

What Can I Do to Get Rid of Parasites?

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The Power of Herbs

- Herbs are part of the ecosystem and are symbiotic in nature. So are we. So your body works well with herbs in the right combinations.
- Herbs have a natural ability to work within our body to restore the natural balance and strengthen our immune system and ability to withstand parasites.
- You can work with your own ecosystem so you are strong and resistant! Over 80% of your immune system is in your GI tract.
- Our formulas utilize herbs that have a symbiotic relationship in the wild, so your body readily accepts them and you don't have to worry about which herbs you should use.
- **Herbs have protective, detoxification and killing ability for parasites, bacteria, mold, etc.**

Why Should I Eat Bitter Foods and Take Herbs

Bitter Foods activate bitter receptors for detox and GI health.

Use bitter foods such as kale in your diet. Our Detox 2, A-P and A-FNG formulas also contain bitter herbs.

Bitter foods activate bitter receptors on your tongue, which helps kill parasites and activate the bile system and liver for further detoxification.

What Foods Should I Avoid?

Avoid the parasites food: starches, carbs and sugars. Especially when doing a parasite cleanse it is important to refrain from sugar, sweet drinks, and carb loaded foods.

How Long to Do A Parasite Cleanse?

The parasite life cycle can be long, so to kill all stages it is important to do a parasite cleanse and diet for 3 months.

Parasite Misconceptions

Parasite Tests Can Detect Parasite: What the tests can detect.

1. Only detect ones tested for – is limited
2. Stool test – misses parasites – takes at least 5 hours to search for parasites in related stool samples (optimal 2 or 3 samples)
3. Saliva test is better
4. Bioresonance testing is better

Whether you test or not I recommend doing a parasite cleanse at least once a year, preferably twice. All parasite tests can miss parasites you may be carrying.

Symptoms can vary from GI to emotional or neurological symptoms.

In my practice: Most people who had parasites, all tested for mold/fungal issues. Working on your gut health and parasite removal is very important to restore your health.

How you can help protect yourself from Parasites and other infectious agents:

- Make sure the ileo cecal valve is in correct working order and you have the proper amount of stomach acid, check with your chiropractor or practitioner to do this. If they don't know how to correct ileo cecal valve, your practitioner can contact us.
- Building your body can help you avoid parasites invading your system, through diet and cleanses and a great probiotic.
- Wear gloves when gardening to avoid getting worms through bare hands and feet.
- Don't go barefoot! Parasites can enter your system this way.
- Store your toothbrush in hydrogen peroxide to help decrease pathogens. Replace your toothbrush after cold or flu and every 3-6 months.
- Wash hands after shopping, bathroom and eating out.
- Avoid toxoplasmosis and other pathogens. Keep your cat off your pillow, no cat or doggy licks, wash your hands.
- Many pathogens are transmissible from cats and dogs to humans. Wash hands after handling your pets.
- Check your animals before they enter the house from outside for ticks.

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- Protect yourself when eating out
- When you go food shopping, bring a paper bag and put in your shopping cart and put foods you're purchasing in the bag.
 - Throw away the bag when you get home. People put their babies, children and dogs in the carts, exposing you to parasites!
- Wear gloves when handling meat and chicken.
- Spray colloidal silver on counter tops, let dry, to help limit exposure to pathogens and parasites.
- Use water filter. Never drink tap water or use it in sinus rinses. Invest in a good water filter.
- Clean air: A good air filter can help decrease the elements that weaken your body and also decrease things in the air that are infectious.
- Part of preventing parasites from getting hold in the body is to be sure to have a clean body.
- Herbal support:
 - **Detox 2, Detox 1, A-P and A-FNG**
- Diet. Avoid grains and sugars, especially when dealing with parasites or infections.
- No GMOs! Eat Organic!
 - **Avoid** potatoes, corn, soy, tomatoes, white rice, canola oil, wheat, milk, eggs, squash, beetroot, radicchio, cantaloupe, papaya and plums.
- Importance of Stomach Acidity: acidity in the stomach helps to kill parasites, so check with your practitioner. It is easy to increase acidity to right amount.

Importance of Detox: Parasites, Mold, Heavy Metals

- Parasites have a tendency to absorb heavy metals, pesticides and other toxins. Detox is very important.
- Relation between heavy metals and candida: If candida is higher in the body it is much harder to detoxify mercury.
- Fungus, mold and candida always showed when I was working with chronic illness patients. If you suspect metals suggest talking to your practitioner.
- **Many of our practitioners use Detox 2, Envi-Rad, Detox 1, BT-Detox and NT-Detox**

Regaining your Body: Removing the Parasites. Strategy.

You win back your body first in your mind. Be resolved that you have already won; you have a plan.

Don't feed the Parasites! Foods, mentally or emotionally.

When your mind and emotions are at their worst, they are either dying away or need to be attacked.

With Toxins:

- Detoxification: We use **BT-Detox**, **Detox 2**, **Envi-Rad** and **NT-Detox**
- Talk to your practitioner about taking **A-P**, **Detox 2** or **A-T**, etc. Depending on need.

Always take herbs on an empty stomach, unless you cannot tolerate.

Parasites follow patterns, mix up times you take the formulas to confuse them

Strategy for Supporting the Body's Natural Ability to Reduce Parasites

If you are Strong:

- Attack Them! Eat the foods that go after them, like onions, garlic, kale, etc.

If you're body is Weak:

- Defend against them
 - Probiotics, no grains or sugars, low carbs until you feel stronger.

If you are Weaker:

- Avoid them through diet and avoidance procedures discussed above.
- Strengthen self
- **Detox 2**, Probiotics, no grains or sugars, low carb, **Chi Master**, supportive herbs, our restorative formulas.

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Confuse them! How to confuse parasites:

- Make them feel you are far away, when you are close. You do this by taking a day off, then start again with herbals and anti-parasitic foods.
- Change times you take your formulas.

Break down their communication systems with each other and ability to protect themselves (biofilms), quorum sensing! You can have significant affect on their ability to function simply by doing this!

Example:

- The bioactive dietary phytochemical extracts from common dietary fruit, herb, and spice extracts significantly inhibited quorum sensing in *Chromobacterium violaceum* O26 (CVO26) and CV 31532.
- The extracts also inhibited swarming motility in pathogens EC 0157:H7 and *P. aeruginosa* (PA-01), known to be modulated by quorum sensing.
- **Vanilla**, a widely used spice and flavor, can inhibit bacterial quorum sensing. The extract of vanilla beans in the *C. violaceum* CV026 bioassay effectively inhibited bacterial quorum sensing.
- **Vanilla extract**, or specific compounds isolated from it, may be used as novel quorum sensing inhibitors.

You can include these herbs in your diet as well:

- Cinnamon
- Garlic
- Vanilla
- Onion
- Curcumin
- Clove
- Nelumbo
- Rosemary
- Eucalyptus – only use small amounts
- Panax ginseng
- Black Pepper

Unmask the Parasites: Let the Body See Them

Make the place they live uncomfortable for them, so they will come out of hiding.

Less carbs, grains, no sugar foods, then increase probiotics, use alkaline diet, coconut, olive oil.

By following the recommendations listed you can help your body get rid of parasites and decrease the toxins they produce.