

Parasite Cleansing Tips



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1. What is the most important factor for doing a successful parasite cleanse?

The most important factor when doing a parasite cleanse is making proper dietary changes. Parasites are hungry little fellows and love feasting on the nutrients you provide via your food, and in return, leave you the host, nutrient deficient. Parasitic cleansing is not easy. These little critters will put up a good fight. Nutritional changes are absolutely necessary as parasites feed on sugars, yeast and mucous. A diet that is high in refined sugars, processed foods, meat and pasteurized dairy products that are all acid forming can encourage parasites and other bad microorganisms to grow in the body.

2. What do I eat on a parasite cleanse?

A diet of living foods allows for the maximum intake of vitamins, minerals, and enzymes that aid detoxification. The light that plants absorb from the sun is transferred to us when we consume living foods. This light is not just a source of nourishment but acts as a vital force that activates and sustains our inner light, helping to balance, heal and energize the nervous system. Fresh

organic fruit, vegetables, nutritive herbal teas & greens are staples. This diet is rich in fiber which supports the colon in expelling toxins and waste. Water rich fruits, berries & melons are some of the best detoxifiers because they are astringent, alkalizing, hydrating & cleansing. The proper raw diet eliminates constipation, and the transit time of waste matter shortens to 24 hours or less, avoiding the buildup of toxemia from the recycling of toxins in the colon which is crucial during a cleanse. A diet of living foods simply means: fresh-living fruits and vegetables that have not been cooked.

3. What are some resources for cleansing and natural hygiene?

If you are new to cleansing the book "Cleanse to Heal" by Medical Medium has detox & dietary protocols that pair very well with the herbs in our "Parasite Cleanse Bundle". Another wonderful resource is the book "The History of Natural Hygiene & The Principles of Natural Hygiene" by Dr. Herbert Shelton. I would also highly recommend the book "80/10/10" by Dr. Douglas Graham. For further reading I also recommend these books: "Conscious Eating" by Dr. Gabriel Cousens, "The Mucusless Diet" by Arnold Erhet, "Food Combining Made Easy" by Herbert Shelton, and "The Grape Cure" by Johanna Brandt.

4. Does fruit sugar feed parasites & candida?

An all fruit diet has been used by many to reverse candida, parasites & mold overgrowth within the body. Fungus, parasites & mold thrive in acidic conditions. Fruits are high in water content and low in acidity helping to shift the body's natural pH balance from acid to alkaline. Fruits are also packed with antioxidants and phytochemicals that support immunity. Living foods help to oxygenate the body, open the detox pathways & clear the digestive tract-flushing out toxins. A fruit-based diet supports gut health by providing soluble fiber that feeds beneficial bacteria, helping to restore balance to the microbiome. While fruits contain natural sugars, they're balanced by fiber, water, and essential nutrients, preventing the blood sugar spikes that can feed candida like refined sugars do. Fruit alone does not feed parasites or candida but improper food combinations do. You can avoid improper food combinations by not combining

sugars with starches & proteins. A fruit based diet supports detoxification, alkalinity, and immune system strengthening. These concepts are covered in the book "Cleanse to Heal" as recommended above.

5. Should I consume plant-based fats & protein?

During a cleanse you are essentially giving the body a rest. By consuming fruits and juices, which are easy to assimilate and digest. Fruit helps to alkalize, remineralize & remove toxins from the body. Any form of fat thickens the blood — even the healthier fats. The thick blood results in less oxygen being delivered to the cells in the brain. High fat, even if it's good fat, can weaken and burn out your liver overtime. Fruits, vegetables & leafy greens take the form of natural omegas at gentle enough levels that won't overburden the liver, digestive system, and immune system. It's the perfect amount for your body to process when it's healing. Keep in mind, we are not removing healthy fats forever. This is only done during a detox process.

6. How does one open the detoxification pathways of the body?

Opening and supporting the detox pathways & elimination organs while cleansing parasites helps ensure that toxins, dead parasites, and waste are efficiently eliminated from the body. The body's organs of elimination are the liver, lungs, lymphatic system, kidney, and bowels. The detox pathways can easily be opened by eating a cleansing diet of living foods including water-rich fruits, berries & melons. I personally like to take bitter herbs to support my digestive system, liver & bile flow. Our "Liver Support Tincture" & "Digestive Bitters Tincture" may be helpful for this purpose. The lymphatic system can be stimulated via dry brushing, exercise, rebounding & infrared sauna, or taking herbs that support the lymphatic system like our "Lymphatic Support Tincture." I like to support my kidneys & bowels by drinking fresh juices and sticking to a fruit only/alkaline diet of living foods when parasite cleansing. Some people even choose to do water enemas to be sure they are having frequent bowel movements.

7. What does "Traditional Dosage" mean on the label?

The traditional dosage listed on the Parasite Cleanse Tincture label is a serving of 30-90 drops, with 3-4 servings per day. I am about 105 lbs and never tend to exceed 60 drops per serving, however a person larger than me in size may have to use up to 90 drops per serving. In my experience, it is always best to start with the lower dosage and adjust it slowly according to your needs. The herbs in the "Parasite Cleanse Tincture" are used for 10 days on, with 3 to 4 days off in between uses throughout the duration of the cleanse. The supporting tinctures for the liver, digestive, lymphatic systems can be used before, during, and after the cleanse and also have their traditional dosage on the label. I typically take 1 dropperful each of the Liver & Lymphatic Support Tinctures in the morning and before bed to support my detoxification pathways. The "Digestive Bitters Tincture" can be used before or after meals, 2-3 times per day to help stimulate digestion & bile flow. Proper elimination is crucial during a parasite cleanse. I drink 2-3 cups of our "Alkaline Tea" blend per day to aid in remineralizing the body, excreting heavy metals & toxins and supporting the detoxification process. The traditional dosage for each tincture is a basic guideline. Some people may need a little bit more while others may need a little bit less. It is always important to trust your intuition while using herbal remedies.

8. How do I take the tinctures?

Herbal tinctures can be taken directly into the mouth or combined and diluted into a little water. The Parasite Cleanse Tincture does taste very bitter and some people prefer to take it in about a 1/4 cup of water. Tinctures are almost always best taken on an empty stomach. The "Digestive Bitters Tincture" being the only exception as it is taken to stimulate digestion and is often used before or after meals.

9. What is a binder & how is it used?

A binder refers to a substance that is capable of adsorbing (binding to) toxins, heavy metals, chemicals, or other unwanted substances in the body, often in the digestive system, and then helping to eliminate them through the stool. Activated charcoal, chlorella, zeolite & bentonite clay are all considered binders, as they have

properties that allow them to bind to toxins or harmful substances. I typically use 1-2 capsules of activated charcoal on an as needed basis during a parasite cleanse. In my experience, when eating an alkaline diet of living foods the body has an incredible natural detox capacity and often does not require binders. I usually wait about 45 minutes to 1 hr after taking my tinctures to use a binder. Activated charcoal is highly porous and has a large surface area that allows it to adsorb a variety of toxins, poisons, and chemicals in the digestive system. It is commonly used in emergency settings for neutralizing poison ingestion, but it is also used in detox regimens. Our tinctures do not include a binder, but one can be purchased from your local health food store.

10. How long should I do a parasite cleanse?

How long you choose to cleanse will depend upon your own personal goals. Most people do notice improvements after around 10 days on the cleanse. Dr. Peter Glidden recommends 7-10 days. People with chronic issues may need to do an initial 8-12 week cleanse. Cleansing is an intuitive process. Be sure to listen to your body to choose what works best for you. In my personal experience I was able to reverse my chronic illness and auto-immune disease by changing to an alkaline diet of living foods and doing a 12 week parasite cleanse. I also do three 30-day parasite cleanses annually.

11. What are "die-off symptoms" & what should I expect during the parasite cleanse?

It is common for people to experience die-off symptoms while on a parasite cleanse. While some people breeze through a cleanse with no problem at all, others may deal with more intense side effects. Die-off symptoms, also known as a Herxheimer Reaction, occur when harmful pathogens like parasites, bacteria, or yeast are being killed off in the body, during a detox or treatment phase. As these pathogens die, they release toxins and waste products that can overwhelm the body's detox systems, leading to temporary symptoms ranging from flu-like symptoms to fatigue, headache, digestive upset, muscle aches, chills, body aches, skin issues, and brain fog, to name a few possible outcomes. Consuming an alkaline diet of living foods, using a binder like

activated charcoal or chlorella, and supporting the liver, kidneys and lymphatic system with herbs can all help to mitigate the die-off symptoms.

12. Is the Parasite Cleanse Tincture and Bundle safe for use with children?

The herbs in our "Parasite Cleanse Tincture & Bundle" are meant to be used by children 3 years of age & older. Children under 3 typically use just the "Black Walnut Tincture" as an anti-parasitic (also available on our website.) You can also find a "Children's Tincture Dosage Chart" available in the FAQ on our website.

The most important concept to understand is this:

Everything in nature is symbiotic. For instance, when we see a log decomposing it is filled with worms and critters, helping to break it down. Our bodies were created with the same intelligence. When we are toxic, acidic, and laden with heavy metals, we are inviting parasites to come in. Yet, when we live in accordance with natural law and practice natural hygiene our body will have no need for unwanted pests. Parasites & candida are not able to thrive in an alkaline environment. Our body is truly like a garden. How we treat it and tend to it makes it beautiful and full of life or overgrown and full of weeds & pests. The goal should be to make the body an inhabitable place for parasites & fungus to live.

If you need one on one assistance with our Parasite Cleanse Tincture or Bundle please do not hesitate to give us a call at our shop landline: (619) 324-3897. We take messages at all hours of the day and I am always happy to go over cleansing tips with our customers. Thank you so much for reading!

-Herbalist Alia Koger

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