

3 WEEKS PARASITE CLEANSE

DIET

The diet is **VERY IMPORTANT**. Without it, the deworming won't make any sense. Through the diet, we are starving the parasites and in some extension preventing them from growing and reproducing.

- ✔ **VEGETARIAN**
Most recommended diet. You can still eat eggs and well cooked fish (the best are fish soups)
- ✔ **VEGAN**
Not required, but very beneficial.
- ✔ **BIO PRODUCTS**
Try to eat bio products and use herbs from the ecological farms.

- ✘ **SUGAR - Most Important**
Any artificial sweets, like chocolate, candies, cookies, cakes should not be consumed. **Sweet fruits**, like bananas, or dry fruits especially raisins should be avoided. Also say goodbye to **honey** and any products that are **sweetened**, like marmalade, sweat drinks and so on.
- ✘ **DAIRY - Important**
Milk, yogurt, cheese and so on. You can though drink a **sour goat milk** to help to rebuild bacterial flora.
- ✘ **MODIFIED FOOD - Important**
Reach in **fragrance**, artificial flavorings, preservatives and so on.

Because parasites loves chemicals, like chlorine, radium, cesium, polonium and other...
- ✘ **Gluten Products**
Especially do not consume products from **white flour**, like bread, buns or pasta

RULES

- ! **DRINK PLENTY OF FLUIDS**
Drinking a lot of fluids helps the organism to clean itself from the dead parasites. Also after Parasites Party the body will be dehydrated.
- ! **BIND TOXINS**
During the Parasite Cleanse and necessarily after Parasites Party you should eat something that brings toxins together and protects you against intoxication.
 - Locust bean gum/ Carob Bean [Ceratonia siliqua]
 - 2 tablespoons for one glass of water,
 - Drink 3 times a day between meals.
 - L-Ornithine
 - Enterosgel

- ! **HELP YOUR BODY DEVELOP GOOD BACTERIAS**
A proper bacterial flora with a proper pH in the organism helps to eliminate fungus and parasites.

When you kill the parasites (when you do the Parasite Cleanse) it's a good bacteria's task to clean the mess. From the killed parasites comes out the other bacteria, which are new to our organism. In order to prevent the body intoxication, we need to have strong bacterial flora.
 - probiotics are not the best solution, as not many of them are good,
 - the best way is to eat a lot of **silage food** and **drink a sour goat milk**.

IN ADDITION

- + Deworm the animals at the same time
- + Clean your sheets
- + Minimize the usage of artificial cosmetics
Try to buy natural products. All of this is to reduce the presence of chemicals.
- + Eat regularly
- + Sleep well
- + Avoid stress

PARASITE CLEANSE SCHEDULE

MONDAY TILL FRIDAY

1st WEEK & 3rd WEEK

1 Drinking Herbal Tea

- 3 times a day,
- 1 glass 30 minutes before each meal (breakfast, lunch and dinner)
- drink warm,
- drink on an empty stomach.

2 Chewing Herbs

- 1 teaspoon
- in the evening before going to sleep
- after brushing the teeth
- do not brush the teeth after chewing the herbs

2nd WEEK

1 Drinking Herbal Tea

- 3 times a day,
- 1 glass 30 minutes before each meal (breakfast, lunch and dinner)
- drink warm,
- drink on an empty stomach.

SATURDAY

1 Drinking Herbal Tea

- 1 glass 30 minutes before breakfast
- 1 glass 30 minutes before lunch
- drink warm
- drink on an empty stomach.

2 6 PM - Eating Healthy Sweet Dinner

- rice
- banana, pear (other sweet fruits)
- raisins, dates (other sweet dry fruits)
- honey
- nuts
- yogurt, milk

3 Going to sleep early between 9 PM - 10 PM

2 AM Parasite Party

1 Prepare WARM Cognac Drink:

- $\frac{2}{3}$ glass of WARM green tea
 - Add 3 teaspoons of sugar
 - Add 30ml of Cognac
- Drink warm.*

2 Meanwhile warm up castor oil.

To a glass container put a bottle with 60 ml of Castor oil. Pour the container with a boiling water. Wait.

3 After 20 minutes since drinking Cognac Drink, drink 60 ml of warm Castor oil.

4 Go sleep.

SUNDAY

1 Expect water diarrhea.

If you haven't got one. Drink sodium bicarbonate.

- To a $\frac{1}{2}$ glass of boiling water add 1 flat tablespoon of sodium bicarbonate.
- Wait till it cools down.
- Drink comfortably warm.
- Drink half a liter of warm water after.

If you still don't have a water flush, do an ENEMA.

In the 2nd & 3rd week do an ENEMA after having a water diarrhea.

2 In the morning drink 3% Lugol Solution

To a $\frac{1}{2}$ glass of warm water add 5 drops of 3% Lugol Solution

3 Bind Toxins - drink Carob 3 times a day between meals. Or use other methods.

4 Rebuild bacterial flora - eat salige vegetables. Or use other methods.

5 In the evening, 30 minutes before dinner - drink 1 glass of herbal tea from the upcoming week.