

# Parasite Cleanse Guide

Parasite cleanses can be an important part of a healing journey.

**But...** it's not as simple as taking something to kill parasites and hoping for the best.

In my experience, preparation matters. Supporting detox pathways, using binders, and creating an environment that is less hospitable to the parasites can make the process more effective and easier on the body.

## Why Consider a Parasite Cleanse?

Parasites are more common than many people realize. We are exposed to them through food, water, pets, travel, and our environment.

Many people are able to keep parasites in check without issues. However, those dealing with chronic illness often have a weaker foundation, making it easier for parasites to thrive and wreak havoc on the body.

For some people, addressing parasites can be an important piece to the healing puzzle.

Personally, I do a parasite cleanse two or three times a year.

## Why Preparation Matters

One of the biggest mistakes I see people make is jumping straight into parasite killing without preparing the body first.

When parasites die, they release toxins, ammonia, metals and other waste products that need to be eliminated. If those toxins are not properly bound and removed, they can continue to recirculate throughout your body.

If your detox pathways are sluggish or not functioning properly, your body may have a harder time processing and eliminating that toxic burden.

This is why focusing on preparation is just as important as focusing on killing.

If you're new to supporting your detox pathways, I would recommend starting a couple weeks before the cleanse. If you're already supporting them, simply continue throughout your cleanse.

Here are a few simple ways to support each detox pathway.

## Support Your Detox Pathways

We have six primary detox pathways: the colon, liver, kidneys, skin, lungs, and the lymphatic system. Supporting them before, during, and after your cleanse can help your body eliminate toxins more effectively.

**Colon:** Daily bowel movements (whatever works for you)

**Liver:** Lemon water • Castor oil packs • Dandelion root tea • Glutathione phototherapy patch  
Milk thistle

**Kidneys:** Consistent hydration • Glutathione phototherapy patch • Dandelion leaf tea

**Skin:** Sauna • Epsom salt baths • Good sweat session • Ionic foot bath  
Glutathione phototherapy patch

**Lungs:** Deep breathing • Fresh air • Reducing environmental toxins

**Lymphatic System:** Gentle movement • Walking • Glutathione phototherapy patch  
Rebounder • Vibe plate • Dry brushing

## Change The Environment

The goal is to create an environment that is less favorable to parasites. Just like supporting your detox pathways, this is another way to prepare your body before a cleanse.

Apple Cider Vinegar: I personally take 1-2 tsp in warm water during the preparation phase and periodically throughout my cleanse. I also use it to help disrupt the biofilms.

## **Binders**

Binders help grab onto the toxins released as parasites die so they can be carried out of the body instead of continuing to recirculate.

I also like to rotate binders throughout my cleanse. Some binders are more intestinal, while others can cross the blood-brain barrier. Because they work differently, I like to use a variety.

Here are a few examples of binders:

- GI detox
- Activated charcoal
- Modified citrus pectin
- Zeolite
- Chlorella

## **Cleansing Options**

Remember: the goal isn't to take every parasite product available. It's to find a protocol that works for you. I also rotate the parasite protocols I use periodically.

Here are a few commonly used cleansing options. Some people choose one or two products to combine as part of their cleanse.

- Black walnut hull
- CellCore Para Kit
- Clarkia
- Clove (targets eggs)
- Fenbendazole
- Ivermectin
- Micro Gone
- Mimosa pudica
- ParaGuard
- Wormwood (Artemisia)

## **Cycle Your Protocol**

Parasites have a life cycle, so I like to cycle my cleanse rather than taking products continuously.

Personally, I follow a schedule of two weeks on and one week off, repeating that cycle three times. The week off gives my body a chance to catch up on detoxification before beginning the next round. It also gives parasites in different stages of their life cycle an opportunity to become active again before restarting my protocol.

Parasites are often more active around the full moon. Because of that, it may be a good idea to start your cleanse about 3-5 days before the full moon.

## **Rebuild & Nourish**

Once your cleanse is complete, spend the next week or so replenishing your body.

- Bone broth • Collagen • Electrolytes • Mineral support

*Note: After every parasite cleanse, I personally schedule three rounds of colonics to help support elimination*

## **Everyday Parasite Support**

- Biofilm busters • Cistus tea • Coconut oil • Food-grade diatomaceous earth
- Garlic • Ginger • Oregano oil • Pumpkin seeds • Papaya seeds

[LymeAndBeyondWithTanya.com](http://LymeAndBeyondWithTanya.com)