

Kidney cleanse

(premixed version)

The way to most effectively use the premixed kidney cleanse formula is:

- Take a 500ml or bigger bottle each day and fill with:
- 7.5ml (1 measured tsp.) Kidney formula (can increase to 10ml during second week if you have no side effects) added to,
- 3/4 water (a good 'filtered' water is best)
- 3/4 cup Parsley water - (to make this take a big bunch of parsley, rinse in a bit of Lugol's Iodine and put it with one litre of water in a pot. Bring to boiling and boil for 2-3 minutes. Store in fridge and use later. Can also store in the freezer for later. Boil every 4 days to sterilise)

then take:

- 1/4 teaspoon of the Magnesium Oxide powder in a little water (this can be taken at night and continued as maintenance thereafter first thing in the morning with 2-3 glasses of warm water to regular elimination) and
- 1/4 teaspoon of the Vit B6 (this can be taken on its own with a little water, or added to the kidney mixture, but it does affect the taste a bit more. Also, don't take B Vitamins after about 5pm as they can keep you awake)
- Sip Kidney mixture throughout the day
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Finally, take:

3 x Ginger capsules (one with each meal).

The Kidney cleanse is 6 weeks. Drink lots of water and avoid Ceylon tea during the process.

See also Dr Clark's Kidney Cleanse for more Dr Clark's original recipe and additional notes for your information.

Added notes:

- Whilst doing the cleanse, stop drinking tea, cocoa and chocolate, they all have too much oxalic acid which forms kidney stones. Also reduce intake of meat, bread, cereals, pasta and carbonated drinks as these all have high phosphate levels which form phosphate crystals in the kidneys. Increase your milk, fruit and vegetable intake and drink at least 1 - 2 liters of water a day' (from CFAD)
- The Kidney Cleanse is designed to dissolve and flush out toxic crystals that have built up in the Kidneys as they try to cope with 21st Century living. These crystals cannot be penetrated by the herbal parasite cleanse or the Zapper, and are thus safe havens for multitudes of parasites (just like liver/gall stones) that can release their offspring and extremely toxic by-products into your system. These toxins are sometimes the cause of tendonitis, e.g. the liver fluke, Fasciola Hepatica, which releases toxins that cause tendon inflammation.
- These crystals also begin to build up in the muscles and joints, presumably once the Kidneys can take no more - then they are stored elsewhere. The crystals are sharp and cause pain and trauma as they cut into the muscles and joints. They are the prime cause of arthritis. ALL CHRONIC LOWER BACK PAIN CAN ALMOST ALWAYS BE ATTRIBUTED TO CHRONIC KIDNEY BLOCKAGE.

- Arthritis sufferers can be on the Kidney Cleanse for up to 6 months in order to dissolve all the crystals in their joints.
- As mentioned, one of the main components of these crystals is Oxalic acid. This is found primarily in all Ceylon tea. So stop drinking Ceylon tea during the Kidney cleanse, and shift preferably to herbal teas or Rooibos.
- Elderly people may not tolerate the normal dose and should half the dose and do the cleanse for only 3 weeks. Thereafter they can be on $\frac{1}{4}$ dose every alternate day for the rest of their lives if they wish. This is because as you dissolve the crystal parasites and pathogens are released that your immune system must cope with. Weak and aged immune systems may not cope with the extra strain if you proceed too fast. This is seldom a problem for 'healthy' individuals, but you are advised to stay on the Parasite Cleanse Maintenance and preferably also to Zap regularly during this cleanse.
- Occasionally people get urinary tract infections from the Kidney cleanse because it dissolves crystals and releases parasites. If this happens: increase zapping and also try zapping from the feet for an hour every day; increase the water intake; reduce the dose if necessary and stay on it for longer.