Oregano oil
 - Lugol Iodine (Clark) 6 drops 4 times a day
- 2° ♦ Kidney cleanse
 - ♦ Liver cleanse: make 2 or 3 cleanses

GASTROESOPHAGEAL REFLUX DISEASE, HIATAL HERNIA

HOMEOGRAPHIES (Optional):

- ◆ Lower oesophagus
- ◆ Oesophagus-stomach junction

ZAPPER (Optional):

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Lower oesophagus: 20'
 - Oesophagus-stomach junction: 20'

CIRRHOSIS

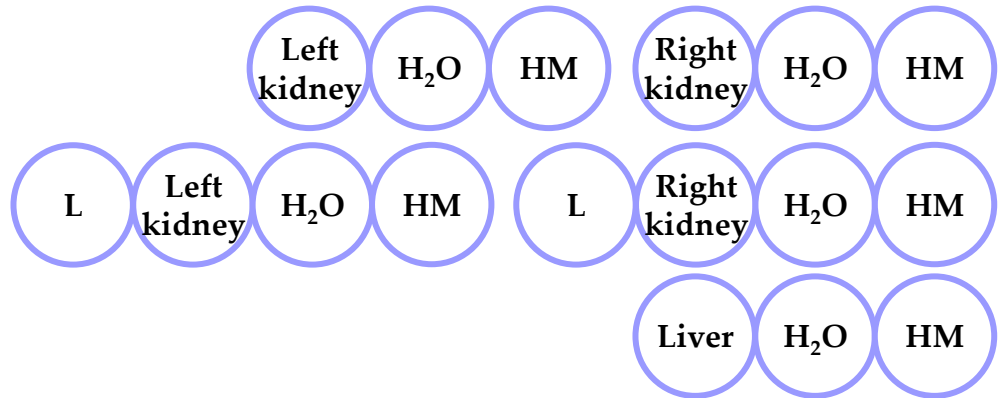
SUPPLEMENTS:

- ◆ Thiocetic acid (Clark): 1 capsule before breakfast, lunch and dinner
- ◆ B Complex (Clark): 1 at breakfast
- ◆ Vitamin C (Clark): 1 at breakfast, 1 at lunch, 1 at dinner
- ◆ Glutathione (Clark) : 1 at breakfast, 1 at lunch, 1 at dinner
- ◆ Herbal tea for the liver (Clark): 2 infusions a day

CIRRHOSIS

HOMEOGRAPHIES (Optional):

- ◆ Liver
- ◆ Take out HM - Kidneys
- Take out HM - 'L' Kidneys
- Take out HM - Liver



ZAPPER (Important):

- ◆ Regular Zapper during 60 minutes
- ◆ Zapping plates:
 - Liver – Vascular set

AVOID FOODS CONTAINING UMBELLIFERONE.

HEMOCHROMATOSIS

SUPPLEMENTS:

Steps:

1. Ascaris deparasitation + Liver Glow Tincture (2 droppers 3 times a day) or herbal tea for the liver
+ MSM + Thiocetic acid
2. Bowel cleanse + Liver Glow Tincture + MSM + Thiocetic acid or herbal tea for the liver
3. Heavy metals detoxification + Liver Glow Tincture + Make 4 to 8 liver cleanses
+ Green tea extract: 1,1,1 + B Complex: 1 at breakfast + MSM: 1,1,1 + Thiocetic acid: 1,0,1 + Vit.C:
1,1,1

HOMEOPATHIES:

- 💧 Take out HM/Liver; Take out HM/Pancreas

ADDITIONAL INFORMATION

BOOK OF INTEREST

For any questions about
Clark Therapy, contact
us in:

info@clarktherapyon-line.com

