



## A Practical Guide to Parasite Cleansing and Detoxification

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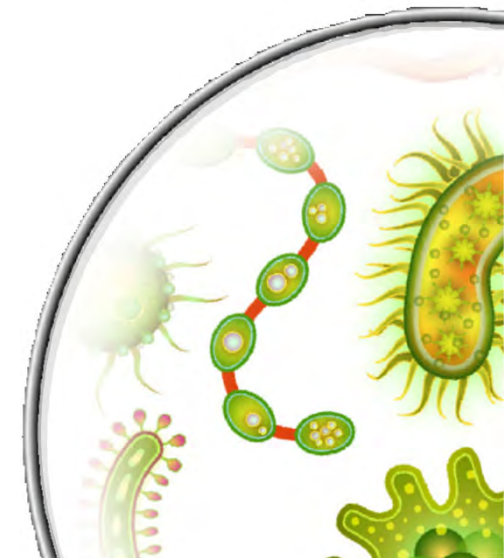




# Overview

- ✓ Client & Practitioner challenges
- ✓ Lifechanging personal experience
- ✓ Understanding Parasites
- ✓ Portals of Entry
- ✓ Contributory risk factors
- ✓ Symptoms and body whispers
- ✓ Parasite transmission
- ✓ Full Moon and Parasite Activity
- ✓ Testing
- ✓ Supporting Elimination Channels

- ✓ Deparasitation Programme
  - Benefits
  - Phase 1 Cleansing and Detoxification
  - Phase 2 Parasite Elimination
  - Phase 3 Immune Strengthening and Regeneration of Intestinal Flora
  - Supportive Products
  - Nutritional Protocol

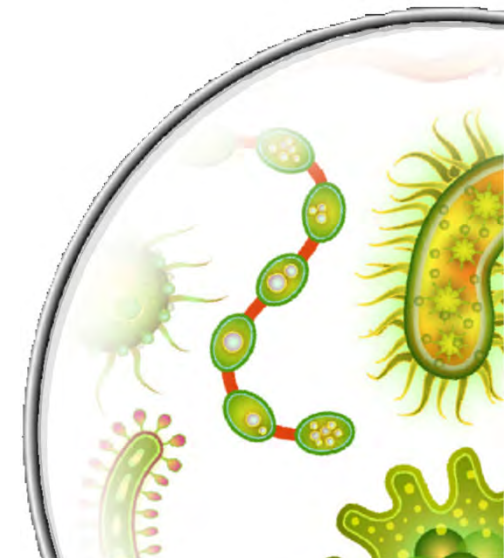




# Client & Practitioner Challenges

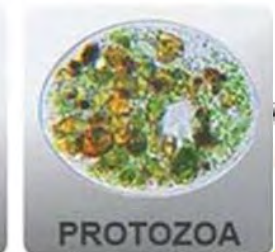
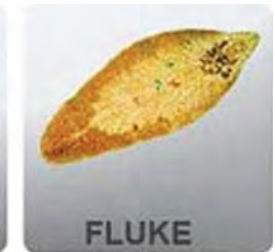


- ✓ Parasites lead to a multitude of health issues and challenges
  - Undiagnosed cases
  - Testing
- ✓ Protocol Commitment 1-3 months to bi-annual cleansing
- ✓ Minimising and managing symptoms
  - Die off symptoms
  - Emotional detox
- ✓ Our Parasite Journey

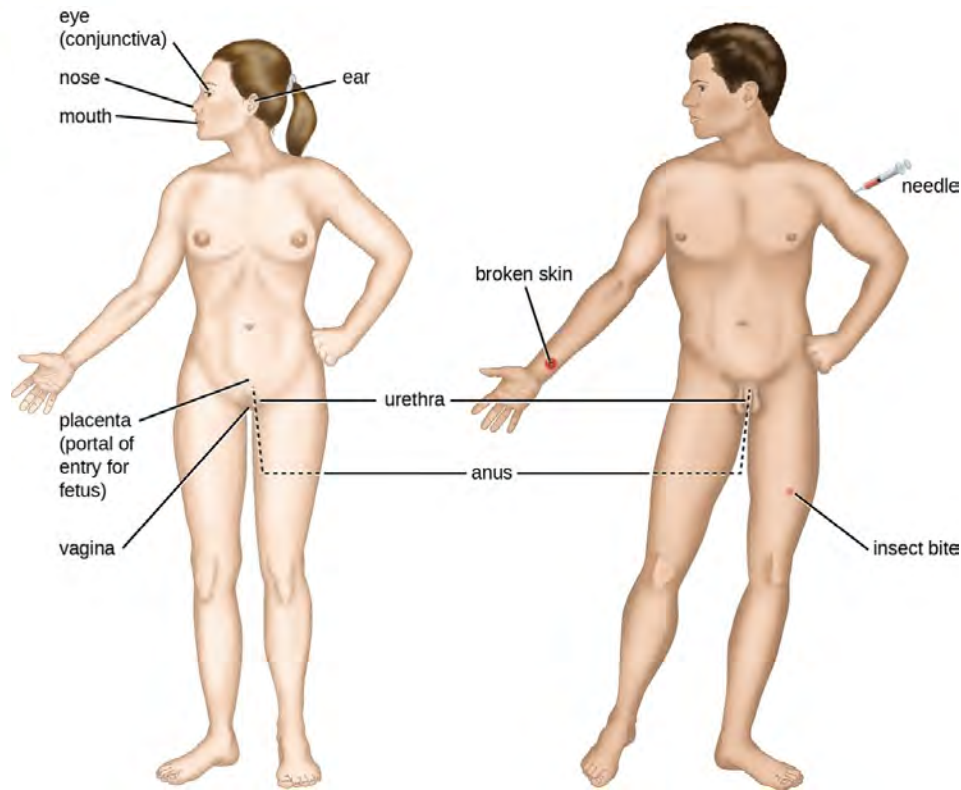


# Parasites

- ✓ Parasites live inside living things and deplete essential nutrients.
- ✓ Weaken the immune system, damage intestinal mucosa, tissues and organs, and poison the body with toxic waste from its metabolism.
- ✓ Settle in the weak points of the body, kidneys, heart, spleen, brain, joints, where there is initial discomfort.
- ✓ Some parasites live for 30 years in the gut or bed down into joints and muscle tissue.
- ✓ Some invade the central nervous system (brain and spinal cord).

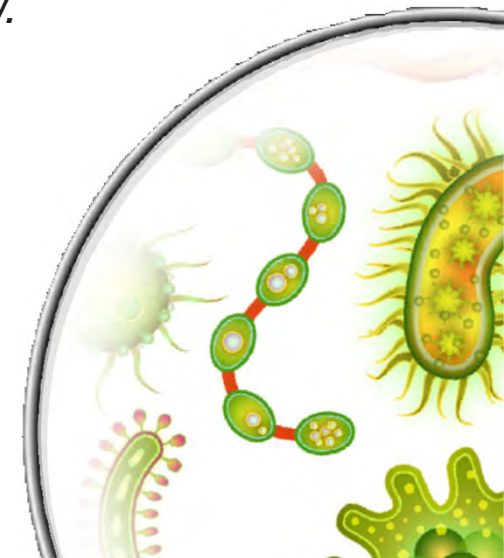


# Portals of Entry



*How parasites gain entry to the body. They then migrate to the point where they will reside and grow.*

Picture source: Microbiology; 2020

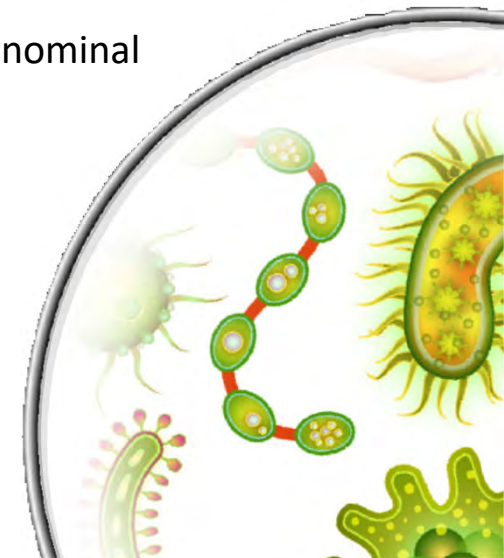


# Types of Protozoa

Single-cell - Reproduce rapidly in the intestines - Can spread to other organs.

Indefinite lifespan alternating between proliferative stages and dormant cysts.

- **Giardia lamblia and Cryptosporidium parvum:** contaminated water, food, faeces. Asymptomatic or may experience abdominal pain, bloating, gas, diarrhoea, bad-smelling stools...
- **Cyclospora species:** contaminated water, faeces, fruits and basil. Common in travellers. Intermittent symptoms include diarrhoea and weight loss...
- **Entamoeba histolytica:** contaminated water, food, flies and cockroaches. Asymptomatic or symptoms (fever, abdominal pain, diarrhoea) may appear up to 3-months after infection
- **Blastocystis:** contaminated water and food. Asymptomatic or may experience abdominal pain, diarrhea or other gastro-intestinal issues
- **Toxoplasma gondii:** usually transmitted from cats or occasionally undercooked meat. Symptoms include flu-like symptoms; fever, headache, swollen lymph nodes, and fatigue.
- **Trichomonas vaginalis:** transmission; sexual contact, toilet seats, spas, pool water., towels... Asymptomatic or may experience vaginal discharge and odour, painful urination, urinary tract inflammation or prostate gland enlargement.



# Helminths

- ✓ Multi-cellular organisms that mainly reside in the gut.
- ✓ In its adult form it cannot multiply in the body.

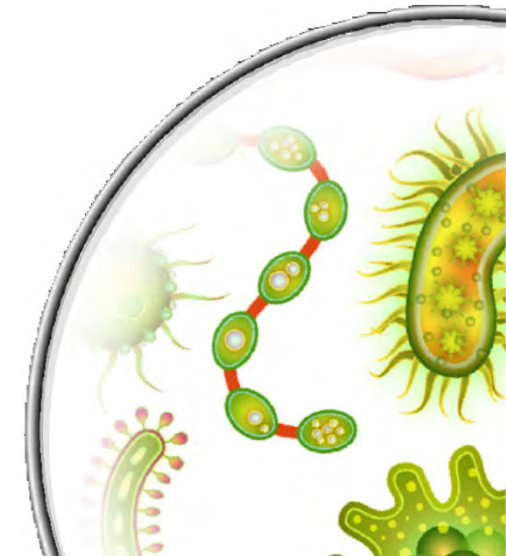
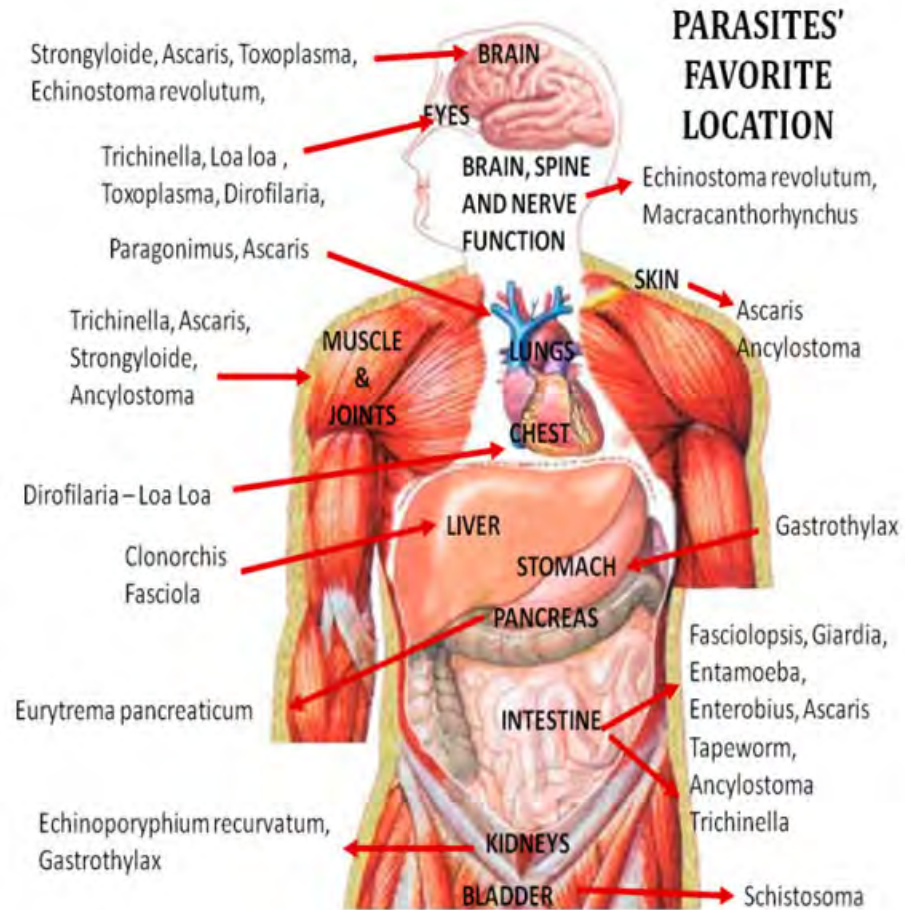
Infections most prevalent in tropical and subtropical regions of the developing world.

3 main categories of helminths: trematodes (flukes), cestodes (tapeworms) and nematodes (roundworms).

- 1) Flatworms: Flukes and tapeworms.
- 2) Horny-headed worms: reside in the gastrointestinal tract.
- 3) Roundworms - reside in the gastrointestinal tract, blood, lymphatic system or subcutaneous tissues. Immature (larva) can cause disease through their infection of various tissues.



# Where Do Parasites Settle?

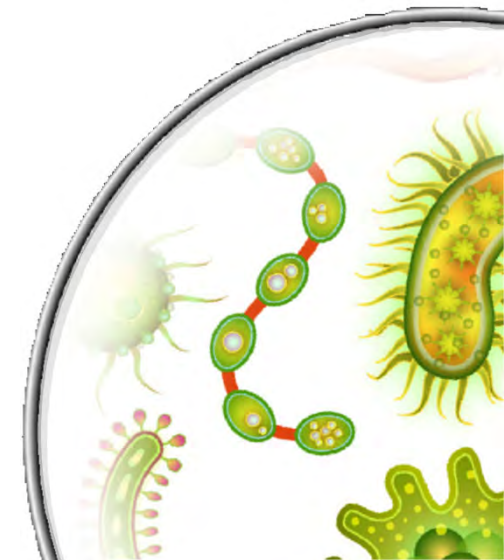






# Symptoms and Body Whispers

- ✓ Dark circles under the eyes.
- ✓ Red spots on the tongue, can show heat.
- ✓ Pale face (anaemia).
- ✓ Itchy skin.
- ✓ Jaw pain/ pillow stained yellow/ teeth grinding / tension headaches
- ✓ Anxiety feeling agitated; a sense of feeling unclean.
- ✓ Rectal itching worse around the full moon or new moon.
- ✓ Craving sugar or salt around the full moon or new moon.
- ✓ Flu-like symptoms, including swollen lymph nodes and muscle aches or pains that can last for over a month.



# Intestinal Parasite Questions

Score: 1-5: Mild parasitic infection

6-13: Moderate parasitic infection

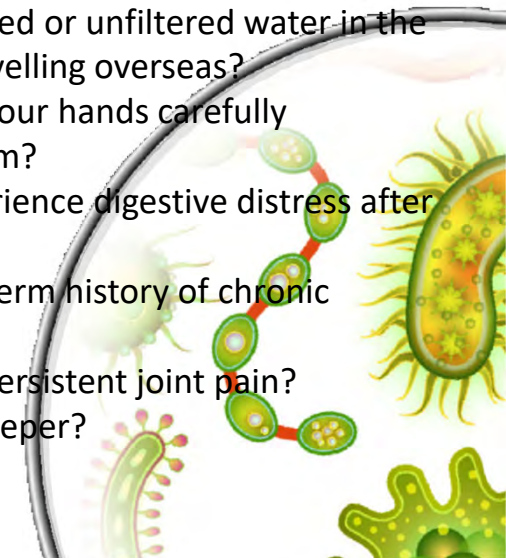
14-21: Severe parasitic infection

## Do you experience:

- 1 rectal itching
- 2 rectal pressure
- 3 muscular wasting and/ or weakness
- 4 chronic vague abdominal pain
- 5 ravenous appetite
- 6 bloating, especially after eating
- 7 weight loss or inability to gain weight
- 8 constant or frequent heartburn
- 9 diarrhoea
- 10 mucous in stools
- 11 night sweats
- 12 insomnia
- 13 severe fatigue
- 14 nausea and / or vomiting
- 15 fever and / or chills

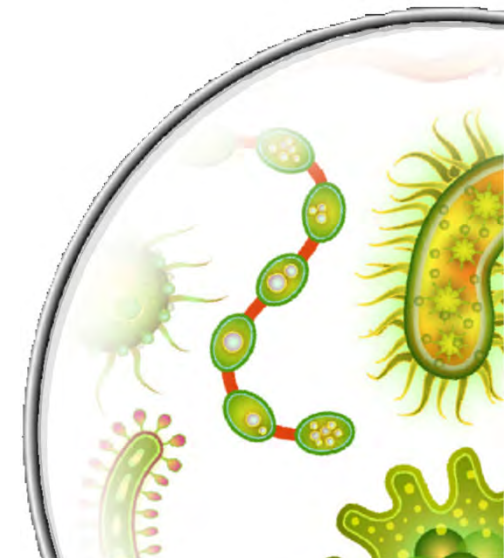
- 16 constant belching
- 17 stomach pain after eating
- 18 poorly formed stool
- 19 itchy skin, worse at night
- 20 dark circles under the eyes
- 21 colon pain
- 22 ulcerative colitis or Crohn's disease  
(add an additional 2 points for each)
- 23 have you travelled frequently  
overseas and/ or to Mexico?
- 24 have you ever developed diarrhoeal  
disease or severe fever whilst travelling  
abroad?
- 25 do you frequently eat raw or smoked  
fish (sushi)?

- 26 do you eat prosciutto and / or homemade  
sausages?
- 27 do you own house dogs that you often handle,  
pet or kiss?
- 28 did you live overseas before becoming a UK  
resident?
- 29 have you ever lived in a tropical region?
- 30 do you drink untreated or unfiltered water in the  
wilderness or when travelling overseas?
- 31 do you fail to wash your hands carefully  
after using the bathroom?
- 32 do you tend to experience digestive distress after  
eating fatty foods?
- 33 do you have a long-term history of chronic  
anaemia?
- 34 do you suffer from persistent joint pain?
- 35 are you a restless sleeper?



# Broader Symptoms & Precursors

- ✓ Asthma
- ✓ Unexplained teariness
- ✓ Irritability and mood swings
- ✓ Foggy Memory
- ✓ Constant tiredness
- ✓ Mild Nagging Headache
- ✓ Lowered immune system and constant illness
- ✓ Intestinal cramps
- ✓ Bloating and gas
- ✓ Pet(s) or bird in the home
- ✓ Eats sushi
- ✓ Difficulty sleeping and waking up
- ✓ More than one vaginal yeast infection
- ✓ Recurrent bladder infections
- ✓ Toe fungus or athletes' foot
- ✓ Sores on the mouth or lips or white spots inside mouth
- ✓ Food cravings, especially sweet or starchy foods
- ✓ Endometriosis
- ✓ Sensitivity to strong smells
- ✓ Sensitivity to food or chemicals
- ✓ Psoriasis or eczema
- ✓ Allergies
- ✓ Rash





# Contributory Risk Factors

- ✓ Increase in international travel.
- ✓ Use of antibiotics and immunosuppressive drugs.
- ✓ Western World diet high in processed and sugar-laden foods.  
(parasites thrive in a sugar-laden environment).
- ✓ Stress and the 'worrier' personality type.
- ✓ Storage and transport of food from all over the world.





# Parasite transmission

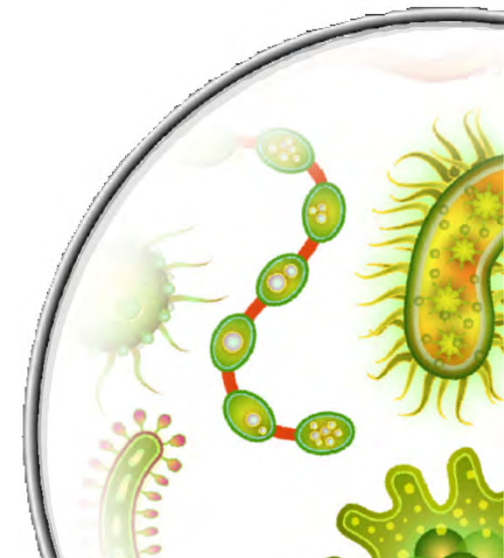
- ✓ **Drinking water (running streams, surface water treatment plants).**
- ✓ **Swallowing, breathing in, or skin contact with contaminated water.**
- ✓ **Poorly washed raw fruit and vegetables, gardening, outdoor toys for do. and children** –slugs and snails can contain parasites (lungworm) from rodents' fecal matter.
- ✓ **Insect bites:** client has history of a recent insect bite in any temperate or tropical part of the world, his/her blood should be tested for parasites.
- ✓ **Lyme disease** now suspected in the food chain.





# Parasite transmission

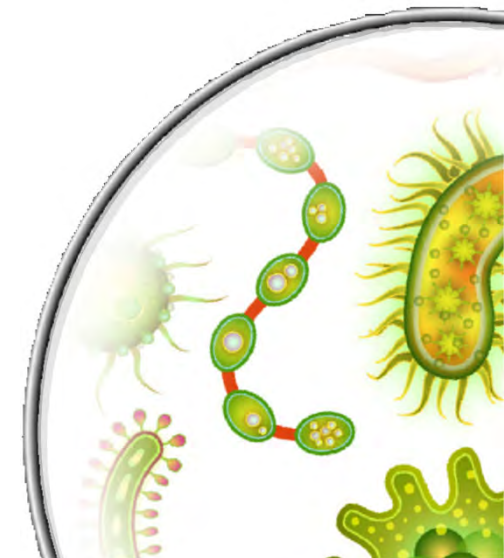
- ✓ **Pets:** eggs spread over fur from the anal orifice during grooming.
- ✓ **Child day care facilities.**
- ✓ **Raw/undercooked food** such as fish/beef/pork.
- ✓ **Use of a microwave** to cook fish results in undercooking and larvae survival.





# Prevalence

- ✓ Helminths and protozoan infections are still the most common infections worldwide.
- ✓ Some experts believe the 85% of the population have at least 1 or more parasite living in their body - inaccurate testing means many go undetected and unreported
- ✓ Approximately 1.5 billion people are infected with soil-transmitted helminths worldwide (WHO, 2020).
- ✓ **Ascariasis** is the most common helminthic human infection with up to 1.2 billion affected and 60,000 deaths annually
- ✓ **In more than 85% of cases infection does not result in symptoms**
- ✓ 50,000 people are thought to be infected by giardia in Britain every year (study conducted by the Food Standards Agency in 2011).
- ✓ Contamination of water supplies (2015 - 300,000 homes in Preston, UK were affected with the parasite cryptosporidium).



# Summary of the epidemiology of pathogenic protozoa associated with human illness

Parasite	Disease symptom(s)	Primary host(s)	Mode(s) of transmission	Susceptible individuals
<b>Cryptosporidium spp.</b>	Diarrhea	Humans, other mammals, and birds	Oocysts in water and on uncooked or undercooked food; person to person; zoonotic	Animal handlers, travelers, MSM, caterers, day care staff
<b>Cyclospora cayetanensis</b>	Diarrhea	Humans and other mammals	Oocysts in water and on uncooked or undercooked food; person to person	Travelers to nonindustrialized countries (South America); major food and water outbreak risk
<b>Giardia intestinalis</b>	Diarrhea, malabsorption	Humans, other mammals, and birds	Cysts in water and on uncooked or undercooked food; person to person; zoonotic	Young adults, MSM, day care staff
<b>Entamoeba histolytica</b>	Dysentery, liver abscess	Humans and other mammals	Cysts in water and on uncooked or undercooked food; person to person; zoonotic	Immigrants/travelers to areas of endemicity, MSM, HIV patients, and institutionalized persons
<b>Blastocystis sp.</b>	Abdominal pain and diarrhea	Humans and other mammals	Cysts in untreated or minimally treated water and on uncooked or undercooked food; person to person; zoonotic	Anyone, especially in child care centers or other institutional settings
<b>Dientamoeba fragilis</b>	Diarrhea	Humans	Fecal-oral; uncertain	Children and adults, both immunocompetent and immunosuppressed populations
<b>Cystoisospora belli</b>	Diarrhea	Humans	Oocysts in contaminated water or food; person to person	Travelers to nonindustrialized countries, AIDS patients, and indigenous populations (United States)
<b>Balantidium coli</b>	Diarrhea, dysentery	Humans, pigs, nonhuman primates, cats, rodents	Cysts in untreated or minimally treated water and on uncooked or undercooked food; person to person; zoonotic	People living in close proximity to pigs, travelers to nonindustrialized countries (Southeast Asia, Western Pacific Islands, rural South America)
<b>Microsporidia</b>	Persistent diarrhea	Humans and other mammals	Ingestion of spores; person to person; zoonotic	Immunosuppressed and HIV/AIDS patients, immunocompetent patients, travellers



# Full Moon and Parasite Activity



- ✓ During a full moon there is higher parasite activity.
- ✓ Their reproduction is in-line with our body's circadian rhythm.
- ✓ Our bodies produce more serotonin and less melatonin during a full moon.
- ✓ Melatonin also helps to control our immune system as well as aiding sleep.
- ✓ Parasites have serotonin receptors, increasing their movement and activity.
- ✓ When we are producing more serotonin and less melatonin (during full moon) our immune system may need more support.
- ✓ Consider targeting parasites with anti-microbials when they are most active and interrupt the breeding cycle.
- ✓ Rectal Itching; applying tape to the rectum during the full moon at night.





# Testing

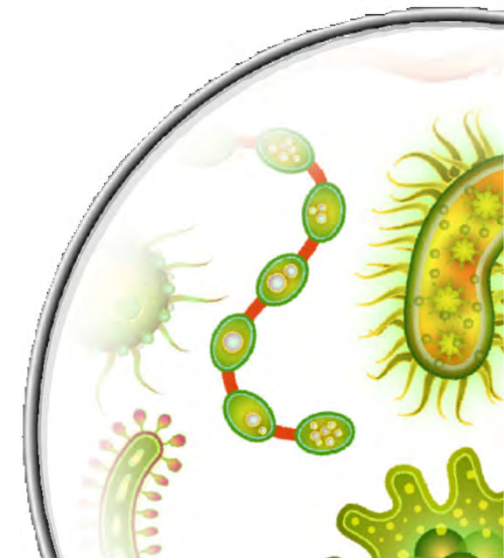


## Kinesiologist testing

- Hair samples very accurate and excellent experience many times more accurate than stool tests.

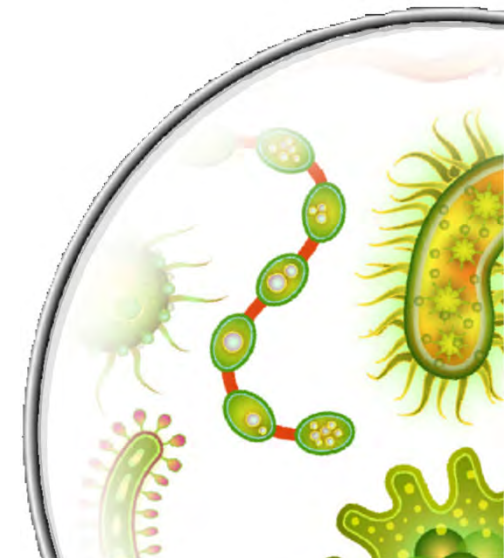
## Blood Tests

- Elevated WBCs (eosinophils) indicate parasites or allergies. Optimally, eosinophils should be no more than 3%.
- Direct iron-deficiency anaemia is common with worm infections (including hookworm, whipworm and schistosomiasis).



# Testing

- ✓ Comprehensive Stool Analysis with Parasitology Tests x3.
- ✓ More than one stool sample is best. Parasites imbed in tissue encased in a biofilm making them difficult to detect.
- ✓ A deficiency of exocrine pancreatic enzymes can result in an inability to maintain normal digestion and can be related to bacterial infection and parasites (especially giardia).
- ✓ Lactobacilli and bifidobacteria produce short chain fatty acids which decrease the pH of the intestines making the environment unsuitable for pathogens, parasites, bacteria and yeast.



# Supporting Elimination Channels



- ✓ Autointoxication: tissues and organs of the body are now taking on toxic substances.
- ✓ Individuals vary in terms of toxicity.
- ✓ Observe bio-individuality in food mood poop diary.
- ✓ Before using anti-microbials, it is important to open up the 7 channels of elimination
  - Bowel, Liver, Kidneys, Lungs, Skin, Lymphatic system, and Blood.
- ✓ Support the body to remove layers of toxicity.

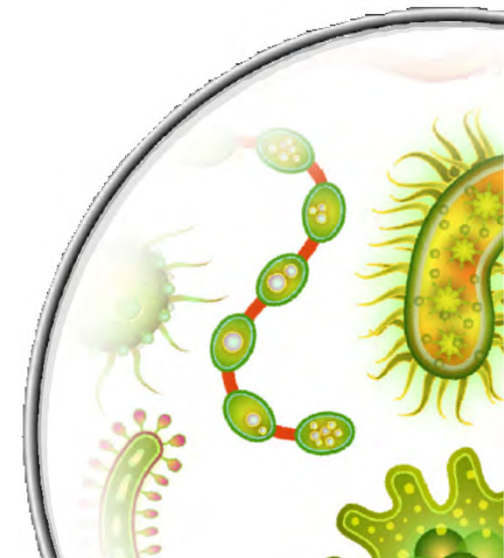




# Die off Symptoms

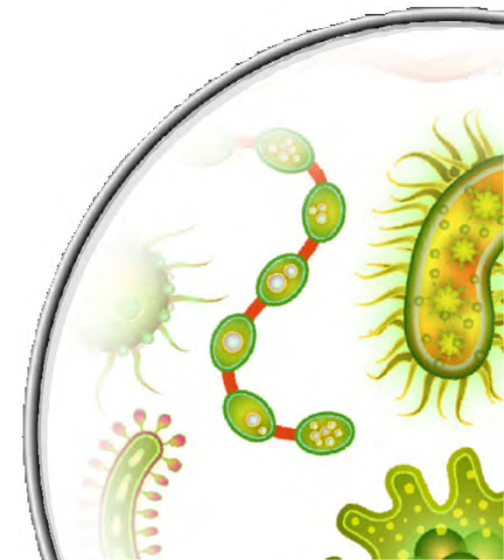


- ✓ Antimicrobials can help to kill parasites; releasing neurotoxins, heavy metals, viruses... which enter into the interstitial fluid that surrounds the tissue cells.
- ✓ Vicarious elimination – compromised bowel function, toxins must exit the body through other routes.
- ✓ Toxic overload and re-circulation; die off symptoms can include headaches, rashes, insomnia, flu like symptoms, GI upset, cravings, anxiety, fatigue



## Step 1:

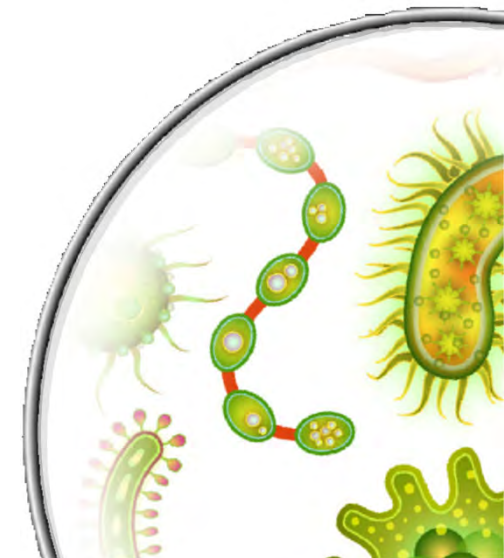
Opening the elimination Channels to support the removal of toxins and parasites



# Are the bowels working effectively?



- ✓ **If the colon is not evacuated twice a day or more, parasites can breed and cause further symptoms**
- ✓ Removing poss. food intolerances and foods that create excess mucous; dairy, gluten, sugar, alcohol, inflammatory oils and foods
- ✓ High fibre plant based diet, apple cider vinegar, increasing intake of water
- ✓ Are digestive enzymes required?
- ✓ Biofilm disruptor; oregano oil and NAC, plant digestive enzymes
- ✓ Cardio exercise, yoga, pelvic floor exercises, deep breathing
- ✓ Oral Epsom Salt Enema: flushes out the entire digestive tract and colon
- ✓ Colonics or enemas especially during the full moon
- ✓ Have you heard of frequency zapping?





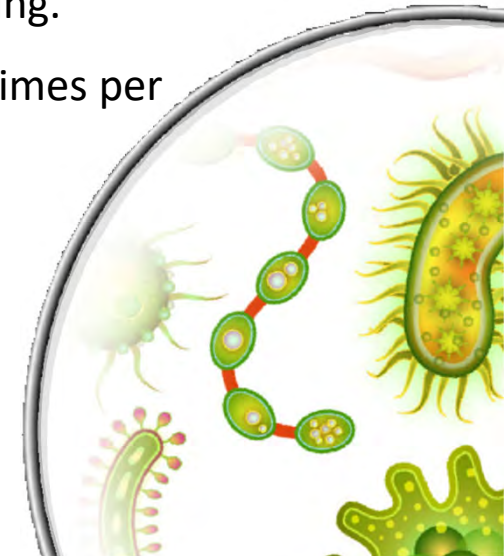
# Enemas

## Colonic Enema

- ✓ 6x camomile tea bags, leave to cool, hold rectally for 7-15 mins.
- ✓ Water needs to reach the descending colon.
- ✓ 3 or more consecutive enemas 2x weekly.
- ✓ A full colon clear out may require more sessions over the month.
- ✓ Replenish fluids and electrolytes .

## Oral enema

- ✓ For 3 weeks, mix 1 tsp. oral Epsom salt (magnesium sulfate) with 1 glass of warm water and drink first thing in the morning.
- ✓ Can be done 2-3 times per year.







# Signs of Liver Imbalances

- ✓ Headaches
- ✓ Bad breath
- ✓ Dark circles under the eyes
- ✓ Night sweats
- ✓ Heat on the tongue
- ✓ Constipated

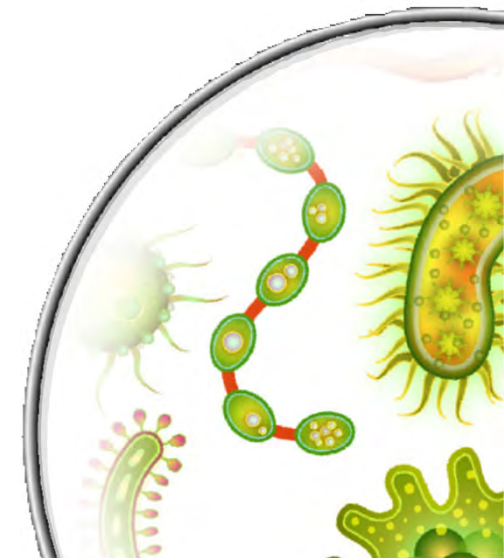




# Liver congestion and stagnation

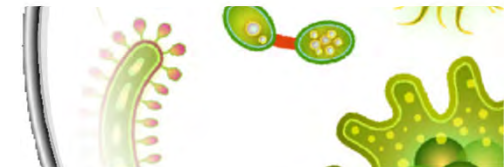
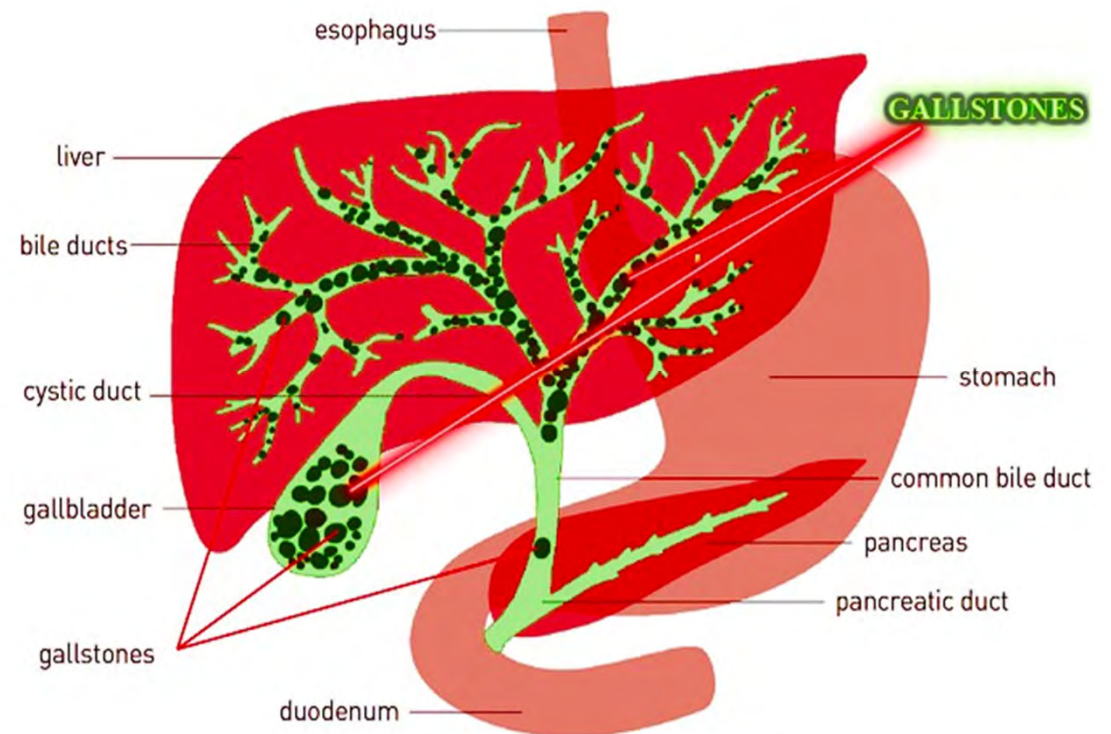


- ✓ Clients often have poor bile flow or sludge, which can impair liver performance, digestion, elimination, and detoxification.
- ✓ Bile is the first line of defence against any parasites.
- ✓ By unblocking the liver and gall bladder, the 60-100 trillion cells will be able to “breathe” more oxygen, receive more nutrients, eliminate their metabolic waste products more efficiently, and maintain effective communication links with the nervous system, endocrine system and all other parts of the body.
- ✓ Body whispers; itchy skin, slight yellowing in whites of eyes, discomfort after fatty meals, poor bowel movement, floating stools.



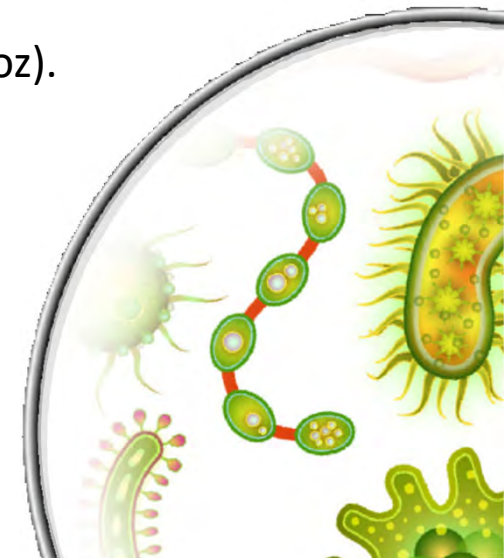
# Gallstones in the liver

- Andreas Moritz among others believe most gallstones form in the liver and less in the gallbladder
- Consisting of primarily cholesterol or calcium or bile pigments but can also incl. toxins, bacteria, mucous and dead parasites.
- Have you tried a liver flush?



# Liver flush by Andreas Moritz

- ✓ Malic acid softens gall stones
- ✓ Epsom salts and water; relax the muscles and dilate the bile ducts, allowing stones to pass more easily.
- ✓ Mixing EV olive oil with lemon/ grapefruit stimulates the gall bladder and bile duct to contract to release the stones.
- ✓ Important Post Flush: 2-3 colonics or enemas on the 2nd or 3rd day to help stones pass.
- ✓ Book Download & Liver Flush Recipe <http://www.whale.to/c/andreas.moritz.-.the.amazing.liver.cleanser.pdf>.
- ✓ 6L apple juice during the 6 days OR 1500-2000mg malic acid with 2 glasses of warm water daily.
- ✓ 4 tbsp Epsom salts dissolved in three 8-oz glasses of water.
- ✓ Extra Virgin olive oil, cold-pressed; one-half glass (4oz).
- ✓ Fresh (pink) grapefruit, or fresh lemon and orange combined Enough to squeeze 2/3 glass of juice.





# Light version – 5 Day Liver Flush recipe to soften stones



## Ingredients:

- ✓ Juice of 1 lemon
- ✓ 8 fl oz water
- ✓ 1 clove garlic
- ✓ 1 tbsp organic olive oil
- ✓ 1 chunk of ginger root
- ✓ Evening meal should be lighter and no later than 6pm
- ✓ Take between 10-11pm immediately before going to bed
- ✓ Over the 5 days aim to increase to 4 tbsp of olive oil and 4 cloves of garlic (increase ginger if required)

(Recipe: Gabi Forrester; Bridging the Gap)

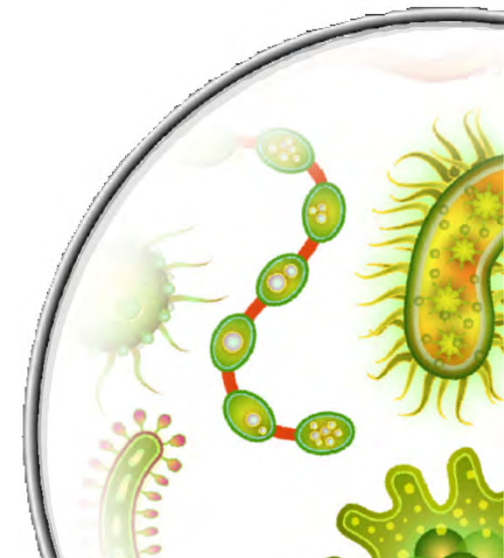




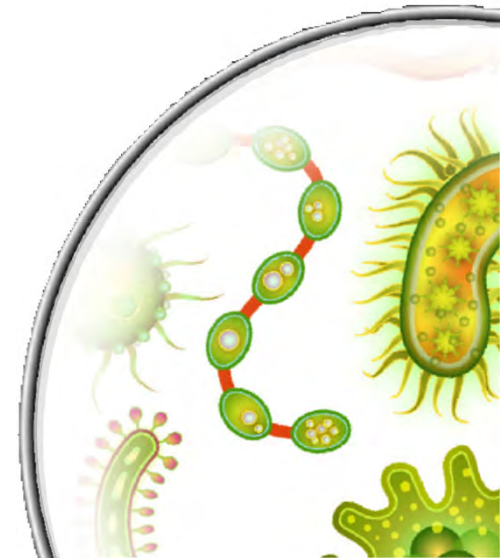
# Lungs, Skin, Lymphatic System & Blood



- ✓ **Breathing;** exercises changing air quality, salt pipes, inhalation of essential oils – eucalyptus, frankincense, sage, thyme
- ✓ **Encourage sweating**
- ✓ **Daily movement**
- ✓ **Lymphatic massage**
- ✓ **Use of saunas**
- ✓ **Hot cold therapy**
- ✓ **Dry skin brushing**
- ✓ **Drinking teas that encourage sweating**



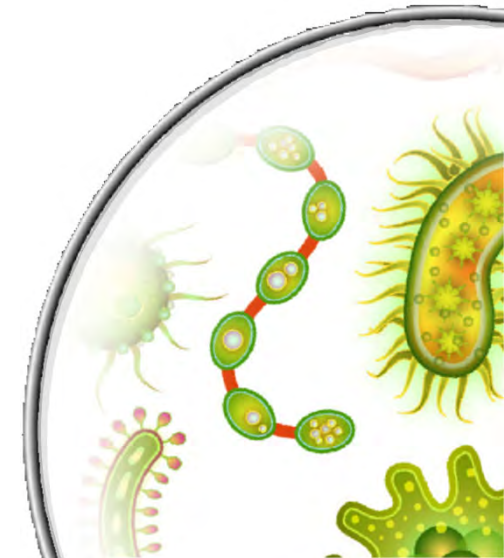
## Step 2: Deparasitisation Programme





# Aims of the Programme

- ✓ Cleanse the intestinal tract to remove parasites, toxins and other waste products that are embedded in the intestinal wall
- ✓ To safely eliminate parasites, their eggs and larva, limiting their toxic effects
- ✓ To regenerate, balance and strengthen the intestinal flora.
- ✓ To reinforce the immune system.

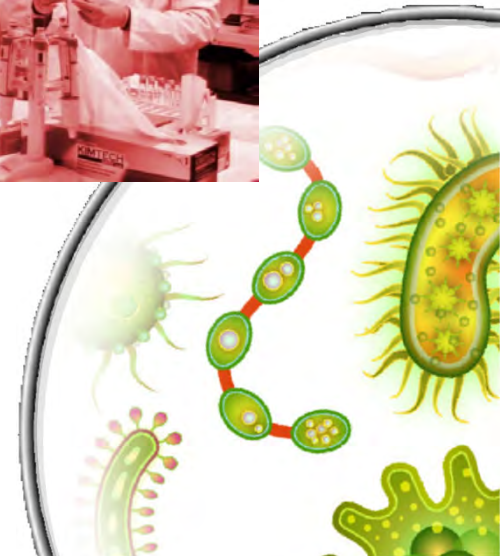




# Quality Assurance

Every supplement bottle is tested for

- ✓ Potency
- ✓ Oxidation
- ✓ Disintegration
- ✓ Purity
- ✓ Certificate of analysis



# Stressors, infection and host response

- ✓ Chronic stress weakens our immune function
- ✓ Immune function modulates parasite establishment, development, and sexual reproduction.
- ✓ How we respond to stress may result in more or less exposure to parasites.

3 in 1 formula

- ✓ 8 adaptogenic herbs
- ✓ B complex
- ✓ L-theanine

**ZenPlus** Nourishes the adrenals, calms the nervous system, increases energy and improves cognition

**Use:** 1-2 caps in the morning for 1-2 months

**New Roots**  
HERBAL



*Beldomenico PM, Begon M (2015) Stress-host-parasite interactions: a vicious triangle?*

# Is the digestive function compromised?



- ✓ Enzyme deficiencies are a major contributor to maldigestion
- ✓ The acidity of the stomach is a primary defence against infection
- **Betaine:** important for protein, calcium, B12, iron and zinc metabolism. Sterilizes foods and enables the digestion of bacteria and microorganisms.
- **Bile extract (Ox):** aids fat digestion and contains anti-microbial actions
- **Pancreatin (porcine-sourced):** providing amylase and protease. Protease enzymes responsible for maintaining the small intestine free of parasites
- **Pepsin:** aids protein breakdown
- **Papain** (papaya plant): aids protein digestion and can help kill intestinal worms



# Phase 1: Cleansing & Detoxification

Duration: 3 weeks



## Phase 1 Cleanse & Detoxification



**PsylliumPlus (powder)** Sweeps the intestine clean from parasites and toxic residue



**Ultra Purifiant Cleanse (Capsules)** Sweeps the intestine clean from parasites and toxic residue (includes antimicrobials)



**ProBoulardi Plus:** Probiotics and prebiotics that clean, protect, feed and regenerate intestinal flora during the parasite cleansing process. Includes 10 billion of *S. boulardi* which is very effective to fight pathogens.



**Liver:** To neutralize toxins from parasites in the liver. It favours liver detoxification and generally reinforces its function.



# Phase 1: Psyllium Plus

Psyllium Plantago, Hibiscus, Clove, Licorice and Inulin



- ✓ Psyllium swells in the intestine, sticks to the walls, stimulating peristalsis, sweeping away toxic residue
- ✓ Softens stool and aids in complete elimination
- ✓ Relieves inflammation, soothes and has laxative properties
- ✓ Reduces irritation down the whole length of the bowel.
- ✓ Helps to prevent diarrhoea and reduce digestive muscle spasms

**Dosage:** mix 2 tsps. (5g) 1x daily with 500ml water

**Cautions:**

- Pregnant or breast-feeding
- Special medical conditions



# Phase 1: Ultra Purifiant Cleanse



## Cleansing and detoxifying:

- ✓ Psyllium, Yellow Dock, Bentonite, Plantain, Blessed Thistle, Red Clover, Butternut

## Anti-microbials

- ✓ Black Walnut, Caprylic Acid, Garlic, Grapefruit Seed Extract, Clove, Bentonite

## Immune Support:

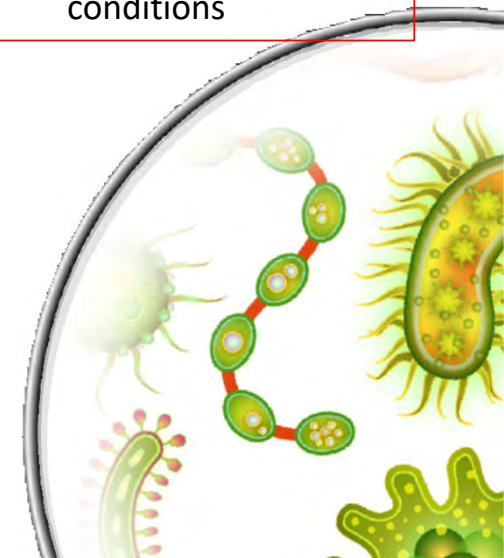
- ✓ Echinacea Angustifolia, Yellow Dock



**Dosage:** 3-5 caps 2x daily for 3 wks.

### Cautions:

- Pregnant or breast-feeding
- Special medical conditions

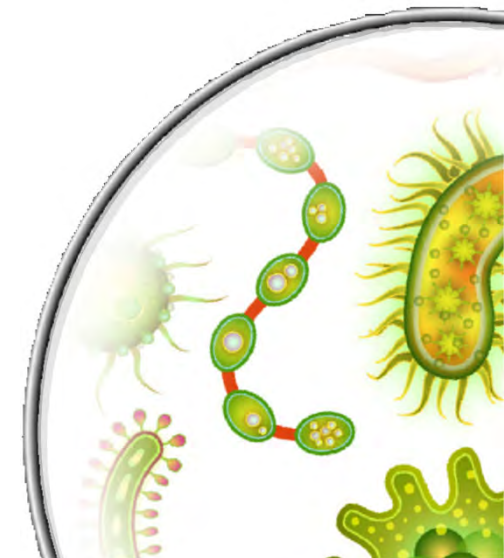




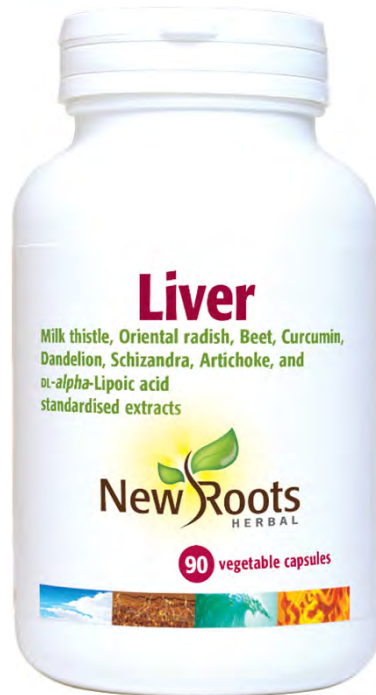
# Optimal Hydration



- ✓ Drinking plenty of clean filtered water through out the day
  - Warm lemon water first thing in the morning. Also add lime and cayenne pepper to flush the digestive tract and stimulate the kidneys.
  - Beneficial teas; chamomile, cinnamon, ginger, sage, dandelion root, licorice root, fennel seed, pau d'arco.



# Phase 1: Liver Detoxification



8 ingredients help the liver, spleen, gall bladder, pancreas and kidneys. **Contains Standardized Extracts:**

- ✓ Milk thistle: 80% silymarin.
- ✓ Turmeric 95% curcuminoids.
- ✓ Artichoke (5% cynarin).
- ✓ Dandelion (3% flavonoids).
- ✓ Oriental radish root.
- ✓ Alpha-lipoic acid.
- ✓ Schizandra (9% schisandrins).



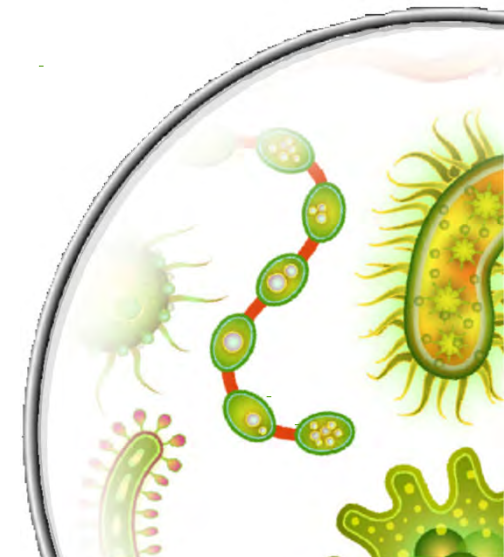


# Phase 1: Protecting and Restoring Beneficial Bacteria



## Pro Bouldari Plus:

- ✓ 10,000 billion CFU *Saccharomyces boulardii*.
- ✓ Multi-strain pre and probiotic, 11 beneficial strains with 21 billion live active, healthy cells per enteric coated capsule.
- ✓ It cleans, protects and regenerates intestinal flora.
- ✓ During intestinal cleansing, good bacteria are also naturally eliminated.



# S. boulardii and Blastocystis Hominis Study

- ✓ Enteric protozoan can lead to decreased levels of sIgA, gut barrier dysfunction, and increased inflammatory cytokines.
- ✓ Randomized single-blind study with confirmed B. hominis.

	Day 15 clinical cure	Day 15 cysts gone	After 1 month clinical cure rate	After 1 month cysts gone
Group A (n=18) S. boulardii	77.7%	72.2%	94.4%	94.4%
Group B (n=15) Metronidazole	66.6%	80%	73.3%	93.3% (p=0.43)
Group C (n=15) No treatment	40% (p <0.031 btw A&C)	26.6% (p=0.01 with B, p=0.013 with A)		



Dinleyici EC, Eren M, Dogan N, Reyhanioglu S, Yargic ZA, Vandenplas Y. Clinical efficacy of Saccharomyces boulardii or metronidazole in symptomatic children with Blastocystis hominis infection. *Parasitol Res.* 2011;108(3):541-545.



# Phase 2 Parasite & Candida Elimination

Duration: 2 weeks



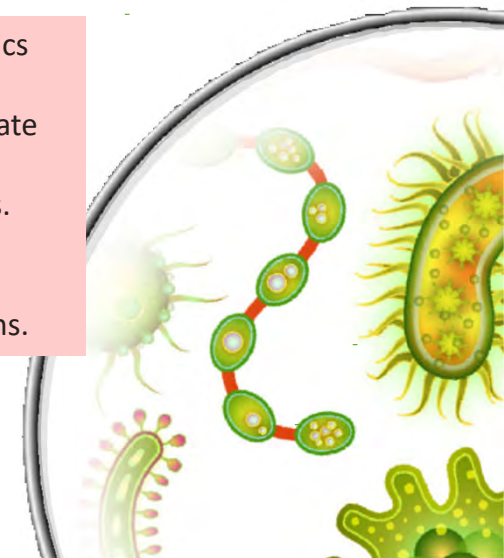
## Phase 2 Parasite & Candida Elimination



**Parasit:** This formula contains 11 ingredients that are well known for their parasite fighting properties. Some of the ingredients attack parasites, others strengthen the immune system and protect the body from infection, and others help the body expel dead parasites and promote detoxification.



**ProBoulardi Plus:** Probiotics and prebiotics that clean, protect, feed and regenerate intestinal flora during the parasite cleansing process. Includes 10 billion of *S. boulardii* which is very effective to fight pathogens.



# Phase 2: Parasite Elimination



11 ingredients that work synergistically to attack parasites, strengthen the immune system, expel dead parasites and promote detoxification.

**Laxative:** Aloe

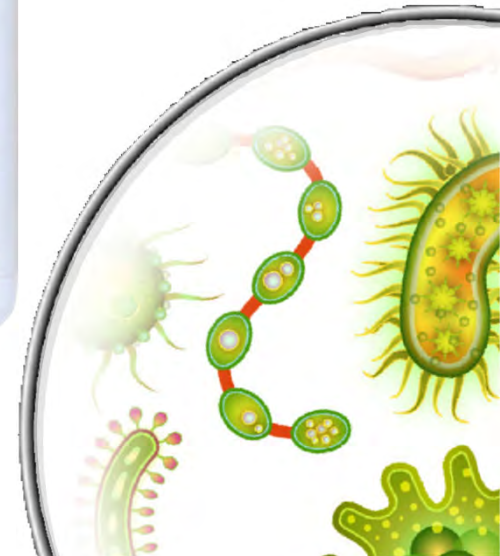
**Bitter herbs:** Wormwood and Quassia

**Antiparasitic:** Clove, Grapefruit Seed Extract, Garlic, Black Walnut Hull & Leaves, Pumpkin Seed Extract

**Hepatic herb:** Oregon Grape

**Catalyst herb:** Ginger

**Immune:** Sage

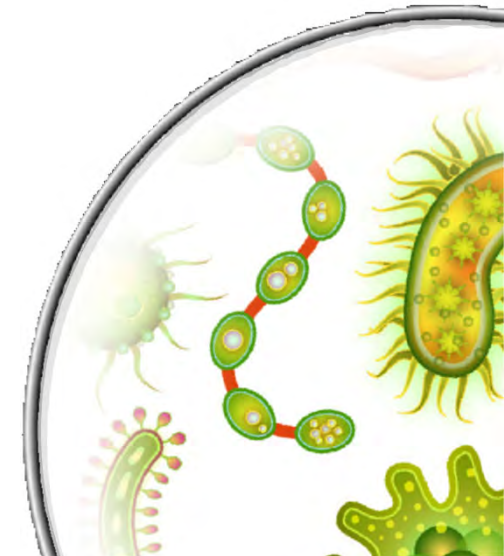




## Phase 2: Repeating Parasit

- ✓ After taking Parasit. Take a 5 day break and repeat formula.
- ✓ Larvae are fully developed into first stage worms within 2-3 weeks.
- ✓ The entire lifecycle of a parasite can vary, from egg to parasite to egg and its migration to the intestine and typically takes 2-3 months.

\*Repeating the whole protocol after 90 days have passed may also be beneficial\*



# Phase 3 Immune Strengthening

Duration: 2 months



## Phase 3 Immune Strengthening & Restoring of Intestinal Flora

Peace Greens



**Vitamin C Plus**

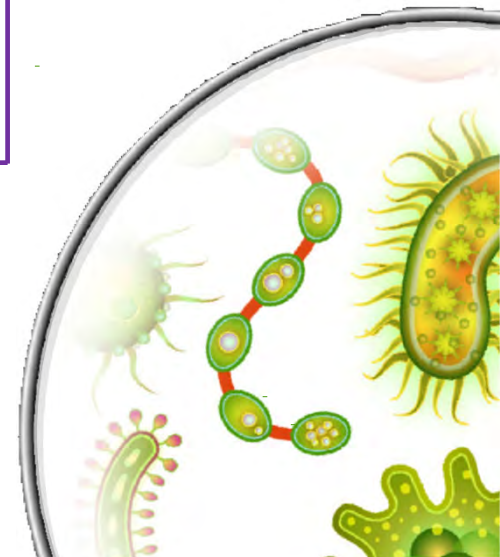
Helpful for situations of greater oxidative stress  
Strengthens the immune system.



**MultiNutriMax** 42 ingredients to increase energy and alertness, improve immune function, support liver detoxification and increase antioxidant protection.



**ProBouardii Plus**  
21 billion CFU



# Peace Greens: a vital energy formula



- ✓ GREENS
- ✓ ALGAE
- ✓ PROBIOTICS
- ✓ PLANT DIGESTIVE ENZYMES
- ✓ DETOXIFICATION
- ✓ IMMUNE AND ADAPTOGENIC SUPPORT
- ✓ ANTIOXIDANTS
- ✓ VASCULAR AND BRAIN FUNCTION



# Multi Nutri Max

- ✓ Complete multi-vitamin complex with plants that will help increase vital energy and immunity, whilst aiding detoxification and cell protection.
- ✓ Containing **45 bioavailable ingredients, including:**
- ✓ Essential vitamins and minerals
- ✓ High strength B-complex
- ✓ Antioxidants like green tea, DMG, lycopene – cell protection
- ✓ Immune supporting plants like spirulina and chlorella and bee pollen





# Gut Healing Nutrients

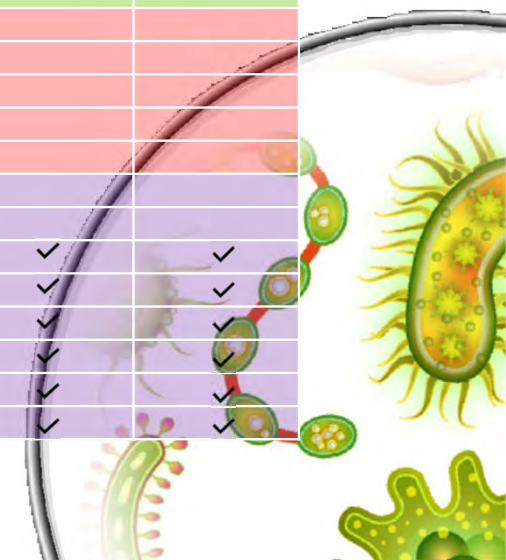
- L-Glutamine 5g for 15 days
- L-Glutamine 2.5g for 15 days with Lion's Mane 1 cap
- Continue with Lions Mane for a further 45 days and during this period add the Pro Boudardii Plus for 30 days
- Final step (end of the 75 day)add Seabuckthorn oil



# Programme Overview



	Moon Cycle	Treatment Week	Ultra Purifiant (UP)/ Psyllium Plus (PP)	Pro Boulardi Plus	Liver	Parasit	Peace Greens	Vit C Plus	Multi Nutri Max
		Dosage	UP: 3-5 caps 2x daily OR PP: 1 tsp. (5g) 1x daily	1-2 caps daily (2-3hrs away from other treatment)	2 caps 2x daily prior to food	2 caps 3x daily with food 5 days off, repeat formula	6 Caps 2x daily prior to food	2 Caps daily	2 Caps daily
Phase 1 Cleansing	Last quarter	Week 1	✓	✓	✓				
	New Moon	Week 2	✓	✓	✓				
	First quarter	Week 3	✓	✓	✓				
Phase 2: Parasite Elimination	Full moon	Week 4		✓		✓			
	Last quarter	Week 5		✓		✓			
	New Moon	Week 6		✓		5 day break			
	First quarter	Week 7		✓		✓			
Phase 3: Immune Strengthening	Full moon	Week 8		✓		✓			
	Last quarter	Week 9		✓			✓		
	New Moon	Week 10		✓			✓		
	First quarter	Week 11		✓				✓	
	Full moon	Week 12		✓					✓
	Last quarter	Week 13							✓
	New Moon	Week 14							✓
	First quarter	Week 15							✓
Full moon	Week 16							✓	



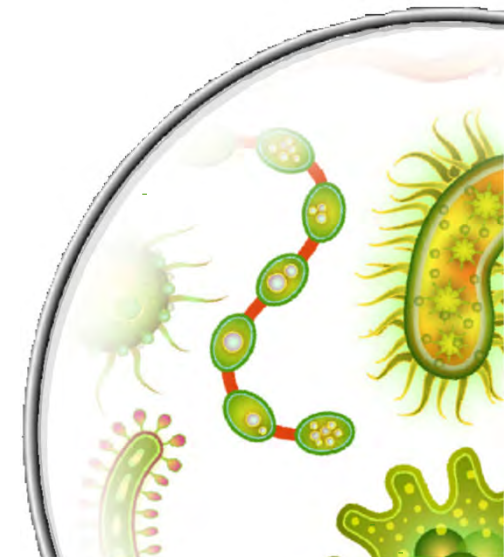
# Supportive Products

- ✓ Parasite biofilms; attach themselves to a surface and create a colony, generating a polysaccharide matrix that seizes minerals such as calcium, magnesium and iron.
- ✓ Biofilms share nutrients and DNA and undergo changes to evade the immune system.
- ✓ Wild Oregano oil can help break down biofilms, take 3 drops in water in between meals.

- MetalDetox Protector: Glutathione, N-acetyl-l-cysteine, vitamin C and dl-alpha-lipoic acid. Protects cells and aid detoxification of heavy metals and other toxins when parasites die.



Contains highest natural concentrations of carvacrol (91-95% carvacrol of the volatile oils). Grows at a high altitude (1,500m) wild in the Turkish mountain. Hand picked and pure, solvent free extraction ensures the highest quality



# Parasites in children

**For children under 25 kilos (under 8 yrs)**

## **Grapefruit seed extract**

- ✓ <5 years old: 1-2 drops 3x daily.
- ✓ >5 years old: 3-6 drops 3x daily .
- ✓ Child Pro – probiotic before going to bed (2-3 hours away from anti-microbials).

## **Children over 24-25 kg:**

- ✓ Parasit; 2 capsules per day (1 morning /1 early evening)
- ✓ Child Pro – probiotic before going to bed (2-3 hours away from anti-microbials). Or older children 1 capsule of Pro Boulardi Plus before bed (2-3 hours away from anti-microbials).

**Duration: 2 week course, 2 week break (include probiotics and multivitamin for children) and repeat the therapy.**

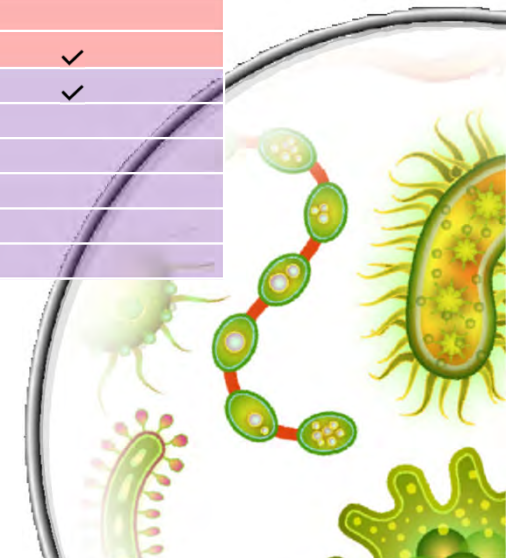
**New Roots**  
HERBAL



# Programme Overview Children

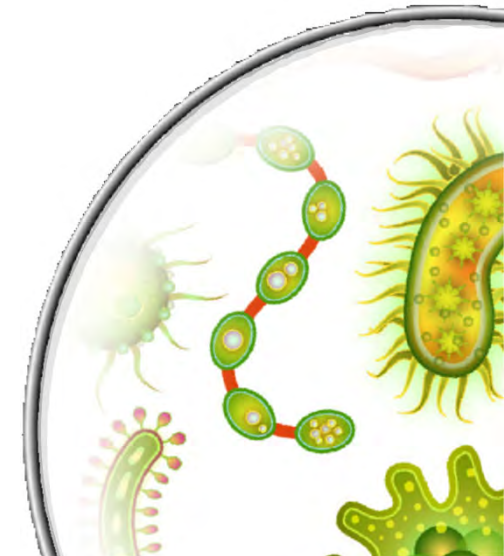


	Moon Cycle	Treatment Week	Increase bowel movements 2x daily	Children's Pro	Children's Multi	Grapeseed Extract (Child under 25kg)	Parasit (Child over 25kg)
		Dosage		2 rounded scoops (0,3 g) daily		<5 years: 1-2 drops 3x daily >5 years: 3-6 drops 3x daily	1 Caps x2 daily
Phase 2: Parasite Elimination	First quarter	Week 1	✓	✓	✓		
	Full moon	Week 2		✓	✓	✓	✓
	Last quarter	Week 3		✓	✓	✓	✓
	New Moon	Week 4		✓	✓		
	First quarter	Week 5		✓	✓		
	Full moon	Week 6		✓	✓	✓	✓
Phase 3: Immune Strengthening	Last quarter	Week 7		✓	✓	✓	✓
	New Moon	Week 8		✓	✓		
	First quarter	Week 9		✓	✓		
	Full moon	Week 10		✓	✓		
	Last quarter	Week 11		✓	✓		
	New Moon	Week 12		✓	✓		



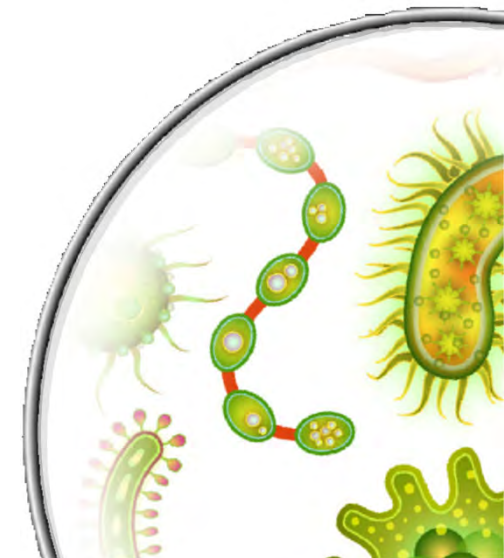
# Nutritional Considerations

- ✓ Optimal hydration outside of meal times to maximise cleansing (think fresh lemon, lime, cayenne pepper, ginger, turmeric).
- ✓ Intermittent fasting (8-hr eating window) with a vegetable or bone broth.
- ✓ Parasites feed off sugar, low glycaemic diet; avoiding starchy and refined foods and including lots of healthy fats and clean proteins can be beneficial.
- ✓ A diet high in healthy high fats purges the liver of the bile and parasites that live with in it (extra virgin olive oil, coconut oil, avocados, seed butters).
- ✓ Fermented foods help control parasites.
- ✓ Add 3-5 drops of wild oregano oil in water three times daily as a biofilm disruptor.



# Nutritional Considerations

- ✓ Liver cleansing fruit and vegetables
  - Apple and pear skins – pectin binds to toxins
  - Capers – aid liver regeneration
  - Onions, garlic, turnips, black and red radishes are antiparasitic and stimulate bile flow
  - shallots, parsley, watercress, capers, Jerusalem artichoke, leeks
- ✓ Apple cider vinegar with mother – include prior to meals, add to drinks, combining with lemon or lime
- ✓ Pumpkin seeds; incorporate 3 handfuls daily and add to breakfast, salads, casseroles, smoothies. Good choice for children
- ✓ Herbs: fresh ginger, cayenne pepper, thyme, garlic, oregano, turmeric.
- ✓ Pomegranates and papaya fruits beneficial to rid of intestinal worms.
- ✓ Incorporate plenty of coconut; fresh and dried coconut meat, flour, and oil. Coconut meat is rich in fibre and acts as a vermifuge, expelling parasites.





# Downloads available



<https://www.newrootsherbal.eu/en/webinar-parasite-cleansing-kinesiology>

- ✓ Deparasitation presentation PDF and protocol
- ✓ Deparasitation meal plan with lots of breakfast, meals and snack options.
- ✓ Opportunity to request a free Test kit

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Special Thanks to Trish Tucker May

... and also Gabi Forrester, Bridging the Gap





THANK YOU FOR LISTENING

