A guide to our traditional herbal ingredients, **how to parasite cleanse**, foods to add to your diet during (and after!) the cleanse, and valuable information about what's going on inside of our bodies in our modern toxic world.
Do not begin an herbal regimen of any kind if you are pregnant, think you might be pregnant, or may become pregnant soon. Do not begin an herbal regimen while breastfeeding or lactating. If you are on any prescription pharmaceuticals, consult your doctor about herbal contraindications before taking. You should always contact your health-care provider before beginning a new regimen. Don’t take herbs that you have a known allergic reaction to.

Please note the material and statements in this book are for educational purposes only have not been approved by the Food and Drug Administration. This information and opinions in this book are not intended to diagnose, treat, cure, or prevent any disease. Statements are not meant to be misconstrued as medical evaluations. Content in this book is for reference purposes and is not intended to substitute for advice given by your licensed health-care professional.

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Customer Service e-mail: support@organicolivia.com
OUR FULL LINE OF PRODUCTS

• IMMUNE SHROOM - 2 capsules daily (as a preventative measure) provide year round immune support. You can alternatively take a more potent, therapeutic dose whenever you feel a cold coming on. Made with 5 superfood mushrooms, think of this as your ‘mushroom multivitamin!’ It keeps your immune system strong when you’re feeling run down, especially in the winter months.

• ANTI-STRESS MAGNESIUM KIT - This is our complete anti-stress kit that helps you relax both mind and body. It includes 1 rapidly absorbed transdermal spray + 1 tub of soothing magnesium tea (also available separately but snag them together in our custom box for a $10 discount!) This kit restores the world’s most depleted mineral: magnesium. Magnesium is essential for deep sleep, liver detox, muscle relaxation, and ache/pain relief. It is also required for over 300 enzymatic reactions within the human body.

• COMING SOON: THYRO PRO - An expert blend of synergistic herbs, amino acids, and minerals designed to support healthy energy levels and thyroid hormone production.

VISIT OUR ONLINE STORE HERE
ABOUT OUR WILD-CRAFTED HERBS

Suggested Use: As a therapeutic dose, take 2 capsules 3 times daily before meals. For daily use, take 2 capsules 2 times daily before meals. Purified water is crucial in flushing toxins. It is important to consume adequate water throughout the day to ensure elimination.

Caution: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers, or children under 18 years of age. Individuals with a known medical condition should consult a physician before using. Do not use if you have diarrhea, loose stools, abdominal pain, high blood pressure or edema. Consult a health care practitioner prior to use if you have diabetes, intestinal conditions, hemorrhoids, or kidney problems.

Storage: Keep out of direct light and out of reach from children. Store in a cool, dry place. If seal around cap is broken or missing, do not use.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Proprietary Blend</td>
<td>1200 mg</td>
<td>†</td>
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<tr>
<td>Garlic Extract (2% allicin), Olive Leaf Extract (20% oleuropein), Agaricus Bisporus Extract (Champex®), Wormwood (Artemisia absinthium) (aerial parts), Ginger (Zinziber officinale) (root), Olive Leaf (Olea europaea) (leaf), Cat’s Claw (Uncaria tomentosa) (bark), Lemon Balm (Melissa officinalis) (leaf), Burdock (Arctium lappa) (root), Atlantic Dulse (leaf), Cape Aloe (Aloe ferox) (leaf), Black Pepper Extract (BioPerine®) (fruit)</td>
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* Daily Value not established

Other Ingredients: Vegetable capsule (hypromellose)
Non-Gmo • Gluten Free • Vegan

Champex® is a registered trademark of Ricos Corporation.
BioPerine® is a registered trademark and patented product of Sabinsa Corporation and has been proven to enhance bioavailability of various nutrients.
ABOUT OUR WILD-CRAFTED HERBS

● **Olive Leaf Extract** - The Bible refers to the olive tree as the “tree of life.” In the early 1900s, scientists isolated a bitter compound called oleuropein from olive leaf that was thought to give the olive tree its disease resistance. In 1969 the active components in oleuropein, namely elenolic acid and calcium elenolate were isolated and tested by researchers at the Upjohn Company. Their results were exciting as they found that these active components inhibited the growth of every harmful organism they were tested against.

● **Olive Leaf (Whole)** - Not only do we use olive leaf extract, we also use the whole plant itself, because we believe nature always gets it right! There are so many undiscovered plant compounds waiting to be recognized by science, so we wanted to include the unprocessed leaf to help the active extract do its job.

● **Garlic** - Garlic is one of the main remedies recommended for parasites by the University of Maryland Medical Center. We chose garlic as one of our main stars because it is a whole plant food and works against several stages of harmful organisms to prevent them from replicating in the future. The active component in garlic (allicin) has been clinically studied for years for its innumerable health benefits.

● **Agaricus Bisporus Mushroom** ("Champex Extract") - Champex is a powerful mushroom extract that was actually patented for its ability to fight foul breath and body odors at their source - in the intestines (via harmful bacteria/organisms). A portion of the foods we ingest is decomposed and converted by intestinal organisms into toxic chemicals such as ammonia, mercapatan, indoles and hydrogen sulphide - all of which produce strong, offensive odors. Some of these products are absorbed, through the intestinal walls, into the blood and circulate through the entire body contributing to fatigue. The chemicals are then discharged as foul breath or body odours. Champex attacks foul breath and body odors where they originate, supporting and maintaining a clean condition within the intestines by suppressing the generation of toxic chemicals. In human clinical trials, Champex has been shown to increase levels of beneficial human bacteria (probiotics) such as bifidobacterium. At the same time, pathogenic bacteria such as Lecithinase-positive Clostridium, coliform bacteria, and Staphylococcus showed a decreasing trend at the standard dosage. Mushrooms such as Champex are prebiotics - meaning they feed and provide the proper environment for the right bacteria to grow, while gently fighting the “bad guys” that steal our energy and lower our immune systems. On top of this, Agaricus Bisporus is a wonderful food for kidney health! To ensure that all elimination organs are supported during detox, we chose this mushroom for the kidneys to complement Burdock Root, which helps the liver.
ABOUT OUR WILD-CRAFTED HERBS

- **Wormwood** – Wormwood contains the plant compounds thujone and isothujone, which are the components that protect the plant (and animals/humans) from foreign organisms. Wormwood also helps produce bile, which in turn supports the liver and gallbladder.

- **Ginger** - Ginger contains ultra-potent anti-inflammatory compounds called gingerols. Ginger tea has been taken by cultures as an anti-parasite remedy for centuries. Its warming effect on the body strengthens and supports your organs and vital energy, boosting your immune system to fight invaders in the future. Its warming qualities also balance the bitter herbs in this formula to ensure balance.

- **Burdock Root** – An ancient blood purifier, Burdock is wonderful for supporting skin, kidney, and liver health. It provides many vitamins, and aids the body's detox process. Burdock is a major ingredient in the famous “Essiac Tea” remedy.

- **Lemon Balm** - Lemon balm is a member of the mint family and is considered a calming herb. It has been used for centuries to reduce nervousness, promote sleep and improve symptoms of indigestion. A 2008 study showed that lemon balm was effective at reducing viruses, gram-positive bacteria and Candida albicans. - [http://www.ncbi.nlm.nih.gov/pubmed/7630324](http://www.ncbi.nlm.nih.gov/pubmed/7630324)

- **Cat’s Claw** - Cat’s claw extracts demonstrate powerful antioxidant effects in quenching the dangerous peroxyl and superoxide radicals. Laboratory analysis indicates that the antioxidant power of cat’s claw exceeds that of many extracts of fruits, vegetables, cereals, and medicinal plants. Cat’s claw extract improves markers of immune system health in animals and humans, suggesting that it may help defend against infectious invaders. (Read more: [http://www.lifeextension.com/magazine/2007/3/nu_catsclaw/page-01](http://www.lifeextension.com/magazine/2007/3/nu_catsclaw/page-01))

- **Atlantic Dulse** – Seaweed, such as Dulse, boasts 56 bioavailable minerals and trace elements. These minerals supply our body with the tools our immune system needs to naturally fight harmful organisms on its own.

- **Aloe Ferox** - We use a tiny amount of Aloe Ferox to help prevent sluggish elimination during the cleansing period. The sap of Aloe Ferox (a South African variety of aloe) produces bitter crystals that act as a remarkable colon cleanser. Aloe Ferox is similar to Aloe Vera, but has many times more nutritional and medicinal value. It contains over 130 active plant compounds that facilitate the body’s natural healing process.

- **Bioperine** - Piperine, also known by its trademarked name, BioPerine, is an extract derived from black pepper that is proven to increase the absorption of various herbs and nutrients by up to 229%.* This effect is known as “bioenhancement.” According to an article published in the "Journal of Ayurveda and Integrative Medicine" in 2010, piperine has been shown to increase the absorption of vitamin C, selenium, beta-carotene, vitamin A, vitamin B-6 and coenzyme Q. The article goes on to suggest that piperine may be useful for people who suffer from conditions that cause malabsorption of nutrients and people suffering from malnutrition.
With all herbs, you want to start off slow and work your way up. This allows you to gauge how your body is reacting to them, and assures that the detox reaction doesn’t happen too quickly.

* Start off with **2 capsules, 2 times daily** before meals. If you are comfortable at this dosage or particularly sensitive/fragile, you may choose to stay at this dosage for the duration of the cleanse. It will be gentler and slower and will last for 45 days. During these 45 days you don’t have to make any major changes to your life or routine (don’t worry, you won’t be running to the bathroom constantly!) Simply eat a healthy diet (which I’ll talk about in this book), and take the capsules before your meals as directed.

* If you are a seasoned cleanse veteran or you can generally handle a higher dosage of herbs, feel free to increase your dosage after a few days to **2 capsules, 3 times daily** before meals. At this increased dosage, the cleanse duration will be about 30 days. You may have more of a die-off reaction as harmful organisms begin leaving your body in larger quantities. However, our cleanse is designed with supportive ingredients to minimize any discomfort. Once again, you don’t have to make any major changes to your daily routine - just eat healthy and take your capsules as directed before meals.

**Be sure to follow up with your favorite probiotic each night before bed to repopulate your gut with beneficial bacteria while you sleep.**

See our top picks on the next page.
Probiotics

Taking an antibiotic is something that has been unavoidable for many of us. Although it’s not the end of the world, there are some major drawbacks that are important to understand. Antibiotics not only create an environment where yeasts/parasites/pathogenic bacteria can thrive, they also kill off your beneficial “probiotic” gut bacteria that protect you from parasites in the long run. As the cleanse helps your body fight the pathogenic invaders, it’s imperative that you also take a probiotic to deposit a community of beneficial strains that will protect you and boost your immune system for years to come! We are currently working on a probiotic of our own which we’re so excited about, but in the meantime I’d love to share our favorite brands below that we use and love.

1: Dr. Axe’s LIVE Probiotics - **Pros:** high CFU count, a variety of bifidobacterium strains, includes soil-based organisms, and has prebiotic fiber to feed the beneficial bugs. **Cons:** some strains are derived from milk, so while this is suitable for vegetarians, it’s not 100% vegan.

2: Renew Life Ultimate Flora - People use this particular blend of strains for IBS, yeast, etc. All the strains are scientifically studied. This one is vegan.

3: Garden of Life RAW - Contains a wide variety of strains and is a trusted brand. Also vegetarian but not vegan due to the strains being derived from Bulgarian kefir.

4: GUTPRO - This is a probiotic designed for leaky gut, histamine intolerance, and other gut issues. I love this stuff!!

Other products I’ve tried/researched: VSL #3 - This probiotic is designed for IBS and Ulcerative Colitis, so it’s very high potency. It’s one of my favorites to date.
All About The Bugs

In this section you’ll find information about how we get parasites, why parasite infections are increasing, buzz about parasites in the news and medical journals, symptoms, and more.
“IN FACT, PARASITES HAVE KILLED MORE HUMANS THAN ALL THE WARS IN HISTORY.”

- reported by National Geographic in its award-winning documentary, The Body Snatchers.

**SCREENSHOT FROM WEB MD:**

[Link to WebMD article about deworming dogs](pets.webmd.com/dogs/deworming-dogs-puppies)

*Dogs* are ideal hosts -- to *worms* and other parasites, that is. Animals that sniff, slurp, lick, and gobble anything in their paths, including dirt, trash, and poop, are bound to pick up pests. All the things they do with their mouths -- groom, kiss, wrestle, and other social habits -- can pass along unwanted guests to playmates and companions, canine and human alike.

**IT IS COMMON PRACTICE TO DE-WORM OUR PETS EVERY FEW MONTHS... WHY DON'T WE DE-WORM OURSELVES?**

**THE ANSWER:** Many cultures have parasite cleansed for many years using traditional plant botanicals and herbs such as garlic, clove, wormwood, olive leaf, papaya seed and more (many of which are included in this cleanse). The Amish also caught onto the benefits of parasite cleansing long ago, and some farm and ranch children are raised with daily homemade tinctures. A spoonful a day keeps the parasites away! As we’ve adopted a modern lifestyle we have lost this practice that used to be passed down from generation to generation. When I first told my boyfriend's grandmother I parasite cleanse, she said, “Of course! My mother cleansed us with castor oil and grapefruit juice.” She is originally from Ecuador.
**HOW DO WE GET PARASITES IN THE FIRST PLACE?**

**1. CONTAMINATED WATER**

Water is the primary way parasites infect humans. For example, over 50% of our lakes, river streams and creeks are infected with the protozoa parasite Giardia Lamblia. This parasite is not killed by chlorine and is steadily finding its way into urban areas with “treated” drinking water.

**Dr. Leo Galland** presented a paper back in 1991 which demonstrated that out of 200 participants in his study who were diagnosed with *chronic fatigue*, 46% had an active Giardia infection.

In 1990, he presented a paper to the American College of Gastroenterology which demonstrated Giardia infection in about half of a group of two hundred patients with chronic diarrhea, constipation, abdominal pain and bloating. Most of these patients had been told they had irritable bowel syndrome, which is commonly referred to as "nervous stomach."

**IN HIS HUFFINGTON POST ARTICLE, DR. GALLAND SAYS, “PEOPLE INFESTED WITH WORMS MAY HAVE NO SYMPTOMS, OR MAY SLOWLY BECOME ANEMIC.”**

- Galland, L. (1989) "Intestinal protozoan infection is a common unsuspected cause of chronic illness." Journal of Advancement in Medicine, 2, 529-552.

**2. OTHER HUMANS**

You can obtain parasite eggs from other humans very easily. Since most infections come from the anal-oral route think about this:

Someone has parasites, they use the restroom, do not wash their hands thoroughly afterwards, then they sit down and use the salt shaker on the restaurant’s table. They have just deposited microscopic eggs onto this object. You are the next person to sit at this table and use the salt shaker – you then lick your finger or even put your hand to your face. You are now the new host to parasites. Parasite eggs can live under human fingernails for up to 2 months. Think of how many common objects you come into contact with on a daily basis. Even more common infections come from kissing, holding hands, sharing eating utensils and of course, sexual contact.

Usually if one family member is a host to parasites, the entire family is infected. There are many parasite eggs that can live without a host for weeks – for example, microscopic pinworms eggs become airborne and can travel anywhere and they can live for two days outside of a host. These microscopic eggs are inhaled where they then hatch inside your body.
HOW DO WE GET PARASITES IN THE FIRST PLACE?

3. ANIMALS

Animals, including pets, can spread 240 diseases to humans via parasites. We are often picking up eggs that pass from them to us via hands, nose and mouth. Parasite infected fleas and ticks bite our animals and spread brand new species into their blood. Parasite infected animal feces are of concern as well since we come into contact with this to clean up after our pets.

When your pet (or someone else’s) licks their anus, they are depositing thousands of eggs onto their tongues — then they lick you and those eggs have just been transmitted to their new host.

Pets and domesticated animals are not the only ones spreading parasites — mosquitoes, fleas, ticks, lice and all other biting insects transmit protozoa (one cell) parasites to humans.

This is NOT to suggest that having pets is a no-no! This is simply our clue to follow the steps we take to care for them by de-worming ourselves just as we de-worm them. To keep your pet’s immune system high and keep parasites out of their system, you can put some food grade diatomaceous earth into their food daily.

4. UNDERCOOKED FACTORY FARM MEATS

Undercooked meats are a very high source of parasite infections. Commercial pork products are also notorious for infections — bacon, ham, pork chops, cold cuts, hot dogs, etc. You can be assured that all supermarket non-organic meat is filled with parasites because the animals are sick from eating GMO corn. Sushi (raw fish) also contains eggs and larvae of several species of parasites.

Traditional cultures were aware of parasites as I mentioned before and designed traditional dishes around the principle of killing pathogens and parasites. Raw sushi was always served with ginger and wasabi, two of the most potent parasite killers in the world. Eating a bite of raw fish at the same time as a bite of wasabi provides a wonderful incinerating defense for all the parasite eggs lurking in that bite. Similarly, meats have been traditionally served with living, enzyme rich foods such as pineapple. Food enzymes have been proven to breakdown parasites in scientific studies. Protease enzymes in particular (bromelain from pineapple) break down the sinew and fibers in the meat. Placing pineapple slices on your meat at room temperature is a great way to tenderize it and kill parasites. As the meat breaks down, any parasites will too, as their outer skin layer will be dissolved and your stomach acid can incinerate them. Fresh ginger breaks down meat in the stomach faster than any other spice ingredient which is why Asian cultures use it often in their cooking. Lemon and lime have traditionally been served on fish, oysters, etc. as the bitter compounds and fruit acids also kill parasites. “Bitter kills the critters!” This is also why ancient cultures chewed on fennel, cloves, ginger, and many other bitter foods (“digestive bitters”) right before eating any protein meal! This is yet another practice we have lost.

ARTICLE: THE THE TRUTH ABOUT THE MIND-CONTROLLING PARASITE YOU CAN GET FROM YOUR CAT

QUOTE: “Groundbreaking research showed that infected men tend to be more suspicious, withdrawn, and prone to breaking rules, while infected women are more trusting, outgoing, and law-abiding. Both infected men and women are also more likely to be involved in traffic accidents, engage in self-violence, and — oddly — develop schizophrenia.”
HOW DO WE GET PARASITES IN THE FIRST PLACE?

5. FRUITS & VEGETABLES

Unwashed fruit and vegetables are also a huge source of parasite carriers. Dr. Leo Galland says that salad bars are some of our largest sources of infestation. A lot of vegetables are eaten raw, and according to the Center for Disease Control, diseases from fruit and vegetables are on the rise. With a huge demand for fruit and vegetables, we Americans import 30 billion tons of food per year. This food comes from many different countries where animal manure and human feces are used as fertilizer.

Most people do not properly wash fruits and vegetables before consuming. Hulda Clark tested many different raw fruits and vegetables and found parasites had entered into the flesh. Soaking your fruits and vegetables in water with 1 tbsp. of apple cider vinegar for a few minutes can help you thoroughly clean your food before eating.

6. TRAVEL

In our modern age, world travel is a way of life for many. These travelers are bringing home parasites that were once almost unknown in America. Airplanes are a great source for parasite transmission. It's very common for a family to go on vacation and bring back uninvited guests with them.

CONCLUSION: PARASITES ARE A PART OF LIFE AND EVER-PRESENT IN OUR ENVIRONMENT.

We will never be able to completely avoid them and the good news is that we don’t have to live our lives in a bubble or in constant fear. Just like bacteria, parasite eggs are on almost everything we touch. Whether we get an infestation or not depends on:

1. How often we cleanse (every 6 months-1 year) and how well keep our internal environments clean.
2. How competent our immune systems are at fighting infestation/overgrowth. Our immune system depends on whether or not we have enough minerals and nutrients, and most Americans are mineral deficient, so I personally take a liquid mineral supplement.
3. How strong our stomach acid production is, which is a huge problem in our modern age!
4. How many pollutants/toxins/heavy metals are in our bodies, because these are the things that actually create the comfortable home for the opportunistic organisms to come and take up residence.
Parasites, by definition, are organisms that cannot survive independently without a host. They feed off of that host's nutrition, unfortunately at the expense of the host (meaning no matter how healthy you eat, a huge chunk of those nutrients are going to the bugs!). The purpose of a parasite is to not make itself known. A smart parasite lives without being detected because if it is detected, of course, something is going to be done to eradicate it. If you think parasites are stupid, think again! They are highly intelligent organisms. Every living thing, including us humans, can be a perfect home to parasites. They are a part of life and as I said, we can never avoid contamination entirely.

Bugs will always be around us at some level to do their part in nature as decomposers. Your body, gut probiotics, and immune system are always supposed to be there too, to keep them at a bare minimum. If you are not following the laws of nature and you’re treating your body poorly, the parasites will do what they’re meant to do and decompose you. Having organisms like candida on a small scale is normal. But having a parasite or candida overgrowth is a whole new ball game, and a deadly one at that. (Note that candida is a special case because it is a beneficial organism meant to clean up waste in small amounts. Other worms, viruses, pathogenic bacteria, molds and protozoa such as the Giardia discussed earlier are not beneficial and simply steal our nutrients at our expense).

An overgrowth, also called an infection, is when the parasite comes into your body and begins to alter your biochemistry so it’s more favorable for THEM to proliferate than it is for your body to be healthy! Like I said, they are agents of decomposition; they want to eat you, more and more every day. If the immune system cannot kill down the fungus and parasites to a level that you can manage, that is when you have an infection. In our toxic world of pollutants, all of our immune systems are suffering.

In fact, it is (under)estimated that 10-20% of AIDS patients don't die of AIDS, they die of a fungal infection. The AIDS wipes out their immune system and the fungus is what takes advantage of this and actually kills them. (source) Other AIDS patients die from the exact same premise: opportunistic infections. The University of California says, “Often, people are infected with the opportunistic infection (OI) long before they become infected with HIV. Their previously functioning immune system kept the OI under control, so they didn't have any symptoms of the infection.” This is exactly what I just said: our immune systems are supposed to keep these bugs in control. In our world of decreased immunity due to pesticides, antibiotics, pharmaceuticals, GMO food, heavy metals, and so much more, what does the future look like for our immune defenses?

In the words of the fabulous Paul Chek, “Independent studies say that 90-95% of the world’s population has a fungal infection (AKA overgrowth), and 90% of the world’s population has a parasite infection. So the same 90% that have a fungal infection also have a parasite infection. This makes perfect sense, because when you have a fungal infection, it weakens your immune system and opens the door for parasites.*

Fungi release chemicals (mycotoxins) that have been shown to modulate the immune messenger system (cytokines) and debilitate the immune system making it very easy for parasites to take over.

While they are often fond of the colon, this is not the only place parasites can be found. Any part of your body is vulnerable to infestation: the lungs, liver, esophagus, brain, blood, muscles, joints, skin...and even your eyes.

WHY ARE OUR IMMUNE SYSTEMS DECLINING?

Our ancestors used to go to sleep as the sun went down and woke up just as it was rising. This kept their hormones in balance (because of natural exposure to light) and allowed their livers and immune systems proper time to regenerate. See my powerpoint presentation on how our lack of melatonin production due to artificial light and EMF from our devices is dramatically lowering our immunity and allowing parasites to thrive.
Our ancestors did not go to the doctor to be prescribed pharmaceuticals and antibiotics that disrupt our gut bacteria forever, even if you only take them once. See my article on antibiotics here.

On top of that, like I said, our ancestors used to parasite cleanse!

So why, suddenly, do 1 in every 3 people have cancer? Think of how many toxins we’re exposed to on a daily basis - and all the places we visit where we touch or breathe in toxic chemicals and fumes. Benzene at gas pumps. Phthalates, formaldehyde and so much more at nail salons. All the chemicals involved in getting your carpet/couch cleaned (let alone the flame retardants your couch is already soaked in - please research this!!). Parabens and sulfates in home cleaning products - even in body cleaning products like shampoo. Heavy metals in water. Carcinogens in pesticides. Petrochemicals and xenoestrogens in plastic. And did you know that glyphosate, the toxic pesticide created by Monsanto, is now found in rain and urine samples?! We are literally drowning in chemicals; so much so that we’re peeing them out. Our immune systems don’t stand a chance. I’ve had some people say to me “Geez, it seems like everything causes cancer nowadays.” Unfortunately, all of the cheap, modern conveniences all the way from fast-food to fast-drying nail polish have consequences. Have we gone too far trying to produce things on a mass scale for pennies on the dollar? Are the chemicals in our environment just an honest mistake or do the regulatory agencies know what they’re allowing? Why did the FDA allow Monsanto’s GMOs into our food supply untested, then hire the former VP of Monsanto as the head of the FDA?

It’s expensive to make things with natural, biodegradable materials that would protect our health and earth. It’s cheap to take industrial petrochemicals and slap a pretty label on it with no concern for human consequences. So many of the chemicals used in things as simple as air fresheners are known carcinogens, yet these companies don’t care as long as you keep buying them because they’re cheap. Then, once our lifetime of chemical exposure results in a cancer diagnosis, there is no way to pinpoint a cause or we’re told “it’s genetic.” You can’t find a definitive causative agent, or sue a corporate giant because you can’t prove that using their aluminum-based deodorant contributed to your breast lump (even though parabens are found in samples of cancerous breast tissues!)

Pollution

Pollutants are all the dead things around us that should not get into your body because they interfere with its work. As long as they don’t penetrate your tissues, they won’t interfere, like plastic eyeglasses and clothing. But if they are invasive, your body must fight to remove them.

Pollutants can invade your body via the air you breathe, the foods and beverages you eat, and the products you put on your skin.

The biggest tragedy is not recognizing when a pollutant is harming you.

Two people can use the same face cream. One develops a rash, the other does not. The one who did not assumes the cream is not harmful to them...that they are like a bank vault, impregnable to that product. A better assumption is that the face cream is somewhat toxic, as evidenced by the rash that can develop, and they escaped the rash only because they had a stronger immune system. The immune system is like money, paid out of the bank vault, for every toxic invasion. When the money is gone, the bank (your health) fails.

This is a page from parasite expert Hulda Clark’s book, “The Cure for All Diseases.” She explains that when pollutants are present, the parasites will come because the immune system is depressed. The goal is to remove the pollutants and put back the immune-boosting minerals!

In North America today, almost everybody is ill. If you look at your family, friends, and co-workers, and question them very carefully (because so many people deny there is anything wrong with them), you will find that virtually everybody has a health challenge, many of which are significant. How many of the people you know over the age 45 are on blood pressure medication, or any medication of some sort? How many people do you know in their 20’s and 30’s who are suffering from chronic fatigue, and many of them may not even know it because they think they are normal? How many people do you know in their 40’s and 50’s that have recently died of cancer?

It’s hard to imagine a situation that has reached this kind of a degraded health potential in what we call the age of technology, a time when we are supposed to have all the tools necessary to stay healthy. In reality, the health of the North American population is deteriorating. We may be living longer, but we are not living healthier, and the quality of life for the average North American over the age of 45 has decreased significantly in the last 30 years.
Hulda Clark explains that parasites are all around us. They are a part of life, and it is inevitable that you will come into contact with their eggs. However, now we have the pollutants mentioned above in the mix, and the parasites are able to proliferate in/feed off of unhealthy tissues and get into areas of the body where they should never be. The body is so busy fighting and detoxing pollutants that it has no energy to do its normal work of killing and sweeping out parasitic invaders. On top of that, so many Americans don’t have our very first defense: stomach acid! The hydrochloric acid in our stomach has been given to us as a gift that naturally kills bacteria, parasite eggs, and anything else you may ingest. Babies have incredibly strong HCL and it declines dramatically as we age and become mineral deficient.

You can read my article here about the true cause of heartburn and acid reflux: low stomach acid. Americans spend more than $7 billion per year on acid suppressing drugs and another $4 billion on OTC antacids such as Tums, because we’re told that too much stomach acid is the cause of acid indigestion, acid reflux, and heartburn.

**In reality, the problem is too little stomach acid!**

The Lower Esophageal Sphincter (LES) separates the esophagus and the stomach. Proper stomach acid levels signal the LES to close tightly, so that food digestion can take place. However, low stomach acid levels don’t give off the closing signal, and cause the sphincter to loosen. Once loose, acidic stomach fluid comes back up into the lower part of the esophagus causing a burning sensation. This is why a large meal will give you heartburn. There’s not enough acid in your stomach to saturate the heavy meal, so the LES doesn’t close.

Without the body’s first defense of stomach acid, we are letting tons of invaders into our body that would normally be incinerated. On top of that, we’re eating food that cannot be digested and is deficient in enzymes (overcooked, fried food). Then, when the LES won’t close and we feel acid coming back up, we run to the store and drink Alkaseltzer to add insult to injury. That’s how they keep you buying the product and that’s why we continue to get worse.

Guess what is needed to prompt your stomach to produce sufficient acid? Bitter flavors in food - which is exactly why I mentioned our ancestors chewing on digestive bitters before a meal. And guess what else is needed for HCL production? ZINC! One of America’s most deficient minerals (more on minerals soon).

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**PARASITES, THE IMMUNE SYSTEM, & THE BEES**

I’m sure you’ve read by now all about the phenomenon Colony Collapse Disorder (CCD). Bees all around the world are dying. Why?

Hundreds of articles so far have pinpointed pesticides as the culprit. And just like in us humans, that’s how it starts, with toxicity from a pollutant – but that’s only half the story. In a first-of-its-kind study published in the journal *PLOS ONE*, scientists at the University of Maryland have identified a brew of pesticides and fungicides contaminating pollen that bees collect to feed their hives.

When researchers collected pollen from hives on the east coast pollinating cranberry, watermelon and other crops and fed it to healthy bees, those bees showed a significant decline in their ability to resist infection by a parasite called *Nosema ceranae*. The bees exposed to chemicals like pesticides had a decline in their immune systems and were thus unable to properly fight off parasites.

This is the same immune depression and inability to resist parasites that we are experiencing because of pesticides and similar chemicals in our food! In the study, the parasite has been directly implicated in Colony Collapse Disorder.

The most disturbing part is that bees who ate pollen contaminated with fungicides were three times as likely to be infected by the parasite. Think about how humans who eat food contaminated with GMOs, pesticides, fungicides, and heavy metals... and who use products contaminated with all the chemicals I mentioned earlier. We are also increasingly becoming susceptible to a plethora of invaders.

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TO LEARN MORE ABOUT THE TOXINS IN OUR ENVIRONMENT, I HIGHLY RECOMMEND THE BOOK “TOX-SICK” BY SUZANNE SOMERS.
SYMPTOMS OF PARASITES

Symptoms of parasites are similar to tons of other disorders’ symptoms such as chronic fatigue, IBS, auto-immune, etc. Sometimes it feels like in every article you read online about health, you can identify with symptoms they have listed. Once the body deteriorates, the signs present themselves very similarly. You read earlier about how almost 50% of patients with chronic fatigue syndrome (which has many symptoms) had an active Giardia infection.

- constipation
- diarrhea
- gas and bloating
- painful menstruation
- irritable bowel syndrome
- joint and muscle aches
- anemia
- iron & B12 deficiency
- cravings, especially sugar
- allergies
- skin conditions (mostly irritation/itching at nose, ears, eyes, anus; but also rashes, hives, eczema)
- acne, eczema, psoriasis
- tumors
- nervousness
- sleep disorders
- hyperactivity, anxiety
- teeth grinding
- chronic fatigue
- fuzzy thinking
- headaches
- runny nose
- lots of mucus in the nose, lots of ear wax
- frequent sinus infections
- blisters on lower lip inside mouth
- loss of appetite
- bad taste in the mouth
- fever
- vomiting (may return several times a year)
- weight gain OR may have trouble gaining weight
- food allergies
- dark circles under eyes
- yeast/candida infection, especially if it returns
- forgetfulness, slow reflexes
- sexual dysfunction
- fast heartbeat, heart pain
- pain in the navel
- eating more than normal but still feeling hungry
- drooling while sleeping
- numb hands

A lot of women unknowingly have parasites in their uterus, which are a contributing factor to painful menstrual periods.
• **VIDEO**: Dr. Valerie Saxion, N.D. on Parasites: What The Medical Doctor Will Not Tell You! *(Click to watch Parts 1-3)*
• Parasitic Infections Are Dramatically Rising in America. Learn How and Why This Could Be So *(originally via Yahoo but deleted - view here)*
• Sufferers of Addictions, Obesity, Diseases, Psychological Disorders - There's a Cause and a Solution *(via Ezine)*
• Intestinal Parasites May Be Causing Your Energy Slump *(via Huff Post)*
• Study: Cat Parasite Affects Human Culture *(via LiveScience)*
• Parasites that Can Lead to Cancer *(via Cancer.org)*: “Opisthorchis viverrini and Clonorchis sinensis are liver flukes (a type of flatworm) that have been linked to increased risk of developing cancer of the bile ducts.” *I have personally passed many of these flukes which can be gray, orange, red, or tan in color.*
• **VIDEO**: Is Cancer a Fungus? *(via Doug Kaufmann)*
WHY I’M PASSIONATE ABOUT PARASITES

As many of you know, I suffered with major health issues for years with no known cause. These issues included IBS, depression, chronic fatigue, cystic acne, and more.

After researching topic of parasites extensively, I decided to do a cleanse, and it did nothing short of change my life forever. Once I mustered up the courage to talk about my experience with the public, I wrote a blog about it, and the response was incredible. I shared how after 3 consecutive cleanses (3 months in a row with 2 week breaks in between, along with probiotics to replenish the beneficial gut flora), I was able to get my cystic back acne under control for the first time in my life. The acne on my face that I could never quite tackle with other herbs or diet changes faded away as I passed more and more parasites. I got some really large worms out like the one you see above, along with a ton of bright orange liver flukes.

I felt incredible and energized as the brain fog lifted – like I had finally found the missing piece of my health puzzle. I now parasite cleanse once or twice a year, and take many steps for maintenance via diet and nutrients.
How to Parasite Cleanse

In this section you’ll find complete directions on how to use the parasite cleanse, general diet guidelines, recommended daily foods, a sample calendar, recipes, and so much more!
Preparation

In preparation for the parasite cleanse, you want to eat a healthy, liver-supporting diet so that your elimination organs (the liver and kidneys) are ready to get rid of the waste you will expel during the cleanse. This doesn’t mean you have to completely change your diet, especially one that’s working for you! It’s not about restricting, it’s about filling up on nutrient-dense foods first while still eating things that you love. Eat as you normally would, but also incorporate more health-building veggies/herb. You’ll find you have less room and cravings for processed items.

I like to make sure that my diet is full of fibrous vegetables (such as those in the chart to the right) and while cleansing, I avoid any heavy, fried foods that may slow down digestion or cause constipation. Avoid factory farmed meats. If you eat meat, make sure that it is organic and grass-fed. Meat sold in conventional grocery stores has come out of a factory farm and will only further harm your liver, making your body hospitable to parasites. Find a local farmer’s market or health market that offers 100% organic grass fed meat or wild-caught fish, or choose plant-based protein foods such as soaked beans and soaked quinoa instead. (Read my article here on why you should soak/sprout your nuts, beans, and grains.)

It is best to include a fibrous vegetable with every meal. If you are having organic eggs for breakfast, make an omelette with lots of spinach and onions. For lunch, do a vegetable soup with medicinal herbs like cilantro and root veggies like carrot and squash. For dinner go with a bok choy, kale, and brown rice stir fry with the protein of your choice.

You can also choose to have a large sweet potato for breakfast (or lunch!) which is what I love to do. If you prefer a fruit breakfast, go for kiwi, grapefruit, or green apples which are all wonderful for stimulating the liver Qi. Fruit is best eaten first thing in the morning by itself because it digests so quickly and you don’t want it sitting, fermenting on top of other foods.
Things to Remember Before Beginning

1. **DRINK WATER**

We truly underestimate the importance of drinking water. If the body’s water content drops by as little as 2%, it will cause fatigue! During a cleanse your water intake is *that much* more important. You must drink *at least* half your body weight in ounces of water each day. If you are drinking diuretics like coffee, tea, or juice, you need to increase that water intake even further. **Drink a full glass of water every time you take a dosage.**

2. **Water depends on your body’s electrolytes for proper absorption**

If you are electrolyte (aka mineral salt) deficient, your body will not properly absorb the water you’re drinking. If you drink a lot of water and still feel dehydrated, add a pinch of pink himalayan sea salt and a squeeze of lemon.

Citrus fruits contain calcium and potassium, which, when combined with salt, provide a balance for pH and fluid levels in the body. Salts are electrolytes. So, when salt is added to water, it dissolves into its component ions. These ions are electrically conductive and help receive and send messages throughout the body, and help facilitate cell hydration.
Die Off Symptoms

For some people, including those with chronic fatigue syndrome or those who have particularly large amounts of viruses or bacteria in their bodies, products that target harmful organisms may generate detoxification symptoms. These symptoms are known as the "die-off effect". Such individuals may actually feel worse for a short time before feeling better. The "die-off effect", or Herxheimer Reaction, refers to symptoms generated by the detoxification process, such as fatigue, headaches, muscle/joint aching or flu-like symptoms. It is crucial to drink at least a full glass of water each time one takes a dosage, and as always, so start slow and work your way up. This is why we recommend starting at 2 capsules, 2 times per day. Some may choose to start even lower than that.

HELPFUL ARTICLES:

*What are the symptoms of a herx reaction?
http://healthybliss.net/what-are-the-symptoms-of-a-herxheimer-detox-reaction/

*Dr. Jill - Tips for Dealing with Herxheimer or Die-off Reactions
http://www.jillcarnahan.com/2012/11/17/tips-for-dealing-with-herxheimer-or-die-off-reactions/
General Diet During the Cleanse

1. **EAT WARMING FOODS**

   In Traditional Chinese Medicine, all herbs that are bitter/cleansing also tend to be ‘cold’ or ‘yin’ in nature. This is not a bad thing at all (yin foods and herbs are very useful for periods of detoxification), but we want to be mindful of this and balance our diet with warming or ‘yang’ foods accordingly. I highly recommend utilizing a slow cooker for easy meal prep so that you can make a large batch of soup, stew, or chili the night before and have food for your entire day. It has made my life a lot easier!

2. **AVOID EXCESSIVE SUGAR**

   Parasites thrive on (refined) sugar and can make you crave it. The control they can exert over our cravings and behavior is only beginning to be acknowledged by science.

   * **Scientific American**: “Common Parasite Linked to Personality Changes”
   * **NY Times**: “Parasites Practicing Mind Control”

   Try not to eat too much refined and processed sugar while on the cleanse, as this slows your body down and lowers your immune system. On the other hand, certain natural sugars are quite beneficial for the body, such as honey and fruit. Honey contains a unique blend of oligosaccharides that feed the beneficial probiotics in your gut (the ‘good’ bacteria that help fight parasites for you!) Honey also has antibacterial properties that help with any cleansing regimen.

   Some people have had positive results with taking a small dollop of honey on a spoon a few minutes before taking their capsules. The sugar will attract the bugs and ‘set them up’ to be in the perfect spot for the herbs to do their job. This is not necessary, just a tidbit I thought I would share! I myself take a spoonful of honey before bed to fuel my liver with glucose for the energy-driven repair that happens during sleep.
General Diet During the Cleanse

3. AVOID PASTEURIZED DAIRY AS MUCH AS POSSIBLE

Raw, organic milk from a grass-fed cow is a completely different story because it’s a raw fermented food filled with beneficial probiotics and live enzymes. When my friend Doug healed his ulcerative colitis with raw organic milk and fermented foods, he got a lot of parasites and candida out due to the protein-digesting live enzymes in the milk. Pasteurized, sterilized store-bought milk on the other hand is usually from a sick factory farmed animal! Once stripped of its natural probiotics via pasteurization, the “bad guys” start to grow uncontrollably which is why pasteurized milk curdles. Raw milk never spoils or curdles, it just ferments and gets better with time (as it becomes kefir: see ancient benefits of kefir here). The only way to get raw milk is from a small organic farm (see why in the documentary Farmageddon) so I highly suggest avoiding milk altogether unless you can find a farm you trust. I can’t stress enough how bad supermarket milk is for your health.

4. BALANCE IS KEY

The goal here is to eat healthier and make informed food choices - not to go crazy restricting what you can and can’t eat, which is why I say “avoid as much as possible” for certain things such as refined sugar and pasteurized dairy. Unless you are a highly health conscious individual, chances are, you may come into contact with ingredients that are less-than-ideal when you’re out to dinner with family, traveling, etc. That’s fine, because one “unhealthy” meal doesn’t ruin your health (just like one “healthy” meal doesn’t magically cure all that ails you!) What’s worse than processed food is STRESS or an unhealthy mindset/relationship with food. Food should be a sensual experience filled with flavor, nutrition, and gratitude. Eat foods that make you feel these emotions and listen to what makes YOUR body feel good, even if that particular food is on someone else’s “don’t” list.
Best Foods to Eat Every Day

**GINGER TEA**

Every morning, as soon as you wake up, chop some ginger into slices and place them in a pot with 20 oz of water. Bring the water and ginger to a boil, then cover and simmer on low heat for 10-15 minutes to fully infuse the flavors and benefits.

- kills parasites
- warms the stomach and reproductive organs
- improves immunity, circulation, and Qi

Pumpkin seeds have been traditionally used as an *anthelmintic* (a substance that helps expel intestinal parasites). It is believed the high levels of compounds known as cucurbitins paralyze the worms. This prevents them from holding on to the intestinal walls, as they usually do during a bowel movement and will make them easier to expel during the cleanse.

- Eat a serving as a delicious snack.
- *Do not use if you have a nut allergy*

Humans nowadays are dramatically deficient in many minerals, including selenium. Selenium is needed to bind with toxic metals, such as lead and mercury, and removes them from the body. It also deactivates a whole host of viruses. Selenium deficiency can cause hypothyroidism or low thyroid. Brazil nuts are a more bioavailable source of selenium than supplements (*see study*).

- Have 1-2 nuts incorporated into one of your snacks for the day (trail mix, etc).
- *Do not use if you have a nut allergy*

Raw garlic, in particular garlic with purple skin, is often recommended in TCM as the most effective single remedy for parasites. Travelers in modern China still tend to consume a daily dose of raw garlic to ward off intestinal distress. Garlic contains antibacterial, anti-inflammatory, and anti-parasitic properties.

- I cook with garlic daily in at least one of my meals. I love it in stir fries, and chop it into salads, dressings, and sauces.
This modest superfood should be eaten daily because it helps the ‘liver system/meridian’ in Traditional Chinese medicine. The liver system is responsible for detoxification, and for making and spreading your hormones. Anything that unblocks the liver Qi allows the body to properly balance its hormone production.

Ever hear about how carrots look like (and strengthen) the eyes? In TCM, the eyes are directly related to the liver and it’s said that the health of your eyes reflects the health of your liver/gallbladder system.

“Anything that impairs liver function or ties up the detoxifying function will result in excess estrogen levels.” – Harvard Physician John R. Lee, M.D.

In the 1970’s, Dr. Ray Peat performed (and still performs to this day) extensive research on hormones and nutrition. He found that eating raw carrots daily helped detox the bowel and reduced levels of estrogen within only 3 days.

Raw carrots contain an indigestible fiber that helps the body perform its natural detoxification process more efficiently. This fiber binds to unused hormones and toxins and helps to safely pull them out of your body. Carrot fiber also prevents estrogen from being reabsorbed in the intestine, which can happen when transit time is slow!

Balanced hormones and proper estrogen levels means a balanced mood, great skin, and healthy weight. Proper liver function means less burden during detox. Read more about liver and kidney supporting foods soon!
Optional Kidney Supporting Foods

It is of utmost importance that liver function and kidney function are supported any time detoxification is happening. I often experience breakouts in the initial stage of cleansing from the detox, so I do everything I can to help my kidneys and skin (elimination organs). Nowadays I drink pure cranberry juice diluted in purified water and eat cabbage in my daily salad.

**Cranberry juice** contains a nutrient called quinine which converts itself into hippuric acid through a series of metabolic changes in the liver. Hippuric acid clears the excess buildup of urea and uric acid in the kidneys. Scientific studies have proven that cranberry is also very useful in treating as preventing urinary tract infections as it as an anti-bacterial. On top of that, it prevents the bacteria from holding onto your urinary tract walls. Only buy “fresh pressed” or “cold pressed”, never from concentrate. Lakewood brand is best.

**Dandelion Root Tea** is excellent for the skin due to its benefits for the kidneys. It is anti-inflammatory and is said to help dissolve kidney stones in Reader’s Digest’s book "1,801 Home Remedies: Trustworthy Treatments for Everyday Health Problems."

**Cabbage:** Thanks to its rich glucosinolate content, eating all types of cabbage helps activate crucial detoxifying liver enzymes. However, green cabbage contains more chlorophyll than the other varieties. Since chlorophyll strengthens the liver, I recommend eating green cabbage (both raw and cooked, incorporated into your meals where you can such as soups and salads). This sulfur-rich Cruciferous vegetable is also an excellent source of Vitamins K, C, folate, and Omega 3 fatty acids. I like to eat cabbage in *sauerkraut* and in salad with lime, salt, and avocado.

* **Red grapes**
* **Lemon** (add to the large amount of filtered water you should be drinking and to your diluted cranberry juice)
* **Celery**
* **Juicing:** celery, turmeric, radish, orange carrot, ginger, lemon, cucumber, parsley, green apple, red grapes
Optional Liver Supporting Foods

It is of utmost importance that liver function and kidney function are supported any time detoxification is happening. Your liver needs glutathione to properly detoxify.

It’s been proven that rheumatoid arthritis patients have lower levels of glutathione than the general public. Foods that boost glutathione levels can help RA patients (along with everyone else) purge toxic substances from their body.

Your body “handcuffs” toxins to a glutathione chaperone through a process called conjugation. Several glutathione containing enzymes are involved.

Your body then excretes the toxin handcuffed to glutathione out of the body—usually via the kidneys and urine.

Asparagus, avocados, raw organic goat milk and walnuts are rich sources of glutathione.

Broccoli, brussels sprouts, cabbage and cauliflower all contain cyanohydroxybutene which increases glutathione levels.

Alpha Lipoic Acid (ALA) promotes the synthesis of glutathione in the body. Food sources of ALA include spinach, broccoli, tomatoes, peas, Brussels sprouts, and rice bran. I highly recommend rice bran tocotrienols and add it to smoothies, yogurt and trail mix.

Avocados, peaches, and watermelon are also reported to raise glutathione levels. I recently posted about peaches lowering breast cancer risk and I think the glutathione aspect plays a major part in this.

Several spices including cinnamon, cardamom and curcumin found in turmeric raise glutathione levels.