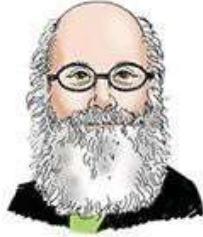


How to use Derek Clontz System Protocol Herbs



Derek Clontz System Protocol Herbs are formulated to be taken twice daily as nutritional supplements, making it easy for you to fit them into your busy schedule without losing track and missing doses.

General Dosing Instructions for Liquid Extracts

Serving sizes for microbial-defense herbs that include Uncarine Max, Otoba Bark, Huacapurana, Cecropia, Houttuynia and Quinine are based on age and weight.

- If you are an adult under 160 pounds, 10 drops twice a day.
- If you are an adult 160 to 190 pounds, 15 drops twice a day.
- If you are an adult 190 to 210 pounds, 20 drops twice a day.
- If you are an adult 210 pounds or more, 30 drops twice a day.

Take your herbs twice daily between meals in about 6-ounces of water.

“Between meals” means 60 minutes or longer BEFORE a meal - or 90 minutes or longer AFTER a meal. Don’t worry about snacks.



Feel free to mix as many herbs as you like in the same glass of water OR take them separately. It’s up to you.

NOTE: Serving sizes for detoxifying and cleansing herbs are not based on weight.

- Parsley: Adults, 10 drops twice a day.
- Pimpinella: Adults, 10 drops twice a day.
- Amor Seco DM: Adults, 10 drops twice a day.

- Pimpinella Max (50-50 blend of Pimpinella and Amor Seco DM): Adults, 20 drops twice a day.
- For guidance with children, call Derek. They will take a reduced amount based on Clark’s Rule, a traditional arithmetical formula.

What you need to know about “Herxheimer” reactions

Some people, about 1 in 10 (we’ve found, based on 28 years experience with thousands of people), will experience what is called a “healing crisis” or a “Herxheimer reaction” when starting herbs or, for that matter, prescription drugs.

Herxing is not considered to be dangerous, but it can be uncomfortable.

Some people, for example, might experience a worsening of symptoms when they start the herbs.

Some people might feel as if they are coming down with a cold or flu.

Just so you’ll know, there are three ways to deal with a “Herxheimer”:

1. Many people will simply “waltz” right through the herx, continuing their herbs at the full dose until

they make a turn and feel better, usually within a day or two.

2. Some people will reduce their dose for a couple of days until they feel better, at which point they will return to the recommended dose.

3. Some people will increase their detox herbs, taking Parsley, Amor Seco DM, Pimpinella or Pimpinella Max as needed, even every few hours if the herxing is especially uncomfortable. These herbs can minimize discomfort and stop herxing.



Conclusion

You’ve made an excellent choice with Derek Clontz System Protocol Herbs from Rainforest Pharmacy.

The herbs are in wide use in the United States and worldwide by thousands of happy – and healthier - customers who appreciate their efficacy, low cost, simplicity and the ongoing support they get

from herbalist Derek Clontz.

This is his 28th Anniversary Year.



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ANCIENT WEAPONS NEW BATTLES