PARASITE CLEANSE

Food: Avoid sugar (all parasites love sugar and starches), breads, pizza, white rice, dairy, fast food, pastas, baked goods, sweets and other simple carbs. Focus on drinking lots of water and herbal teas, and no other acidic beverages. Too much meat also can feed parasites.

** A good diet for a parasite cleanse would be small amounts of whole fruits (no dried fruit or fruit juices), lots of vegetables and greens, and quality healthy fats like olives, olive oil and avocado. Drink lots of water. Raw foods are best to avoid feeding parasites.

** To supercharge your parasite cleanse, do enemas and/or colonics. Implants will speed things up using parasite killing herbs and minerals. This is the way to flush everything out! Daily enemas are strongly encouraged while doing parasite cleanses... Can discuss options such as coffee, baking soda, sea salt and also adding parasite herbs.

Parasite Cleanse: (Adults Ages 18+) (not during pregnancy or breastfeeding)

STEP ONE: 18 DAYS
- Start with Hulda Clark 3-part parasite cleanse - 18 day cleanse.
- If tapeworms noted or for stronger cleanse, use Hulda Clark 7-part parasite cleanse - 18 day cleanse

STEP TWO: ONE MONTH
- Start Hulda Clark Maintenance Program - Once weekly on-going

STEP THREE: 3-5 WEEKS
** This is a much stronger parasite cleanse! If you had reactions and/or noticeable benefits from the above 18-day cleanse, please continue with this stronger cleanse. You can see below for parasite related symptoms. It is critical to be diligent and continuous with parasite cleansing. Your body should now be prepared for a stronger cleanse...

- Follow Hulda Clark HIGH DOSE program parasite cleanse. After 3 weeks if no results/effects, stop. If having results please continue.

- Add one full dropper 2x daily in water of EPAZOTE for worms (hookworms, pinworms, flatworms, tapeworms, etc.) or add one full dropper 2x daily in water of QUASSIA BARK for flukes (liver/gallbladder parasites) or take BOTH if unsure...

** If doing enemas, can add one full dropper of either BLACK WALNUT/EPAZOTE/ QUASSIA or all three.
**STEP FOUR**

- Have a long-term plan moving forward. **Hulda Clark weekly maintenance program** is wise.

**CHILDREN’S PARASITE CLEANSE (Ages 10+) If Under 10, do HALF DOSAGES**

Combine the following in a small medicine cup: It really doesn't taste bad... If the child has trouble with it, mix with applesauce or juice. Whatever works.

- **Dr. Christopher's herbal parasite syrup** - 1 teaspoon
- **Food Grade Diatomaceous Earth** - 1/2 teaspoon
- **LA Naturals herbal tincture called "parasite"** - 1 FULL dropper

Mix these ingredients and take in morning with breakfast and at night with dinner. Take morning and night for 5 days, then take a two day break. Repeat. Do this 4 cycles, or approx. 1 month.

**MAINTENANCE:**
Do the above recommendation ONE DAY WEEKLY, pick any day, be consistent. Please add to the above

- **Cedar Bear Naturales CLOVE tincture** - 1 full dropper

So to be clear, add herbal parasite syrup, diatomaceous earth, LA naturals parasite and cedar bear clove tincture. Take one dose in morning and one dose in evening once weekly.

Constipation should NEVER happen during a parasite cleanse (or ever for that matter). If constipated, strongly consider an herbal product or diet change to stimulate bowel function.

**OPTIONAL:**

An old-school remedy used by families for thousands of years to protect against infections, parasites and to help with constipation.

Around the full moon cycle try the following:

- **CASTOR OIL (organic only)** - 1 tablespoon for children under 10. 1-3 ounces for adults depending on size of person. 3 ounces for a large man. 1 ounce for a petite woman.

You can also add parasite herbs to this for a stronger effect.

Upon rising drink the castor oil by itself or in water. Do this the day BEFORE the full moon, the day OF the full moon and the day AFTER the full moon...

That's all...
POTENTIAL SYMPTOMS FOR PARASITES:
- lethargy, feeling tired all the time (chronic fatigue)
- depression, forgetfulness, lack of focus, foggy thinking
- strong cravings for greasy foods and sugary foods, lots of carbs and bread, fruit, fruit juices, or alcohol
- eating more than normal but still feeling hungry
- digestive problems such as gas, bloating, constipation, or diarrhea that come and go but never really clear up
  - irritable bowel syndrome (IBS)
  - burning sensation in the stomach
- anemia or iron deficiency; worms can create enough blood loss to cause anemia or iron deficiency
  - difficulty in losing or gaining weight no matter how you try
- joint pain, muscle pain, and arthritis-like symptoms – pain in the back, shoulders, and thighs
- skin ailments such as hives, rashes, weeping eczema, itchy dermatitis, acne, ulcers, sores, lesions, inflammation or swelling
  - allergic-like reactions with no apparent cause
  - itchiness in ears, nose, and anus
- excessive number of bacterial or viral infections
  - Candida yeast infection keeps coming back
    - bleeding gums
    - headaches
  - restlessness or anxiety, Nervousness, waste products from parasites irritate the nervous system, resulting in anxiety and restlessness
    - fast heartbeat, heart pain
- insomnia, multiple awakenings during the night (particularly between 2 and 3 am)
- teeth grinding and drooling during sleep, restlessness, dark circles under the eyes
  - transmandibular jaw syndrome (TMJ)
- low immune system; Parasites depress the immune system
  - constant coughs and colds
- food allergies, food sensitivities, environmental intolerance or over-sensitivity (to smoke, chemicals, perfumes, etc.)
  - loss of appetite
- sexual dysfunction in men – menstrual cycle problems in women