

Aroma HealthCare  
25 Priory Close  
Hethersett  
Norwich NR9 3AB

Attention Miriam Drugan

31<sup>st</sup> May 2001

Dear Miriam,

### ***Pathogen & Liver Cleanse***

On Saturday 26<sup>th</sup> May I completed my second Liver Cleanse, following Dr Hulda Clark's protocols, and thought you might be interested to learn how the experience has affected me. The first cleanse was completed about two weeks earlier, and although it brought some relief I did not feel that it had completely relieved the excessive flatulence, occasional bad breath, loss of appetite and blocked-up feeling experienced over the previous three months. For all my adult life I have maintained a fairly high level of fitness and I was far from happy to see that I had begun to pile on the pounds and seemingly unable to prevent my weight increasing from 13½ stone to 14½ stone and my waist had gone from 34" to 36" in about 6 weeks.

As advised, I began with a Pathogen Cleanse to rid my body of parasites and harmful bacteria. The effects were noticeable from the time I was taking the maximum daily dose of capsules: I slept better, awoke feeling more refreshed than I had for a long while and did not have any headaches. Although I am not a migraine sufferer, I would easily get headaches during the day, which I assumed were brought on by a combination of smoking, stress and looking at a computer screen. The first Liver Cleanse was a surprising affair, for a number of reasons: at first I thought nothing of a fat-free diet, then come the day, the realisation that I couldn't have my usual breakfast of cereals + semi-skimmed, brown toast + Marmite and two cups of tea (white, without) began to cause concern. I needn't have worried as the substitute of fresh-cut melon, mango, papaya, pineapple and grapes followed by brown toast with honey, all washed down with two cups of black, fresh-ground coffee more than compensated. Lunch was a similarly pleasant surprise: although my mind wandered to all the things I couldn't eat, I found an interesting lunch comprising fat-free salad, tuna in brine with a Balsamic vinegar dressing and fresh Ciabatta bread. Fasting after that lot was not a problem!

Taking the 50% dose of Epsom Salts was not at all pleasant and I regretted not following your notes more fully and taking some vitamin C or similar to help disguise the taste. Although I had read the instructions several times, when the Epsom Salts began to take effect around 8:00 pm, I nevertheless felt reactive rather than proactive in dealing with the near constant trips to the toilet for the next two hours. Mixing and drinking the ozonated olive oil with grapefruit juice was a blessed relief and gave something else to think about! The taste is not bad either after ten hours with only Epsom Salts to drink. That night I slept like a baby and was only awoken in the early hours when a sixth-sense kicked in and told me I had to go to the toilet again.

The next morning I could sense the olive oil mixture was having an effect. The further measures of Epsom Salts, while necessary I'm sure, did nothing to take away the feeling of nausea brought on by the taste and sensation as it passes into the digestive system. By 9:00 am I was in full flow again and produced about 20 – 30 smooth, bright

green stones with each motion. The stones were quite soft and were actually floating in the toilet bowl. By around 11:00 am everything was back to normal. One point that is worth emphasising and cannot be overstated: on the evening and following morning of the Liver Cleanse, do cancel all appointments, stay at home and do not expect to do anything other than the Liver Cleanse. I think it would be impossible to concentrate on anything else.

I did notice one strange and unexpected benefit of the cleanse: three cysts that I had for more than twenty years had all disappeared! Within days the people close to me also remarked how well I looked, wondered whether I had lost weight, and was discreetly told that I no longer had bad breath. I didn't weigh myself at that time but I was already aware that my trousers were more comfortable around the waist than they had been for some time.

As I mentioned earlier, I did not feel the first Liver Cleanse left me feeling quite as good as I had hoped, so when my partner planned to do her Liver Cleanse on a convenient weekend I decided to join her. We had maintained our bodies in pathogen-free state by the daily dosage of Combination Capsules and set about the Liver Cleanse much as before. I found that having been through the experience once, I could be far more help to my partner and answer a number of her questions. Everything was similar to the first experience until it came to the final morning: perhaps the initial Cleanse had loosened my liver, I cannot say for sure, but the evidence was incredible. With each motion, and there were several, I passed perhaps 100 or more stones. It was like a meteor shower. Around 40-50 stones were more than 1 cm in diameter, like over-sized chick peas, although like the first time the stones were bright green and quite soft. The rest were about pea-sized, the shape of a baked bean.

Now I feel much better and have considerably more energy. My clothes fit as they should and my weight is almost back to 13½ stone. On Sunday 3<sup>rd</sup> June I took part in the Norfolk 100, a sponsored cycle ride around the county and although gruelling, felt for the first time in a very long while that I could look forward to the day, and was delighted to complete the course.

Yours sincerely

Alan