

# FAMILY TERRAIN RESET

*The Healing Garden of Destiny: Parasite & Pathogen Clearance*

DISCLAIMER: This protocol is for educational and detoxification support only. Consult with a pediatrician or primary physician before starting children on any herbal protocol.

## I. The Kids' Gentle Reset (Ages 4-12)

**Duration:** 14 Days

**The Solution:** 1/2 Teaspoon **Black Seed Oil** mixed into water or a small amount of honey once daily.

**The Binder:** 1 dose of **Liquid Zeolite** or a small dose of **Activated Charcoal** 2 hours after the oil. (This prevents "cranky" detox behaviors).

## II. The Adult Deep-Clean

**Duration:** 30 Days (Followed by a 7-day break)

Herbal Compound	Frequency	Purpose
Black Seed Oil (1 Tbsp)	2x Daily	Dissolving bio-films & clearing debris
Wormwood & Cloves	As directed	Targets adult parasites and eggs
Binder (Charcoal/Zeolite)	1x Daily (PM)	Trapping released heavy metals & toxins

## III. The "No-Food" List (Critical for Success)

Parasites thrive on simple sugars. During this reset, avoid:

- Refined Sugars & High Fructose Corn Syrup
- Dairy (increases mucus where parasites hide)
- Processed Flour/Breads

## IV. The Mineral Matrix Support

As the "terrain" clears, the body needs minerals to rebuild. Continue the **Salt & Potassium protocol** to support the adrenal glands and kidneys during the flush.

## The Healing Garden of Destiny

*"Be water like the wind — move with heart and honor your rhythm."*

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