

# THREE STEPS *&* in my successful PARASITE CLEANSE

## WEAKEN:

- For about 10 days, I took 2 garlic capsules with each meal, or 3 times a day.
  - Other herbal supplements that could help weaken parasites include black walnut, turmeric, pomegranate seeds, raw pumpkin seeds, cloves, and wormwood.
- For about 7 days, I took a mixture of diatomaceous earth and bentonite clay.
  - Mix 1/4 tsp DE with 1 tsp. clay in 8 oz. water with a half of a lemon or lime, juiced (optional for taste).
  - I made sure to drink plenty of water, because DE can cause constipation.

## KILL:

- Herbs that may kill parasites include black walnut, pau d'arco, thyme, burdock, wormwood, cloves, oregano.
- Experts recommend to eat plenty of raw green pumpkin seeds and pomegranate seeds when trying to eliminate parasites!
- There are many herbal formulas available for purchase that include potent (and tested) combinations of pathogen killing herbs. Visit [Kitchenstewardship.com/Parasites](http://Kitchenstewardship.com/Parasites) for further resources and recommendations.
- It's important to keep elimination regular during this period. Herbal supplements and enemas are options for constipation.

## REBUILD:

- I took a high quality probiotic (even better is to rotate between several different kinds of probiotics to provide plenty of variety for the microbiome).
- I drank plenty of water and bone broth.
- Important to avoid processed junk food for a time.

### **Disclaimer:**

Remember, this is not medical advice, simply my experience, shared; I am not a doctor or medical professional. Please consult your doctor before making any dietary or lifestyle changes.