

THE HULDA CLARK KITCHEN

A Master Collection of Non-Toxic Recipes, Food Protocols & Sterilization Methods

Synthesized across *The Prevention of All Cancers* (Ch. 19), *The Cure for All Diseases* (p. 529-541), and *The Cure for All Cancers* (p. 505-524). Updated to reflect Dr. Clark's final 2004 protocols when discrepancies occur.

Core Dietary Principles & Discrepancy Resolution: Dr. Hulda Clark's dietary guidelines evolved from early mold/solvent avoidance (1993–1995) to a strict anti-antigen and starvation protocol (2004). This guide integrates every food recipe and sanitization technique across her books, automatically updating doubles to her final 2004 standards. Key updates include: (1) *Cow's Milk* must be 2% or whole and boiled for 10 seconds (or replaced with Goat's milk); (2) *Potatoes* are boiled thick-peeled to eliminate chlorogenic acid (never fried); (3) *Poultry & Meats* must be organic or free-range to avoid gallic acid/feed triggers; (4) *Onions, Garlic & Lemons* are excluded in cancer therapy to starve parasite species; and (5) *Ozonation and Zappication* replace simple washing to strip solvents, dyes, and mycotoxins.

1. Non-Toxic Beverages, Milk & Vitality Drinks

10-Second Boiled Milk (2004 Updated Protocol)

Purpose & Notes: Destroys Salmonella, Shigella, E. coli, and Rhizobium leguminosarum bacteria that survive pasteurization. Ensures calcium absorption by maintaining butterfat (2% or whole).

Ingredients & Requirements:	Preparation & Usage Instructions:
• 1 to 2 quarts Cow's Milk (2% or whole; never skim) • 1 pinch pure salt (raises boiling point) • 1/8 tsp Vitamin C powder (per pint, added after cooling)	1. Pour milk into a non-metal or high-grade stainless steel pot. 2. Add a pinch of salt to elevate the boiling point slightly. 3. Bring milk to a full rolling boil and maintain the boil for EXACTLY 10 seconds. 4. Remove from heat immediately and cool in refrigerator. 5. Stir in 1/8 tsp Vitamin C powder per pint once cooled to detoxify natural malonic acid.

My Own Super C-Pop

Purpose & Notes: Delicious, carbonated, non-toxic soda replacement free of wood alcohol, benzene, artificial sweeteners, or canned aluminum.

Ingredients & Requirements:	Preparation & Usage Instructions:
• 1 slice fresh Lemon + 1 whole Orange (squeezed) • 1 tsp. Vitamin C powder (ascorbic acid) • 1/4 tsp. Citric acid powder • 2 tbsp. pure Vegetable Glycerin or Maple Syrup/Honey • 1/2 tsp. chemically pure Baking Soda • Cold pure tap or well water	1. Squeeze fresh orange and lemon slice into an 8 oz heavy glass or plastic bottle. 2. Add Vitamin C powder, citric acid powder, and glycerin or honey. 3. Fill bottle to within 1 inch of top with cold pure water and mix well. 4. Add 1/2 tsp baking soda and IMMEDIATELY screw bottle cap on tightly. 5. Shake briefly. The baking soda reacts with citric/ascorbic acid to produce clean carbonation. Drink immediately.

Moose Elm Drink (Slippery Elm Comfort Shake)

Purpose & Notes: Soothes inflamed stomach and intestinal linings, neutralizes stomach acidity, and provides clean nutrients without oxalic acid.

Ingredients & Requirements:

- 1 tbsp. Moose (Slippery) Elm bark powder
- 1 cup cold boiled milk or heavy whipping cream
- 1 tbsp. pure Honey or confectioner's sugar
- Pinch of cinnamon or nutmeg

Preparation & Usage Instructions:

1. Place 1 tbsp slippery elm powder in a mug and add 1 tbsp cold water or milk.
2. Stir continuously to form a smooth, paste-like liquid without lumps.
3. Gradually pour in 1 cup of cold 10-second boiled milk or heavy cream while stirring.
4. Sweeten with honey or sugar and dust top with cinnamon. Drink slowly.

Complete Meal Drink (Heavy Cream Meal Shake)

Purpose & Notes: High-calorie, nutrient-dense liquid meal for weak or recovering individuals. Completely free of toxic commercial protein powder solvents.

Ingredients & Requirements:

- 1/2 cup heavy whipping cream (lactase-treated if sensitive)
- 1/2 cup pure water or Barley Water base
- 1 tbsp. safe sweetener (honey, maple syrup, or dextrose)
- 5 emptied capsules mixed amino acids (or lysine/arginine)
- Pinch of nutmeg or cinnamon

Preparation & Usage Instructions:

1. Combine heavy whipping cream, water (or barley water), and sweetener in a glass.
2. Open 5 amino acid capsules and empty powders directly into the liquid.
3. Whisk vigorously with a fork or hand blender until smooth and frothy.
4. Drink 1 to 2 times daily as a full nutritional supplement.

Rose Hips Tea & Barley Water Base

Purpose & Notes: Rose hips tea provides bioavailable Vitamin C and organic germanium. Barley water acts as a soothing gelatinous base for broths and shakes.

Ingredients & Requirements:

- Rose Hips: 1 tsp organic coarse-ground rose hips (with seeds) + 1 cup water
- Barley Water: 1/2 cup organic pearl barley + 2 quarts pure water

Preparation & Usage Instructions:

1. Rose Hips Tea: Bring 1 cup water to boil in stainless steel pan. Add rose hips, cover, remove from heat immediately, steep 5 min, strain, and drink fresh.
2. Barley Water: Boil 1/2 cup pearl barley in 2 quarts pure water for 30 minutes. Strain liquid off and store in glass jar in refrigerator. Use liquid as beverage base.

2. Salmonella-Free Soups, Broths & Savory Mains

Salmonella-Free Meat & Marrow Broth

Purpose & Notes: Eradicates Salmonella and Shigella bacteria hidden deep inside meat fibers and bone marrow while extracting vital minerals.

Ingredients & Requirements:

- 1 to 2 lbs organic beef bones, turkey, or buffalo meat
- 2 quarts pure water
- 1 tbsp. white distilled vinegar or fresh lemon juice
- 1/2 tsp. pure salt
- 1/8 tsp. Vitamin C powder per quart

Preparation & Usage Instructions:

1. Place bones or meat in a stainless steel pot with water and vinegar.
2. Bring to a full rolling boil (212°F / 100°C) and maintain boil for at least 30 minutes.
3. Skim off top foam. Add salt and Vitamin C powder.
4. Simmer on low for another 30–60 minutes to extract marrow minerals.
5. Strain broth. Discard surface fat if desired and serve hot.

Gerson-Style Potassium Vegetable Broth (Clark Adapted)

Purpose & Notes: Flushes cellular sodium and restores intracellular potassium without introducing mold mycotoxins or food antigens.

Ingredients & Requirements:

- 2 large Potatoes (thickly peeled to remove chlorogenic acid)
- 3 Carrots & 3 Celery stalks
- 1 cup fresh Parsley (washed in Lugol's iodine water)
- 2 quarts pure water + 1/2 tsp salt

Preparation & Usage Instructions:

1. Thickly peel potatoes (at least 1/4 inch deep) to strip chlorogenic acid peel.
2. Cut all vegetables into small chunks and place in a stainless steel pot.
3. Cover with 2 quarts pure water and bring to a boil.
4. Boil gently for 45 minutes until all vegetables are completely soft.
5. Strain off clear liquid for drinking or blend entire soup into a smooth puree.

Sterilized Baked Potato (2004 Low-Antigen Protocol)

Purpose & Notes: Pre-boiling leaches out chlorogenic acid (hypothalamus antigen), making potatoes safe for consumption without triggering tumor nucleus formation.

Ingredients & Requirements:

- 2 large Russet or Yukon Gold potatoes
- Pure water for pre-boiling
- Pure butter & salt (never margarine or vegetable oil)
- Strict Rule: NO frying, NO potato chips, NO commercial French fries

Preparation & Usage Instructions:

1. Peel potatoes thickly, removing all green spots, eyes, and skin.
2. Cut potatoes into half-inch thick slices or halves.
3. Place in pot of water, bring to boil, and boil for 10 minutes. DISCARD this boiling water (it carries leached chlorogenic acid).
4. Place pre-boiled potatoes in baking dish and bake at 400°F until tender.
5. Serve warm with pure butter and salt.

3. Yeast-Free Breads, Grains & Safe Condiments**Homemade Yeast-Free Baking Powder Bread & Biscuits**

Purpose & Notes: Completely eliminates baker's yeast (zearalenone mold source) and plastic-incubated commercial bread aflatoxin mycotoxins.

Ingredients & Requirements:

- 2 cups unbleached white flour (stored in freezer)
- 2 tsp. chemically pure baking powder (or 1 tsp baking soda + 1/2 tsp citric acid)
- 1/2 tsp. pure salt
- 3 tbsp. cold pure butter
- 3/4 cup 10-second boiled milk or water

Preparation & Usage Instructions:

1. Sift flour, baking powder (or soda + citric acid), and salt into a plastic bowl.
2. Cut in cold butter using two knives or a pastry blender until crumbly.
3. Add cold boiled milk and stir rapidly until dough forms a ball.
4. Knead gently 10 times on floured board. Shape into small biscuit rounds or loaf.
5. Bake at 425°F for 12–15 minutes until lightly golden. Eat fresh un-wrapped.

Aflatoxin-Free Cooked Grains (Rice, Millet, Oatmeal)

Purpose & Notes: Neutralizes invisible aflatoxin B and mycotoxins present on grain hulls during storage.

Ingredients & Requirements:

- 1 cup organic grain (white rice, millet, or oats; stored in freezer)
- 2 cups pure water
- 1/8 tsp. Vitamin C powder (ascorbic acid)
- 1/2 tsp. salt & 1 tbsp. butter

Preparation & Usage Instructions:

1. Measure dry grain from freezer container.
2. Wash raw grain in very hot tap water twice, or soak in Lugol's iodine water for 1 minute.
3. Combine washed grain, water, salt, and 1/8 tsp Vitamin C powder in a stainless pot.
4. Bring to boil, cover, reduce heat to low, and simmer until water is absorbed.
5. Stir in butter before serving.

Fresh Homemade Mayonnaise & Salad Dressings

Purpose & Notes: Free of commercial plastic bottle solvents, propyl gallate, or isopropyl alcohol.

Ingredients & Requirements:

- Mayonnaise: 1 raw egg yolk (washed in Lugol's), 1 tbsp fresh lemon juice/vinegar, 1/2 tsp salt, 3/4 cup melted butter or safe oil
- Vinegar-Glycerin Dressing: 1/2 cup white vinegar, 1/2 cup pure vegetable glycerin, 1/2 tsp salt, 1/2 tsp dried oregano

Preparation & Usage Instructions:

1. Mayonnaise: Place egg yolk, salt, and lemon juice in blender. Blend low while drizzling in melted butter drop-by-drop until thick emulsion forms.
2. Salad Dressing: Whisk white distilled vinegar, vegetable glycerin, salt, and oregano in glass bottle. Shake well before drizzling on salads.

4. Kitchen Food Sterilization & Sanitization Protocols

Lugol's Iodine Produce Wash

Purpose & Notes: Instantly kills parasite eggs (Ascaris, flukes), tapeworm cysts, Salmonella, and E. coli on raw fruits and vegetables.

Ingredients & Requirements:

- 1 to 3 drops Lugol's Iodine solution
- 1 quart cold tap water
- Plastic basin or sink filled with water

Preparation & Usage Instructions:

1. Fill a clean basin with 1 quart cold water.
2. Add 1 to 3 drops of Lugol's iodine solution and swish to mix evenly.
3. Immerse greens, berries, apples, or produce completely in the solution for EXACTLY 1 minute.
4. Rinse light produce with cold water if desired (iodine trace is completely harmless and non-toxic).

Double Hot Water Wash Technique

Purpose & Notes: Strips waxy coatings, pesticide sprays, asbestos fibers, and commercial laundry bleach residues from non-organic market produce.

Ingredients & Requirements:

- Non-organic produce
- Very hot running tap water
- Scrub brush

Preparation & Usage Instructions:

1. Wash produce thoroughly under very hot running tap water for 1 full minute while scrubbing.
2. Rinse basin completely.
3. Repeat the hot water wash a second time for 1 full minute.
4. Peel thick-skinned produce afterward for maximum safety.

Food Ozonation & Food Zappication Protocols

Purpose & Notes: Ozonation oxidizes benzene, PCBs, azo dyes, and mycotoxins. Zappication (1 kHz) switches food magnetic polarization to North and disables parasite eggs.

Ingredients & Requirements:

- Ozonator device with plastic hose & bag
- 1 kHz Food Zappicator board & Zapper

Preparation & Usage Instructions:

1. Food Ozonation: Place groceries, meats, or refrigerator items inside a clean plastic bag. Insert ozonator hose, tie bag shut, and ozonate for 7 to 10 minutes.
2. Food Zappication: Place prepared meal, plate, or beverage container directly on top of Food Zappicator plate. Turn zapper ON for 10 to 15 minutes.

5. Master Quick-Reference Food & Toxicity Guide

Food / Ingredient Category	Commercial Toxins & Antigens to Avoid	Dr. Clark's Safe Replacement & Preparation Rule
Store-Bought Milk & Dairy	Salmonella, E. coli, Chlorogenic/Gallic acids, Casein, Skim milk	10-Second Boiled Milk (2% or Whole), Goat's Milk, Heavy Cream
Commercial Juices & Sodas	Isopropyl/Wood alcohol, Patulin (apple mold), Aflatoxin, Benzene, Aspartame	Freshly Squeezed Homemade Fruit Juice, My Own Super C-Pop
Coffee & Commercial Tea	Chlorogenic acid (hypothalamus antigen), Kojic acid, Solvents in decaf, Oxalic acid	Hot Vanilla Milk, Moose Elm Drink, Rose Hips Tea, Water + Cinnamon
Potatoes & Starch	Chlorogenic acid, Solanine, Isopropyl alcohol in chips/fries	Thickly peeled potatoes pre-boiled 10 min, then baked (Never fried)
Store-Bought Meats & Chicken	Salmonella, Shigella, Gallic acid in feed, MYC oncovirus in chicken	Boiled organic turkey, beef, or marrow broth (212°F for 30 min)
Fresh Produce & Salads	Fluke stages, Ascaris eggs, Pesticides, Laundry bleach residues	1-min Lugol's Iodine Wash (1-3 drops/qt) or Double Hot Water Wash
Store-Bought Bread & Grains	Aflatoxin B, Ergot mold, Baker's yeast (zearalenone), Solvents	Yeast-Free Baking Powder Biscuits, Grains boiled with Vit C powder
Commercial Cooking Oils	Gallic acid, Malonic acid, Benzene, Oncovirus fatty acids	Pure Butter, Lard, or Vinegar-Glycerin Dressing (Avoid liquid oils)
Store-Bought Condiments	Propyl gallate, Benzene in petrolatum, Equipment disinfectants	Fresh Homemade Mayonnaise, Pan drippings gravy, Boiled Honey
Drinking & Cooking Water	Laundry bleach heavy metals, PCBs, Azo dyes, Solvents, Radon	Cold tap filtered via boiled carbon pitcher, Rainwater in HDPE jug