

Arginine - Arginine is a natural essential amino acid that supports important functions, such as strengthening the immune system and the heart. Hulda Clark says arginine can be used to help reduce ammonia, which she says proliferates when parasites die. Arginine is also used by many to support alertness and energy, especially when trying to replace caffeine in the diet.

B-1, Vitamin - Vitamin B-1 supports proper energy production and fat metabolism. It is the precursor to active metabolite thiamin diphosphate, which is essential for the conversion of glucose into energy. Glucose is the body's chief source of energy. Thiamin also assists in the conversion of carbohydrates into energy reserves. Hulda Clark mentions Vitamin B1 support for people who need to maintain their weight, because she says B1 helps stimulate the appetite. (From The Cure For HIV & Aids book.)

B-2 Vitamin - (Riboflavin) Dr. Clark says Vitamin B2 is helpful for HIV sufferers because it supports detoxification of benzene to phenol. Also helps to detoxify benzopyrene in food.

B-6 capsules - Ingredient in Dr. Clark's Kidney Cleanse Recipe. Vitamin B-6 is helpful for support of amino acid metabolism, immune function, healthy nerves, and hormone formation.

Baking Soda - Used by many to replace deodorant with plain baking soda, in an effort to avoid any toxicity from the chemicals in most conventional deodorants.

Bamboo Tea Strainer - Bamboo is preferred to metal because metal can leach into liquids (such as tea or tincture) that is being poured through it. Listed as a strainer in Dr. Clark's Kidney Cleanse Recipe.

Black Cherry Concentrate - Widely-used for urinary tract support. Ingredient listed in Hulda Clark's Kidney Cleanse Recipe.

Black Walnut Tincture, Green Hull, Black walnut hull tincture is one of the safest anti-parasitics. Reported by some to be high in B-15; used by some to support cancer prevention. Hulda Clark says two teaspoons will kill any virus (from The Cure For HIV and AIDs book).

Citric Acid - Food grade pure citric acid can be used in sprouting, canning, drying, or freezing to preserve Vitamin C content and retard spoilage. Hulda Clark says citric acid can be used as a hair and body rinse, one 1/4 tsp. to a pint of water.

Clove Capsules - Used by many to support anti-parasitic efforts. Commonly used as a spice in the kitchen.

Coenzyme Q10 - CO Q10 is essential for the health and survival of all human tissues and organs. Although present in every cell, our body's natural ability to manufacture CoQ10 declines with age. CoQ10 also functions as an antioxidant by retarding free radical formation. Hulda Clark says, "It takes a very large amount ,

3000 mg, to reach tapeworm cysts in far away places like the brain or bone marrow. This is 3 grams. If you are extra tall or heavy, it takes 4 grams ... It is never toxic and there are no side effects" (from The Cure for HIV and AIDS book).

C Powder - Vitamin C is widely used by many as a basic antioxidant. Hulda Clark says that keeping a plastic shaker of Vitamin C powder handy and using it like salt on your food can help get rid of mycotoxins (molds) that may be present in the food.

E Vitamin Capsules, natural - This 80% mixed tocopherol vitamin E oil (from our source) is uncombined, unlike acetate or succinate forms of vitamin E, and thus can react with oxygen, thereby protecting other oils from the effects of oxidation and rancidity. This product may be consumed, added to vegetable oils to prolong shelf life, used as a Food Preservative, or used topically on the skin. Other Ingredients: Virgin olive oil. Dr. Clark says to use Vitamin E to help counteract the over-oxidation produced temporarily by the consumption of ozonated oil (from The Cure For HIV and AIDS book).

Ginger Root Capsules - Used for thousands of years in the Orient, ginger is a great digestive herb; widely used for urinary tract support. Ginger root capsules can be emptied out and used to make Ginger tea. Used by Dr. Hulda Clark in her Kidney Cleanse Recipe.

Glycerine, Vegetable - (Same as Vegetable Glycerin, below.) Widely used in soap making and cosmetics. Another ingredient in Hulda Clark's Kidney Cleanse Recipe, glycerine is also used in her Skin Healer Moisturizer Lotion Recipe, her Shaving Lotion recipe, her After Shave recipe, her "People Wipes" recipe, her Lipstick recipe and her Blush recipe.

Goldenrod Tincture - Considered by many to be helpful in stress-related headache and sinus inflammation, goldenrod is also widely used in urinary tract support. Another ingredient in Hulda Clark's Kidney Cleanse Recipe, although she says that if you get an allergic reaction from smelling the herb to leave it out of your recipe.

Gravel Root - Mainly used to treat urinary infections and stones/gravel. Ingredient in Hulda Clark's Kidney Cleanse Recipe.

Hydrangea Root - Hydrangea was used by the Cherokee Indians and early settlers for gravel in the urine. Ingredient in Hulda Clark's Kidney Cleanse Recipe.

L-cysteine - Non-Essential amino acid, essential for the formation of skin and hair. Helps stimulate white blood cell activity in the immune system to help build resistance to disease. Helps as a heavy metal detoxifier. Do not take for more than 3 weeks at a time.

L-G Thymus Powder - A combination of L-Glutamic acid powder and L-Lysine powder.

Lugol's Iodine Solution - Do not take Lugol's iodine if you are allergic to iodine. It could be fatal... Use only under the direction of a health care practitioner. Keep out of reach of children.

Magnesium Oxide - Helpful in muscle support, it also mediates proper muscle function, providing the mechanism for relaxation of muscles including the heart muscle, among many attributes.

Marshmallow Root - Soothing to the urinary and respiratory tracts useful for kidney and bladder problems.

Niacinamide - (Vitamin B3) - May be useful in helping to maintain proper cholesterol levels. Hulda Clark says niacinamide may help detoxify the effects of alcohol.

Ornithine - L-Ornithine is a non-essential amino acid and is manufactured by the body. Since the body can produce ornithine, a deficiency of this non-essential amino acid is rare and it is abundant in protein foods such as meat, fish, dairy, and eggs. Ornithine may help counteract the ammonia given off by the decomposition of dead parasites.

Thioctic Acid - A common antioxidant, thioctic acid (or Alpha Lipoic) acid may help to rid the body of metals because it is capable of bonding to heavy metals in tissues and cells. Some men and women who suffer from male pattern baldness use it because metals from dental work and the use of nickel-plated utensils accumulate in the scalp. (See pg. 126, *The Cure for All Diseases*.) May be helpful to infertile couples who are trying to conceive (see pgs. 122-123, *The Cure for All Diseases*), and to alcoholics to remove beryllium from the brain (see pg. 229, *The Cure for All Diseases*).

Uva Ursi Capsules - Also known as bearberry, Uva Ursi is a widely used remedy for urinary tract infections, as well as a diuretic. Dr. Clark lists this herb in her *Kidney Cleanse Recipe*.

Vegetable Glycerine - (Same as Glycerine -Vegetable, above) - A common natural sweetener derived from vegetables. Hulda Clark says that vegetable glycerine can be used in her *Skin Lotion Recipe*, her *Shaving Lotion recipe*, her *After Shave recipe*, her "People Wipes" recipe, her *Lipstick recipe*, her *Blush recipe*, and her *Kidney Cleanse recipe*.

Wormwood Combination Capsules - Powdered flowering tops have been used to expel intestinal worms. Hulda Clark mentions wormwood in her books as one of the herbs that can be used to help kill the fluke worm.