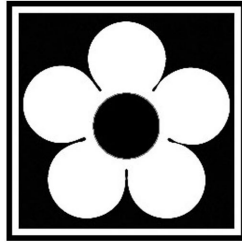




The Day Book

J.E.Moores



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available at: www.HuldaClark.com/daybook

Today's date:

Your name:

Name of Physician Overseeing Your Care:

Contact Phone #s:

Name of People Taking Care of You / Contact Phone #s:

Other Important Phone #s:

What is your diagnosis?

What treatments and medications are prescribed for you?

Any allergies or dietary restrictions?

Write down how you are feeling today.





How the Day Book came about:

When my grandfather was diagnosed with prostate cancer and lung cancer we came across Dr. Hulda Clark's book, *The Cure For All Cancers*. The book brought the whole family out of despair and helplessness into a unified force of action. Everyone wanted to help out in their own way. One family member ordered herbs, another built a zapper from the instructions in Dr. Clark's book. Still more family members obtained their own copies of Dr. Clark's books to learn more about her program for healing. My family's enthusiasm was encouraging, but we needed a system to keep track of the herbal supplements, clean up tasks, and zapping schedule.

Out of this need, my wife and I designed a day to day calendar, breaking down Dr. Clark's three week program. We set up daily tasks to check off as they are done. We also set up various lists in which family members can sign up to help with the clean up tasks. This system became truly valuable in documenting Grampy's progress, and in keeping our whole family informed and our efforts organized.

Grampy got well, 5 years later pronounced cured, and invited to VA Hospital's *I Was Cured of Cancer Picnic*. He went. He credits the family for helping him through his bout with cancer. As a family, we are closer after having shared this experience. Most importantly, we feel like our children are learning from our example, and starting a bright new generation with healthier habits.

This Day Book is not affiliated or authorized by Dr. Clark. It is not meant to replace her book, *The Cure For All Cancers*. It is only meant to be a companion journal, and should not be mistaken for medical advice or replace medical care. We cannot legally claim to diagnose, treat, mitigate, or cure any disease or medical condition. Dr. Hulda Clark's work is considered experimental research and is not acknowledged by the medical establishment. Therefore we do not assume any liability for any damages resulting from the use of information in this manual which is intended for educational purposes only. These statements have not been evaluated by the US Food and Drug Administration. Every illness is unique. Results may vary. Please share this Day Book with your doctor as a day to day documentation of your progress.

J.E.Moores, owner: NaturalHealthSupply.com

Today's date:

How to use this book:

Begin Day 1 on the first day of your Herbal Parasite Cleansing Program. Write the date on top of each page as you go.

This box on each page contains the most important tasks of the day. It contains the Herbal Parasite Cleansing Program and Zapping schedule. These are crucial to the program. Check off each item as you do them each day.

- Get a copy of the book, *The Cure For All Cancers* by Hulda Regehr Clark, Ph.D., N.D.
- Order your Black Walnut Hull, Wormwood blend capsules, and Clove herbs. Optional supplements: L-cysteine, extra virgin olive oil.
- Build or purchase a Hulda Clark Zapper. (Save \$10 see promo code below).
- Optional: Order an Ozonator with an *Olive Oil Extension*.

Above items are available at: www.HuldaClark.com

The **Daily Tasks** below the box are recommended.

- Involve your loved ones. You are not meant to do the daily tasks alone.
- Show your Day Book to your family. If they are helping you with taking herbs or with the clean-ups, make sure they check off each box as they help you along.
- Don't worry about getting the Daily Tasks done at once. Do the best you can and leave the rest for another day.
- Stay positive. You are worth the effort.



How To Zap

Purchase or build a Hulda Clark Zapper, page 495 CFAC.

Use promo code: **DAYBOOK10** at checkout to save \$10 on a Zapper at www.HuldaClark.com

Wrap each copper handle with one layer of damp paper towel. Hold handles, and zap for three 7 minute sessions with a 20 minute break in between.

Do Not Zap If You Are Pregnant or Wearing A Pacemaker.
Always follow your intuition and common sense.

DAY 1 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 1 drop (or 1 capsule) Black Walnut Hull before a meal.
- 1 capsule Wormwood blend (200-300 mg) on empty stomach.
- 1 capsule Cloves 3 times a day, at every meal:
 - 1 Clove capsule at Breakfast
 - 1 Clove capsule at Lunch
 - 1 Clove capsule at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 1-17 of *The Cure For All Cancers*.
- Begin the Herbal Parasite Cleansing Program. Use the box at top as a day to day guide.

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

Are you taking any other medications or treatments today? Write them below as a reminder:



A journey of a thousand miles begins with a single step.

- Lao-Tzu, *The Way of Lao-Tzu*

DAY 2 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 2 drops (or 1 capsule) Black Walnut Hull before a meal.
- 1 capsule Wormwood blend (200-300 mg) on empty stomach.
- 2 capsules Cloves (3 times a day), at every meal:
 - 2 Clove capsules at Breakfast
 - 2 Clove capsules at Lunch
 - 2 Clove capsules at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 18-34 of *The Cure For All Cancers*.

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

The family that zaps together...

Four people can zap together, each taking turns.



Life shrinks or expands in proportion to one's courage.

- Anais Nin

DAY 3 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 3 drops (or 1 capsule) Black Walnut Hull before a meal.
- 2 capsules Wormwood blend (200-300 mg) on empty stomach.
- 3 capsules Cloves 3 times a day, at every meal:
 - 3 Clove capsules at Breakfast
 - 3 Clove capsules at Lunch
 - 3 Clove capsules at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 34-51 of *The Cure For All Cancers*.
- If you have a pet, start the Pet Parasite Program on page 41 *CFAC*.

Start the 3 Week Mop Up Program:

- Make ozonated olive oil using instructions on page 50 *CFAC*.
- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

There are two mistakes one can make along the road to truth - not going all the way, and not starting.

- Buddha

How do you feel today?

Today's date:



Everything popular is wrong.

- Oscar Wilde, The Importance of Being Earnest

Feel free to mourn the loss of your favorite body products. Your immune system is proud of you. What products will you miss most?



*Perfection is achieved, not when there is nothing more to add,
but when there is nothing left to take away.*

- Antoine de Saint-Exupery

DAY 4 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 4 drops (or 1 capsule) Black Walnut Hull before a meal.
- 2 capsules Wormwood blend (200-300 mg) on empty stomach.
- 3 capsules Cloves (3 times a day), at every meal:
 - 3 Clove capsules at Breakfast
 - 3 Clove capsules at Lunch
 - 3 Clove capsules at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 51-58 of *The Cure For All Cancers*.
- Go through your body products, shampoos, conditioners, soaps, lotions, etc. Read the list of ingredients watching for chemicals with "prop" in their names, such as isopropyl alcohol or propylene glycol.
- Throw out ALL commercial body products. If in doubt, throw it out!
- Buy 20 Mule Team Borax: "Works well for soap and is free of metals and other pollutants." (CFAC page 151).

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.
- Take 500 mg, (2 capsules) of L-cysteine 3 times a day:
 - 2 L-cysteine capsules Morning
 - 2 L-cysteine capsules Noon
 - 2 L-cysteine capsules Evening
- Drink an 8 oz glass of ozonated water in the:
 - Morning
 - Noon
 - Evening

DAY 5 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 5 drops (or 1 capsule) Black Walnut Hull before a meal.
- 3 capsules Wormwood blend (200-300 mg) on empty stomach.
- 3 capsules Cloves 3 times a day, at every meal:
 - 3 Clove capsules at Breakfast
 - 3 Clove capsules at Lunch
 - 3 Clove capsules at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 58-72 of *The Cure For All Cancers*.
- Remove Aflatoxin B from your diet. "Some foods with Aflatoxin B are beer, nuts, bread more than a few days old, over ripe fruit, and many bulk grains." (CFAC page 58).
- Throw out and stop eating the above items.
- Make arrangements for getting your home's copper pipes replaced with PVC.

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

Notes:



Life itself is the proper binge.

- Julia Child

You are worth all this effort. Make a "to do" list below:



Here in this body are the sacred rivers: here are the sun and moon as well as all the pilgrimage places... I have not encountered another temple as blissful as my own body.

- Saraha

DAY 6 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 2 teaspoons (or 2 capsules) Black Walnut Hull before a meal.
- 3 capsules Wormwood blend (200-300 mg) on empty stomach.
- 3 capsules Cloves (3 times a day), at every meal:
 - 3 Clove capsules at Breakfast
 - 3 Clove capsules at Lunch
 - 3 Clove capsules at Dinner
- Zap before bed.

Daily Tasks:

- Read pages 73-80 of *The Cure For All Cancers*.
- "Stop Smoking. Nobody in your house may smoke indoors." (page 74).
- "Change your copper pipes to PVC plastic." (page 74).

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

Out of clutter, find simplicity.

- Albert Einstein

DAY 7 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

4 capsules Wormwood blend (200-300 mg) on empty stomach.

3 capsules Cloves 3 times a day, at every meal:

3 Clove capsules at Breakfast

3 Clove capsules at Lunch

3 Clove capsules at Dinner

Zap before bed.

Daily Tasks:

Review pages 73-80 of *The Cure For All Cancers*.

"Remove all chemicals from your house." (CFAC page 75).

If you are very ill, "board your pets with a friend. They should be started on a parasite program while at your friend's place." (page 75).

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening



Advice is what we ask for when we
already know the answer but wish we didn't.

- Erica Jong



Pet Parasite Program from CFAC pages 41 -44

All dosages are based on a 10-pound (5 kilo) cat or dog. Double them for a 20-pound pet, and so forth.

1. Parsley Water: cook a big bunch of fresh parsley in a quart of water for 3 minutes. Throw away the parsley. After cooling, you may freeze most of it in several 1-cup containers. This is a month's supply. Put 1 tsp. parsley water on the pet's food. You don't have to watch it go down. Whatever amount is eaten is satisfactory.

Pets are so full of parasites, you must be quite careful not to deparasitize too quickly. The purpose of the parsley water is to keep the kidneys flowing well so dead parasite refuse is eliminated promptly. They get quite fond of their parsley water. Perhaps they can sense the benefit it brings them. Do this for a week before starting the Black Walnut Hull Tincture.

2. Black Walnut Hull Tincture (regular strength): 1 drop on the food. Don't force them to eat it. Count carefully. Treat cats only twice a week. Treat dogs daily, for instance a 30-pound dog would get 3 drops per day (but work up to it, increasing one drop per day). Do not use Extra Strength.

If your pet vomits or has diarrhea, you may expect to see worms. This is extremely infectious and hazardous. Never let a child clean up a pet mess. Begin by pouring salt and iodine on the mess and letting it stand for 5 minutes before cleaning it up. Clean outdoor messes the same way. Finally, clean your hands with diluted grain alcohol (dilute 1 part alcohol with 4 parts water). Grain alcohol is actually ethyl alcohol that has been made by fermenting grain. In some countries sugar cane is used to make ethyl alcohol. A common brand in the United States is Everclear. But be careful. The smaller flask sizes are polluted with solvents from the pumping and filling processes no doubt. Choose the 750 ml or 1 liter bottle, which is, evidently, bottled differently. Be careful to keep all alcohol out of sight of children; don't rely on discipline for this. Be careful not to buy isopropyl (rubbing) alcohol for this purpose. Start the Wormwood a week later.

3. Wormwood capsules: (200-300 mg Wormwood per capsule) open a capsule and put the smallest pinch possible on their dry food. Do this for a week before starting the Cloves.

4. Cloves: put the smallest pinch possible on their dry food. Keep all of this up as a routine so that you need not fear your pets. Also, notice how peppy and happy they become. Go slowly so the pet can learn to eat all of it. To repeat:

Week 1: Parsley Water

Week 2: Parsley Water and Black Walnut

Week 3: Parsley Water, Black Walnut, and Wormwood

Week 4: Parsley Water, Black Walnut, Wormwood, and Cloves

Phone hardware stores to obtain a Home Radon Test Kit.

**Phone a Washer / Dryer Repair Service to have a non-asbestos
Made In USA dryer belt installed in your home clothes dryer.**

Water, air, and cleanness are the
chief articles in my pharmacy.

- Napoleon Bonaparte

DAY 8 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

4 capsules Wormwood blend (200-300 mg) on empty stomach.

3 capsules Cloves (3 times a day), at every meal:

3 Clove capsules at Breakfast

3 Clove capsules at Lunch

3 Clove capsules at Dinner

Zap before bed.

Daily Tasks:

Continue reading pages 73-80 of *The Cure For All Cancers*.



"Get rid of any possible asbestos source. Clothes dryers are our biggest source of asbestos. It comes from the belt. Choose a MADE IN USA belt." (CFAC page 76).

"Have the house tested for radon. Buy a 5 day kit from a hardware store and put it in your bedroom. If there is any radon, seal up the cracks in your basement." (CFAC page 77).

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening

DAY 9 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

5 capsules Wormwood blend (200-300 mg) on empty stomach.

3 capsules Cloves 3 times a day, at every meal:

3 Clove capsules at Breakfast

3 Clove capsules at Lunch

3 Clove capsules at Dinner

Zap before bed.

Daily Tasks:

Continue reading pages 73-80 of *The Cure For All Cancers*.

"Remove all possible formaldehyde. If your bedroom is paneled, move out of it and keep the door locked. Move your bed into the cleanest room in the house." No wallpaper, wall-to-wall carpets, or stuffed furniture. (CFAC page 77).

"If you have gas heat or a gas water heater or stove, ask your local Health Department to come out to check for leaks... Also have a furnace repair person check your furnace and flue. Better yet, switch to all electric." (CFAC page 78).

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening

If you need to rearrange your living and sleeping quarters who can help you move furniture?



Strength does not come from physical capacity.
It comes from an indomitable will.

- Mohandas Gandhi

Clean Up Your Dentalware

From CFAC pages 80-83

Finding the right dentist is your first and most important task. The alternative dentists have been leading the movement to ban mercury from dental supplies. Not only mercury, but all metals need to be banned. If your dentist will not follow the necessary procedures, then you must find one that will. The questions to ask when you phone a new dental office are:

1. **Do you place mercury fillings?** (The correct answer is NO. If they do they won't have enough commitment to do removals properly.)

2. **Do you do root canals?** (The correct answer is NO. If they do, they do not understand good alternative dentistry.)

3. **Do you remove amalgam tattoos?** (The correct answer is YES. Tattoos are pieces of mercury left in the gum tissue, that settled on the jawbone as it was temporarily exposed during dental work.)

4. **Do you treat cavitations?** (The correct answer is YES. By cleaning them.) Cavitations are simply holes (cavities) left in the jawbone by an incompletely extracted tooth. A properly cleaned socket, which is left after an extraction, will heal and fill with bone. Dentists routinely do NOT clean the socket of tissue remnants or infected bone. A dry socket (really an infected socket) is a common result. These sockets never fully heal. Thirty years after an extraction, a cavitation will still be there. It is a form of osteomyelitis, which means bone infection.

DAY 10 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

5 capsules Wormwood blend (200-300 mg) on empty stomach.

3 capsules Cloves (3 times a day), at every meal:

3 Clove capsules at Breakfast

3 Clove capsules at Lunch

3 Clove capsules at Dinner

Zap before bed.

Daily Tasks:

Read pages 80-119 of *The Cure For All Cancers*.

Call local dentists. Use the questions on the left page as a guide.

When you visit your dentist, show him the *Guidelines For A Healthy Mouth* chart on Page 90 *CFAC*. Ask your dentist to follow the chart when working on you.

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening



Everything is a miracle. It is a miracle that one does not dissolve in one's bath like a lump of sugar.

- Pablo Picasso

DAY 11 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

- 6 capsules Wormwood blend (200-300 mg) on empty stomach.
- 7 capsules Cloves at a meal:
- Zap before bed.

Daily Tasks:

- Continue reading pages 119-127 of *The Cure For All Cancers*.
- Avoid foods on the Malonic acid list starting on page 123 *CFAC*.
- Start making your meals from the food list starting on page 121 *CFAC*.

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

I am my own experiment. I am my own work of art.

- Madonna

DAY 12 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

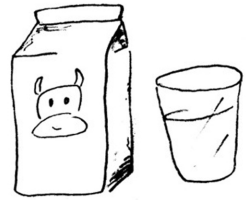
- 6 capsules Wormwood blend (200-300 mg) on empty stomach.

No Cloves today.

- Zap before bed.

Daily Tasks:

- Read pages 127-148 of *The Cure For All Cancers*.
- Modify your diet based on this section of the book.
- Throw out all processed foods. Make everything from scratch.
- Stop drinking commercially bottled or canned beverages. Only drink milk, water, herb teas, malonite-free juices and other homemade beverages. See: *Beverages* bottom page 135 CFAC.



Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.
- Take 500 mg, (2 capsules) of L-cysteine 3 times a day:
- 2 L-cysteine capsules Morning
 - 2 L-cysteine capsules Noon
 - 2 L-cysteine capsules Evening
- Drink an 8 oz glass of ozonated water in the:
- Morning
 - Noon
 - Evening

DAY 13 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

- 2 teaspoons (or 2 capsules) Black Walnut Hull before a meal.
- 7 capsules Wormwood blend (200-300 mg) on empty stomach.

No Cloves today.

- Zap before bed.

Daily Tasks:

- Continue reading pages 142-148 of *The Cure For All Cancers*.
- Wood or plastic utensils for cooking and eating (*CFAC* page 142).

Since the writing of *CFAC*, Dr. Clark has updated this information:

From *Kitchen Necessities* page 526, *The Prevention Of All Cancers*.

- "To cook, use stainless steel only. To fry use stainless steel or iron skillet, not Teflon coated." (*POAC* page 526).
- "To store food use HDPE and stainless steel containers." (*POAC* 526).

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

So many changes!



Often, the less there is to justify a traditional custom,
the harder it is to get rid of it. - Mark Twain

Make a shopping list of items you need to get to make your own homemade pure body products and cleaning supplies:



Every day, in every way, I am getting better and better.

- Emilie Coue

Widely promoted formula for self-healing by auto-suggestion

DAY 14 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

- 7 capsules Wormwood blend (200-300 mg) on empty stomach.

No Cloves today.

- Zap before bed.

Daily Tasks:

- Read pages 148-156 of *The Cure For All Cancers*.
- Stop using all cosmetic and body products: "Do not use any commercial salves, ointments, lotions, colognes, perfumes, massage oils, deodorant, mouthwash, toothpaste, even when touted as herbal and health-food-type." (CFAC page 149).
- Experiment with Recipes for Natural Body Products on page 524. Buy your ingredients from the list of Sources on pages 560 onward.

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

DAY 15 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

7 capsules Wormwood blend (200-300 mg) on empty stomach.

No Cloves today.

Zap before bed.

Daily Tasks:

Read pages 156-159 of *The Cure For All Cancers*.

Check the Benzene list on page 156. Throw those items out.

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening

It is vain to do with more what can be done with less.

- William of Occam (c. 1288-1348), *Occam's Razor*

DAY 16 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

7 capsules Wormwood blend (200-300 mg) on empty stomach.

No Cloves today.

Zap before bed.

Daily Tasks:

Read pages 163-172 of *The Cure For All Cancers*.

Stop using all untested vitamin supplements. (CFAC page 162).

If you use commercial table salt throw it out. Instead use laboratory salt (CFAC page 160-161).

Obtain items on pages 162 onward as needed. Use the Sources listed on pages 560 onward as a guide.

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening



DAY 17 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

No Wormwood blend today.

No Cloves today.

Zap before bed.

Daily Tasks:

- Continue reading pages 173-176 of *The Cure For All Cancers*.
- "Wheel your refrigerator outside the same day you read this. You may leave it on an extension cord and use it until you find a non-Freon variety." (CFAC page 173).
- Remove all fiberglass from your home, using page 176 as a guide.

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

Whenever I feel blue, I start breathing again.

- L. Frank Baum, author of *The Wonderful Wizard of Oz*

DAY 18 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

No Wormwood blend today.

7 capsules Cloves at a meal.

Zap before bed.

Daily Tasks:

Read pages 167-171 of *The Cure For All Cancers*.

Clean the Basement of your home. Use pages 170-171 as a guide.

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening



Not life, but good life, is to be chiefly valued.

- Socrates

DAY 19 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

No Black Walnut Hull today.

No Wormwood blend today.

No Cloves today.

Zap before bed.

Daily Tasks:

- Continue reading page 171 of *The Cure For All Cancers*.
- Clean your Garage. Use page 171 as a guide.

Keep up the 3 Week Mop Up Program:

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

DAY 20 ~ Today's date:

HERBAL PARASITE CLEANSING PROGRAM

Check below after taking your recommended dosage.

2 teaspoons (or 2 capsules) Black Walnut Hull before a meal.

No Wormwood blend today.

No Cloves today.

Zap before bed.

Daily Tasks:

Read pages 172-180 of *The Cure For All Cancers*.

Clean your House. Use page 172 onward as a guide.

Keep up the 3 Week Mop Up Program:

Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

2 L-cysteine capsules Morning

2 L-cysteine capsules Noon

2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

Morning

Noon

Evening



No person who can read is ever
successful at cleaning out an attic.

- Ann Landers

DAY 21 ~ Today's date:

HERBAL PARASITE MAINTENANCE PROGRAM

Now as an ongoing maintenance program, once a week you will take:

- 2 Teaspoons (or 2 capsules) Black Walnut Hull before a meal.
- 7 capsules Wormwood blend (200-300 mg), on empty stomach.
- 7 capsules Cloves 3 times a day at every meal:
 - 7 Cloves capsules at Breakfast.
 - 7 Cloves capsules at Lunch.
 - 7 Cloves capsules at Dinner.
- Zap once a day until you are well, then once a week, or as needed.

Daily Tasks:

- Read pages 181-193 of *The Cure For All Cancers*.

Today you complete the 3 Week Mop Up Program!

- Take 3 tablespoons ozonated olive oil once a day.

Take 500 mg, (2 capsules) of L-cysteine 3 times a day:

- 2 L-cysteine capsules Morning
- 2 L-cysteine capsules Noon
- 2 L-cysteine capsules Evening

Drink an 8 oz glass of ozonated water in the:

- Morning
- Noon
- Evening

Now that the 3 Week Mop Up Program is complete, and Herbal Parasite Maintenance Program has begun, you can move on to the Kidney Cleanse, and then the Liver Cleanse, (in that order).

- Start the Kidney Cleanse (CFAC page 549).
- When Kidney Cleanse is completed, do a Liver Cleanse (page 552).
- Continue reading pages 193 onward of *The Cure For All Cancers*.

How do you feel today?

Today's date:

Be who you are and say what you feel because those
who mind don't matter and those who matter don't mind.

- Dr. Seuss