

THE DERMA CLINICAL GUT MONTH PROTOCOL



We use the tried and tested methods of Dr Hulda Clark for the ultimate health of our patient's body – assisting us to deal with inflammation, infection and other issues affecting our patients skin and general health.

The protocol has 4 parts:

1. To rid the body of parasites
2. To flush the gut (including the liver and gall bladder)
3. To rebuild the gut wall
4. To rebuild the gut microbiome with the correct “citizens”.

About the Inventor of this methodology:

According to information from the Dr. Clark Research Association, Dr Hulda Clark, obtained a doctorate of physiology in 1958. She also obtained a Naturopathy Degree (N.D.), which corresponds to a naturopath's or natural healer's qualification.

Dr Hulda Clarks belief:

Dr Hulda Clark believed that infestation with the large human intestinal fluke, a parasite, in combination with certain solvents or alcohols in the body, is the possible cause not only of cancers but also of diseases such as diabetes, Alzheimer's etc.

Alternative health pioneer Dr. Hulda Clark recognized a common thread in many of her patients who suffered from various diseases – they had foreign organisms. And she found that ridding the body of them had a profound effect on restoring health.

As far back as the 1950's, Dr Clark recommended a parasite elimination programme with concentrated homeopathic ingredients: including black walnuts, cloves, wormwood etc. all of which have exceptional properties against foreign organisms.

The programme should be followed by members of the patient's total household, including the house staff and pets (thought the veterinarian), to prevent the patients from being reinfected with the parasites.

Why should I rid my body of parasites?

Signs of infection caused by harmful organisms living in the body, can present as allergies, digestive complaints, trouble sleeping, joint pain, and mood swings. Infections can go undiagnosed or misdiagnosed, allowing your health to decline further. The Parasite Cleanse supports the body's defences 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.

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How do I get parasites?

You can get parasites from your pets, from an infected person's bodily fluids, from unclean food and water, from insect bites, from public surfaces, rivers, walking barefoot on areas where faeces have been, or even by inhaling parasites tiny eggs floating in the air.

THE PARASITE CLEANSE

Day 1 to 5 – Monday to Friday:

Take two capsules in the morning and 2 capsules in the evening, for 5 consecutive days. During this time, and as this is a cleanse prior to the Gut flush, it is ideal to start to use ULTRA LIVER (two capsules at night), as part of the preparation of the body to cleanse the liver, gallbladder, stomach, small and large intestine. To assist with the movement of toxins from the body, it is ideal to also take ULTRA LYMPH (2 capsules in the morning.)

Cleansing the Gut

Everything you eat, drink, breathe and absorb through your skin is purified and detoxified in your liver. Everyday your body is being polluted by harmful chemicals and what your body doesn't eliminate ends up getting stored in your body, including inside the liver.

This Gut Cleanse, (based on Dr. Clark's Liver & Gallbladder Cleanse and Flush) helps lighten the load on your gut helping to maintain your bodies health vitality.

The Gut Flush is part 2 of the cleansing protocol, that will effectively flush the liver, gallbladder, stomach, small and large intestine (the gut.) NB - never attempt this when constipated. First use INULIN to get the bowel moving properly, at least a week before the flush.

For the best results, take ULTRA LIVER one to two weeks prior to the flush. Start to drink 2.5+ litres of pure water per day. Ensure your bowels are moving daily (use INULIN fibre and pre-biotic to regulate your bowel movements.)

THE GUT FLUSH

Day 6 to 7 – Saturday and Sunday:

How does your liver function?

One role of the liver is to make bile, 1 litre to 1 ½ litres per day. The liver has biliary tubes that deliver the bile to the common bile duct. The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile, which aids in the breakdown of proteins and fats. Eating fat or protein triggers the gallbladder to empty and the bile then moves down these tubes to the intestine.

The biliary tubes in a healthy liver allow the bile to flow with minimum restriction into the common bile duct. The Ultra Liver and the Gut Flush will help you maintain healthier and cleaner bile ducts and continued good flow. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances absorbed from the intestine as the bile is being excreted.

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How does my body detox?

Your body produces and eliminates waste every second. You can see your body releasing toxins in four different ways, through: Lungs by breathing, skin by perspiration, kidneys by passing urine, large intestine by bowel movements.

You have two main filters for detoxification. The first one is your liver. Your blood carries nutrients and waste from the digestive system through your liver filter. Your liver breaks down the toxins and absorbs the nutrients. Your blood travels out of your liver, partly clean, into your kidneys, your second main filter. Your kidneys keep the nutrients in the bloodstream but relieve toxins through urination.

Is the Gut Flush safe?

The Gut Flush is generally safe for people in reasonable health and without complicating factors. Not recommended for pregnant or lactating women. Do not flush when constipated – get the bowels moving first. Do not Flush when ill. Consult with your health professional to get an X-ray and CT scan before doing the Gut Flush if you suspect you have an obstructed bile duct or gallstones. This information is not intended to replace the advice and treatment of a healthcare professional who specializes in the treatment of diseases.

Do not take medications, vitamins, or supplements that you can do without during the Flush. Make sure you check with your physician first. If you are taking medications, please check with your physician prior to the Flush. The Flush is only for individuals over 18 years of age, that are more than 35kg. For safety we do not recommend anyone under 18 years to go through any of the cleanses, except the Parasite Cleanse modified for minors (under 35kg – take one capsule morning and one capsule evening). Make sure you are able to tolerate Epsom Salts before you attempt the Flush. If you experience initial symptoms of nausea, vomiting, and weakness, discontinue use and contact your doctor.

You will get diarrhoea after taking the Epsom Salt and ascorbic acid (vitamin c). This is a normal reaction.

Your Diet during the Gut Flush

Prepare for a zero fat diet – for best results stop eating fat and protein the night before you begin the Flush. On day 1, continue eating a zero-fat breakfast and lunch. For best results, finish eating by 12 PM with only sips of water thereafter. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more toxins. Limit the amount of food you eat to the minimum. You will purge more toxins this way.

NB: Items you need that is not supplied in the Gut Flush kit:

250ml Pink grapefruit juice or Pineapple juice.

Make sure you have at least one cup (250ml) Extra Virgin Olive Oil.

For best results stop eating any fat the night before. For the remainder of the Flush eat no fat and no artificial sweeteners. Fruit and fruit juice are fine. No dairy, butter, oils, meat, eggs, nuts/seeds or sweets.

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Gut Flush Day: Day 6 - Saturday

8am: Eat a zero-fat breakfast and lunch such as cooked cereal, fruit, fruit juice. Oatmeal is the most ideal choice. Try to drink 2 litres of water before 2pm, 500ml there after will suffice.

Herbal tea (eg Rooibos) can also be taken.

1pm: For lunch eat plain cooked or steamed vegetables or salad with no protein or oils.

2pm: Do not eat after 2 PM.

6pm: DOSE 1 Take 12 x GUT FLUSH capsules with no more than $\frac{3}{4}$ cup water.

8pm: DOSE 2 Repeat by taking 12 x GUT FLUSH capsules with no more than $\frac{3}{4}$ cup water.

10pm: Mix the grapefruit juice (125ml) and olive oil (125ml) into a glass, drink it down in one go (do not sip). Complete within 5 minutes.

Day 7 – Sunday

6am: DOSE 3 Take 12 x GUT FLUSH capsules with no more than $\frac{3}{4}$ cup water.

8am: DOSE 4 Repeat by taking 12 x GUT FLUSH capsules with no more than $\frac{3}{4}$ cup water.

10am: Mix the grapefruit juice (125ml) and olive oil (125ml) into a glass, drink it down in one go (do not sip). Complete within 5 minutes.

After 2 more hours (12pm): You may eat. Start with a light meal, fruit salad or vegetable salad, or soup. By dinner time you should feel recovered.

Day 8 - Monday to day 30 (for the rest of the month)

Take one teaspoon of GUT REPAIR AND PROTECT both morning and evening.

Take 2 squirts of INTESTIFLORA spray, into the mouth, 3 times per day. (Continue to take this supplement daily.)

*Disclaimer: These statements have not been evaluated by the Medical Control Council. 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 from your healthcare professional. The cleanses are for adults only. We do not recommend anyone under 18 years to go through the cleanses. 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.

