

Wellness with Joanna

Parasite Programme

1 x [Black Walnut](#) Capsule twice a day

1 x [Garlic](#) twice a day

4 x [Bowel Build](#) with Breakfast and 4 with Evening Meal

1 x [Proactazyme](#) 3 times a day

This programme is best taken for two weeks, then take a 1 week break and resume for another 2 weeks.

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