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Bacteria are always at the root of bowel problems, such as pain, bloating and gassiness. They cannot be killed by zapping, because the high frequency current does not penetrate the bowel contents. Although most bowel bacteria are beneficial, the ones that are not, like Salmonellas and Shigellas, are extremely detrimental because they have the ability to invade the rest of your body and colonize a trauma site or weakened organ. These same bacteria colonize a cancer tumor and delay healing after the malignancy is stopped. Another reason bowel bacteria are so hard to eradicate is that we are constantly re-infecting ourselves by keeping a reservoir on our hands and under our fingernails.

So the first thing to do is improve sanitation. For a serious problem use Use 50% grain alcohol (100 proof vodka) in a spray bottle at the bathroom sink. Sterilize your hands after bathroom use before meals.

The Dr. Clark's Bowel program has been put together in order to remove harmful enteric bacteria. Many people report that after the bowel program they do not suffer from constipation or vice versa from diarrhea anymore, their minds are clearer and their bellies are flat. The bowel program aims to eliminate salmonellas, shigella, e. coli, clostridium and other harmful intestinal bacteria.

To do this Dr. Clark has used following herbs and supplements:

- TUMERIC AND FENNEL SEEDS - have anti-bacterial and anti-inflammatory properties. Used for the treatment of digestive disorders such as flatulence and bloating. In this bowel program Turmeric and Fennel seeds are used to remove shigellas and Escherichia coli.
- BETAINE HCL - removes clostridium from the intestinal tract.
- DIGESTIVE ENZYMES - breaks down components of food so that they can be taken up by the organism. They also remove things such as undigested food.
- CASCARA SAGRADA - Gentle laxative to restore tone to the bowel muscles and for those that may be constipated.
- BLACK WALNUT TINCTURE - to remove parasites. • HOT CUP OF WATER UPON RISING AND MAGNESIUM OXIDE - for bowel tone and constipation.

DR. CLARK'S BOWEL PROGRAM CHART

Daily For 20 Days	Morning	Breakfast	Lunch	Supper	Before Bedtime
Turmeric (before meals)	x	1 cap	2 caps	2 caps	x
Fennel (before meals)	x	1 cap	2 caps	1 cap	x
Digestive enzymes (before meals)	x	x	1 cap	1 cap	x
Black walnut tincture (every other day in glass of water)	x	1 tsp	x	x	x
Betaine HCL (before meals)	x	1 caps	2 caps	2 caps	x
Cascara Sagrada	x	1-2 caps	x	x	1 if needed
Hot glass of water upon rising in the morning.	1 cup	x	x	x	x
Magnesium oxide (before bedtime)	x	x	x	x	3-4 caps

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