

Improve your fertility with a
PARASITE CLEANSE



A step-by-step guide
to get rid of parasites and improve
your fertility

BY CARMEN MAIR

Parasites are in all of us

Every living thing on earth has at least one parasite that lives inside or on it. These tiny creatures are a dominant force and can throw our cells out of balance. It is known that parasites can weaken their human host, making it less likely for an infected woman to conceive.

Parasite cleansing is not about killing ALL parasites, it's about changing the body's internal terrain to make it less habitable for them to thrive and assisting the body to go back to a balanced state.

We deworm our pets regularly. So why don't we at least take the same precautions to deworm ourselves and our families?



Did you know that many people's symptoms accelerate around the full moon. We are all affected by a circadian rhythm. Humans naturally produce less melatonin and more serotonin during the time of the full moon. Parasitic worms use serotonin to help them move. This is why parasites are more active and reproduce during full moons.

Types of intestinal parasites

The two main types of intestinal parasites are helminths and protozoa.

Helminths are worms with many cells. Tapeworms, pinworms, and roundworms are among the most common helminths. In their adult form, helminths cannot multiply in the human body.

Protozoa have only one cell and can multiply inside the human body, which can allow serious infections to develop.

Intestinal parasites are usually transmitted when someone comes in contact with infected feces (for example, through contaminated soil, food, or water).

Parasite Cleanse as Preconception Care

While parasites are commonly associated with gastrointestinal issues, they can also impact fertility and overall reproductive health.

Parasites are organisms that live in or on another organism. They receive their nutrition from their host. They can enter the body through various means, such as contaminated food or water, poor hygiene, or exposure to infected individuals or animals. Once inside the body, parasites can disrupt the normal functioning of organs and tissues, leading to a range of health issues, including infertility.

Parasites can affect fertility in several ways.

- They can interfere with the absorption of vital nutrients, such as vitamins, minerals, and amino acids, which are essential for reproductive health. Nutrient deficiencies can disrupt hormonal balance and compromise the health of the reproductive organs, making it difficult for a woman to conceive or sustain a pregnancy.
 - Parasites can trigger inflammation and immune responses in the body, which can negatively impact fertility. Chronic inflammation caused by parasitic infections can damage the reproductive organs, disrupt the menstrual cycle, and create an unfavorable environment for conception. Parasites can also weaken the immune system, making the body more susceptible to other infections that can further compromise fertility.
 - Some parasites can directly affect the reproductive organs. For example, certain types of parasites, such as the protozoan parasite *Trichomonas vaginalis*, can infect the female reproductive tract and cause inflammation and irritation, potentially leading to fertility issues.
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Tapeworms

Undercooked beef or pork is a common way to ingest tapeworms, whose larvae often live inside pigs and cows.

Tapeworms can grow up to twelve feet and live inside of a human host for years. They can cause a variety of health problems, including seizures, and obscured or blurry vision.

Hookworms

Hookworms lay traps in the soil and are rarely more than a centimetre long. Those little buggers latch onto your small intestine to feast on your blood. This diverts nutrients away from the bloodstream.

Hookworm infection can lead to anaemia, slower cognitive growth, and malnutrition.

Pinworms

Pinworms are tiny and can sneak out of your anus at night! I've seen one crawling out of my child's bottom. It's disgusting. They lay eggs around a host's anus which leads to itching. If your fingers scratch and then come in contact with your mouth it would allow the eggs to enter your digestive tract and therefore reinfect you.

The worst pinworm symptoms include itchiness, irritability, and weight loss.

Giardia

Giardia infection can occur through poor hygiene practices. You'll find them in contaminated water, or food, or ingest them by the fecal-oral route. Transmission from an animal is also possible.

Giardia infections are symptomatic and marked by stomach cramps, bloating, nausea, and bouts of watery diarrhea. Many people can unknowingly serve as carriers of the parasite.

Cryptosporidium

Cryptosporidium infection is marked with the primary symptom of watery diarrhoea and the infection usually goes away within a week or two.

Cryptosporidium parasites enter your body and travel to your small intestine.

For people with a compromised immune system, a cryptosporidium infection can become life-threatening without proper treatment.

Your body is intelligent, and symptoms are signs your body is trying to give you that something is there that does not belong.



General signs and symptoms of parasitic infestation

- Repeated diarrhea
 - Chronic constipation
 - Gas & Bloating
 - Excessive early bowel movements (very explosive bowel movements very soon after eating)
 - Abdominal pain
 - Mucus in the stool
 - Leaky Gut
 - Chronic, unexplained nausea, often accompanied by vomiting
 - Intestinal cramping
 - Hemorrhoids
 - Dysentery (loose stools containing blood and mucus)
 - Urinary Tract Infections
 - Rash or Itching Around the Rectum or Vulva
 - Burning in the Stomach
 - Foul-smelling gas
 - Indigestion
 - Bloating
 - Bloody stool and in severe cases coughing blood
 - Fatigue
 - Chronic Fatigue Syndrome
 - Low energy
 - Lethargy and excessive weakness
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Sexual and reproductive problems

- Male impotence
- Erectile dysfunction
- PMS
- Candida (Yeast Infections)
- Urinary tract infections
- Cysts & Fibroids
- Menstrual problems
- Prostate problems
- Water retention

Weight and appetite problems

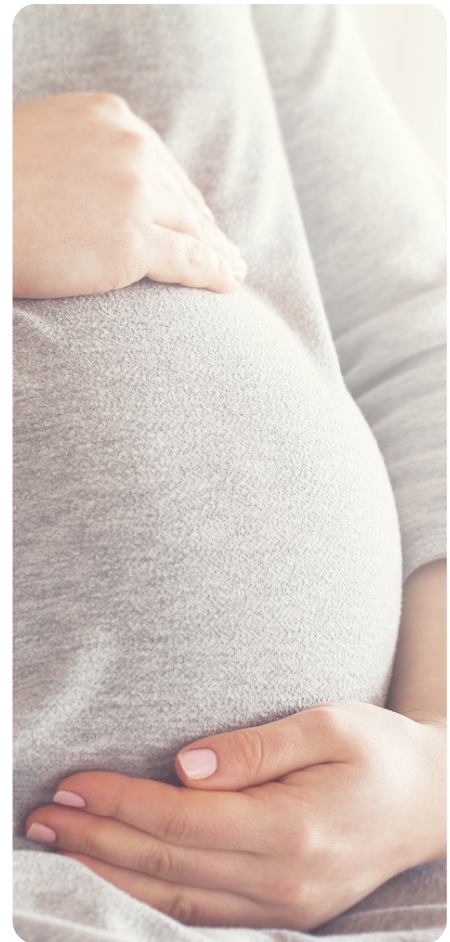
- Constant uncontrollable hunger
- Malnourished
- Can not gain weight
- Can not lose weight



“Parasites in the uterus can compete with embryos for resources, eventually leading to miscarriage or stillbirth.”

Female Infertility and Parasites

Nobody knows for sure why parasites have an effect on fertility. Researchers believe it may have something to do with different immune responses. Some worms seem to harm fertility whereas others seem to be beneficial. As with everything else, the problem seems to be an imbalance.



Some worms crawl out of your buttocks at night to lay their eggs, then sort of get lost and crawl back through the wrong hole and find their way to the uterus or bladder. Here they can lay eggs or settle and cause various diseases like cystitis. You certainly don't want parasites in your ovaries to hijack your body's hormonal balance, especially if you're trying to conceive.

Skin Disorders and Allergies

- Dry skin
- Dry or brittle Hair
- Hair loss
- Allergies
- Itchy Ears, Nose, Eyes, Skin, Soles of the Feet or Anus
- Hives
- Allergic reactions to food
- Chronic ear and/or sinus Infections
- Crawling sensation under the skin
- Rashes
- Weeping Eczema
- Cutaneous Ulcers
- Papular Lesions
- Swelling
- Sores
- Facial Swelling around the Eyes (roundworms) and Wheezing and Coughing, Followed by Vomiting, Stomach Pain, and Bloating (suggesting roundworms or threadworms)



Mood and Anxiety Problems

- Mood Swings
- Unexplained dizziness
- Nervousness
- Depression
- Forgetfulness
- Unclear Thinking
- Restlessness
- Anxiety
- Slow Reflexes

Sleep Disturbances

- Insomnia
- Teeth grinding during sleep
- Difficulty in sleeping
- Bedwetting
- Drooling while asleep
- Disturbed sleep / multiple awakenings

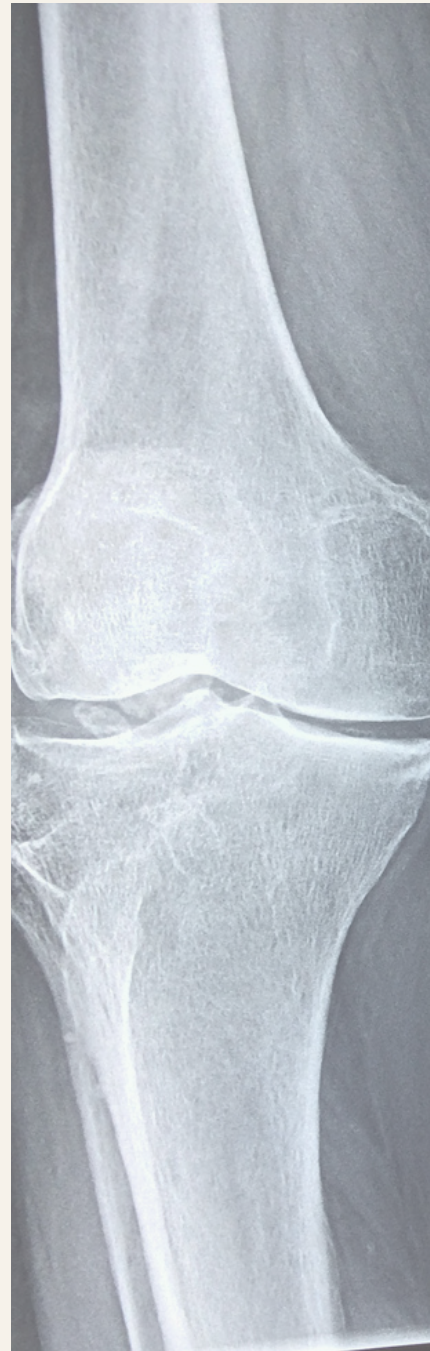


Muscle and Joint Pain

- Muscle pain
- Joint pain
- Muscle cramping
- Numbness of the hands and/or feet
- Heart pain
- Pain in the navel
- Pain in the back, thighs or shoulders
- Arthritic pains
- Palpitations (Hookworms)
- Fast heartbeat

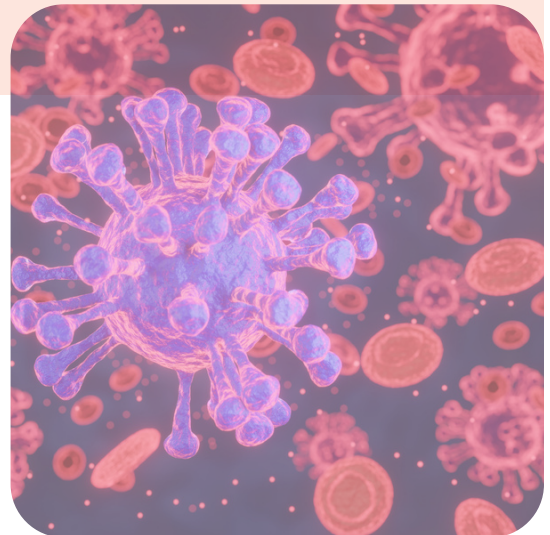
Blood Disorders

- Hypoglycemia
- Anemia
- Iron Deficiency



Things that will raise your risk for getting intestinal parasites

- Living in or visiting an area known to have parasites
- International travel especially to third-world countries
- Poor food and water sanitation
- Poor hygiene like forgetting to wash your hands or to clean under your fingernails
- Age - children and the elderly are more likely to get infected because of poor hygiene practices
- Exposure to child and institutional care centers
- Poor diet
- Having a weakened immune system e.g., HIV or AIDS or immune-suppressing drugs



How do we catch parasites?

Eating raw meat or fish.

If you eat sushi or tar-tar chances are high you have parasites.

International travel.

In developing countries the water may be contaminated. In some countries it is very common that food is grown in soil mixed with human faeces, which can be infected with parasites.

When travelling:

- avoid drinking tap water
- brush your teeth with bottled water
- avoid meat and fish markets
- avoid raw food in a restaurant. They might use tap water to wash the fruits and veggies (if it's washed at all)

Poor hygiene.

A handshake, touching door handles, dishes, and clothes can pass around parasites. The simple act of washing your hands after visiting the bathroom can help prevent infections.

Owning a pet.

Pets carry many critters that can be transmitted with cuddles and kisses.

How do you know if you have a parasite infection?

Comprehensive stool test: In a stool test, a sample of your feces is taken and examined for the presence of parasites.

Endoscopy and colonoscopy: A procedure where a tube is inserted into your mouth and rectum to examine your GI tract for parasites.

Blood test: Some parasites can be detected through a blood test that looks for a specific infection.

Unfortunately, stool tests, blood tests, endoscopy, and colonoscopy are not always reliable methods for detecting parasites in the body. While these tests can be useful in certain circumstances, they may not always provide accurate results for diagnosing parasitic infections. Here are some reasons why:

- **Parasite location:** Parasites can reside in various parts of the body, including the gastrointestinal tract, bloodstream, tissues, and organs. Stool tests are typically used to detect parasites in the gastrointestinal tract, but may miss parasites that are located elsewhere in the body.
 - **Parasite life cycle:** Parasites have complex life cycles, and their presence in the body may vary at different stages. Some parasites may not be detectable in the stool or blood at all times, which can result in false negative results.
 - **Sensitivity of tests:** The sensitivity of diagnostic tests can vary depending on the type of parasite and the method of testing. Some parasites may require specialized tests or techniques for accurate detection, which may not be routinely performed in standard stool tests, blood tests, endoscopy, or colonoscopy.
 - **Timing of tests:** The timing of tests can also impact their accuracy. Some parasites may not be detectable in the early stages of infection, and repeated testing may be necessary to increase the chances of detection.
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- Operator error: The accuracy of diagnostic tests can also be influenced by human error, including sample collection, handling, and interpretation. Inadequate sample collection or processing can result in false negative results.
- Coinfections: Parasitic infections can sometimes occur alongside other infections, making diagnosis more complex. Testing for parasites alone may not provide a complete picture of the underlying infection.
- Variability of symptoms: Symptoms of parasitic infections can vary widely and may not always be apparent. Some individuals with parasitic infections may be asymptomatic or have nonspecific symptoms that are not easily attributed to parasitic infections, which can further complicate accurate diagnosis.

Many practitioners, myself included, rely on symptomatology.

If your symptoms ramp up around a full moon cyclically, you likely have a parasitic infestation.

If you're struggling with unexplained infertility, I'd always suggest a parasite cleanse. If everything else fails to work, give this one a go. You can't lose but win because chances are that you have some sort of parasites within you.

How do you know if you have a parasite infection?

Unfortunately, most modern stool tests give us false positives, including stool for ova and parasites. Unfortunately, there is not a full-proof or even accurate test for parasites. It's really difficult to pinpoint.

Many parasites have a full or partial life cycle. They can hide for years escaping biopsies, colonoscopies, endoscopies, or stool tests.

Many practitioners, myself included, rely on symptomatology.

If your symptoms ramp up around a full moon cyclically, you likely have a parasitic infestation.

If you're struggling with unexplained infertility I'd always suggest a parasite cleanse. If everything else fails to work, give this one a go. As cheesy as it may sound but you can't lose but win.

Methods to get rid of parasites

You could go and ask a medical professional for a complete parasitic panel, including a stool study if you have symptoms of chronic inflammation or poor digestion. If you are lucky the stool test may reveal something. There are antibiotics that treat parasites. Be aware that most parasites will quickly grow back from the remaining eggs if you do not follow the right procedures.

Please note that not many practitioners are well trained to attribute your symptoms to parasites. As mentioned, please know that not all parasites show up in your stool. Medical tests/stool samples will only catch obvious parasites in the intestinal tract, not ones lodged in organs.

However, if you do get a stool test at least three stool specimens should be taken and examined to confirm the presence of intestinal parasites. Even with such practice, it is not possible to guarantee that there is no infestation.

Natural Treatments

There are natural remedies and holistic treatments that give relief from parasites and kill them off and their eggs.

Before starting a parasite treatment it is important that you have regular bowel movements, a minimum of one soft bowel movement a day.

During a cleanse make sure to eat plenty of fiber. Cleanse at least twice a year, to keep your digestive system healthy.

Ginger is great for removing and preventing parasitic infestations.

Wormwood bark treats common parasite infestations.

The following food, herbs, supplements, and dietary recommendations help to remove and control intestinal parasites.

1) **Garlic (*Allium sativa*)** contains allicin which has been shown to get rid of parasites like *Ascaris* (roundworm), *Giardia lamblia*, *Trypanosoma*, *Plasmodium*, and *Leishmania*.

It is best to eat garlic before meals to stimulate gastric secretions and kill off the invaders.

2) **Goldenseal (*Hydrastis Canadensis*)** contains berberine. Studies have shown that berberine kills amoebae and can be used successfully to treat giardia infections. **NOT SAFE IN PREGNANCY**

3) **Black walnut** is traditionally used for ringworm and athlete's foot. Both black walnut hull and wormwood can get rid of about 100 types of these invaders. There is not enough evidence to know if black walnut supplements are safe for pregnancy or breastfeeding. It's best to **AVOID IN PREGNANCY**

4) **Wormwood (*Artemisia annua*)** contains sesquiterpene lactones, which might weaken parasite membranes and helps against intestinal parasites like *Ascaris lumbricoides*, *Plasmodium*, *Schistosoma mansoni*, and *Giardia*. However, the safety and effectiveness of this herb have not been established in clinical trials. **NOT SAFE IN PREGNANCY**

5) **Wormseed (*Chenopodium ambrosioides*)** is used for expelling roundworms, hookworms, and tapeworms. Wormseed tea is preferable because concentrated wormseed oil is considered too strong. More scientific studies are needed to confirm the effectiveness of this herb. **NOT SAFE IN PREGNANCY**

Natural Treatments

6) **Pumpkin Seeds (Cucurbita pepo)** are the most valuable remedy for tapeworms and roundworms. They contain cucurbitine which paralyzes the invader and prevents them from holding on to the intestinal wall. Herbalists often recommend large amounts for adults. The seeds can be mashed and mixed with juice or yoghurt.

7) **Thyme** contains thymol, which helps prevent the growth of many parasites, including tapeworm, hookworm, roundworm and ringworm.

8) **Grapefruit Seeds** have been shown to be an excellent remedy against parasites. They have no side effects and work against worms, protozoa and fungal infections.

9) **Diet Change** - Temporarily avoid refined sugar, alcohol, and refined foods as they help feed many common parasites.

10) **Intestinal cleansing** is essential before and during a parasite cleanse. The cleanse needs to be accompanied by a higher-fiber diet. To get your bowels moving recommended supplements are magnesium citrate, psyllium husks, activated charcoal, and/or flaxseeds.

11) Mix **Anise, Cloves, Gentian, Neem, Olive leaf, Oregano, Propolis, Barberry, Oregon grape, and Cayenne Pepper** in water. This will help kill nematodes.

12) **Citrus fruit cleanse.** Citrus are high in citric acid and can be very helpful to kill worms. For a week eating nothing but citrus fruits and other fruits high in citric acid. Diet can include tomatoes, oranges, lemons, limes, grapefruits, and pineapples.

13) Grind **fresh ginger root** to a pulp and mix with a half cup of water. "Enjoy" this spicy drink three times daily and also eat the pulp.

14) **Food-grade Diatomaceous Earth.** With its sharp microscopic particles of the ground-up diatom fossils, DE can destroy the protective shells of many insects and worms, ultimately killing them. Not all Diatomaceous Earth (DE) is edible and not all DE is safe. Non-food-grade DE may have chemicals added and is used in industrial settings. Do not consume non-food-grade Diatomaceous Earth.

Natural Treatments

15) **Papaya seeds.** Research published in The Journal of Medicinal Food has found effectiveness against human intestinal parasites. In this study, a combination of papaya seeds and honey was fed to 30 children with intestinal parasites and after 7 days 23 of the 30 had no more invaders in their intestines.

Consuming one teaspoon 30 min before meals will help the environment inside your gut become unfriendly to parasites. Papaya contains a digestive enzyme called papain that helps restore your intestinal tract to a balanced state and makes it inhospitable to parasites.

16) **Pineapples** contain bromelain and papain which are enzymes that weaken the parasites and allow your body the chance to expel them.

17) **Cloves** destroy the parasite eggs in the intestinal tract. You could also use essential oil to dissolve the eggs left behind by worms found in the intestines. Clove is the only herb that has been proven to destroy the eggs and prevent a re-infestation.

18) **Avoid sugar and starches** (especially refined grains like white flour) during the cleanse because parasites love sugar and everything that turns into sugar. What you don't feed can't survive. Consume organic meats, vegetables, nuts, and seeds.

19) **Dried oregano** and especially essential oil of oregano is highly anti-parasitic. Use two to three drops of oregano oil in water with freshly squeezed lemon and drink this three times a day. Please note that oregano oil should never be eaten or come in contact with your skin without being diluted first.

20) **Probiotic Foods.** After the cleansing period, it is especially important to utilize high-quality, fermented raw foods like kimchi or sauerkraut. These foods are amazing sources of L-glutamine which helps rebuild the gut but also helps keep parasites out of the body. Extra bonus - L-glutamine eliminates cravings.

21) **Mimosa Pudica.** It is antibacterial, antivenom, antifertility, anticonvulsant, antidepressant, aphrodisiac, and possesses various other pharmacological activities.

What to expect during cleansing your body of parasites?

Parasites release toxins when they die. This is why it is so important to maintain frequent bowel movements during this time to fully expel these toxins and prevent them from being reabsorbed in your body.

You should support a healthy bowel function with plenty of fibre, magnesium and / or natural laxatives if needed.

Some worms may attempt to escape by nesting deeper into your intestines. This can cause sharp pains and cramps.

Keep in mind that aches and pains are only temporary, and most likely a sign that the cleanse is working.

You can also expect fatigue and sluggishness. Diarrhoea should not last more than a few days.

You might see worms in your stools.

After the cleanse, you should feel energetic and feel sick less often.



Can You Do a Parasite Cleanse While Pregnant?

It depends on your specific situation. While some women find that doing a parasite cleanse while pregnant improves both their health and the health of their unborn child, others believe it is unnecessary and even dangerous.

This Parasite Cleanse Protocol is designed to safely cleanse even though you are trying to conceive and will ask you to stop taking supplements before ovulation.

However, please see your doctor before beginning a parasite cleanse if you're expecting. They can assist you in weighing the benefits and drawbacks of this choice and provide advice on what will be best for you and your infant.

Some of the powerful herbs may cause a miscarriage and be damaging to an unborn baby! This is why the protocol will ask you to take breaks before ovulation til the onset of your next period. In case you get pregnant within cleanse time you won't be taking herbs that may cause a miscarriage.

Alternatively, you may want to consider stopping trying to get pregnant altogether throughout the cleanse.

If you have a **history of liver disease, heavy alcohol use, or previous history of elevated liver enzymes, I recommend you consult your physician** and have your liver enzymes checked before starting an anti-parasite herbal supplement.

Not all of the herbal supplements mentioned above are safe for every person. **If you take any prescription medications or have a compromised immune system speak with your doctor** before beginning to use the supplements mentioned above.

It is also advised to **stop immediately if you have any kind of allergic reaction** to the herbs. As always, listen to your body and adjust accordingly.

The cleanse will not work effectively if you do not eat accordingly. Parasites need a certain environment to survive. So you have to get rid of bad gut bacteria and fungus to kill off parasites effectively.

The Parasite Cleanse Protocol

You want to ensure that all your drainage pathways are open to supporting the cleansing. You must have energy, be able to sweat well, go to the bathroom, have normal bowel movements, and have proper bile movement prior to starting any cleanse. This means: **Do not cleanse if you're constipated.** You need to have at least one bowel movement per day. More is better.

If you're constipated you should work on that first and foremost before you're diving into the cleanse.

It is best to repeat the process, to kill off any parasites and eggs missed during the first round.

Start the parasite cleanse on the first day of your menstrual cycle, meaning the first day of full flow.

Cleanse for 12 days and follow the instructions below.

STOP after 12 days.

Start again on the first day of your next menstrual cycle, meaning the first day of full flow.

Cleanse for 12 days and follow the instructions below.

STOP after 12 days.

Start for the third and last time on the first day of your next menstrual cycle, meaning the first day of full flow.

Cleanse for 12 days and follow the instructions below.

STOP after 12 days.

The STOP is needed to ensure you are not taking any supplements after ovulation that could potentially harm a pregnancy.

The Parasite Cleanse Protocol

WEAKEN & BIND

You want to include a binder that allows you to remove the little critters safely. On its own, your body has the ability to remove some toxins, but when the toxic load gets too high, your body needs help. Toxin binders assist your body in reducing its toxin levels. As their name suggests, binders effectively “bind” to and eliminate toxins from your body.

- Removes toxin buildup
- Relieves flatulence
- Induces biofilm removal
- Prevents acute poisonings

Binders are taken away from any other supplements and on an empty stomach. I recommend Biocidin **G.I. Detox** or **Activated Coconut Charcoal**.

KILL

the pathogens with botanicals

Kroeger, The Original Wormwood Combination

or

Zahler, ParaGuard

AND

Food-grade Diatomaceous Earth

Please do take ONLY food-grade Diatomaceous Earth! Food-grade diatomaceous earth is low in crystalline silica and considered safe for humans.

Highly recommended: Consume 2-4 TBSP of Pumpkin Seeds per day (you could eat 1-2 TBSP mixed with your morning smoothie and 1-2 TBSP with your salad or you make seed crackers that include pumpkin seeds)

The Parasite Cleanse Protocol

FOOD

When it comes to getting rid of parasites, it's essential to pay attention to what foods and drinks you put in your body. It's best to eat foods that parasites hate and avoid what they love. It is best to focus on whole foods in their natural form and avoid added sugars. I recommend limiting your sugar intake to the morning when you can eat a small amount.

Foods to avoid or limit

- Added refined sugar, maple syrup, and agave nectar - Parasites thrive on sugar
- Limit most fruit - Fruit contains sugar, so it needs to be limited to two servings a day. The exception list is below.
- Processed food - do we really need to talk about this???
- Alcohol - hinders your immune health
- Most grains break down into sugar quickly which therefore keeps parasites happy and healthy. The exception list is below.
- Starches like potatoes, corn, and rice break down into sugar quickly
- Pork - could be contaminated with parasites
- Raw Fish - could be contaminated with parasites
- Fruit Juices
- Soda

Foods to eat

- Fruit - Pineapple, Papaya, Pomegranate, Strawberries, Blueberries, Raspberries, Blackberries, Cherries, Jackfruit, Coconut Meat, Coconut Flakes, Lemon, Lime, Avocado, green apples, dates (while dates are high in natural sugar, they also contain antiparasitic properties)
 - Honey - in moderation
 - All vegetables
 - Red meat incl. lamb and beef, cooked fish
 - All legumes, nuts, and seeds
 - Grains - Quinoa, Amaranth, Oats, Brown Rice
 - Flours - Chickpea, Teff, Quinoa, Coconut
 - Pasta alternatives - lentil pasta, chickpea pasta
 - Seaweed, Nori, Kelp
 - All herbs
 - Eggs
-

The Parasite Cleanse Protocol

ELIMINATE

Make sure to eat plenty of fiber and drink plenty of water!

It is important to eat fiber-rich foods during your parasite cleanse, as these really help with elimination. Fibre provides the lubrication the colon requires to function properly and helps to support natural and smooth elimination.

Drink a lot of purified water to help your kidneys with elimination (2-4 liters per day)

Optional to assist healthy bowel movement

400 mg of magnesium citrate (Word of caution: Magnesium citrate is a saline laxative and your bowel could become dependent on it. Please talk to your healthcare provider before starting magnesium supplements.)

Flax Seeds: 3 tablespoons per day and/or
Psyllium Husk: 3 teaspoons per day and/or
Chia Seeds: 2-4 tablespoons per day, soaked

Once or twice a week: Enema.

1-2 glasses of water mixed with the juice of 1 lemon on an empty stomach

PROBIOTIC

- 50 Billion CFU (for more potent support)
 - More than 14 different strains (a diverse array of bacterial strains can be beneficial as different strains may have different effects on the body)
 - Change brand after 2 rounds (introduce different strains to ensure a more comprehensive and diverse gut microbiome)
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The Parasite Cleanse Protocol

What You Will Need for Your Parasite Detox Cleanse

Protocol - Supplements:

1. Binder

(GI Detox: 1 capsule once daily
or Activated Coconut Charcoal: 2 capsules once daily)

2. Botanicals

Zahler Paraguard: 30 drops,
OR Kroeger Wormwodd Combo: 2 capsules

1st Round Days 1-6: twice daily, Days 7-12: three times daily

2nd and 3rd Round Days 1-12: three times daily

3. Food-grade Diatomaceous Earth

1st ROUND Days 1-4: 1 teaspoon once daily on an empty stomach
1st ROUND Days 5-8: 1.5 teaspoons once daily on an empty stomach
1st ROUND Days 9-12: 2 teaspoons once daily on an empty stomach

2nd ROUND Days 1-4: 2 teaspoons once daily on an empty stomach
2nd ROUND Days 5-8: 2.5 teaspoons once daily on an empty stomach
2nd ROUND Days 9-12: 1 tablespoon once daily on an empty stomach

3rd ROUND Days 1-12: 1 tablespoon once daily on an empty stomach

4. Probiotic (follow instructions on label)

or/and **1-2 tablespoons of raw unpasteurized Sauerkraut or Kimchi**

5. Optional: **Magnesium Citrate** (follow instructions on label) to assist healthy bowel movements

It's suggested to take all supplements for 12 days, followed by a supplement break until your next period starts.

1st ROUND

Start on first day of your menstrual cycle

The Parasite Cleanse Protocol (days 1–4)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 1 teaspoon food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Dinner: Meat and a double serving of steamed vegetables

1st ROUND

Start on first day of your menstrual cycle

The Parasite Cleanse Protocol (days 5–8)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 1.5 teaspoons food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Dinner: Meat and a double serving of steamed vegetables

1st ROUND

The Parasite Cleanse Protocol (days 9–12)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 2 teaspoons food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Just before dinner: Botanicals

Dinner: Meat and a double serving of steamed vegetables

The Parasite Cleanse Protocol (days 13 – onset of menstruation)

B R E A K - STOP TAKING ALL SUPPLEMENTS

2nd ROUND

Start on first day of your menstrual cycle

The Parasite Cleanse Protocol (days 1–4)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 2 teaspoons food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Dinner: Meat and a double serving of steamed vegetables

2nd ROUND

Start on first day of your menstrual cycle

The Parasite Cleanse Protocol (days 5–8)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 2.5 teaspoons food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Dinner: Meat and a double serving of steamed vegetables

2nd ROUND

The Parasite Cleanse Protocol (days 9–12)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 1 tablespoon food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Just before dinner: Botanicals

Dinner: Meat and a double serving of steamed vegetables

The Parasite Cleanse Protocol (days 13 – onset of menstruation)

B R E A K - STOP TAKING ALL SUPPLEMENTS

3rd ROUND

The Parasite Cleanse Protocol (days 1–12)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 1 tablespoon food-grade Diatomaceous Earth

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

Snack: Veggie Sticks with Hummus

Just before dinner: Botanicals

Dinner: Meat and a double serving of steamed vegetables

B R E A K - STOP TAKING ALL SUPPLEMENTS

2nd ROUND

The Parasite Cleanse Protocol (days 1–12)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 2 capsules Mimosa Pudica Seed

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

2 hours after lunch: 2 capsules Mimosa Pudica Seed

Snack: Veggie Sticks with Hummus

Just before dinner: Botanicals

Dinner: Meat and a double serving of steamed vegetables

The Parasite Cleanse Protocol (days 13 – onset of menstruation)

B R E A K - STOP TAKING ALL SUPPLEMENTS

3rd ROUND

The Parasite Cleanse Protocol (days 1–12)

Example of a daily parasite cleanse protocol

After waking: Lemon water and binder

1 hour later, just before breakfast: Botanicals and probiotics

Breakfast: coconut smoothie with coconut milk, chia seeds, ½ a cup of pumpkin seeds, 1-2 teaspoons of psyllium husk, and protein powder

Optional - Directly after breakfast: Magnesium citrate

2 hours after breakfast: 2 capsules Mimosa Pudica Seed

Just before lunch: Botanicals

Lunch: large vegetable salad with a protein served like chicken

2 hours after lunch: 2 capsules Mimosa Pudica Seed

Snack: Veggie Sticks with Hummus

Just before dinner: Botanicals

Dinner: Meat and a double serving of steamed vegetables

The Parasite Cleanse Protocol (days 13 – onset of menstruation)

B R E A K - STOP TAKING ALL SUPPLEMENTS

The Parasite Cleanse Protocol

Breakfast ideas:

- Oatmeal with chia seeds, coconut flakes, blueberries, and protein powder
- Eggs, ½ avocado on gluten-free seed crackers, and grilled zucchini

Lunch ideas:

- Salad with lettuce, kale, dandelion greens, baked chickpeas, pumpkin seeds, quinoa, and mustard and lemon dressing, with a side of eggs
- Chicken stir fry with brown rice, green onions, and roasted pumpkin
- Quinoa bowl with garlic, onion, spinach, and chili spices, topped with wild-caught salmon

Dinner ideas:

- Brown rice and vegetable stir fry with broccoli, kale, carrot, pineapple, and ginger topped with chicken
- Grass-fed lamb with a side of grilled zucchini and bell peppers and brown rice
- Curry brown rice bowl with grilled bell Peppers, coconut cream, and wild-caught salmon



Helpful Tools

Lunch and dinner recipe ideas

Please refer to the Paleo Diet (excluding pork and raw fish) during cleansing. You will find an abundance of recipes that suit the cleanse protocol.

BEATING CRAVINGS

Optional helpful supplement - **L-glutamine**. It's a little miracle cure against cravings.

1. It decreases firmicutes which are bacteria that live in our gut. High firmicutes may lead to a microbial imbalance which may be related to increased caloric extraction from food, fat deposition and lipogenesis, impaired insulin sensitivity, and increased inflammation. Firmicutes love sugar.
2. It reduces the secretion of the hunger hormone Ghrelin.
3. It promotes fullness and satiety.
4. It balances blood sugar.
5. It helps heal leaky gut.

Suggested dosage: up to 40grams per day

Take it when a craving hits for sugar or refined carbohydrates. L-glutamine can rapidly satiate this craving without decreasing insulin sensitivity.

Final Thoughts

I recommend a 4-week parasite cleanse without any supplement breaks twice a year to anyone not trying to conceive.

Alternatively, maintenance Parasite Cleansing can be done once a month for 3 days during the full moon cycle, (one day before, on the day of the full moon, and one day after).



Sending Baby Dust
and lots of strength on
your journey to
motherhood.

Love

Carmen Mair

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DISCLAIMER

It's advised that you be under a doctor's care while making any big changes to your diet or taking supplements.

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