

## **Parasite Cleanse & Liver Flush Protocol**

### **Grocery List:**

- Herbal Parasite Tincture: Wormwood, Cloves & Garlic
- Capsules: Olive Leaf Extract & Grapefruit Seed Extract
- Bentonite Clay: (liquid or powder form)
- Psyllium Fiber: finely ground is best
- Activated Charcoal capsules
- Probiotic and digestive enzyme capsules
- Apple Cider Vinegar (organic)
- Aloe Vera Concentrate (organic)
- Organic Olive Oil
- Organic Pink Grapefruit (medium to large)
- Epsom Salts (food grade/ edible)
- Honey

### **Parasite Cleanse : 30-60 Days to Release all Parasites & Candida**

Do not eat sugary, fried, starchy or processed foods.

Consume a lot of fresh steamed greens and veggies, sprouts and micro greens, colorful foods, whole foods, seeds, nut butter, avocados, soups, vegan protein shakes, salads, etc.

Always chew your food at least 30-40 chews to liquify the food in your mouth before swallowing for optimal digestion.

Never mix fruits, veggies, grains, proteins and fats. Eat fruits solo. Veggies and vegan protein fats and proteins can combine. Drink herbal teas throughout the day. Drink luke warm water before meals not during so you don't dilute stomach acids for digestion. Consume digestive enzymes and probiotics daily.

### **Daily Routine: (30-60 days)**

Drink 1 gallon of purified water daily with minerals for optimal health

Morning Drink: Apple Cider Vinegar (1/4 cup) + Aloe Vera Concentrate + Lemon Water

Herbal parasite tincture: 3 Times per day (on empty stomach 30 min before meals)

Activate Charcoal : 2 Capsules per day (to absorb toxins and gases)

Probiotics and digestive enzymes : 3 capsules twice daily with food

Drink 1 tbl psyllium fiber before bed with bentonite clay with 1 cup purified water

Before Bed: Drink calcium magnesium (calm brand is my favorite)

**Colon Hydrotherapy:** 1-3 times per week to remove parasites and eggs

**Liver Flush: (1-2 times per month)**

Very strict protocol to help the body release liver and gall stones to heal the liver

10pm the night before you do the flush do not eat any fat at all (not even 1 gram so no bananas, no fruits, veggies, nuts or anything that has any fat at all)

The day of the liver flush: Do not eat any fats at all. Consume all your foods before 2pm. Drink 1 gallon of water by 2pm.

6pm: Drink 1 tbl epsom salts with 1/2 cup luke warm water. (can use a small spoon of honey to help the taste)

8pm: Repeat: Drink 1 tbl epsom salts with 1/2 cup luke warm water. (can use a small spoon of honey to help the taste)

9:45pm: Squeeze the grapefruit juice into a glass and mix with 1/4 cup olive oil. Shake or blend and take it to bed. Drink it within 5 minutes and lay down immediately on your left side. Do not get up for at least 30 minutes.

You may need to go to the bathroom a lot during the night or its possible you could have trouble sleeping while the body is releasing the stones. You may take herbal supplements to help you sleep.

The next morning be sure to drink 1 gallon of water and go get colon hydrotherapy session to wash the liver and gall stones out of the colon.

You may repeat the flush once per week or every other week until you stop releasing large amounts of stones. Ideally you will get down to less than 50 small stones, then you can stop the flush routine and just do once per year to maintain the healthy liver.