

PARASITE CLEANSE: A DAILY ROUTINE



Print this page and leave it in a convenient place such as where you prepare your food or take your supplements.

ESSENTIAL INGREDIENTS TO START YOUR CLEANSE

This cleanse should be done for an absolute minimum of 30 days, consider **90 days for a full cleanse**. Follow the links to read the full breakdown article I have written of this cleanse and the full list of products.

[CLEANSE BREAKDOWN →](#)

[PRODUCT LIST →](#)

1. The **big three herbs**. These are Cloves, Wormwood and Black Walnut. You need these in CAPSULE form.
2. At least ONE **digestive binder**. This can be activated charcoal, diatomaceous earth, modified citrus pectin, enterosgel, or simply psyllium husk.
3. The **big three herbs** in **TINCTURE** form. Get yourself a powerful tincture. A good quality tincture can be very potent and give your routine a parasite-busting boost.
4. An **anti-parasite SNACK**. Not essential? Think again! Prepare to be hungry at times on this cleanse and you don't want to be running for those crisps or sugary snacks. Get serious and prepare an anti-parasite snack. I recommend raw pumpkin seeds or cacao nibs. Both are known for their potent anti-parasite powers.

OPTIONAL EXTRAS TO MAKE IT A LITTLE EASIER.

5. **L-Glutamine**. If you're suffering bad die-off symptoms it's likely from increased ammonia in your body. Parasites excrete ammonia through normal function but they excrete even more when they die! L-Glutamine is the most abundant amino-acid found in your body. It has two very helpful purposes when fighting parasites. It directly helps maintain your gut lining and helps fix leaky gut, and it helps your body and brain reduce its ammonia levels.

SCHEDULE

🕒 7:00AM – YOUR FIRST HERBAL CAPSULES

Start the day by taking the **big 3 herbs** on an empty stomach first thing in the morning. The essential 3 herbs used for in any parasite cleanse are the following; **Cloves, Wormwood and Black Walnut (250mg each)**.

If you feel the die-off symptoms are manageable, double your dose. Keep doubling until you reach a maximum of 1,500mg of any one herb.

🕒 9.00AM – TAKE A DIGESTIVE BINDER

Now is a good time to take your first **digestive binder** of the day. Taking a binder serves two purposes, firstly it can bind numerous toxins in the digestive tract including mould, viruses, heavy metals, candida and of course parasites. A second function is that a binder can add a solid consistency to your stool, allowing a better evacuation of any parasites your morning herbs may have weakened or killed.

Recipe: Use 1/2 tsp of **Psyllium Husk** and 1/2 tsp of **Diatomaceous Earth** mixed well in a large glass of water.

😊 Tip: First mix the powdery Diatomaceous Earth, then mix in the Psyllium Husk. To make it more palatable or to mix better, top off with a small amount of boiled water. Stir well and drink immediately! Remember to stay hydrated after using a binder as they can cause constipation.

🕒 10.30AM – YOUR FIRST HERBAL TINCTURE

Between 60-90 minutes after your binder you'll want to take your first **Herbal Tincture** dose of the day. Herbal Tinctures pack a powerful punch, which you may recognise by the taste! If you're sensitive to bitter tastes, start off with 1/2 a dropper mixed in water. Eventually work your way up to 3 full droppers per dose.

☺ Tip: Try NOT to mix this bitter tincture with fizzy drinks or even fruit juice. Parasites love sugar and you could end up with some pretty horrible die-off reactions!

🕒 12.00PM – GRAB YOUR ANTI-PARASITE SNACK

Of course you may have been eating throughout the day. But lunchtime is when we get those serious hunger-pangs! Don't immediately reach for the sandwich, try to stretch the time between meals as much as possible with your anti-parasite snack.

Think **pumpkin seeds, cacao nibs**, or if you're brave, a **raw onion & garlic salad**. (yes, really!) If you absolutely must have some sort of carbohydrate-heavy food such as bread- Put 200mg pumpkin seeds, 1/2 tsp cayenne pepper, 1/2 tsp cinnamon in a food processor and blend until fine. Once blended, add 1 tbsp of coconut oil and continue blending until you get a buttery texture. This makes an amazingly **tasty parasite-busting butter!**

🕒 3.00PM – YOUR SECOND HERBAL CAPSULE DOSE

Repeat the same dose of herbal capsules that you took in the morning (as close to an empty stomach as possible for best effects)

🕒 6.00PM – TAKE YOUR SECOND HERBAL TINCTURE DOSE

Repeat the same herbal tincture dose that you took earlier in the day. Again, try to mix with water and avoid sugary or processed beverages.

🕒 9.00PM – TAKE YOUR THIRD HERBAL CAPSULE DOSE

Your third and final herbal capsule dose of the day. Repeat the same dose that you took earlier in the evening.

🔔 HERX-REACTIONS, DIE OFF, BAD SYMPTOMS?

If you're struggling to maintain the cleanse because of negative reactions. First, reassess how much of each product you're taking. If you're taking too much, lower it! Don't take so much that it puts your parasite-cleanse on hold. That's exactly what they want!

However, if you think you can persevere but need some relief. Consider taking a second binder throughout the day to mop-up some of the wounded or dead parasites in your system. This stops them hanging around, being toxic, or laying more eggs! Just remember to stay hydrated.

If you have access, get in the **sauna** as much as physically possible! Try to maintain **regular but light exercise**. You want to keep your **blood circulating and Lymph Fluid flowing** effectively for a good detox. Easy ways to increase Lymph Fluid movement is **hopping, skipping rope, or simply jogging**. If you have access to a sauna do these exercises beforehand.

NOTE: This is not medical advice, I am not a trained medical practitioner. Please take your own health into consideration and consult your health practitioner if you feel the need. Listen to your body and stop if you get what you consider serious symptoms.

FOODS TIPS

Food is a very personal topic so I'm not going to give you specific recipes but rather general advice. Keep carbs and protein to a minimum and maintain a healthy dose of fats. You can complete a parasite-cleanse on any 'diet' if you do some planning, this includes regular western, vegetarian, vegan or keto. (I cannot comment on carnivore).

Main points. Reduce or ideally eliminate ALL forms of sugar. Keeping fruits at the start may help you to transition off processed foods but you must eventually even cut these out. Concentrate on good quality sources of protein, healthy fats (coconut oil, quality olive oil), and plenty of vegetables. Green leafy vegetables are extremely high in chlorophyll and thus very powerful at fighting parasites. If you can't eat them, juice them! Note: you don't want to be starving yourself, but you do want to be starving the parasites! Think small portions of quality food with AT LEAST one or two anti-parasitic foods per each meal.

HERBS FOR YOUR MEALS

- Cayenne Pepper
- Turmeric
- Garlic
- Holy Basil
- Sage
- Thyme
- Oregano
- Parsley
- Neem
- Wormwood
- Cannabis (not a herb, but a powerful anti-parasitic plant)
- Dill
- Rosemary
- Curcumin
- Fennel
- Black Peppercorn
- Black Seed (oil)

PARASITE FIGHTING TEA TO DRINK THROUGHOUT THE DAY

Ditch the coffee (as much as you can handle) and pick up a tea! Use any of the following ingredients and add them to a small-medium saucepan and put on the stove.

- Dandelion Root
- Stinging Nettle
- Clove
- Wormwood
- Ginger (ideally fresh)
- Echinacea
- Cannabis leaf/stem/bud (CBD or THC strains work equally well)
- Cayenne Pepper
- Garlic
- Lemon juice (fresh)

MY GO TO RECIPE

1tsp Dandelion Root, 1tsp Whole Cloves, 1tsp Wormwood, thumb-sized piece of fresh peeled Ginger,.

Method: add the above into a saucepan and fill with appropriate amounts of water. (I usually put 3 mugs worth) Bring the water to a boil, then immediately reduce heat and let it simmer for 20 minutes. Pour directly into a cup with a mesh filter to avoid any loose herbs. That way you can keep adding more water to your saucepan throughout the day and make the most of your herbs. Try to drink as much of this tea as possible for best effects.

YOU CAN DO THIS!

Think about why you started this cleanse! Yes it's difficult, yes it's boring, and yes it won't be fixed overnight... BUT think of the bliss of a parasite-free healthy life. Once you start seeing results, you will not want to stop. So get through those difficult first few days, and the rest will be smooth sailing. Good luck!

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 For any help - contact: mineralbalance.co.uk/contact-us