



Frequently Asked Questions

Clinical Webinar: A Practical Guide to Parasite Cleansing and Detoxification

Signs and symptoms

1. Is nail biting a possible symptom of parasite in Kids?

- Nail biting is a “nervous habit” someone may feel uneasy for no real reason, which may be suggestive of a parasite infection.
- If nails are not cleaned regularly, biting nails transfers pinworms or bacteria buried under the surface of the nail to the mouth.

2. Is Sleep-walking a sign of a parasite infection

- The liver is most active at night, sleep walking maybe the body's attempts to try and eliminate toxins (from parasites if infected)

Testing

3. Are White blood cells always elevated during a parasite infection?

- White bloods cells may be elevated when fighting an infection, including viral, fungal, bacterial, or parasitic infection. Optimally, eosinophils should be no more than 3%.
- However, a low blood cell count may also be due to a long term/ repeated infection.
- Some research shows that there may be a difference in the count of white blood cells production according to the type of parasites and the variation of damage caused by each type of parasite.
- Iron-deficiency anaemia is also common with worm infections (including hookworm, whipworm and schistosomiasis) so maybe valuable to include in the testing.

4. What should we look for in the hair test for indication of parasites?

- The hair test that was referred to in the parasite presentation was a kinesiology hair sample, which can show up a variety of common bacteria and spores including toxoplasma, H pylori, Giardia Shigella, Lyme disease, blood flukes

5. Which stool test do you recommend for a comprehensive analysis?

- Comprehensive digestive stool test with parasitology x3 or GI360 – perhaps consider stool tests around the full moon...

6. Would you always test before embarking on a protocol, or considering most of us are likely to have unwanted visitors would you recommend an annual cleanse?

- Depending on their budget for testing; stool, urine and breath tests may be helpful to diagnose the strain and the extent of the overgrowth. However, if a stool test for example comes back negative, it does not mean to say that the individual does not have an overgrowth of parasites. Not all parasites will live in the digestive tract, many migrate to the organs, or weak parts in the body, and some are in the blood. It



may take several different tests to discover that there are parasites and the exact strain.

- Embarking on a cleanse programme, which focuses on elimination (with enemas or colonics if possible) may help to identify whether there is an infestation.

Enemas

7. How do you do an Epsom Salt Enema

Please refer to slides 24 and 28. There are a few different versions on the web. Andreas Moritz <http://www.whale.to/c/andreas.moritz.-.the.amazing.liver.cleanser.pdf>. and Dr. Hulda Clark offer guidance.

8. Would you recommend enemas for kids

There are many natural options to consider first for children like castor oil packing, soaked flaxseed tea... a gentler approach may be more favourable and supportive for children

9. Is the Epsom salt used for baths different to the oral?

Make sure when using Epsom salts internally that it states food grade

10. At what stages do you recommend using the enemas?

You can use the enemas before embarking on the cleanse and it can be favourable to use all the way through the programme. Also consider the timing with the full moon.

11. How often do u recommend enemas?

This should be based on the individual needs... you could consider:

- A weekly enema which may be helpful
- For several days over the full moon if you suspect parasites
- Whenever you are feeling like you may need to detox i.e. headaches, feeling emotional, more tired than usual etc. some feel that enemas provide a helpful release. However, bear in mind that depending on the toxicity of the person it can make some individuals feel worse initially.
- If you are doing regular colonics or enemas consider supporting electrolyte balance with coconut water for example.

Liver flush

12. Do you recommend a liver flush and is it safe?

- Yes, but doing some preparation work first is ideal i.e. supporting the elimination channels, avoiding gluten, dairy, meat, alcohol, coffee and nuts (which may be a source of mould) prior to and during the liver flush is advisable; Andreas Moritz and Dr. Hulda Clark offer some recommendations.
- It's very important that the bowel is emptying well and regularly and there are no blockages or stagnation.



Product Questions

13. Is the Digestive Enzyme product vegetarian?

- The Plant Digestive Enzymes are vegan and active over a broad range of foods as they provide a wide variety of different enzymes. Plant digestive enzyme can be beneficial for digestive stress (including bloating and gas), nutrient assimilation and absorption, waste elimination, food intolerance, tiredness, fatigue and candidiasis. <https://www.newrootsherbal.eu/products/english/medical/FE1311-InformationSheet.pdf>

14. Are your products Coeliac safe?

- All New Roots Herbal products excluding the following are coeliac safe:
 - **Cho-less-terin** (Oat)
 - **Prosta** (Rye flower pollen extract)
 - **Peace Greens** (Wheatgrass and rye leaf juice)
 - **ZenPlus** (Oat extract)

15. When including the Metal Detox Protector is there any particular timescale to optimise efficacy alongside the standard protocol?

- We recommend using 1-2 capsules daily during the first 2 phases of the cleanse and detox, in order to protect the cells and further aid detoxification. You could use this formula in the final stage too if you feel like the person needs support at a cellular level... or move them on to the Peace Greens to provide the body with complete support during the immune regeneration phase.

16. When should enzymes be taken to kill parasites?

- On empty stomach 30 mins prior to every meal

17. Some practitioners recommend taking pharma Vermox on top of any herbal protocol...

- The Parasit formula is a complete formula that will help kill and expel parasites from the body, and therefore we do not recommend taking Parasit alongside another parasite medication

18. Can you use Parasit if you are not sure if you have a parasite?

- Yes, it can be used as part of annual or bi-annual cleanse. However, the first phase is just as important as the 2nd phase when cleansing the body from parasites.

19. What's the dose of Ultra Purifant Cleanse?

- 3–5 capsules twice daily (morning and evening) with plenty of water before meals

20. What age are the Parasit formula suitable from?



- Body weight is a more accurate predictor of suitability – we recommend the child is over 24kg of body weight before using Parasit, taking half the adult dose (1 capsule in the morning and 1 in the evening with food).

21. How old were the children that were included in the S Boulardii Study (slide)?

- It is not stated in the abstract. The full text can be found here:
<https://link.springer.com/article/10.1007%2Fs00436-010-2095-4>

22. Are there enough binders included in the cleanse?

- Psyllium is an effective binder and cleanser of the intestinal tract.
- The Ultra Purifiant Cleanse bentonite are sufficient

Parasite Questions and Protocol:

23. Would you recommend the main parasite protocol for older children (13+)?

- Yes

24. I've got Dientamoeba fragilis, there's some debate about whether it needs to be eliminated?

- It is recommended to prevent associated ill-health. It has been implicated as a cause of gastrointestinal disease and the majority people infected present with gastrointestinal complaints. Chronic symptoms are also common with up to a third of people infected exhibiting persistent diarrhoea ([Nagata et al, 2012](#)).

25. Would you kindly explain again use of Parasit in relation to the full moon/New Moon.

- Parasites are more active during a full moon and their reproduction is in-line with our body's circadian rhythm. During the full moon we produce more serotonin and less melatonin, Parasites have serotonin receptors, increasing their movement and activity during the full moon. That is why it is recommended to consider targeting parasites with anti-microbials when they are most active to interrupt their breeding cycle.

26. What was the link between Lyme disease and full moon

Dr. Hulda Clark cure for all diseases

27. Do parasites "attack" the nervous system?

- Depends on how long there has been an infestation and symptoms...
- Toxoplasma has been known to attack the nervous system

28. What product would you recommend for threadworms in children? Would you recommend anything different?

- We would recommend the same parasite protocol as stated for children. However, strict hygiene measures are required. Threadworms live for about 5-6 weeks in the gut and before they die, female worms lay tiny eggs around the anus, which can



often happen at night or when you are warm and still. The eggs can survive for up to two weeks outside the body. They fall off the skin around the anus and can fall on to bedding, clothes, etc. They can then get wafted in the air as you change clothes, bedding, etc, and become part of the dust in a home. As they also cause anal itching, those infected often scratch to relieve the itching whilst sleeping which can get under the fingernails. It is quite common for children to swallow some eggs even why playing with infected children who have eggs on their fingers, or from food, drink, toothbrushes, or dust that have been contaminated with threadworm eggs. It is highly recommended to wash bedding, towels, underwear, nightwear etc. daily in a separate 60-degree wash to avoid re-contamination. Keeping fingernails short and cleaned regularly, washing hands before eating, maintaining a good hygiene practice is necessary. If necessary anal tape (any form of tape that is safe to put on the skin) could be used at night to prevent the eggs escaping onto clothes and bedding.

29. When taking coconut oil by the spoon why should you start with a smaller dose?

- It can make people feel quite nauseous if you take too much at once

30. What books and useful resources do you recommend?

- The Amazing Liver and Gallbladder Flush: Andreas Moritz.
- 33 ways to get rid of parasites: How to cleanse parasites for people and pets with all natural methods. by Stephen Tvedten
- Dr. Hulda Clark: The Cure for All Diseases
- <https://www.parasitetesting.com/parasites>
- <https://naturopathiccurrents.com/articles/parasites-their-biological-effects>
- Blastocystis: how do specific diets and human gut microbiota affect its development and pathogenicity: <https://link.springer.com/article/10.1007/s10096-017-2965-0>