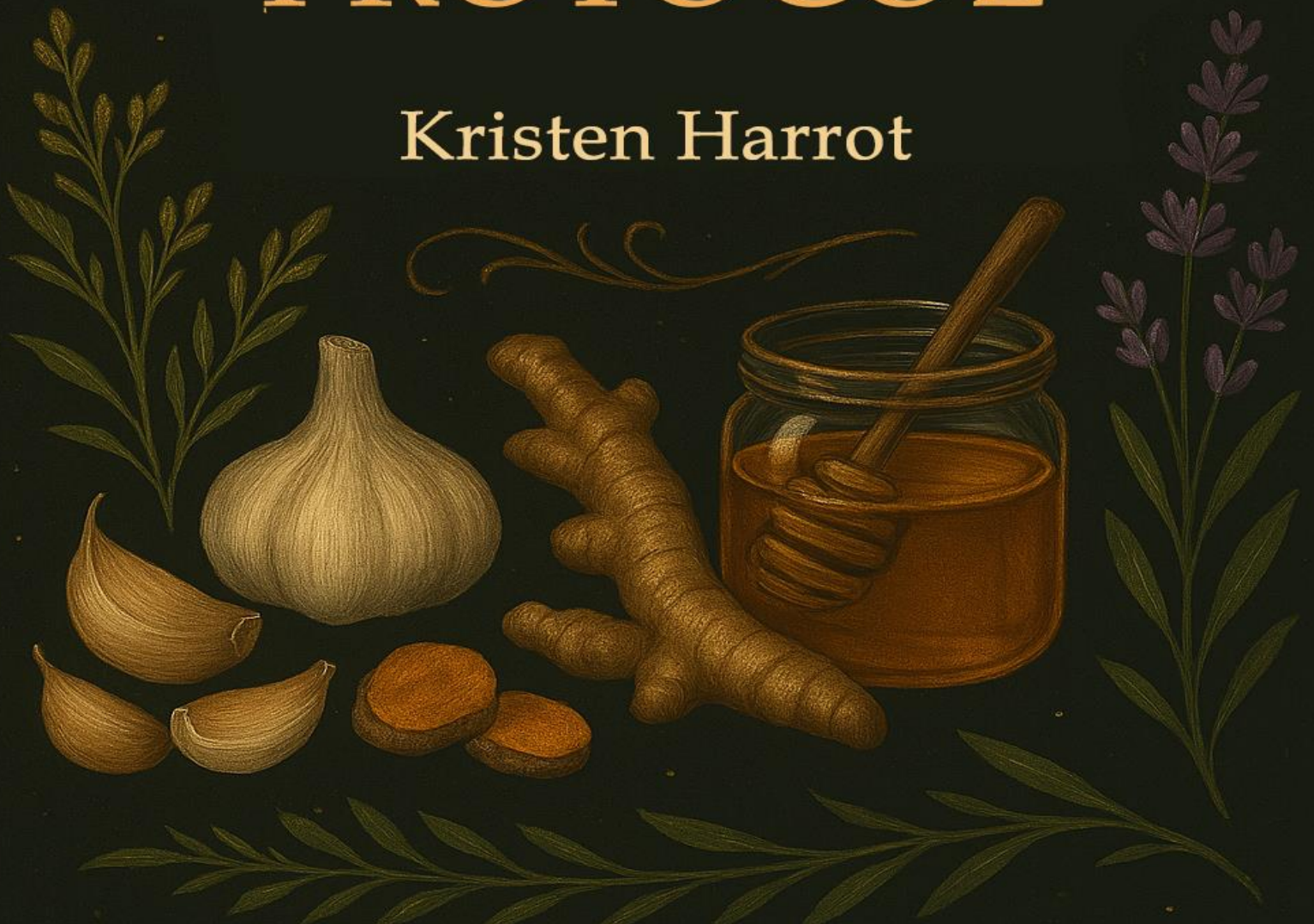




THE ANTIPARASITIC PROTOCOL

Kristen Harrot



The Antiparasitic Protocol

A Comprehensive Guide to Eliminating Parasites Naturally

Kristen Harrot

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The Antiparasitic Protocol

Introduction

A parasite cleanse is an ambitious journey, full of unexpected changes and death; death of parasites, that is. Ironically, a parasite cleanse is usually done to avoid unexpected changes and death; in you, that is.



Studies show that nearly 25% of the world's population is currently infected with soil-transmitted intestinal parasitic worms that cause serious health issues, as well as nearly 200,000 deaths caused by parasites annually. The third leading cause of death by parasites is an intestinal disease called amoebiasis. Some of the health issues caused by parasites like the 'kissing bug' can lead to permanent life-threatening diseases such as Chagas disease. Unfortunately, you and I are most likely included in the 3.5 billion people in the world that are living with parasites.

As you can tell, the benefits to making parasite cleansing a part of your lifestyle is vital to your health and well-being. Parasite cleanses don't have to involve harsh chemicals or costly trips to the doctor, you can use specific medicinal herbs that will kill parasites and help your body detox.

Herbs like Black Walnut, Wormwood, and Cloves are all used effectively in common antiparasitic protocols for their anthelmintic and antiparasitic properties. Performing a parasite cleanse with medicinal herbs requires following a strict protocol or set of rules in order for the procedure to work safely and effectively. It also involves a change in lifestyle habits, specifically changes in the types of food eaten.

Parasites are everywhere, but they are removable and avoidable. Learning how to remove parasites safely using herbs easily grown or purchased, is essential but can be daunting.

Learning how to avoid parasites all together might seem near impossible when you find out how prevalent they are. Luckily there is a wealth of information to help the journey of becoming parasite-free simpler, and it starts on the next page.

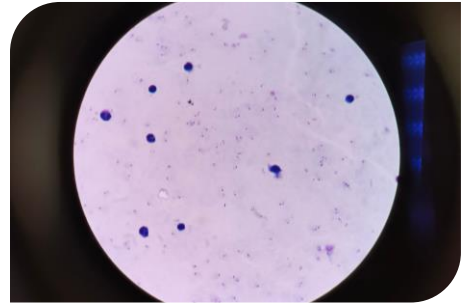


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Understanding Parasitic Infections

What are Parasites?

A parasite is a living species that lives either on the outside or on the inside of another living being. Parasites can either be microscopic organisms, bugs, or more surprisingly, animals. It's estimated that approximately 40% of animal species are parasites.



The living being that the parasite decides to live with is called a 'host'. While the host is living with a parasite, the host unknowingly provides nutrition and protection throughout the parasite's life, sometimes at the expense of their own body.

The parasite uses the host as food, eating the host's tissue for nutrients and using the host's body for protection. This parasite's action causes damage to the host, creating infections leading to disease.

Parasites don't intentionally kill their host, as this would mean potentially killing themselves, rather the host is likely to be harmed by the pathogens that are spread by the parasites and other causes discussed in the next chapter.

Not all parasites are harmful. Of the parasites that can cause disease, there are three main classes known as ectoparasites, helminths, and protozoa.

Ectoparasites are bugs that live on the surface of other living beings, burrowing into the skin for days on end, you might know them as fleas, lice, mites, and ticks. Helminths are worms, both visible and microscopic, that live inside of other living beings eating and laying eggs.

Protozoa are microscopic organisms living inside other species swimming, consuming, and multiplying.



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Common Types of Parasitic Infections

People and animals around the world suffer from parasitic infections. Some parasites infect 100% of populations in underdeveloped countries, and 25% of populations in developing countries. Any part of the body can host parasites. The longer the parasite is consuming its host, the chances of the host being infected increase.

These infections lead to diseases and diseases caused by parasites are generally labelled as parasitosis. The symptoms of parasitosis differ depending on the type of parasite that has been living with the host and where inside the body it's living.

Blood - When microscopic parasites enter the bloodstream it can cause infections and disease in your blood. What's known as tick fever is a common infectious disease caused by the microscopic parasite named babesia and spread through the bite of the blacklegged tick.

Malaria is caused by the parasite called plasmodium, which is spread by mosquitoes. Chagas disease, commonly known as American trypanosomiasis, is caused by a parasite named Trypanosoma cruzi and is spread by the bite of an infected "kissing bug".

Intestinal Tract - The most common parasite to cause infectious disease in the intestinal tract are worms. Trichinosis and Ascariasis are caused by roundworms, while hookworm disease is caused by hookworms.

Giardiasis is an infectious disease caused by the microscopic parasite giardia lamblia found in contaminated food and water.

Liver and Spleen - Common diseases in the liver and spleen are typically caused by worms. Liver and bile duct disease is caused by liver flukes, a group of parasitic flatworms found in contaminated water and seafood.

Schistosomiasis is caused by the parasitic flatworm called schistosoma, also known as blood flukes which are spread by freshwater contaminated with its larvae.

Lymphatic System - All parts of the lymphatic system can be infected by parasites causing a common disease known as lymphatic filariasis. Lymphatic filariasis is caused by various parasitic worms that are spread by the bites of infected mosquitoes.



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Neurological System - Parasites in the neurological system can cause a common disease known as neurocysticercosis (NCC). NCC is caused by the larvae of the “pork” tapeworm found in contaminated food and water.

Toxoplasmosis is another common neurological disease caused by the microscopic parasite named *Toxoplasma gondii* found in contaminated soil and spread by undercooked meat and handling unwashed vegetables.

Skin - Parasitic skin infections and diseases are typically caused by bugs like ticks, lice, or fleas. Lice is a parasite that can cause common bacterial infections such as trench fever and are spread through contact.

Scabies is a common skin infection caused by the mite named *Sarcoptes scabiei* and is spread through contact. A disease commonly known as creeping eruption is caused by larvae of parasitic hookworms and is spread through contact with contaminated soil.

Tungiasis is caused by the parasite named *Tunga penetrans*, also known as sand fleas or chigoe, and is spread by walking barefoot in contaminated soil or contact with infected animals.

How Parasites Spread and Infect Hosts

Each class of parasite has its specific way of finding a host, this is what makes them the type of parasite they are classified as. While parasites don't intentionally harm their host, the host may be harmed by the pathogens parasites carry.

Humans, animals, and plants can all be hosts to parasites, however, children and those with immune disorders are at a higher risk of being infected.

Infection by Ectoparasites

Infections by ectoparasites, or bugs, start with the parasite attaching to the host's body.

The most common infection by ectoparasites is called tungiasis, which is caused by the parasite *Tunga penetrans*, also known as sand fleas.



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Contaminated soil contains *Tunga penetrans* eggs that hatch into larvae and turn into pupae. When adults hatch from the pupae cocoons the adults roam through the sand in search of a warm-blooded host for them to survive in.

Male and female *Tunga penetrans* will feed and mate on their host together. When the female is ready to lay eggs, it will burrow into the host's skin and attach itself with claws, leaving its posterior end protruding from the host. The female will consume its host for two weeks while in this position.

When the tissues of the human body become damaged by the parasite's consumption, the open wounds can become infected by the potential pathogens that are on the parasite. Within two weeks, the female has shed approximately 100 eggs, the female will then die and eventually slough off, and the cycle continues.

Infection by Helminths

Infections by helminths, or worms, commonly begin with contaminated water.

The most common infection caused by helminths is schistosomiasis, which is caused by the parasite called *Schistosoma*. When schistosome eggs hatch in water, the *Schistosoma* enter the freshwater in their intermediate growth stage and seek out its temporary host; snails.

While living inside the snail, the microscopic parasites multiply and mature. The parasites then leave the snail through the birth pore, making their way back into the water to find their human host.

When the human host is found, the microscopic worms migrate through the human tissue and enter the bloodstream. The bloodstream is where the microscopic parasites mature into their visible adult worm stage to mate and release fertilized eggs.

These eggs travel through the bloodstream, penetrating various body parts including the bladder and intestine. This cycle continues when the urine and feces from the host come in contact with the freshwater habitats of snails.

Infection by Protozoa

Infections by protozoa, or microscopic organisms, commonly begin with a bug bite.



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Plasmodium is the parasite that is responsible for Malaria, the most common disease caused by protozoa.

Plasmodium enters the body when an infected mosquito bites. When the proboscis of an infected mosquito enters the skin and removes blood, it simultaneously injects the Plasmodium living inside it.

The plasmodium then swims to the liver, enters the liver cells, and resides in the liver cell, consuming and multiplying until the cell can no longer hold the amount of plasmodium and bursts. When the liver cells burst, the plasmodium enters the bloodstream, eventually causing Malaria.

A mosquito that bites a body with the plasmodium parasite has a similar cycle happen inside of it, which is where this cycle continues.



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Symptoms of Parasitic Infections

Some parasites are asymptomatic, while others are symptomatic.

Asymptomatic parasites remain unnoticeable while living with the host, because of this they are easily transferred from one host to another.

A host carrying symptomatic parasites will notice bodily reactions and changes in their regular behaviors. Oftentimes, the root cause of common ailments is parasites, but this is frequently overlooked, and the ailment is treated without treating the root cause.

Symptoms of parasites can range from minor to severe and can affect all parts of the body. If symptoms of parasites are suspected, the parasites need to be treated.

Gastrointestinal Symptoms

Gastrointestinal symptoms are typically caused by intestinal parasites. Intestinal parasites can be protozoa or helminths, more commonly the parasites found in the intestines are helminths, or worms.

These parasites can enter the body in contaminated water or food. These parasites can also infect animals in our food chain. Infected, undercooked meat is a main culprit, the parasites can be transferred to the human host after consuming.

Poor hygiene and cleaning practices without proper sanitation easily cause the spread of parasites, due to handling infected food and using contaminated water. The chances of coming into contact with parasites under these circumstances increase when traveling.

Children are also highly susceptible to intestinal parasites due to frequent hand-to-mouth behaviours.

The symptoms of parasites in human gastrointestinal systems vary depending on the type of parasite and pathogen that come in contact with the body.

Minor symptoms usually become noticeable before severe symptoms appear. Common minor symptoms include malaise, fatigue, abdominal pain, flatulence, bloating, and nausea.



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More concerning symptoms include loss of appetite, weight loss, constipation, diarrhea, and vomiting. In severe cases, parasites can also be noticeable in stool and cause serious complications like inflammation in the bile ducts, intestinal obstruction, and anemia.

Skin and Hair Symptoms

Human hosts of parasites can experience symptoms through the skin and hair. These symptoms are caused by parasites that infect the skins and can be either protozoa, helminths, or ectoparasites.

Ectoparasites are parasitic bugs that reside on the surface of an animal or human and feed on skin cells, oils, or blood, that includes lice, mites, ticks, and fleas. These parasites are spread through direct contact with an infected person or animal or walking through their natural outdoor environment such as tall grasses.

Oftentimes, children are infected with head lice, and it is spread in schools and day care, or by kids sharing hats, helmets, hair ties, etc.

As well, pets such as cats and dogs are known to catch parasites like ticks and fleas, which are then easily spread from animal to animal. Bed bugs are a parasite frequently encountered by those living in unsanitary apartments, motels, or multi living buildings. Buying used furniture or traveling from an infected room to another are common ways these types of parasites are spread.

Common symptoms that appear on the skin include itching, redness, nodules, inflammation, sores, rashes, dry or crusting skin, and open wounds. Lice and their eggs can be found in areas of body hair and can leave bumps and rashes, and cause inflammation and severe itching.

Scabies mites burrow into the skin, leaving red irritated and itchy bumps. Symptoms of bed bugs are similar to head lice; however, severe cases include difficulty breathing, swollen tongue, and irregular heartbeat.

They also show signs in houses, causing dark rust-colored stains on beds and furniture, along with a sweet musty odor.

Ringworm is a helminth that causes round red and dry scabs on the skin.

The longer the parasites feed, fatigue and malabsorption of nutrients can lead to skin and hair changes such as sore muscles and stinging skin, or hair thinning.



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Systemic and Chronic Symptoms

Systemic and chronic symptoms become noticeable when the host has been living with parasites for an extremely long period of time and left untreated.

Any type of parasite infestation, including protozoa, helminths, and ectoparasites, can cause chronic diseases as well as further complicate any health issue. Parasites are caused by either ingesting contaminated food or water, touching contaminated surfaces, or direct contact with an infected being. Parasitic infections are easily misdiagnosed due to the vast number of symptoms that coincide with other common health ailments.

It's important to consider parasites as a cause when you experience any symptoms that may resemble parasites and treat it safely and accordingly.

At the time minor symptoms of parasites start to appear, the parasites have been residing with the host long enough for their consumption to cause damage, or the infestation is severe. Any sign of parasites is to be taken seriously, especially if you have a weakened immune system or frequently travel internationally.

Systemic symptoms of a parasite infection include fatigue, fever, and headaches with severe symptoms including seizures and coma. An altered mental status and behavioral changes are common in hosts of parasites. Chronic symptoms of parasites include cognitive impairment, neurological disorders, epilepsy, developmental disorders, schizophrenia, Alzheimer's, organ damage, and cancer.



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Antiparasitic Herbs

Leaving parasites untreated can lead to complications that might not be reversible. Some of the pharmaceutical medications prescribed are successful in treating parasites but the side-effects of the chemical drugs cause more problems than benefits.

With the demand and outreach for natural medicine, knowledge has expanded, and studies have been revealed to show that some plants are more effective at combating parasites and healing the damage than pharmaceuticals.

Considering natural medicine is always encouraged, though it's advisable not to use any of these herbs while you are pregnant or breastfeeding and if you are taking any medications as these herbs could counteract and cause further health issues. Seek further medical advice whenever you are in question.

Black Walnut (*Juglans nigra*)

Black walnut is the green fruit of a tall deciduous tree found in central and eastern North America. At the center of the black walnut fruit is the nut commonly found in grocery stores.



The hull of black walnut is the outer layer containing the green outer skin and the fibrous pulp that's yellow or brownish in color. The medicinal properties that make black walnut antiparasitic are found in the hull.

The hull is used while it's fresh and green, the darker it gets the more toxic it becomes. The anthelmintic properties of black walnut result from the medicinal compounds found in the hull and can be used to eliminate gastrointestinal parasites.

Juglone in particular is highly useful for killing certain parasites, it also works as a laxative to remove the parasites from the host. The tannins in black walnut also help by reducing the sugar content in your intestines, cutting the parasite's food supply. As well, the phenolic compounds in the hull of black walnut encourage the body's healing processes, which can help tissues recover from damage and stress.



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Black walnut has been used for intestinal parasite cleanses for thousands of years and was handed down from traditional indigenous healing practices. Today black walnut is typically used as a tincture in many intestinal parasite cleanses. Black walnut is toxic and should always be used cautiously and properly. Do not use it in conjunction with other tannic herbs or medicines as this could cause complications.

Black Walnut Honey

Ingredients:

- ¼ cup of powdered Black Walnut Hulls
- 1 cup of raw Manuka Honey

Instructions:

- Sprinkle the black walnut powder over the honey while stirring until completely mixed together
- Take 1 tablespoon daily on an empty stomach as part of a parasite cleanse protocol

Black Walnut Tincture

Ingredients:

- 1 cup of chopped Green Black Walnut Hulls
- 500ml of 100 proof vodka alcohol

Instructions:

- Add the black walnut hulls and vodka alcohol to a 500 ml glass canning jar and put the lid on
- Shake and store in a cool dark area for 4-6 weeks, shaking once every day for the first 2 weeks, and then once a week for the next 2-4 weeks
- Strain the liquid into a 250ml-500ml amber glass jar for final use
- Use in a parasite cleanse protocol



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Black Walnut Foot Soak

Ingredients:

- 1 tablespoon of dried Black Walnut Hulls
- ¼ cup of Epsom Salt
- 4 cups of Water

Instructions:

- Boil the black walnut in water for 15 minutes
- Strain the water from the hulls into a basin with epsom salt
- Add warm water to the basin, enough to cover your feet
- Soak your feet for maximum 20 minutes a day for one week. Do not exceed this time.

Wormwood (*Artemisia absinthium*)

A perennial shrub that grows in North Africa, Eurasia, Canada, United States and is used to make absinth, wormwood is an antiparasitic herb.

The yellow-green leaves and small drooping flower buds that grow from white stalks are dried and used in tea or capsules. The entire aerial plant is used to make a tincture or essential oil, which can then be used to make a topical ointment.



Tests with wormwood have shown success as a repellent against ectoparasites, as well as killing the larvae and adult stages of trichinellosis.

Wormwood contains the chemical compound thujone and lactones such as absinthin and anabsinthin, which give it these anthelmintic and antiparasitic properties.

Wormwood also shows signs of miraculous neuroprotection properties by its use in the treatment of Crohn's disease, this can help in the recovery process of a parasite cleanse.



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For thousands of years wormwood has been used for parasite cleanses. Wormwood has been proven to kill tapeworm, roundworm, and pinworm parasites.

Wormwood should be avoided by those with epilepsy or those who experience seizures, the volatile compound thujone may trigger an episode. Do not use wormwood if you have kidney problems, to a degree wormwood is toxic to the kidney and may cause complications.

Wormwood Tea

Ingredients:

- 1 teaspoon of dried wormwood
- 250ml of Water

Instructions:

- Boil water in a small pot and remove from heat
- Add wormwood to the boiled
- water in the pot and steep for 5-15 minutes to taste
- Strain the water into a mug and drink ½ a cup twice a day

Wormwood Tincture

Ingredients:

- 100 grams of wormwood
- 500ml of 100 proof Vodka Alcohol

Instructions:

- Add the fresh chopped wormwood and vodka alcohol to a 500 ml glass canning jar and put the lid on
- Shake and store in a cool dark area for 6-8 weeks, shaking once a day for the first 2 weeks, and then once a week for the next 4-6 weeks
- Strain the liquid into a 250ml-500ml amber glass jar for final use
- Take as many drops as your age, up to 40, added to water 3-4 times a day



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Wormwood Bitter Tonic

Ingredients:

- 1 tablespoon of dried Wormwood
- 1 teaspoon of dried Orange Peel
- 250ml of Apple Cider Vinegar

Instructions:

- Add the wormwood and orange peel to a 250ml
- canning jar and fill with apple cider vinegar
- Let sit for 3 weeks, shaking once daily
- Add 10-15 drops to water and drink twice a day before meals for 10 days as part of a parasite cleanse

Wormwood Face Steam

Ingredients:

- 1 tablespoon of dried Wormwood
- 500ml of Water

Instructions:

- Bring water to a boil and add to a bowl with the dried wormwood
- Lean over the bowl with a towel over your head and inhale the steam for 5 to 10 minutes
- Use once daily cleanse protocol



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Cloves (*Eugenia aromaticum*)

As the dried flower buds that come from the clove tree, cloves are highly medicinal, and they work as an antiparasitic in parasitic cleanses.

Cloves can be used whole or ground into a powder to be used in various medicinal applications including teas, oils, extracts, capsules, and ointments.



Clove buds are highly medicinal and antiparasitic. Effective in the treatment against parasitic intestinal protozoa diseases, cloves have an astounding success rate at killing larvae and adult stages of many different parasites including *Trichinella spiralis*, *Ascaridia galli*, and *Giardia lamblia*.

Eugenol is one of the main medicinal compounds found in cloves that destroys these parasites. Metabolites including alkaloids, tannins, terpenoids, flavonoids, saponins, and steroids all help in the attacking and destroying of parasites.

Cloves have been used in parasite cleanses for thousands of years. To use clove in a parasite cleanse, the most common method is to make a tea or an oil. Due to the potency of the chemical compounds, clove oil should be avoided by children to prevent unwanted side effects such as seizures and liver damage.

Clove Tea

Ingredients:

- 1 teaspoon of Clove Buds
- 250ml of Water

Instructions:

- Add the cloves and water to a pot, bring to a boil and boil for 2-3 minutes
- Strain the boiled clove water into a mug and drink as part of a parasite cleanse



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Those with bleeding disorders should also avoid using clove oil, clove oil can increase blood pressure, therefore increasing the risk of complications.

Clove Oil

Ingredients:

- ½ teaspoon of dried Clove Buds
- 120ml of Olive Oil

Instructions:

- Add the ingredients to a mortar and pestle and lightly crush the clove buds
- Transfer the oil and cloves into a 250ml canning jar
- Using the double-boiling method, heat the clove oil in the jar for 4-6 hours
- Once cool, strain the oil into its final container for use in a parasite protocol

Clove Chews

Ingredients:

- ¼ teaspoon of dried Whole Cloves

Instructions:

- Chew 2-3 cloves slowly and swallow
- Do this twice a day for one week as part of a parasite cleanse protocol

Clove and Garlic Tea

Ingredients:

- ⅛ teaspoon of dried Whole Cloves
- 1 fresh Garlic Clove
- 250ml of Water

Instructions:

- Crush the garlic clove and boil the ingredients for 10 minutes



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Garlic (*Allium sativum*)

The bulb from a flowering grass-like plant, garlic is commonly used for culinary and medicinal purposes, while presenting antiparasitic characteristics. Garlic is commonly used in ingested medicinal applications.

If garlic is being used in a medicinal application that will be ingested, such as tea, oil, or capsule, it needs to be sliced and dried.



Garlic Oregano Salve

Ingredients:

- 2 large Garlic Cloves
- 1 tablespoon of fresh, chopped Oregano
- 2 tablespoons of melted Coconut Oil

Instructions:

- Blend the garlic cloves and oregano together to make a paste
- Mix the garlic and oregano paste into the melted coconut oil thoroughly
- Set aside to solidify
- When solid, apply a thin layer to the affected skin, leave on for 20 minutes and rinse off
- Use daily for one week

Garlic has successfully fought and won against many parasites including malaria, giardiasis, and schistosomiasis. Allicin, ajoene, and diallyl sulfides are bioactive compounds found in garlic that all play a role in the antiparasitic properties.

Garlic Tea

Ingredients:

- $\frac{1}{8}$ teaspoon of dried Whole Cloves
- 1 large Garlic Clove, sliced
- 250ml of Water

Instructions:

- Bring the water to a boil, add the sliced garlic clove, turn off the heat and steep for 1-2 minutes
- Strain the water into a mug and drink as part of a parasite cleanse



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Allicin holds the main role, which is to interfere with the parasite's metabolism, disrupting the vital processes of parasites and killing them.

To help, garlic has proven to act as a neurotoxin towards parasites causing rapid paralysis and death.

Garlic Milk Tonic

Ingredients:

- 2 large Garlic Cloves
- 1 tablespoon of fresh, chopped Oregano
- 2 tablespoons of melted Coconut Oil

Instructions:

- Blend the garlic cloves and oregano together to make a paste
- Mix the garlic and oregano paste into the melted coconut oil thoroughly
- Set aside to solidify
- When solid, apply a thin layer to the affected skin, leave on for 20 minutes and rinse off



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Pumpkin Seeds (*Cucurbita pepo*)

The seeds from within the winter squash pumpkin can be used to help eliminate parasites and recover during the healing process.



Pumpkin Seed Oil

Ingredients:

- 2 cups of dried Pumpkin Seeds

Instructions:

- Break apart the seeds using a mortar and pestle or a blender
- Wrap the crushed seeds in cheesecloth, tie tightly, and squeeze extremely hard to release the oils into a container, you can also use a press machine for this
- Transfer the oil into an amber glass jar for final use and use as part of a parasite cleanse protocol
- Pulverize the pumpkin seeds until powdered without clumps
- Store the powder in an airtight container and use in recipes as part of a parasite cleanse protocol

Pumpkin seeds have been used in conjunction with other antiparasitic herbs to eliminate parasites and pathogens within a host.

While significantly decreasing the number of larvae, pupae, and adult parasites, it reduces inflammation in the intestines.

The many anthelmintic and healing properties of pumpkin seeds are related to the secondary metabolites of the amino and fatty acids linoleic, oleic, stearic, and palmitic.

The seeds of pumpkin have proven to kill gastrointestinal nematodes, otherwise known as GIN, parasites that live in the intestines.

A 100g pumpkin seed cake taken twice a day for seven days has shown to significantly decrease the reproduction rate more than 50% in parasite species, such as *Helignosomoides bakeri* found in animals.

Do not use pumpkin seeds if you have low blood pressure or if you have Crohn's disease as it can contribute.



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Roasted Pumpkin Seeds

Ingredients:

- ½ cup of Raw Pumpkin Seeds
- ½ a teaspoon of Salt

Instructions:

- Preheat the oven at 350 degrees F
- Toss the pumpkin seeds and salt together and spread on a tray with parchment paper
- Bake for 15-20 minutes until golden
- Eat ¼ cup daily for 2 weeks as part of a parasite cleanse protocol

Pumpkin Seed Powder

Ingredients:

- 2 cups of fresh Pumpkin Seeds

Instructions:

- Roast the pumpkin seeds at 250 degrees F for 30 minutes, or until the seeds are completely dry and darken in color
- Remove from heat and let the seeds cool

Pumpkin Seed Milk

Ingredients:

- ½ cup of Raw Pumpkin Seeds
- 500ml of Water
- 1 teaspoon of Raw Manuka Honey

Instructions:

- Blend the pumpkin seeds and thyme with just enough to water to form a paste
- Apply the paste to the affected skin and leave on for 20 minutes then rinse
- Use daily for one week protocol

Pumpkin Seed & Thyme Poultice

Ingredients:

- 2 tablespoons of Raw Pumpkin Seeds
- 1 teaspoon of dried Thyme
- 1 teaspoon of Water

Instructions:

- Blend the pumpkin seeds and thyme with just enough to water to form a paste
- Apply the paste to the affected skin and leave on for 20 minutes then rinse
- Use daily for one week protocol



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Thyme (*Thymus vulgaris*)

Thyme is a culinary herb from the mint family and grows as ground cover in Europe, North Africa, and North America. The entire arial plant is used medicinally for many purposes, including parasite cleansing by using the dried herb in teas and capsules, or fresh in oils and extracts.



Thymol is the main active medicinal compound found within thyme, and it works at killing parasites found in various parts of the body. In the intestines, a parasite known as *Cryptosporidium parvum* that causes malabsorption and severe diarrhea, has proven to be defeated by thymol.

Thyme Tincture

Ingredients:

- 2 cups of fresh Thyme
- 500ml of 100 proof Vodka Alcohol

Instructions:

- Add the fresh thyme and vodka alcohol to a 500 ml glass canning jar and put the lid on
- Shake and store in a cool dark area for 2-4 weeks, shaking once everyday for the first 2 weeks, and then once a week for the next 2 weeks
- Strain the liquid into a 250ml-500ml glass jar for final use
- Use in a parasite cleanse protocol

Thyme Oil

Ingredients:

- 2 cups of fresh or dried Thyme
- 500ml of Olive Oil

Instructions:

- Pack fill a 500ml canning jar with the thyme
- Pour the olive oil into the canning jar over the thyme, covering the plant completely filling to 1 inch from the top
- Store in a cool dark place for 48 hours
- Use in a parasite cleanse protocol



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Thyme Espom Bath

Ingredients:

- ¼ cup of dried Thyme
- 1 cup of Epsom Salt
- 4 cups of Water

Instructions:

- Boil the water, remove from heat, add the thyme and let steep for 20 minutes
- Add to hot bath water with epsom salt
- Soak in the bath water for 20-30 minutes
- Do this daily for one week

Thyme Honey Syrup

Ingredients:

- 2 tablespoons of dried Thyme
- ½ cup of Raw Manuka Honey
- 250ml of Water

Instructions:

- Bring water to a boil and lower heat to simmer
- Add the thyme to the simmering water and simmer for 15 minutes
- Strain the water into a container and whisk in the honey until dissolved and mixed thoroughly

Thyme Face Steam

Ingredients:

- 1 tablespoon of dried Thyme
- 500ml of Water

Instructions:

- Bring water to a boil and add to a bowl with the dried thyme
- Lean over the bowl with a towel over your head and inhale the steam for 5 to 10 minutes
- Use once daily



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Oregano (*Origanum vulgare*)

Found growing in many areas of the world and native to the Mediterranean region, oregano is a woody flowering herb from the mint family and is used for eliminating parasites.

Many tests have proven that oregano has anthelmintic and antiparasitic properties and can completely remove various parasites from the body.

Carvacrol, thymol, and cymene are all medicinal properties that make oregano so successful in the destruction of parasites.

The medicinal Carvacrol has been found to be the main active ingredient when it comes to killing parasites.



Oregano Oil

Ingredients:

- 2 cups of fresh Oregano
- 500ml of Olive Oil

Instructions:

- Pack fill a 500ml canning jar with the fresh oregano
- Pour the olive oil into the canning jar over the oregano, covering the plant completely filling to 1 inch from the top
- Store in a cool dark place for 48 hours
- Use in a parasite cleanse protocol

Oregano Extract

Ingredients:

- 2 cups of fresh Oregano
- 500ml of 100 proof Vodka Alcohol

Instructions:

- Add the fresh oregano and vodka alcohol to a 500 ml glass canning jar and put the lid on
- Shake and store in a cool dark area for 2-4 weeks, shaking once everyday for the first 2 weeks, and then once a week for the next 2 weeks
- Strain the liquid into a 250ml-500ml glass jar for final use
- Use in a parasite cleanse protocol



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Carvacrol breaks down the biofilm that coats and protects the parasites, while the thymol actively destroys the parasite's cell membranes. Protozoa including *Cryptosporidium parvum* and *Giardia lamblia*, and helminths such as roundworms and tapeworms are all weak to the powers of oregano.

The studies have proven it as successful at killing 100% of parasites residing in a host. Oregano oil and extract have been used and proven successful in parasite cleansing.

Oregano Chest Rub

Ingredients:

- 1 tablespoon of fresh Oregano
- 2 tablespoons of melted Coconut Oil

Instructions:

- Crush the oregano and add to the melted coconut oil in a small container
- Stir thoroughly and set aside to solidify
- Rub on your chest and leave for 20 minutes for cough relief and wipe off
- Use when necessary

Oregano Iced Tea

Ingredients:

- 4 tablespoons of fresh Oregano
- 4 cups of Water
- 1 teaspoon of Lemon Juice (optional)
- 1 teaspoon of Raw Manuka Honey (optional)

Instructions:

- Boil water and remove from heat
- Add water and oregano to a glass juice jug and put in the fridge
- Add a touch of lemon juice and honey to taste, if desired
- Drink 2 cups a day for one week



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Herbal Protocols

A safe and promising way to eliminate parasites naturally is by following an herbal protocol. An herbal protocol is a set of rules or procedures for using medicinal plants and herbs to remedy a certain health condition.

Each protocol explains the type of medicinal herb used in the procedure and includes a set of rules explaining how much of the plant to use, how often and when to use the plant, as well as how long you need to use the plant for. Also in the protocol are instructions on how to perform the type of cleanse.

These herbal protocols are for the purpose of parasite cleansing. A parasite cleanse should be initiated when the signs and symptoms become apparent, or a positive diagnosis has been determined. It's believed that regardless of symptoms, a parasite cleanse should be done every year, or once every 6 months depending on your health condition.

To eliminate parasites, a cleanse consists of three areas of focus, medicinal herbs, dietary adjustments, and a detox process, which are explained in the protocol.

There are two prerequisites to initiating an herbal protocol for eliminating parasites. Before starting a protocol, you must forgo a diet change and maintain a certain level of exercise.

Don't let that scare you, these are factors that every human should partake in to have a quality of life that is enjoyable, not just for themselves but for everyone, and to encourage healthy generations to come. These changes are discussed in the following chapters and will increase the certainty of these protocols.

Here we will discuss the type of parasite cleanses that have been used for hundreds to thousands of years and the procedures you must follow in order for them to work safely and successfully.

Full Moon Parasite Protocol

A phenomenon that might be noticeable to most, is the fact that mosquitoes emerge with the moon at night. What's interesting is, even more emerge when the moon is full and



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bright, lighting up the entire night sky. The curiosity of humans has revealed a fascinating biological reason for this.

During the full moon, our bodies produce less melatonin, a natural compound our body produces to help keep our immune system strong and help us relax and sleep at night. Instead, our bodies produce more serotonin, which keeps us energized, alert, and feeling happy, with a little less protection for our immune system.

Mosquitoes love serotonin, and since the full moon creates more serotonin in our blood, every single mosquito is hard at work consuming serotonin.

Mosquitoes are a type of parasite, and they aren't the only parasite that loves serotonin. There are microscopic species of parasites that become just as active as the mosquito during the full moon phase.

These microscopic parasites live inside hosts and if you are a host to these parasites, an easy way to notice the increase in activity during the full moon is a strong craving for sugar at night.

The serotonin causes parasites to multiply and reproduce immensely over a span of 3-7 days following a full moon, this is what makes a Full Moon Parasite Cleanse so successful.

Initiating a parasite cleanse when their numbers are at an ultimate high means you will be killing and removing as many parasites as possible from your body.

The Full Moon Parasite Protocol is a parasitic cleanse routine that involves a precise routine of using supplements and medicinal herbs internally during the days of the full moon cycle while following diet restrictions and a detox process.

This protocol starts at the beginning of the moon cycle and ends when the moon cycle is complete after 28 days. Before beginning the protocol, you must make sure your body is detoxing properly to prevent furthering health complications by not having the parasites eliminated.

To do this, implement the diet change one month before the cleansing start date and make sure your body is removing waste at least once a day.

To cleanse parasites using the Full Moon Parasite Protocol, start at the beginning of a moon cycle, the first day of a new moon. Start by continuing to focus on the diet change by completely removing sugars and gluten, adding the optional day of fasting, and this



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diet will continue for the entire cleanse since it's also part of the detox process. One week before the full moon is the time to focus on the medicinal herbs, these should be taken orally every day leading up to the full moon, and for the following two weeks after the full moon.

At the end of each day during the cleanse, taking a 30-minute walk will help your body's natural detox processes. The most common medicinal herb for the Full Moon Parasite Cleanse is black walnut.

Use these recommendations during the Full Moon Parasite Cleanse:

Black Walnut Smoothie

Ingredients:

- 30-60 drops of black walnut tincture
- ¼ cup of frozen, diced Avocado
- ¼ cup of Spinach
- ½ cup of frozen Pineapple
- 120ml-250ml of cold Water

Instructions:

Put all of the ingredients into a blender and blend together until smooth.

Pour into a glass and drink quickly.

This recipe is used to replace one of the three daily required black walnut drinks.

Black Walnut Tincture (see page 11)

How to use:

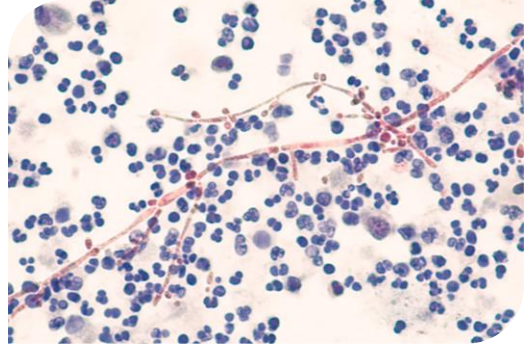
A black walnut drink will be made using the black walnut tincture and used as a medicinal herb for the Full Moon Cleanse Protocol. Mix 1-2 ml, or 30-60 drops, of black walnut tincture with 250ml of cold or warm water. Drinking this 3 times a day, starting and ending when the protocol states.



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Candida Cleanse Protocol

Though candida is not a parasite, the word parasite is used to describe candida, especially when candida overgrowth becomes a health concern.



Candida is a type of yeast that thrives in warm places inside of the human body like the intestines and mouth and is the cause of the most prominent fungal infection worldwide. When overgrowth occurs it leads to yeast infections which can cause serious health issues when left untreated.

What keeps candida alive is sugar. Without minimizing the amount of sugar ingested, candida will certainly grow uncontrollably.

Parasites also contribute to the overgrowth of candida. Parasites cause irresistible sugar cravings and by feeding those cravings, the candida is thriving and surviving along with the parasites. However, by initiating a candida cleanse, you are essentially killing parasites in the process along with the candida by cutting off their sugar supply.

The Candida Cleanse Protocol is a combination of diet change and herbal supplements to lessen candida overgrowth and prevent the possibilities of health issues caused by yeast infections.

This cleanse consists mainly of ingesting low-sugar, low-gluten foods and liquids, with the addition of antifungal and anti-inflammatory herbal medicines, over a certain period of time while monitoring the condition.

Typically, a candida cleanse lasts for a minimum of 30 days but should be continued as a regular regime.

To start the Candida Cleanse Protocol, you must eliminate sugar from your diet. The easiest way to remove sugar from your diet is to eat unprocessed foods and stick to only vegetables, fruits, and meats; eggs and fish are acceptable however they are susceptible to parasites.



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This diet continues throughout the entire process. Another focus of the Candida Cleanse Protocol are the medicinal herbs that are taken along with the diet change. Anti-inflammatory herbs help relieve the intestines of inflammation caused by the candida and antifungal herbs help eliminate the candida species.

Use the following remedies with the Candida Cleanse Protocol:

Anti-inflammatory Turmeric Oregano Tea

Ingredients:

- ½ teaspoon of dried Oregano
- 1 inch of dried Turmeric root
- 250ml of Water

Instructions:

Boil and simmer the turmeric root in water for 5 minutes. Add the dried oregano to a mug and pour in the turmeric water, let steep for 2-5 minutes and drink.

Anti-inflammatory Garlic Salve

Ingredients:

- ½ teaspoon of Garlic Oil
- 30 drops of Tea Tree Oil/Extract
- ½ cup of beeswax
- 1 teaspoon of coconut oil

Instructions:

Using a double-boiling method, melt the ingredients and stir together completely. When thoroughly mixed and still melted, transfer to a container for its final use.

Set aside and let cool.



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Liver and Gallbladder Flushes

The liver and gallbladder play a very important role in eliminating parasites from the body by managing the flow of bile and promoting the body's natural detoxification processes.

Bile often surrounds the parasite, capturing, confining, and eliminating them through the excretory system. Bile can also stimulate the movement of digested food through the intestines which helps clear out any parasites that have died off.

When parasites are in the liver or the gallbladder it can interfere with their natural processes. The pH of the intestines is normalized by the flow of bile, when the flow of bile is disrupted, it disrupts the pH levels in the intestines making more favorable living conditions for parasites. Cleansing the liver and gallbladder helps ensure bile is flowing optimally, keeping parasites from thriving.

Liver and Gallbladder Flushes are initiated at the end of a parasite cleanse, the Full Moon Parasite Cleanse for example, to ensure that there aren't any living parasites in the liver during the flush.

Having living parasites in the liver while flushing can cause discomfort and may be less effective. The flush also helps remove any left-over dead parasites remaining from the cleanse and takes a total of two days to complete.

During these 2 days there is very little eating, and you will have diarrhea.

The protocol for a liver and gallbladder flush is very specific, down to the time the steps are taken, and it must be followed in very strict regards or there is a chance you will fall ill. One day after a parasite cleanse completes, start by eating a light, non-fat breakfast.

At 2pm the same day, mix 4 tablespoons of epsom salts with 3 cups of water with a touch of lemon juice for taste and put in the fridge to drink later.

Do not eat or drink after 2pm. At 6pm drink $\frac{3}{4}$ cup of the epsom salt water.

At 8pm drink another $\frac{3}{4}$ cup of the epsom salt water. At 9:45pm shake together $\frac{1}{2}$ cup of olive oil and $\frac{3}{4}$ cup of grapefruit juice until watery and be sure to use the washroom before drinking this.



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At 10pm shake and drink the grapefruit olive oil mix you just made as quickly as possible and immediately after lie down in bed for the night.

After 6am drink another $\frac{3}{4}$ cup of epsom salt water. Two hours later, drink the final $\frac{3}{4}$ cup of epsom salt water. After two more hours you can begin eating again by starting with fruit juice, half an hour later eating some fruit, and then one hour after that back to regular eating.

The recipe for the epsom salt water and the grapefruit drink are below:

Epsom Salt Water

Ingredients:

- 4 tablespoons of Epsom Salt
- 3 cups of Water
- $\frac{1}{4}$ teaspoon of Lemon Juice

Instructions:

In a large 1 liter/quart glass jar, mix together the epsom salt, water, and lemon juice until the salt dissolves completely.

Set aside and follow the drinking instructions above.

Grapefruit Drink

Ingredients:

- $\frac{3}{4}$ cup of Grapefruit Juice
- $\frac{1}{2}$ cup of Olive Oil

Instructions:

In a 500ml+ container with a lid, shake together the grapefruit juice and the olive oil until the drink becomes watery.

Follow the drinking instructions above.



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Apple Cider Vinegar Cleanse

Low stomach acid levels create a hospitable environment for parasites. Apple cider vinegar increases the acidity level in the gut, making the environment in the stomach less hospitable for parasites.

Parasites find it difficult to thrive and reproduce in stomach acid, which is why higher levels of acid in the stomach disrupt the parasite and cut off its life cycle.



The pectin content in apple cider vinegar supports regular bowel movements which helps reduce the buildup of parasites and helps the detox process of parasite elimination. By using raw and unfiltered apple cider vinegar you are encouraging a healthy balance in the gut microbiome.

Cayenne pepper is also an amazing antiparasitic herb due to its main active ingredient capsaicin. Capsaicin works as an agitator to disrupt parasites from the walls of the intestinal lining, it then triggers secretion which captures the parasites, helping remove them from the body.

The increased blood flow from capsaicin helps boost the immune system and the body's natural defenses against parasites.

Apple Cider Vinegar Drink

Ingredients:

- 1 tablespoon of Raw, Unfiltered Apple Cider Vinegar
- 250ml of purified Water
- ¼ teaspoon of Cayenne Pepper

Instructions:

Mix the ingredients together thoroughly directly before consuming.

Drink according to the protocol.



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To cleanse your body of parasites using apple cider vinegar and cayenne pepper, drink the solution three times a day; one when you wake up, one at lunch time, and one at dinner time. This continues for a 1-week cleanse, a 1-month cleanse, or a 3-month cleanse.

3-Month Capsule Cleanse

A 3-month protocol for a parasite cleanse is a common length of time for serious infections or infections that have never been treated before.

This involves a thorough and systematic approach that, like all protocols, must be followed strictly and precisely to the time.

Typically, each week of the cleanse follows a different protocol to effectively kill the parasites in the stages they go through during the 3-month cycle.

To cleanse yourself with a 3-month capsule cleanse, his particular parasite cleanse uses capsules of wormwood, cloves, and black walnut hulls. All three herb capsules are taken multiple times a day to a specific schedule.

DIY Anti-Parasitic Capsules

Ingredients:

- 1 cup of dried, powdered herb (wormwood, cloves, black walnut hull)
- 100 capsules

Instructions:

Fill each capsule completely, one herb per capsule.

Store capsules in an airtight container in a dark, dry location.



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The schedule is as follows:

Week 1	- Take 2 wormwood capsules with a big dinner, increasing by 2 capsules every day of the week (day 1 = 2, day 2 = 4, etc... day 7 = 14) - Take 2 clove capsules 3 times a day before each meal - Take 2 black walnut hull capsules 3 times a day before each meal
Week 2	- Repeat Week 1
Week 3	- Take a break from the capsules

This schedule is to repeat three more times to meet the 3-month timeline. The easiest way to remember the pattern is this: week 1, week 1, break, week 1, week 1, break, week 1, etc. Use a wall calendar to follow along and keep track of the timeline.

Rotating Herbs to Prevent Resistance

Our bodies naturally build up resistance to compounds they are consistently exposed to, and this includes medicinal herbs. When medicinal herbs are used in the same combinations and dosages without variation, bodies become naturally resistant to the active compounds that provide medicinal benefits making them less effective over time.

For this reason, it is recommended to purposely alternate between herbs and vary the dosages of the herbs used in each recipe.

This is a great practice not only to prevent resistance but to learn the effects of combinations and dosages that work best for your body. Since everybody has a different metabolism, different health conditions, and different genetic makeup, the types of herbs and the quantity of herbs used varies with each individual.

Rotate herbs by cycling through different herb species that have similar benefits and by taking breaks from certain herbs periodically. Having a collection of herbal plant varieties with similar benefits is the best way to keep recipes alternating.



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Nutritional Support

Changing your diet to meet the requirements of a parasite cleanse protocol can be complicated and demotivating. However, nutritional support is the most important aspect of any effective parasite cleanse protocol.

While antiparasitic and medicinal herbs can eliminate parasites from the body, it's essential to nourish and strengthen the body's natural defense system by providing it optimal nutrition.

A whole foods diet is a nutrient-dense diet that will provide your body the optimal nutrition needed to fight off parasites. It supplies the antioxidants, minerals, vitamins, and other beneficial compounds needed to restore immune function, soothe inflammation, and repair damage in the gut caused by parasites.

Key foods to emphasize in a whole food, nutrient-dense diet include fruits and vegetables of all colors, leafy greens and herbs, clean proteins, healthy fats, and options that are rich in fiber to support the growth of beneficial gut bacteria.

This means minimizing processed foods, refined sugars, and other inflammatory triggers that weaken the immune system and create an environment where parasites thrive.

Being strict about what foods you eat is often the most challenging part of doing a parasite cleanse, but with the right mindset and guidance, you can overcome the cravings caused by parasites and succeed in eliminating them from your body.

It's important to remember that the strong cravings for sugar aren't coming from your true self, but rather the parasites 'asking' for food. With this in mind and determination to take control, it will be easier to stick to a diet that will starve the parasites.

Following a specific diet can be very helpful as you learn which foods to eat and discover new recipes to use them in.



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Anti-Inflammatory Diet

An anti-inflammatory diet is implemented to reduce the levels of inflammation in your body. The diet focuses on colorful fruits and vegetables, healthy fats from sources such as avocado, nuts, olive oil, and fatty fish.



The anti-inflammatory diet not only reduces the inflammation in your body but provides essential nutrients, such as antioxidants, fatty-acids, phytochemicals, lean proteins, fiber, vitamins, and minerals, that all help in healing the damage caused by parasites.

These essential nutrients also keep your body protected by creating an environment that parasites cannot thrive in. Some of the foods in an anti-inflammatory diet include:

- Collards, kale, spinach
- Garlic, ginger, turmeric
- Strawberries, blueberries, oranges
- Olive oil
- Almonds, walnuts
- Salmon, sardines, tuna

Many favorite foods trigger inflammation and when these foods are eaten on a regular basis, it can lead to chronic health issues over time. For an anti-inflammatory diet to be successful, you need to avoid these foods:

- Baked goods: pastries, cakes, cookies, brownies, etc.
- Breads: white bread, pasta, white flour, etc.
- Deep-fried: french fries, fried chicken, donuts, funnel cakes, etc.
- Processed meats: bacon, lunchmeat, sausage, etc.
- Sugar: candy, liquid sugar, jelly, etc.
- Trans-fats: margarine, microwave popcorn, non-dairy creamers, etc.

One of the best examples of an anti-inflammatory diet is the Mediterranean Diet. The only foods allowed to be eaten while on a strict Mediterranean diet are fruits, vegetables,



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legumes, nuts, seeds, whole grains, olive oil, fish, and seafood. Poultry, eggs, cheese, and yogurt can be eaten in moderation.

The Mediterranean Diet includes recipes that are vibrant in color, such as the Greek Horiatiki Salad which is a healthy medley of ripe tomatoes, crisp cucumbers, briny olives, feta cheese, and high-quality olive oil.

There are many anti-inflammatory diets to follow, and they all have a very important reason for focusing on omega-3 fatty acids, polyphenols, and vitamin C.

Omega-3 Fatty Acids - As a type of polyunsaturated fat, omega-3 fatty acids have been shown to have significant anti-inflammatory properties.

There are three main omega-3s, EPA, DHA, and ALA, and they all work hard at managing the body's inflammatory response system. Omega-3s are found abundantly in fish oil and certain plant sources. Specific fish include anchovies, herring, mackerel, salmon, and sardines and specific plant sources are walnuts, flaxseed, chia seeds, seaweed, and algae.

Polyphenols - Polyphenols are naturally occurring compounds found in plants that have shown to have medicinal benefits, especially anti-inflammatory benefits.

These polyphenols can inhibit the production and activity of pro-inflammatory enzymes, as well as attack harmful free radicals that contribute to inflammation. Sources of polyphenols include artichoke, berries, cloves, linseed, olives and olive oil, peppermint, and soybeans.

Vitamin C - As a powerful antioxidant, vitamin C helps reduce inflammation noticeably throughout the body. Vitamin C is an essential nutrient that helps fight free radicals that cause damage to cells.

The damage caused by free radicals leads to inflammation, vitamin C also helps heal the damage by promoting collagen synthesis and enhancing the function of immune cells. Vitamin C-rich foods include bell peppers, guava, kale, oranges, pineapple, strawberries, and goji berries.



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Foods that Fight Parasites

Certain foods have powerful antiparasitic properties that can help fight and rid the body of parasites.

The compounds found in specific foods can create an environment in the gut that is less hospitable for parasites. Incorporating the following parasite-fighting foods into your diet will help your body maintain a parasite free digestive tract:



Beets - Beets contain high levels of nitric oxide and betaine which have proven to be effective in killing parasites. The nitric oxide in beets help create an oxygen-rich environment in the digestive tract which makes it inhospitable to parasites. The betaine in beets stimulates the flow of bile and digestive enzymes that help break down and eliminate parasites from the intestine.

Beets are also an amazing way of healing your body caused by the parasites considering it is high in immune-boosting nutrients and anti-inflammatory pigments. Beets are the most effective at killing parasites when they are eaten raw.

Coconut Oil - The medium chain fatty acids in coconut oil have been found to be extremely effective at killing parasites in the body. Lauric acid is the main active fatty acid in coconut oil, and it has parasitic properties that have proven to kill parasites such as giardia and cryptosporidium.

Also, the capric and myristic acids in coconut oil actively disrupt the cell membranes of the parasites, causing them to disintegrate. Coconut oil can also work as a lubricant making the removal of parasites smoother.

Papaya - There is a specific enzyme found in papaya known as papain that has shown antiparasitic properties. Papain is a proteolytic enzyme that destroys worm eggs and parasites on the intestinal walls.

Papain also breaks down the protective outer layers on adult worms and other parasites, effectively killing them. There are other enzymes in papaya, such as chymopapain, that support a healthy digestive tract and create an environment that is inhospitable to parasites.



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As well, papaya has anti-inflammatory properties to help soothe the inflammation from the damage caused by the parasites. Eating papaya on an empty stomach is the best way to receive the benefits.

Carrots - The high amount of beta-carotene in carrots is used by the body and converted into vitamin A, which is used to boost the body's immune system.

Vitamin A is an essential nutrient that helps maintain the integrity of the mucous lining in the intestinal tract. The mucous lining is an extremely important aspect of the intestinal tract by protecting the intestinal walls with a thick barrier.

Carrots also provide a useful source of fiber, acting as a cleaning brush as it moves through the intestines. By eating carrots raw, the benefits and essential oils are more successful in killing off parasites.

Cucumber - Cucumbers contain a medicinal compound, known as cucurbitacin, that has strong antiparasitic properties.

Cucurbitacin is effective at breaking down the cellular membrane of parasites, breaking them down and causing them to die off. The additional health benefits of cucumber, including the water and fiber content, help remove the parasites from the body and provide nutrients to help heal the damage.

Cucumber also supports the growth of beneficial bacteria in the gut, creating an environment that does not allow parasites to thrive.

Onions - The abundance of sulfur-based compounds found in onions exhibit strong antiparasitic properties when broken down in the body. When these compounds are broken down it converts into thiosulfates which are responsible for the antiparasitic activity against a variety of parasite species including intestinal worms and protozoa.

By disrupting the parasites mobility and metabolism, damaging the parasites cell membrane, onions skillfully eliminate parasites. Eating onions raw is the best way to kill parasites, you can also find onion juice or onion extract to be just as effective.

Pineapple - Pineapple contains an enzyme known as bromelain which works as an antiparasitic by breaking down and digesting the proteins that make up the cellular membrane of parasites. Bromelain also works as an anti-inflammatory to help soothe your intestinal tract from an inflammation that was caused by the parasites.



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Being rich in fiber and having a high-water count, pineapple promotes regular bowel movements, which removes parasites from the body and prevents any buildups in the intestines.

Probiotics and Fermented Foods

Probiotics are living microorganisms, typically bacteria or yeasts, that provide a wide range of health benefits when eaten.

These microorganisms live in the gut where they keep a healthy balance of bacteria in the environment of the intestines.



By maintaining a balance in the intestines, probiotics outcompete harmful bacteria and alleviate digestive issues. Overall, probiotics support a healthy immune system.

The benefits of probiotics create a bodily environment that does not welcome parasites and supports the removal of parasites in the body. This is why it's important to include probiotics in your regular eating routine.

The most common way of incorporating probiotics into your diet is by eating fermented foods and drinks. These foods go through a process known as a lacto-fermentation process.

During this process, natural bacteria feed on the sugar and starch, creating lactic acid, beneficial enzymes, and various probiotic strains.

Include these foods and drinks in your regular diet, or follow the recipe to make your own probiotics:

- Apple Cider Vinegar
- Fermented Cottage Cheese
- Kefir
- Kimchi
- Kombucha
- Miso
- Pickles
- Sauerkraut
- Tempeh
- Yogurt



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Avoiding Sugar, Processed Foods, and Alcohol

A parasite's favorite food is sugar. Most parasites lack the ability to produce their own energy, so they use the nutrients from the sugar in the food their host eats.

Sugar is a simple carb that is broken down into glucose in the body, glucose is easily absorbed by the parasites and used for energy. The more sugar the host eats, the more the parasites can consume and the faster they will grow, reproduce, and multiply.

Processed foods are often disregarded as a source of sugar, but unfortunately are the leading cause of a high sugar diet. Food manufacturers regularly use high fructose corn syrup, dextrose, maltose, and other forms of sugar to their products as a flavor enhancer, while adding no nutritional benefit to the consumer. Eating processed foods in a sugar-free diet is nearly impossible due to this.

When alcohol enters our system, the body immediately starts absorbing it and breaking it down. The liver is responsible for breaking the alcohol down and in the first step of this process, the liver produces a byproduct known as NADH.

This byproduct can hinder the liver's ability to produce glucose from other sources, leading to a reduced glucose production in the body. This result causes sugar cravings, signals from your body that it needs more sugar.

Avoiding sugar, processed foods, and alcohol is clearly an essential part of parasite cleansing. By strictly eliminating these foods and beverages, you can effectively starve parasites while creating an inhospitable environment for them in your body.

This combined with antiparasitic herbs and natural remedies is the most effective way at removing parasites and keeping them away.



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Lifestyle Practices

Living a parasite-free life isn't only about making the right choices when faced with temptations, it ultimately comes down to living a healthy lifestyle. A healthy lifestyle consists of beneficial habits and practices that promote your physical health and a positive mental wellbeing. By engaging in physical activity, managing stress, getting sufficient and restful sleep, and reducing the amount of environmental toxins you are exposed to, you will be developing a healthy lifestyle pattern.

Stress Reduction Techniques

Our bodies have a natural stress response when reacting to threatening situations. Not only do we experience physical stressors in our everyday lives, our body experiences stressors on the inside as well. Parasites cause a more intense stress response to those everyday stressors, as well, parasites cause stress inside our bodies that might go unnoticed. Luckily there are a variety of stress reduction techniques you can practice:

Breath Focus: This technique involves taking long, slow, and deep belly breaths in and out. Focus solely on breathing. The focus is meditating and disengages you from any interrupting thoughts. There is a second step to this technique known as the body scan. After you have meditated by focusing on your breath, move your focus to one part of your body, using your breath to relax the muscles in that part of your body.

Guided Imagery: This technique involves getting into a comfortable position, closing your eyes, and imaging soothing scenes, landscapes, or places you would like to be. There are guided recordings that help create a meditative scene in your mind if it is difficult to conjure up a scene.

Mindful Meditation: This technique involves getting into a comfortable position, focusing on your breathing, and paying attention to what is happening in that moment. Notice what your body is feeling, notice the noises that are happening around you, and notice the thoughts you have.

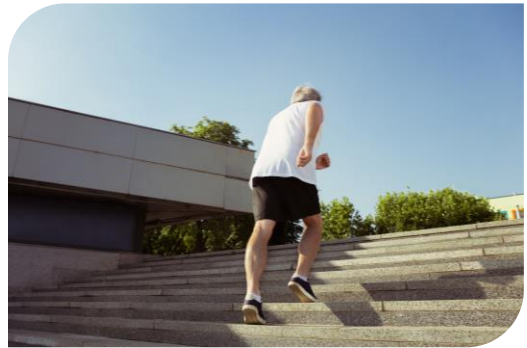
The aim of this technique is to keep your thoughts on what is in the moment, if you think of something that happened previously or will happen in the future, acknowledge the thought and get back to thinking of something happening in the moment. This will eventually lead to better thought control.



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Exercise and Movement

Regular exercise and physical activity, whether through structured workouts or simply staying active throughout the day, encourages the body's detoxification processes which is an important process for removing parasites from the body. By exercising your blood flow increases which stimulates the lymphatic system. The lymphatic system is a network of vessels that help clear out waste products including toxins and parasites.



The best form of exercise is green exercise. Exercising outside in a natural environment is scientifically proven to be the healthiest way of exercising. By exercising outside you simultaneously reduce stress, lower blood pressure, improve mental health, and sharpen cognitive faculties more so than being indoors.

While green exercising, you are breathing in fresh air filled with phytoncides and essential oils released by trees and plants which help boost the immune system. Also, the uneven and varied terrain decreases mental fatigue and increases awareness. To add to the nearly endless list of benefits, the amount of vitamin D absorbed while exercising outside is much more than exercising inside.

Sleep Hygiene

Sleep hygiene is a term used to describe the patterns, routine, and environment we have specifically for sleep. A common routine that most people do before going to sleep is brushing their teeth and changing their clothes.



These are both habits of healthy sleep hygiene. It isn't just the tasks we perform before sleep that contribute to a healthful sleep, the state of the environment we sleep in and the items within, including the placement of those items, have a significant impact on the quality of our sleep.



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The importance of sleep is general knowledge, but the specifics are astounding. The drainage systems in brains remove toxins and harmful proteins, proteins related to Alzheimer's disease, it also aids in removing parasites. This drainage system performs twice as fast while we sleep. On the other hand, not sleeping enough has been proven to cause loss of control in blood sugar levels and an increase in weight gain. Sleep clearly impacts our health directly and can be much more restful and restorative with a thorough routine that fosters a healthy sleep.

To improve your sleep hygiene, there are many healthy habits you can adopt into your nightly routine. Start by keeping a clean and spacious sleeping environment without electronic devices.

Form a consistent sleep schedule by lying in bed at the same time every night, even if you don't feel tired, your body will learn to fall asleep. Take part in some exercise at the end of the day, like a 30-minute walk outside, this will tire your body out and encourage a deeper sleep. Don't use your sleeping environment for anything other than sleep and personal moments to avoid confusing your body.

Avoiding Environmental Toxins

While it's impossible to completely avoid exposure to environmental toxins, it's important to reduce your exposure and there are many ways to protect yourself.

Some environmental toxins are more obvious than others, such as tobacco smoke and exhaust from vehicles, these are somewhat easy to avoid.



However, the environmental toxins that aren't so obvious are more difficult to avoid, like heavy metals, pesticides, formaldehyde, and radon. Exposure to these toxins pose a serious health risk by not only causing cancer but can severely decrease the effectiveness of our immune system and harmfully affect the development of fetuses in pregnant women.

Considering our immune system is essential in a parasite-free life, it's important to avoid as many environmental toxins as we can. Have a professional inspect your home for any lethal toxins in the air that might be caused by paints, insulation, or gases. Clean your



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house regularly, lead and pesticides are present in dust and dust accumulates quickly. Keep your home well-ventilated in all seasons and change air filters often.

Be sure to wash all fruits and vegetables to get rid of pesticides and microorganisms on the skin. Don't spray pesticides and encourage your neighbors to follow suit, use alternative methods. Don't dry-clean your clothes, dry cleaners use a chemical called PERC that can pollute the air in your home. Another helpful tip is to avoid exercising outside on days of poor air quality, check the forecast before getting active outside.



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Supplemental Therapies

There are a variety of supplemental therapies to use alongside a parasite cleanse protocol that will assist in the complete removal of parasites from the body.

A supplemental therapy is an additional step taken in a natural parasite cleanse that isn't part of the protocol but is used to enhance certain elements of the parasite cleanse.

Castor Oil Packs	A simple, non-intrusive supplemental therapy option is castor oil packs. Castor oil contains ricinoleic acid which promotes the detoxification process in our body by stimulating the smooth muscles in our intestines to contract and move waste through our body and out. Ricinoleic acid also decreases inflammation and the pain caused by inflammation. To make a castor oil pack use a 12"x12" piece of flannel three times thick and saturate the flannel in castor oil, not to drip. Keeping it away from clothing, place the castor oil flannel on the lower abdomen and place a hot water bottle on top to complete the castor oil pack. Leave it in place for 1 hour and repeat this routine three days in a row, then take 7 days off. Only repeat if necessary.
Bentonite Clay	Bentonite clay is a common natural substance and due to its chemical composition, it attracts parasites. Put simply, bentonite clay is a negatively charged natural substance, where parasites are a positively charged natural substance. When a positive and negative substance come in contact, they become bound to one another. Bentonite is used as supplemental therapy by mixing clay and water in a non-metal bowl with a wooden spoon to make a gel. One tablespoon is taken early morning 2 hours before a meal and other medications and a minimum 1500ml of water is consumed during the day. While the bentonite is inside you the parasites become bound to it and when your body is finished digesting, the bentonite along with the parasites are removed from your body. This is an effective way at assisting the removal of living parasites.



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Hygiene Practices

After a parasite cleanse, it's just as important to prevent the parasites from infecting you again. There are a few necessary hygiene practices that are essential to keeping parasites away like washing your hands frequently, rinsing and safely handling fruits and vegetables, and avoiding high-risk sources.

Handwashing Techniques

Your hands touch many contaminated sources throughout each day. That's why washing your hands is the most important aspect of preventing a parasite infection. Washing your hands might seem simple but there's a recommended way of doing so to clean your hands of bacteria, parasites, and other contaminants.



Wet your hands in warm-hot running water and scrub the entire surface area of both hands for 20 seconds with antibacterial soap. Rinse the soap completely from your hands in warm running water. You can choose to wipe your hands with apple cider vinegar for a final antibacterial agent.

This method of cleaning your hands is to be completed every morning and night, before and after touching and eating food, after using the washroom, and after touching multiple doors, phones, or handling cash.

Washing Fruits and Vegetables

Fruits and vegetables have microorganisms, including parasites, living on the outer surfaces. Some of them are healthy, however some of them are harmful and need to be removed before consuming.



Washing your fruits and vegetables is an effective way at preventing harmful parasites and other bacteria from entering your body. Wash all hard fruits and vegetables in running water directly before using and consuming, using a vegetable scrubber to scrub the surface is also a helpful tool.



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Leafy greens can be placed in a colander and rinsed under running water, then pat dry with a paper towel. Mushrooms should only be wiped with a damp cloth or quickly rinsed in cold water and dried.

Avoiding Contaminated Water

Parasites live in all types of water bodies from streams and ponds to lakes and oceans.

Avoid swimming in water that may be contaminated with runoff, sewage, and human or animal waste.

Do not swim or drink in polluted waters.

If you are uncertain about the source of drinking water, use bottled water, boiled water, filtered or chemically treated water for safety. If you have a parasite infection, please don't swim in public waters.



Safe Food Handling and Preparation

An effective way proven to rid the parasites from the surface of fruits and vegetables is to wash them in ozonated water. To do this, fill a sink with ozonated water and add the fruits and vegetables, let soak for 5-10 minutes, dry and store properly for a future use.

A method without ozonated water is to fill a sink with water and 1 cup of vinegar, add the fruits and vegetables and let soak for 5-10 minutes, rinse, dry and store for the future.



Parasites are also commonly found in raw fish, uncooked meat, or pork. Ensure that all food is properly cooked to the right temperature and know that all meat cooks to different temperatures. Taking a digestive enzyme before eating these types of food will help support your body through the processes of breaking it down and help protect against harmful parasites.



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Infected surfaces and environments contribute to the spread of parasites. Just as washing our hands frequently to keep parasites away, it's essential to clean and sanitize the surfaces our hands touch.

Cleaning a surface involves removing the dirt and debris, sanitizing involves using heat or chemicals to kill any bacteria or parasites and their eggs. Both steps are necessary to effectively control parasites.

Disinfecting Surfaces

Start by cleaning the surface of any dust, visible dirt, and debris. Next, apply a disinfectant to the surface and leave it for the directed amount of time. After the disinfecting time, wipe off the disinfectant with a damp cloth.

To make a disinfectant at home use 1 cup of rubbing alcohol or vinegar, 1 cup of water, and 20-30 drops of essential oil. For furniture such as couches and carpets, steam cleaning at a temperature of 130 degrees Fahrenheit or hotter will help kill parasites.



Washing Bedding and Towels

To clean bedding and towels, along with other fabrics, wash the fabric in 130 degrees Fahrenheit or hotter water with your regular detergent but also add borax or hydrogen peroxide to kill the parasites.

You could also add a cup of bleach for an added disinfectant, or you can use bleach instead of borax or hydrogen peroxide. After the wash cycle, put the fabrics in the dryer at high heat for a minimum of 30 minutes. As an added precaution you can iron the fabrics. Repeat this process as many times as necessary depending on the severity of the infestation.



Vacuum your mattress, chairs, carpets, and couches, sprinkle with diatomaceous earth and let sit for at least 3 days, up to a couple of weeks.



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Cleaning Children's Toys

Discard any damaged toys and those that are impossible to clean. Sort the toys by the material it is made with. Plastic toys without batteries can be washed in the dishwasher with hot water and a disinfecting cycle. If the toy can't go in the dishwasher, wash by hand with hot water and antibacterial soap and rinse thoroughly.

Toys that can soak in water should sit in a solution of $\frac{1}{3}$ cup of bleach and 1 gallon of water for at least 5 minutes, be thoroughly rinsed, and air dried. Stuffed toys can be washed in the washer with hot water, detergent and a disinfectant then dried in high heat in the dryer.



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Preventing Re-infection

Avoiding High Risk Foods

Consuming high-risk foods can significantly increase your chances of becoming reinfected by parasites.

It's important to avoid eating these foods, or severely limit the amount consumed:

- Undercooked or raw pork
- Undercooked or raw freshwater fish
- Undercooked or raw crustaceans
- Raw aquatic plants
- Unpasteurized cider, milk, and dairy products
- Unpasteurized fruit juices
- Unwashed fruits and vegetables

Protecting Pets from Parasites

Protecting your pet from parasites is an essential part of preventing the spread and re-infection of parasites. Parasites like ticks and fleas are commonly found on animals which can lead to health issues.



Not only visible parasites are found on animals, but parasites can also be found in the urine and feces of animals and are spread through contact. To protect your pet use preventative medications to keep fleas and ticks away and to eliminate topical or oral parasites, and schedule routine vet visits for checkups.

Clean up and remove feces promptly to prevent soil contamination. Maintain good hygiene by bathing your animal frequently and checking for parasites with a comb after every outing, inspecting your pet's fecal matter for signs of parasites is also effective.

Always provide fresh water to your animals and prevent the animals from drinking unclean potentially contaminated water.



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Preventing Parasites while Traveling

Alongside healthy hygiene practices with safe food and water practices, there are a few additional routines to prevent parasite infection specifically for traveling, especially in underdeveloped areas. Firstly, be sure to wash your hands more often than usual and use an alcohol-based sanitizer. Stick to drinking bottled water from well-known brands and avoid ice cubes.



Don't eat raw salads, only eat fruits and vegetables that you can peel and cook and eat only cooked food. Avoid street food, if you must, eat at well-known establishments that appear to be clean and a popular choice by people.

When you're outside, use repellent to prevent mosquito and bug bites. While walking on sand or grass cover your feet to avoid bites such as sand flea bites. If you have to drink water from a natural source, be sure to filter and treat it or boil it for at least 2 minutes. Finally, consider talking to your doctor about any antiparasitic medications or vaccinations you should take before, after, or during your trip.

This is everything you need to get started living a natural, parasite-free life. We've explored how parasites impact our health, the advantage of natural remedies over conventional treatments, and the protocols needed to safely cleanse the body with herbs.

You've been given the knowledge to identify infections, harness the power of healing herbs, support a whole-foods diet, and adopt lifestyle changes that build an immune system parasites can't penetrate. Use this knowledge to eliminate the parasites in your life.

While eliminating parasites is an important step, maintaining a parasite-free life requires determination and diligence.

Practicing good hygiene, opting for clean, whole-food diets, and creating living spaces that discourage parasites are all essential for ongoing prevention. Think of this lifestyle not as a chore, but as an investment in your well-being.

Remember, listen to your body and adapt the steps to meet your needs. Trial and careful observation will help you uncover what works best for you.



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