



YOU ARE THE CURE

UNDERSTANDING YOUR
POWER TO HEAL

A SUPPORTIVE PATHWAY FOR REBUILDING
YOUR INTERNAL ENVIRONMENT BEFORE
AND AFTER DETOX

KAYLEIGH MORRIS

INTRODUCTION

Welcome, I'm *Kayleigh*

I'm a passionate advocate for natural terrain healing, heavy metal & parasite detoxing. Over the last few years I have awakened to the alarmingly high toxin exposure we face on a daily basis, so I've been researching how to cleanse our bodies from these harmful toxins and put all my research and knowledge into this useful Ebook, to help people like you achieve a more healthy and revitalizing life.

Through my experience, I've learned that living with a shit ton of these harmful toxins can bring immense, life threatening ailments to not only our general health, but also our emotional, mental well-being.

I'm excited to share the knowledge I've found with others who are seeking a healthier, low-tox & more fulfilling lifestyle.



I TRULY BELIEVE THAT WE SHOULD BE TAKING CONTROL OF OUR OWN GENERAL WELL-BEING. – DODGING THE DOCTORS OFFICE UNLESS SUFFERING WITH SEVERE LIFE THREATENING DISEASE OR TRAUMA ACCIDENTS.

- Kayleigh Morris



MY STORY

When the pandemic hit in 2020, my perspective on health completely shifted.

Just before lockdown, I began working in a pharmacy as a medication dispenser. For months, I watched endless prescriptions being processed, day after day, and slowly started questioning whether people were actually being healed or simply kept dependent on symptom management.

The more I observed, the more uncomfortable I became. I began asking questions that didn't sit well with the system I was working in. Over time, the emotional weight of being part of something that didn't align with my values became too heavy. Then, I didn't pass my probation, what initially felt like rejection quickly turned into relief. Deep down, I knew I wasn't meant to contribute to a system that treated symptoms instead of addressing root causes.

Not long after, I found out I was pregnant, a moment that completely reshaped my priorities. I became deeply invested in learning about health, ingredients, environmental toxins, and long-term wellness. I started making conscious lifestyle changes, educating myself, and sharing what I was learning with others.

The true turning point came in September 2023, when someone very close to me, like the nana I never had, was diagnosed with stage 4 glioma on her brain and spine. Watching her health decline was devastating. Losing her changed me forever.

It pushed me to dig deeper than ever before.

This is when I began researching parasites, heavy metals, and environmental toxicity more intensely. I discovered cleansing protocols and natural approaches that opened my eyes to an entirely different layer of healing, one that mainstream conversations rarely touch. At first, my focus was purely on detoxing and removing what didn't belong in the body. But as I continued learning, something bigger clicked.

I realised that healing isn't just about killing parasites or pulling out toxins.

It's about restoring the internal environment.

It's about rebuilding the terrain so the body no longer becomes a place where disease, pathogens, and imbalance can thrive.

That shift changed everything.

Since then, I've dedicated myself to learning how to support the body at its foundation, through mineral restoration, detox education, nervous system regulation, and low-tox living, and sharing that knowledge with others who feel called to heal differently.

This ebook was created to give you awareness, education, and perspective, not just tools.

Inside, you'll find detox concepts, parasite education, cleansing strategies, and resources that most people are never taught. But more importantly, you'll begin to understand how your internal environment influences your health on every level.

This is not about fear.

It's about empowerment.

And if this information helps even one person reconnect with their body and take control of their health, then this journey has been worth it.

HOW TO USE THIS EBOOK

First of all, save this PDF to your home screen you can access it easily.

This ebook is fully interactive, allowing you to navigate seamlessly from the numbers on the contents page. You can click on the [green](#) links within the ebook to access additional research, join online communities where members share real-life testimonials, and explore much more in the world of natural healing. You can also come back to the contents page by clicking the white arrow at the top of each page.

While my ebook may have a few grammar faults and formatting inconsistencies, I've put my heart into creating it and have done the best I can. My main goal is to share valuable information, and I hope you find it helpful and insightful. Perfection was not the focus—providing you with useful knowledge is.

Many of the resources I discovered came through recommendations from these communities, including Facebook groups like Diatomaceous Earth and The Natural Health Library, as well as Fenbendazole cancer support group and Castor Oil Remedies. These groups will be linked at the back of this ebook. I highly encourage you to explore them, as they offer an abundance of valuable information.

If you don't currently use Facebook, I'd suggest creating an account just to access these resources. Alternatively, The Natural Health Library also has its own website where you can sign up for access to a comprehensive library filled with fascinating insights on natural medicine and studies on challenging health conditions. If you use Telegram you can also join the Diatomaceous earth group they have on that platform. Telegram is also another app I'd suggest to download as some incredible groups on there with some hidden gems. Also using The National Library of Medicine is a great place for factual resources.

Here's a quick overview of some key figures behind a few of these community resources:

- Terry Chamberlain, a retired functional doctor, runs The Natural Health Library.
- Neil Daley, admin of the Diatomaceous Earth group, has spent over 20 years researching its benefits and has personally overcome autoimmune diseases.

I strongly recommend diving into these communities and resources—they're a treasure trove of information that could transform your understanding of natural health. You can join these groups by clicking [RESOURCES](#) in the contents page or by clicking [HERE](#)

JOIN THESE GROUPS **NOW** SO YOU CAN COME BACK TO THEM WHEN FINISHED READING THIS EBOOK WITHOUT WAITING TO BE APPROVED!

Be sure to complete this ebook before diving into the research links. The world of holistic healing is gigantic and can sometimes feel overwhelming, which might discourage you! This ebook provides all the essential foundations to help you gain a solid understanding. Once you've finished, you can revisit the products that stood out to you and explore them further. Feel free to take notes along the way!

DISCLAIMER

I am not a medical professional, and the information provided in this ebook is not intended to be medical advice. The content is for informational and educational purposes only, and for you to get an understanding to then expand your own research, don't just take my word for it, you'll witness the benefits with your own eyes and have access of where to look.

Always consult with a qualified healthcare provider, such as your doctor or homeopath, before starting any new health protocol, especially if you are on medication, pregnant, or have pre-existing health conditions.

I will not be held liable for any injury, harm, or adverse effects that may result from the use of the information in this ebook. Any decision to use a product or remedy described in this ebook is to be taken at your own risk. If you experience any concerning symptoms or require medical attention, please seek professional care immediately.

Certain remedies or products mentioned in this book may not align with FDA guidelines. The information provided has not been reviewed, tested, or approved by any official regulatory authority. But do not let this fear you, lots of 'rouge' doctors and scientists have confirmed these claims with lots of peoples testimonies to back them up.

This ebook also contains affiliate links.

While this ebook reflects my personal knowledge and research, I've also relied on online tools to help me organise my thoughts and improve my writing, as this doesn't come naturally to me. My goal is to share my journey and insights as clearly and effectively as possible with making complete sense, and easy to read and understand for people who are new to the holistic, natural healing world.

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Chapter **1** One

THE TERRAIN TRUTH: WHY
KILLING ISN'T THE ANSWER

CHAPTER ONE

The terrain truth: Why killing isn't the answer

For a long time, the health world has approached healing through the lens of fighting. Fighting pathogens. Killing parasites. Destroying bacteria. Forcing toxins out of the body through aggressive detox protocols. This war on the body mentality has shaped how many people approach health, often leading to extreme cleansing cycles, burnout, and repeated symptom flare ups.

I used to believe this too. I believed healing meant jumping straight into parasite cleanses and heavy metal detox protocols. The faster the cleanse, the better the results. But through deeper research, personal experience, and witnessing both success and collapse in others, I began to recognise a deeper pattern.

The problem is not the parasite.
The problem is the terrain.

Your body is the host. Your internal environment is the terrain. Parasites, pathogens, mould, fungus, and toxic accumulation do not randomly take over healthy systems. They thrive when the internal environment becomes depleted, stressed, inflamed, and overloaded.

When minerals are low, hydration is poor, the nervous system is chronically stressed, detox pathways are stagnant, and nutrient deficiencies accumulate, the terrain weakens. In this weakened state, the body becomes more hospitable to invaders and toxic buildup.

When the terrain is weak, invaders move in.
When the terrain is strong, they lose their grip.

This does not mean parasite cleansing and heavy metal detoxing are unnecessary. They absolutely have their place. But timing and preparation determine whether detox becomes healing or harm.

Jumping into aggressive protocols without restoring minerals, hydration, nervous system regulation, and elimination pathways often overwhelms the body. This is where extreme herx reactions, exhaustion, emotional instability, and nervous system crashes occur. The body becomes stressed instead of supported. True healing is not about war. It is about restoration.

It is about rebuilding the internal environment so the body can return to its natural ability to regulate, detox, repair, and heal itself.

GERM THEORY VS TERRAIN THEORY

Conventional health approaches are largely based on germ theory. This model views bacteria, viruses, parasites, and pathogens as the primary cause of disease. The solution becomes targeting and eliminating the “invader” through medication, antimicrobials, or aggressive detox methods.

Terrain theory takes a different approach.

Instead of focusing only on what enters the body, it focuses on the environment inside the body. It recognises that microbes exist everywhere and that health is determined by whether the internal terrain is strong enough to regulate them naturally.

In a balanced internal environment, the body’s immune system, detox pathways, and regulatory systems are capable of keeping microbes in check. In a depleted and stressed environment, the same microbes become problematic.

Terrain theory does not ignore pathogens. It simply understands that removing invaders without strengthening the environment they live in often leads to temporary relief followed by relapse.

Healing the terrain creates long-term stability rather than short-term symptom suppression. This is the foundation of terrain healing.

Heal the host, and the problem no longer has a place to live.

When the internal environment becomes supported, balanced, and resilient, the body no longer tolerates conditions that allow parasites, pathogens, and toxic buildup to thrive. Instead of constantly chasing symptoms, the focus shifts toward rebuilding the conditions that allow true healing to occur.

This ebook will still teach you powerful detox tools, parasite strategies, and cleansing protocols, but through a smarter lens. Not force. Not fear. Not urgency. Instead, intention.

A strategic approach. A phased approach. A body-first approach that works with your biology rather than against it. One that respects the intelligence of the body and prioritises restoration before removal.

Your symptoms are not signs of weakness. They are messages. Signals from a system that has been overloaded, depleted, and pushed beyond its natural capacity to self-regulate.

With the knowledge in this ebook, you now have the foundation to begin changing that trajectory.



Chapter Two

FOUNDATIONS BEFORE FORCE



CHAPTER TWO

Foundations before force

Healing is not about doing more.
It is about doing things in the right order.

One of the biggest mistakes people make on their healing journey is jumping straight into detoxing, parasite cleanses, and aggressive protocols without understanding how the body actually processes change.

This “force-first” approach often leads to burnout, extreme herxing, frustration, and people believing their body is failing them, when in reality, the body was never given the foundation it needed to heal properly.

This ebook is designed to give you clarity, perspective, and awareness — not overwhelm.

You are not meant to apply everything at once.
You are meant to understand first.
Because when you understand how the body works, your choices become intentional instead of reactive.

HEALING HAS AN ORDER

The body does not heal randomly.
There is a natural sequence to restoration, detoxification, and rebuilding strength.
Ignoring this order is why so many people feel stuck in cycles of temporary improvement followed by relapse.

When the foundation is weak, force creates stress.
When the foundation is strong, healing becomes smoother, safer, and more sustainable.

This is why healing must be approached strategically, not emotionally, not impulsively, and not out of fear.

WHAT THIS EBOOK IS DESIGNED TO DO

This book is here to:

- Shift how you view healing
- Help you understand your internal environment
- Introduce detox concepts and tools
- Build awareness around parasites and heavy metals
- Create a strong knowledge foundation

It is not meant to replace structure, guided implementation, or deeper support.

Information alone does not create transformation.

Understanding creates direction.

Structure creates results.

HOW TO MOVE FORWARD

- Read slowly.
- Let your perspective change.
- Let your awareness expand.
- You do not need to rush into action.
- Healing does not respond well to urgency.
- It responds to safety, consistency, and alignment.

This chapter exists to remind you of one simple truth:

You do not need to attack your body to heal it.

You need to support it first.

Everything else builds from there.



Chapter 3 Three

WHAT IS DETOXING?

CHAPTER THREE

What is Detoxing?

And why is it so important?

Detoxing is the process of removing toxins, harmful substances & parasites from the body. In this day in age, with our corrupt governments taking control of everything we consume, our bodies accumulate toxins from various sources, such as the environment, air we breathe, our food, our water, our clothes and fabrics, medications & many more.

By detoxing, you are aiming to cleanse your body of these toxins and critters, and in return, our body blesses us with improved overall health, boosting energy levels, and preventing illness which are on the rise, such as Cancer and Alzheimers.

The importance of detoxing in 2025 is linked to the fact modern lifestyle is alarmingly toxic, exposing us to more toxins than our bodies can naturally handle. Environmental pollutants, such as pesticides, heavy metals, and chemicals in air, water, food, and household items such as candles, plug ins and anything with 'fragrance'. The chemicals can accumulate in the body over time causing a toxic overload, which leads to symptoms such as migraines, hormonal imbalances, respiratory issues, cancer & many other auto immune diseases. Diets high in processed foods contain additives, preservatives, seed oils and other chemicals that have been proven to be harmful in the long term. Chronic stress can also impact the body's ability to detoxify naturally by affecting hormone levels and organ function.

What does detoxing involve?

Dietary changes – This often includes eliminating processed foods, sugar, caffeine, and alcohol while increasing the intake of fruits, vegetables, water, and other nutrient-rich foods.

Taking binder supplements – Binders are supplements that helps absorb heavy metals from the body and turns it into bowel waste and sweat.

Supplements – Some detox programs recommend supplements like herbs, vitamins, and minerals that are thought to support the body's natural detox processes, particularly in the liver and kidneys.

Fasting – Some detox regimens involve fasting or consuming only certain liquids, such as juices, for a period of time to give the digestive system a break and promote toxin elimination.

Exercise – Regular physical activity is encouraged to promote sweating, which is another way the body naturally expels toxins.

Hydration – Drinking plenty of water is emphasized to help flush out toxins through urine and sweat.



Chapter **4** Four

DETOXING FROM WHAT?



CHAPTER FOUR

Detoxing from what?

Heavy metals, parasites, mold, candida...

Unfortunately, Heavy metals can be found in most things we consume on a daily basis. Things like your favourite cleaning products and skin lotions. Our babies jarred food, formula milk and vaccines. The fluoride we brush our teeth with. Candles, plug ins and all scented products. Even our water supply and the air we breathe is contaminated with harmful toxins.



What heavy metals to detox from?

- **Lead** – Lead can be found in contaminated water, soil, and food products grown in toxic conditions. It can also be present in food, the packaging, old pipes, and cooking utensils.

Effects on the human body – Lead is highly toxic, particularly to the nervous system. It can cause cognitive impairments, reduced IQ, attention disorders, and behavioral problems in children. In adults, lead exposure can lead to hypertension, kidney damage, and reproductive issues. Chronic exposure to lead can also cause anemia and damage to the cardiovascular system.



CHAPTER FOUR

DETOXING FROM WHAT?



- **Mercury** – Mercury can enter the body through various sources, including dental fillings (amalgams), inhalation of mercury vapor from industrial pollution, skin contact with certain cosmetics and traditional medicines.

Effects on the human body – Mercury primarily affects the nervous system. In developing fetuses and young children, it can cause severe developmental issues, including cognitive deficits, motor skill impairments, and sensory problems. In adults, mercury exposure can lead to memory problems, tremors, vision disturbances, and coordination issues. Long-term exposure can damage the kidneys and lead to cardiovascular diseases.



- **Aluminum** – Aluminum can be found in tap water, bottled water, processed foods, especially those packaged in aluminum containers or cooked in aluminum cookware. It can also be found in deodorant, skin products and vaccines.

Effects on the human body – Excessive exposure to Aluminum can lead to neurological issues. Aluminum is suspected to play a role in neurodegenerative conditions like Alzheimer's disease. It can also cause bone disorders and interfere with iron absorption, leading to anemia and potentially kidney damage.

CHAPTER FOUR

DETOXING FROM WHAT?

- **Fluoride** – This is commonly found in tap water, bottled water, toothpaste, mouthwash, non-stick pans, vaccines and processed foods. Some pesticides also contain fluoride compounds. Medication is also known to have high amounts of fluoride.

Effects on the human body – Fluoride can calcify in the pineal gland in the brain. This could potentially affect the regulation of sleep-wake cycles and the production of melatonin, a hormone that influences sleep and happiness. High fluoride intake has been linked to neurological issues such as reduced IQ and cognitive impairments, as well as potential thyroid dysfunction and impaired kidney function. It may increase the risk of bone fractures, gastrointestinal problems, and skin reactions.



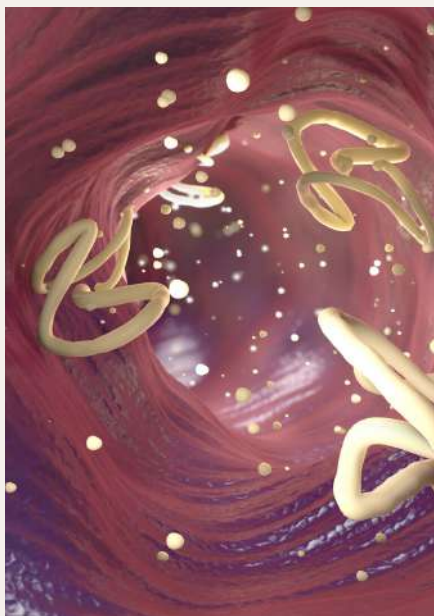
- **Arsenic**: Arsenic can be found in contaminated water, rice, and other crops grown in arsenic-rich soils. It is also present in some old paint and types of wood preservatives, and modern cosmetics.

–Effects on the human body: Arsenic exposure is associated with various cancers, including skin, lung, bladder, and kidney cancer. It can also cause skin lesions, cardiovascular disease, and diabetes. Chronic exposure can lead to neurotoxicity, causing cognitive dysfunction, peripheral neuropathy, and mood disorders.



Parasites

For many years we have been led to believe that parasites are only found in animals and 3rd world countries, but this couldn't be further from the truth. A lot of health problems actually stem from a parasitic infection causing all kinds of deficiencies. Some studies have found that even Alzheimer's and Dementia are linked to parasites on the brain. In the UK it was common to get dewormed a few times a year as a child but as the years go by its never really been discussed and completley dismissed by doctors. Some parasites can live for up to 30 years, breeding frequently.. so thats a very long time to not be actively cleansing them.



What types of parasites?

- **Tape Worm** – Tapeworms develop in the intestines and are long, flat parasitic worms that attach themselves to the intestinal wall using hook-like structures. They can grow to significant lengths inside the digestive tract and absorb nutrients directly from the host. Tapeworms may remain undetected for long periods of time while feeding off the body's resources and weakening the internal environment. They also have reproductive organs on every segment of their body.

Effects on the human body – Tapeworms can cause symptoms such as chronic fatigue, abdominal pain, bloating, nutrient deficiencies, weight fluctuations, and digestive discomfort. Their presence can interfere with normal digestion and nutrient absorption, leading to inflammation within the gut and increased strain on the immune system.



These are just images of parasites, go to page -- for correct identification



- **Round Worm** – Roundworm eggs hatch in the intestines, and the larvae migrate through the bloodstream to the lungs. They are then coughed up and swallowed, allowing them to mature into adult worms in the intestines.

Effects on the human body – Roundworm infections (*Ascaris lumbricoides*) can cause severe abdominal pain and potentially life-threatening intestinal blockages. The worms steal nutrients, leading to weight loss, malnutrition, and stunted growth in children. As the larvae migrate through the lungs, they can trigger respiratory issues like coughing and wheezing. Additionally, worms may obstruct bile or pancreatic ducts, causing jaundice, pancreatitis, and severe pain.



- **Liver Fluke** – They can reside in the bile ducts and liver for years, causing chronic infection and cancers.

Effects on the human body – Liver flukes can cause liver damage, bile duct obstruction, and inflammation, leading to symptoms like jaundice, abdominal pain, and fever. Chronic infection can result in cholangitis (inflammation of the bile ducts), gallstones, and in severe cases, an increased risk of bile duct cancer.

CHAPTER FOUR

DETOXING FROM WHAT?

- **Pin Worm** – Pinworm eggs hatch in the small intestine, and the larvae move to the colon, where they mature into adults. Female pinworms migrate to the anus at night to lay eggs, causing intense itching.

Effects on the human body – They cause itchiness in the anus which can lead to sleep disturbances, irritability, and secondary bacterial infections due to scratching. In severe cases, pinworms can cause gastrointestinal discomfort, weight loss, and in rare instances, urinary tract infections.



- **Whip Worm** – Whipworm eggs hatch in the small intestine, and the larvae migrate to the colon, where they mature and embed themselves in the intestinal wall. Adult whipworms can live for years, laying thousands of eggs.

Effects on the human body – Whipworms cause trichuriasis, which can lead to chronic diarrhea, abdominal pain, and rectal prolapse in severe cases. The worms can cause inflammation and damage to the intestinal lining, leading to anemia, malnutrition, and stunted growth in children. Chronic infection can also weaken the immune system and exacerbate other health conditions.



These are just images of parasites, go to page 35 for correct identification



Chapter 5

Five

HOW THEY GET INTO OUR BODIES



CHAPTER FIVE

How they get into our bodies..

Metals and parasites can infiltrate the human body through multiple avenues, leading to detrimental health implications.

Heavy metals, such as mercury, lead, aluminum, and arsenic, are pervasive in our environment, entering the body through ingestion, inhalation, and skin absorption.

Mercury, for instance, is found in dental amalgams, certain seafood, and industrial emissions. When mercury is inhaled as vapor from dental fillings or consumed through contaminated fish, it quickly enters the bloodstream, traveling to the brain, kidneys, and other vital organs, where it accumulates and can cause neurological damage, kidney dysfunction, and immune system impairment.

Lead exposure is another significant concern, particularly in older homes with lead-based paints or in regions with lead-contaminated water supplies. Lead particles can be ingested or inhaled, particularly by children who are more likely to come into contact with lead dust or paint chips. Lead has also been found in lots of popular food brands like Lindt. Once inside the body, lead interferes with the production of hemoglobin, leading to anemia, and can cause severe damage to the nervous system, resulting in cognitive impairments, behavioral issues, and even seizures in severe cases.

Aluminum is un-avoidable in everyday life, its found in processed foods, cookware, personal care products like deodorants, and some a fair few pharmaceuticals, including vaccines. Aluminum can enter the body through ingestion, inhalation of dust, or absorption through the skin. Once absorbed, aluminum can accumulate in the brain, bones, and other tissues, contributing to neurodegenerative diseases such as Alzheimer's, as well as bone disorders and impairments in cognitive and motor functions.

Arsenic exposure occurs primarily through drinking water contaminated with naturally occurring arsenic or through consumption of certain foods like rice, which can absorb arsenic from soil or water. Chronic arsenic exposure can lead to skin lesions, developmental effects, cardiovascular diseases, neurotoxicity, and an increased risk of cancer, particularly of the skin, lungs, bladder, and kidneys.



CHAPTER FIVE

HOW THEY GET INTO OUR BODIES

Parasites enter the body through various routes, including contaminated food, water, soil, direct contact with infected surfaces and even recently found in vaccines, swabs, and certain food like Doritos. Cant begin to imagine how much other food parasites eggs are in.

Roundworms, one of the most common human parasites, typically enter the body through ingestion of food or water contaminated with their eggs, often in regions with poor sanitation. They cause respiratory symptoms such as coughing and wheezing, while adult worms can lead to malnutrition, intestinal blockages, and impaired physical and cognitive development, particularly in children.

Liver flukes are contracted by consuming raw or undercooked freshwater fish or contaminated water. These parasites travel to the bile ducts and liver, where they can live for years, causing chronic inflammation, liver damage, bile duct obstruction, and increasing the risk of cancers and serious illness.

Pin Worms are highly contagious and are typically spread through direct contact with contaminated surfaces, including bed linens, clothing, and hands. This itching often leads to scratching, which can result in the eggs being transferred to the fingers, and subsequently, to the mouth or other surfaces, increasing the cycle of infection.



Whip Worms humans typically contract by ingesting eggs present in contaminated food, water, or soil. Whipworms embed themselves in the intestinal wall, causing chronic diarrhea, abdominal pain, and in severe cases, rectal prolapse. They can lead to significant malnutrition, anemia, and stunted growth in children.

Rope Worms, the origins and nature of rope worms are not 100% established, but theories suggest that they develop in our intestines as a result of a parasitic infection, possibly from a combination of different microorganisms that create a rope like worm containing mold, mucas, bacteria and fungi. People who report having rope worms often associate their presence with symptoms like chronic fatigue, bloating, digestive discomfort, and brain fog, suggesting that these structures may interfere with normal gastrointestinal function and contribute to systemic toxicity.

Tape Worms, enter the human body when a person ingests their eggs or larvae, often through undercooked or raw meat such as beef, pork, or fish that contains tapeworm cysts. Another common route of infection is consuming food or water contaminated with tapeworm eggs from fecal matter. Poor hygiene can also play a role, as touching contaminated surfaces and then transferring the eggs to the mouth can lead to infection. Once inside the body, the larvae develop into adult tapeworms in the intestines, where they can grow to significant lengths. In some cases, larvae can migrate to tissues and organs, causing more severe complications, such as cysticercosis from Taenia solium.



Chapter **6** Six

SYMPTOMS OF HEAVY METAL & PARASITE OVERLOAD



CHAPTER SIX

Symptoms of heavy metal & parasite overload

Exposure to heavy metals such as mercury, lead, arsenic, fluoride, and aluminum can lead to a wide range of symptoms, like disrupting hormones and neurological issues depending on the type and level of exposure, as well as the duration of exposure.

HEAVY METALS

MERCURY

Neurological symptoms – Memory loss, mood swings, irritability, anxiety, depression, and tremors.

Cognitive impairments – Difficulty concentrating, brain fog, and linked to Autism and ADHD traits

Physical symptoms – Fatigue, muscle weakness, headaches, and insomnia.

Kidney damage – Mercury can accumulate in the kidneys, leading to renal dysfunction.

Oral health issues – Metallic taste in the mouth, bleeding gums, and loosening of teeth.



LEAD

Neurological symptoms – Headaches, irritability, cognitive deficits, and in children, developmental delays, learning difficulties, and behavioral issues. Also linked to Autism traits.

Physical symptoms – Abdominal pain, constipation, and joint and muscle pain.

Anemia – Lead interferes with hemoglobin production, leading to fatigue, pallor, and shortness of breath.

Reproductive issues – In both men and women, lead exposure can cause infertility, miscarriage, and premature birth.

Kidney damage – Chronic lead exposure can result in kidney damage and hypertension.



CHAPTER SIX

SYMPTOMS OF HEAVY METAL
& PARASITE OVERLOAD

ARSENIC

Skin changes – Darkening of the skin, wart-like lesions, and thickening of the palms and soles.

Gastrointestinal symptoms – Nausea, vomiting, diarrhea, and abdominal pain.

Neurological symptoms – Numbness, tingling in the hands and feet, muscle weakness, and cognitive impairments.

Cardiovascular issues – Hypertension, peripheral artery disease, and increased risk of heart disease.

Cancer – Long-term exposure to arsenic increases the risk of cancers, particularly of the skin, lungs, bladder, and kidneys.

ALUMINUM

Neurological symptoms – Aluminum exposure has been linked to cognitive decline, autism, memory loss, and an increased risk of neurodegenerative diseases like Alzheimer's.

Bone disorders – Aluminum interferes with bone mineralization, leading to conditions like osteomalacia and increased risk of fractures.

Respiratory issues – Inhalation of aluminum dust can lead to lung problems, including asthma-like symptoms and pulmonary fibrosis.

Gastrointestinal symptoms – Colic, constipation, and gastrointestinal inflammation.



FLUORIDE

Dental fluorosis – Excessive fluoride exposure during childhood can lead to dental fluorosis, causing discoloration, pitting, and weakening of the enamel.

Skeletal fluorosis – Long-term, high-level fluoride exposure can lead to skeletal fluorosis, which causes pain and damage to bones and joints, leading to stiffness, fractures, and deformities.

Thyroid dysfunction – Fluoride can interfere with iodine absorption, potentially leading to hypothyroidism, characterized by fatigue, weight gain, depression, and cognitive impairments.

Neurological effects – Studies have confirmed a link between high fluoride exposure and reduced IQ in children, as well as potential neurotoxic effects in adults, including memory loss and cognitive decline.

Reproductive issues – High fluoride exposure has been linked to decreased fertility rates and developmental issues in fetuses.

Gastrointestinal symptoms – Ingesting high levels of fluoride can cause nausea, vomiting, and abdominal pain.



CHAPTER SIX

SYMPTOMS OF HEAVY METAL & PARASITE OVERLOAD

PARASITES

Parasitic infections caused by roundworms, whipworms, liver flukes, pinworms, and ropeworms can lead to a wide range of symptoms depending on the type of parasite, the severity of the infection, and the location in the body.

ROUNDWORM

Digestive symptoms – Abdominal pain, bloating, nausea, vomiting, diarrhea, and constipation.

Respiratory distress – Coughing, wheezing, shortness of breath, and a possible fever, especially if the larvae migrate to the lungs.

Nutritional deficiencies – Malabsorption of nutrients, leading to more dis-eases weight loss and growth delays, particularly in children.

Intestinal blockage – Severe infections can cause intestinal obstruction, leading to severe pain, vomiting and further health problems.

Allergic reactions – Skin rashes, itching, and elevated white blood cells.

WHIPWORM

Gastrointestinal Symptoms – Chronic diarrhea, which can sometimes be bloody, abdominal pain, and nausea.

Tenesmus – A constant feeling of needing to pass stool, even when the bowels are empty.

Anemia – Due to blood loss from the intestines, leading to fatigue, pallor, and weakness.

Rectal prolapse – In severe cases, especially in children, the rectum may protrude through the anus due to constant straining.

Growth and cognitive impairments – Chronic infection can lead to stunted growth and cognitive delays in children.



LIVER FLUKE

Liver and gallbladder symptoms – Pain in the upper right abdomen, jaundice and inflammation of the liver.

Digestive symptoms – Nausea, vomiting, loss of appetite, and indigestion.

Bile duct obstruction – Can lead to cholangitis (inflammation of the bile ducts), gallstones, and in severe cases, liver cirrhosis.

Fatigue – General feeling of weakness and fatigue.

Increased risk of cancer – Chronic infection with liver flukes increases the risk of cholangiocarcinoma, a type of bile duct cancer, alongside other cancers.



CHAPTER SIX

SYMPTOMS OF HEAVY METAL
& PARASITE OVERLOAD

ROPE WORM

Digestive Symptoms: Bloating, abdominal cramps, diarrhea, and constipation.

Fatigue: Persistent tiredness and lack of energy.

Cognitive Symptoms: Brain fog, memory issues, and difficulty concentrating.

Skin Issues: Rashes, itching, and other dermatological symptoms are sometimes reported.

TAPE WORM

Digestive Symptoms: Bloating, abdominal cramps, diarrhea, and constipation.

Fatigue: Persistent tiredness and lack of energy.

Cognitive Symptoms: Brain fog, memory issues, and difficulty concentrating.

Skin Issues: Rashes, itching, and other dermatological symptoms are sometimes reported.

PINWORM

Itching: Intense itching around the anus, especially at night, caused by female worms laying eggs.

Restlessness and Sleep Disturbances: Discomfort and itching can lead to poor sleep and irritability.

Digestive Symptoms: Mild abdominal pain, nausea, and occasional diarrhea.

Secondary Infections: Scratching the affected area can lead to bacterial infections.

Genital Irritation: In females, pinworms can migrate to the genital area, causing irritation and discharge.



General symptoms of parasitic infections

- Chronic fatigue
- Nutritional deficiencies
- Weight loss
- Weakness
- Cognitive difficulties
- Delayed growth in children
- Immune system dysfunction
- Increased risk to other infections
- Autoimmune responses
- Anxiety
- Depression
- Muscle and joint pain
- Generalized aches and pains
- Skin rashes and issues
- Itching
- Abdominal pain
- Bloating
- Nausea
- Diarrhea
- Constipation

General symptoms of heavy metal toxicity

- Persistent fatigue
- Immune system dysfunction
- Increased susceptibility to infections
- Autoimmune disorders
- Anxiety
- Depression
- Hypertension
- Irregular heartbeats
- Increased risk of heart disease
- Hormonal imbalances
- Metabolic issues
- Skin rashes and itching
- Changes in skin pigmentation
- Migraines
- Lowered IQ
- Constipation
- Memory loss



Chapter 7 Seven

HEALTH BENEFITS OF DETOXING



CHAPTER SEVEN

Health benefits of detoxing..

Detoxing from these toxins and parasites we consume on daily basis is crucial, and can offer many health benefits. Here is an in depth explanation of how detoxing can make you feel better..

Improved energy levels

When your body is intoxicated with parasites and heavy metals, it has to work harder to maintain normal function, leading to chronic fatigue and low energy levels. Parasites, in particular, can drain your energy by consuming the nutrients your body needs, leaving you feeling tired and sluggish. Heavy metals interfere with cellular energy production, disrupting processes like ATP synthesis, which is crucial for energy. By detoxing, you reduce this, allowing your body to function more efficiently. This often results in a noticeable increase in energy levels, better stamina, and less reliance on stimulants like caffeine to get through the day.

Healthy immune system

The immune system is constantly working to protect the body from harmful toxins, including these parasites and heavy metals. However, when overloaded, the immune system can become weakened or dysregulated, making you more susceptible to infections, allergies, and autoimmune diseases. Parasites can directly suppress immune function by producing substances that confuse the immune response. Heavy metals, such as mercury and lead, can accumulate in the immune system's cells, impairing their ability to fight off pathogens. Detoxing helps to restore and strengthen immune function, reducing the frequency of illness and improving your body's ability to fight off infections and recover more quickly when you do get sick.

Better digestive health

Parasites can cause a range of digestive issues, including bloating, gas, constipation, diarrhea, and food intolerances. They disrupt the normal balance of gut flora, and can cause inflammation in the gut lining, impairing nutrient absorption and leading to conditions like leaky gut syndrome. Heavy metals can also disrupt gut health by harming beneficial bacteria and contributing to chronic inflammation in the digestive tract. Detoxing helps clear parasites from the gut and remove heavy metals that can be toxic to the gut microbiome. This often results in improved digestion, reduced bloating, more regular bowel movements, and better overall gut health. Improved nutrient absorption can also lead to better overall health and vitality.

Mental clarity and mood

Heavy metals, particularly mercury, aluminum, and lead, are neurotoxic and can cross the blood-brain barrier, affecting brain function and contributing to cognitive decline, memory loss, and mental fog. Parasites can also affect mental health by releasing toxins that interfere with neurotransmitter balance, leading to symptoms such as anxiety, depression, and mood swings. There has also been links from parasites to schizophrenia causing severe psychological illness. Detoxing these harmful substances can result in clearer thinking, improved memory, better focus, and a more balanced mood. Many people report feeling mentally sharper and more emotionally stable after completing a detox program.

Reduced inflammation

Chronic inflammation is a common consequence of heavy metal toxicity and parasitic infections. Heavy metals can trigger inflammatory responses in tissues, leading to long-term conditions like arthritis, cardiovascular disease, and even certain cancers. Parasites can also cause localized inflammation, especially in the gut, and contribute to systemic inflammation that affects joints, muscles, and organs. Detoxing helps to reduce this inflammation by removing the triggers—parasites and heavy metals—allowing the body to heal. This can lead to relief from chronic pain, reduced swelling, and a lower risk of developing inflammation-related diseases.

Balances hormones

Heavy metals can disrupt the endocrine system, which is responsible for hormone production and regulation. For example, mercury and lead can interfere with thyroid function, leading to hypothyroidism or hyperthyroidism, and affect adrenal glands, causing issues like adrenal fatigue. They can also mimic or block the actions of certain hormones, leading to imbalances that affect everything from mood and energy levels to reproductive health. Detoxing from heavy metals can help restore hormonal balance, improving symptoms related to thyroid dysfunction, menstrual irregularities, and fertility issues. For women, this may mean more regular menstrual cycles, reduced PMS symptoms, and better reproductive health. For men, it can lead to improved testosterone levels and better overall hormonal health.

Better skin health

The skin is one of the body's largest detoxification organs, and skin issues are often a sign of internal toxicity. Heavy metals and parasites can lead to a buildup of toxins in the body, which may manifest as skin problems like acne, rashes, eczema, or psoriasis. Parasites can cause allergic reactions that lead to itchy skin or hives. Heavy metals can disrupt collagen production, leading to premature aging and reduced skin elasticity. Detoxing can help clear the skin by reducing the toxic load on the body and improving overall liver and kidney function, which are crucial for eliminating toxins. Many people notice clearer, brighter skin, fewer breakouts, and improved complexion after a detox.

Cancer and chronic disease prevention

Long-term exposure to heavy metals and chronic parasitic infections can significantly increase the risk of developing chronic diseases. Heavy metals are linked to a range of serious health conditions, including neurological disorders like Alzheimer's and Parkinson's, cancers and cardiovascular diseases. Parasites can contribute to chronic inflammation and immune dysregulation, which are underlying factors in basically every single chronic illness. By detoxing, you can lower the risk of these diseases by reducing the body's toxic load and support the organs and systems involved in disease prevention. Detoxing helps maintain overall health, allowing your body to function optimally and reducing the likelihood of developing life-threatening conditions.



Overall, detoxing should be a number one priority in every single living human beings life, **ATLEAST twice a year**. Especially due to the amount of toxins we are exposed too on a daily basis.

It's essential to understand that detoxing doesn't necessarily always mean following extreme diets or consuming specific products. Instead, it can be about adopting simple, sustainable habits that support the body's natural detoxification processes in a less.. detox but natural way.

For instance, drinking plenty of water helps flush out toxins, while a diet rich in fruits, vegetables, and whole grains provides the necessary nutrients for optimal liver function. Regular exercise even just jumping on the spot also plays a crucial role by promoting better circulation and sweating out impurities.

Moreover, reducing exposure to environmental toxins, such as avoiding processed foods and using natural cleaning products, can significantly decrease the toxic load on your body. Incorporating mindfulness practices, like meditation and deep breathing exercises, can further aid in reducing stress-related toxins.

Remember, the goal is to create a balanced lifestyle that supports your body's health and well-being. Small, consistent changes can lead to profound improvements over time, making you feel more energized and vibrant in your daily life.

HEALTH BENEFITS LIST

- Increased energy levels
- Improved immune function
- Better digestive health
- Lower risk of cancer
- Enhanced mental clarity and cognitive function
- Reduced inflammation
- Hormonal balance
- Lower risk of Alzheimers
- Healthier skin
- Prevention of chronic diseases
- Weight management
- Improved mood and emotional stability
- Enhanced detoxification pathways
- Reduced risk of neurodegenerative diseases
- Clearer respiratory function
- Improved sleep quality
- Enhanced liver and kidney function
- Lowered risk of heavy metal toxicity
- Decreased allergy symptoms
- Better cardiovascular health
- Stabilized blood sugar levels
- Reduced joint and muscle pain





Chapter **8** Eight

STARTING YOUR DETOX JOURNEY



CHAPTER SEVEN

Starting your detox journey

Phase 1 is where real healing begins. Before detoxing, cleansing, or removing anything from the body, the internal environment must be stabilised. This phase focuses on restoring what has been depleted, calming the nervous system, supporting digestion, removing environmental toxins from the home, opening detox pathways, and rebuilding the body's basic capacity to heal.

Many people rush past this stage because it doesn't feel dramatic. But Phase 1 is the difference between sustainable healing and repeated burnout. When the foundation is weak, detox becomes stressful. When the foundation is strong, the body responds differently. This phase prepares your terrain so deeper healing can happen safely.

REBUILDING BEFORE REMOVING

Modern health culture often teaches people to immediately get rid of problems. But the body does not heal well under pressure. It heals best when it is supported.

Phase 1 focuses on replenishing minerals, improving hydration, supporting liver and gut function, regulating the nervous system, reducing toxins, and gently preparing the internal environment. This creates stability and resilience rather than shock to the system. Instead of attacking the body, you need to be working with it.

Think of it like remineralising soil before you plant a vegetable patch.

CREATING INTERNAL STABILITY

When the body is constantly inflamed, stressed, dehydrated, or depleted, it stays in survival mode. Phase 1 helps shift the system out of stress and into repair throughout all 4 phases.

As stability increases, digestion improves, energy becomes more consistent, detox pathways function better, and the body becomes more capable of releasing stored waste later in the process.

This phase sets the tone for everything that follows.





Chapter 9 Nine

YOUR DIET PLAYS THE
BIGGEST PART IN HEALING



CHAPTER NINE

Your diet plays the biggest part in healing

THE POWER OF AN ALKALISING APPROACH

What you eat does far more than fuel your body. It directly shapes your internal terrain. Every meal influences inflammation, mineral balance, gut health, detox efficiency, immune strength, and nervous system stability. As long as you are buying organic, whole foods, avoiding pesticides and microplastics.

Modern diets are heavily processed, chemically preserved, and stripped of minerals. This creates an internal environment that is acidic, inflamed, and depleted. Over time, this weakens digestion, slows detox pathways, and places constant stress on the body.

Healing requires shifting this internal environment. Diet is one of the fastest and most powerful ways to begin that process.



UNDERSTANDING ALKALISING SUPPORT

An alkalising approach is not about perfection or restriction. It is about supporting the body with foods that reduce inflammatory load and restore balance.

Mineral-rich vegetables, leafy greens, whole foods, clean water, and natural fats help the body buffer acidity and restore proper cellular function. When the internal environment becomes more balanced, oxygen delivery improves, enzymes function better, and detox pathways become more efficient.

This does not mean eliminating everything you enjoy. It means creating a foundation where nourishing foods become the majority rather than the exception.

ACIDIC LOAD AND CHRONIC STRESS

Highly processed foods, sugar, alcohol, artificial additives, and excessive stimulants place additional stress on the body. These foods contribute to inflammation, blood sugar instability, gut imbalance, and mineral depletion.

When the body is constantly managing an acidic load, it stays in survival mode. Healing becomes harder because energy is redirected toward managing stress rather than restoring balance.

Reducing this burden allows the body to shift from constant defence into repair.

DIET AS A DAILY HEALING TOOL

Food is one of the few healing tools you use multiple times every day.

Each meal is either supporting your healing process or slowing it down.

When diet is aligned with your healing phase, it becomes a powerful form of medicine. It supports digestion, strengthens immunity, improves energy levels, stabilises mood, and reduces pressure on detox organs.

Small dietary changes made consistently create far greater impact than extreme short-term cleanses.



SUPPORTING THE TERRAIN LONG-TERM

An alkalising approach is not a temporary detox diet. It is a long-term strategy for maintaining internal balance.

When food choices support mineral replenishment, hydration, gut health, and inflammation regulation, the terrain becomes stronger and more resilient. This makes the body less hospitable to parasites, pathogens, and toxic accumulation over time.

This is why diet is foundational, not optional.

PH BALANCE AND THE INTERNAL ENVIRONMENT

The body is designed to function within a narrow pH range, which is 7.35. When the internal environment becomes too acidic, inflammation increases, minerals are depleted more rapidly, and cellular processes become less efficient. An alkalising, mineral-rich diet helps support pH balance by buffering excess acidity and restoring internal stability. When pH levels are supported properly, oxygen delivery improves, enzyme activity becomes more efficient, and detox pathways function more effectively.

This creates an internal environment that is more supportive of healing and less favourable for chronic imbalance.



Chapter Ten

REDUCING YOUR TOXIC ENVIRONMENT



CHAPTER TEN

Reducing your toxic environment

HEALING IS NOT ONLY INTERNAL

Supporting the body internally is only part of the healing process. The external environment plays a major role in how much stress the body is under on a daily basis.

Modern life exposes us to chemicals, pollutants, synthetic materials, heavy metals, EMFs, household products, personal care toxins, and environmental stressors that accumulate over time. The body is constantly working to process and eliminate these exposures.

If toxic input remains high, healing becomes significantly harder.



THE HIDDEN SOURCES OF TOXIC LOAD

Many people focus only on food when thinking about toxins, but exposure comes from almost everything in our modern world.

Cleaning products, air fresheners, cosmetics, plastics, non-stick cookware, water contamination, clothes, mould exposure, LED white lights, and even household dust can contribute to daily toxic burden.

These exposures may seem small individually, but together they place constant pressure on the liver, lymphatic system, immune system, and nervous system.

Reducing these sources creates immediate relief for the body.

LOWERING DAILY TOXIC PRESSURE

Reducing the toxic environment does not require perfection or expensive changes. It begins with awareness and small adjustments that remove unnecessary stress from the body.

Choosing cleaner products, improving air quality, filtering water, reducing plastic use, and minimising chemical exposure all help lower daily toxic input.

When less waste enters the system, the body has more energy available for healing and restoration.

ENVIRONMENTAL STRESS AND THE NERVOUS SYSTEM

Toxic exposure is not only physical. Environmental stress also affects the nervous system.

Constant noise, artificial lighting, screen exposure, poor sleep environments, and overstimulation keep the body in a heightened stress state. This impacts digestion, hormone balance, immune function, and detox efficiency.

Creating a calmer, more supportive environment helps regulate the nervous system and allows the body to move into repair mode more easily.



CREATING A HEALING-FRIENDLY LIFESTYLE

Reducing the toxic environment is about creating spaces that support your body instead of constantly challenging it.

Your home, your routines, your daily habits, and your surroundings all influence healing. When your environment aligns with your health goals, consistency becomes easier and progress becomes more sustainable.

Terrain healing is not limited to supplements and protocols. It is built into everyday living.

SUPPORTING THE BIGGER PICTURE

When external toxic load is reduced and internal support is strengthened, the body becomes far more capable of restoring balance.

This is where real change begins, not through extreme measures, but through intelligent, consistent support that allows the body to heal naturally.

SIMPLE TOXIC ENVIRONMENT SWAPS

(Small Changes, Big Impact)

Cleaning Products

Swap chemical-heavy sprays and disinfectants for natural alternatives such as vinegar, bicarbonate of soda, castile soap, or plant-based cleaners. This reduces inhaled toxins and skin exposure inside your home.

Personal Care Products

Many shampoos, deodorants, lotions, and cosmetics contain endocrine disruptors and synthetic fragrances. Switching to natural or low-tox personal care products reduces daily chemical absorption through the skin. Or make your own using a recipe from this book.

Plastic Use

Replace plastic water bottles, food containers, and wrap with glass, stainless steel, or ceramic options. Plastics can leach chemicals into food and water, especially when heated.

Water Quality

Filtered water reduces exposure to chlorine, heavy metals, and chemical residues. Improving water quality lowers the toxic burden placed on the liver and kidneys and supports hydration at a cellular level.

Air Quality

Opening windows daily, using air-purifying plants, and reducing artificial fragrances can improve indoor air quality. Clean air supports oxygen delivery and reduces respiratory and nervous system stress.

Kitchen Environment

Swap non-stick cookware for stainless steel, cast iron, or ceramic options. Many non-stick coatings release toxic compounds when heated.

Laundry Products

Switching to fragrance-free or natural detergents reduces chemical residue on clothing and bedding that comes into contact with your skin daily.

Digital & Environmental Stress

Reducing screen exposure before bed, limiting artificial light at night, and creating calmer sleep environments supports nervous system regulation and hormone balance.

WHY THESE SMALL CHANGES MATTER

Each of these swaps reduces the daily toxic pressure placed on your body. When combined, they significantly lower incoming stress on detox pathways and allow your body to redirect energy toward healing instead of constant defence. You do not need to change everything at once.

Start where you are.

Build gradually.

Let consistency do the work.



Chapter **11** Eleven

HOW TO KEEP PATHWAYS OPEN FOR TOXIN DRAINAGE



CHAPTER ELEVEN

How to keep pathways open for toxin drainage

The body has natural detox pathways that are designed to eliminate toxins, harmful substances, and parasites. These pathways work through various organs and systems, primarily the lymphatic system, liver, kidneys, colon, lungs and the skin. Keeping these detox pathways open and functioning properly is key to maintaining health and allowing your body to cleanse itself efficiently. Before we look into how to keep them open, let's talk about what they are.

These are your main detox pathways:

Lymphatic System – The lymphatic system works like a drainage system for your body, collecting waste from your tissues and transporting it into the bloodstream to be eliminated. It doesn't have its own pump (like the heart), so it relies on movement and muscle activity to work properly.

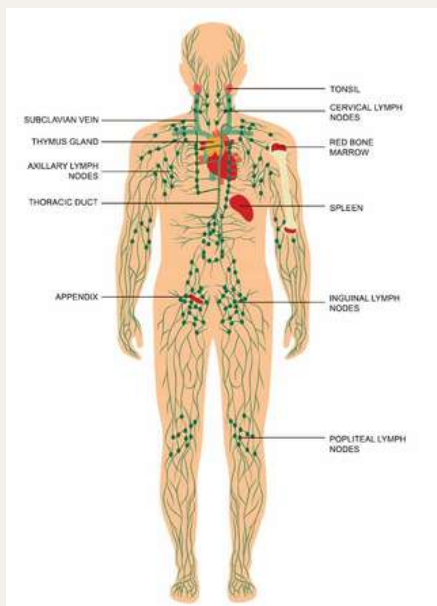
Liver – The liver is the body's detox powerhouse. It breaks down toxins and other harmful substances like chemicals, heavy metals, and the byproducts from parasites. The liver transforms these harmful substances into forms that can be easily eliminated, either through bile which is excreted via the digestive system or filtered into the blood to be removed by the kidneys.

Kidneys – Your kidneys filter the blood, removing waste products and excess substances, which are then excreted as urine. They play a critical role in regulating your body's balance of fluids and electrolytes, making them essential for detoxification.

Skin – The skin is another important detox organ. Through sweat, your body eliminates toxins like heavy metals. Regular sweating (through exercise or saunas) helps lighten the load on the other detox organs by pushing toxins out through the skin.

Colon & Biofilm – The colon is responsible for eliminating solid waste and toxins from the body through bowel movements. A sluggish colon with accumulating biofilm can lead to the reabsorption of toxins into the bloodstream, so regular elimination is important to keep the system moving and clear out waste effectively.

Lungs – The lungs eliminate carbon dioxide, which is a waste product of metabolism. The lungs also help to expel airborne toxins, and regular, deep breathing can support the expulsion of these waste gases from the body.



What is the Lymphatic system?

The lymphatic system is a vital part of both the immune and circulatory systems, playing a key role in maintaining fluid balance, waste removal, and protecting the body against infections. It consists of a network of vessels, nodes, and organs, including the lymph nodes, lymphatic vessels, lymph fluid, tonsils, appendix, and specialized immune cells like lymphocytes.

Lymph fluid - The lymphatic system collects excess fluid, called lymph, from tissues all over the body. This fluid contains waste products, toxins, and immune cells. It transports this fluid through lymphatic vessels, returning it to the bloodstream after filtering out harmful substances. This process helps maintain the body's fluid balance and prevents swelling (edema).

Lymph nodes - Lymph nodes are small, bean-shaped structures located throughout the body that act as filters for lymph fluid. They trap harmful invaders like bacteria, viruses, and toxins, preventing them from spreading. Lymph nodes are critical in activating the immune response by housing lymphocytes, which are specialized white blood cells that target and destroy foreign pathogens.

Lymphocytes - Lymphocytes, such as T cells and B cells, are key immune cells that play a crucial role in defending the body against infections. These cells circulate through the lymphatic system, detecting and destroying harmful invaders like viruses, bacteria, and parasites. T cells are responsible for attacking infected or cancerous cells, while B cells produce antibodies that neutralize pathogens.

Tonsils and appendix - The tonsils and appendix are lymphatic tissues that act as first-line defenses against infections. The tonsils, located at the back of the throat, help filter out bacteria and viruses from entering the respiratory system. The appendix, once thought to be a vestigial organ, is now believed to play a role in housing beneficial gut bacteria and contributing to immune function, especially during infections.

Lymphatic vessels - These vessels, similar to veins, carry lymph fluid throughout the body. They transport waste, toxins, and immune cells to lymph nodes for filtration and immune surveillance. Unlike the blood circulatory system, the lymphatic system doesn't have a central pump like the heart; instead, it relies on muscle movement and breathing to push lymph fluid through the vessels.

Waste removal - One of the key functions of the lymphatic system is to remove waste products, dead cells, toxins, and pathogens from tissues. By filtering lymph fluid and returning it to the bloodstream, the system helps rid the body of harmful substances and prevents the buildup of toxins.

HOW TO OPEN THEM FOR AN EFFECTIVE CLEANSE

Keeping these detox pathways open is essential for your body to efficiently remove toxins, parasites, and waste products. When these pathways are blocked or sluggish, toxins build up, leading to illness, fatigue, and other health issues.

Hydration – Water is key to detoxification. Your kidneys need water to filter and remove toxins from your blood, and staying hydrated helps keep your bowels moving and prevents constipation. Drinking water also supports sweat production, which releases toxins through your skin. Aim for 8–10 glasses of water daily, and more if you're sweating a lot.



Support the liver – The liver is your main detox organ, responsible for breaking down toxins so they can be safely eliminated. Certain foods like garlic, turmeric, and leafy greens contain compounds that help the liver work more efficiently. For example, garlic contains sulfur compounds that activate liver enzymes to break down toxins. Milk thistle is an herb known for protecting liver cells and boosting their detox capacity. You can hydrate and support the liver by drinking lemon water/tea with ginger and apple cider vinegar.



Fiber-rich diet – Fiber helps move waste through your digestive system by adding bulk to your stool. This keeps the colon clean and reduces the chance of toxins being reabsorbed into your body. High-fiber foods like fruits, vegetables, and whole grains help to "sweep" toxins out. Fiber also supports healthy gut bacteria, which play a role in breaking down toxins. Be sure to buy organic and wash so you don't consume more toxins.

Regular exercise – Movement gets your lymphatic system flowing. Unlike the circulatory system, the lymphatic system doesn't have a pump like the heart, so it relies on muscle movement to move lymph fluid, which carries toxins and waste. Regular exercise, even light activities like walking or stretching, helps get this fluid moving, flushing out toxins more efficiently. Exercise also promotes sweating, which releases toxins through the skin.

Sweating – Your skin is your biggest detox organ, and sweating is a key way your body gets rid of toxins like heavy metals and chemicals. Activities that increase your body temperature, such as cardio exercise, hot baths, or using a sauna, encourage sweating and help cleanse your system through your skin.



Deep breathing – The lungs expel carbon dioxide, which is a waste product your body produces when breaking down nutrients for energy. Practicing deep breathing exercises helps the lungs release waste gases more effectively. Engaging in activities like yoga, meditation, or simply taking deep breaths a few times a day can support this detox pathway.

Herbs for detox – Some herbs help your body's detox systems by boosting liver and kidney function, or by binding to toxins like heavy metals and helping remove them. Dandelion root and burdock root support the liver and kidneys, while chlorella and spirulina are known for binding to heavy metals like mercury and lead, helping your body get rid of them.

Promote healthy bowel movements – Ensuring regular bowel movements is critical for detox because your body eliminates a large portion of waste through your stool. Constipation can lead to reabsorption of toxins into the bloodstream. Drink plenty of water, eat fiber-rich foods, and use natural remedies like magnesium or aloe vera to keep things moving smoothly. You can also use sole water with your morning water.

Sleep and rest – Your body's healing and detox processes are most active during sleep. The liver does much of its work while you sleep, breaking down toxins and metabolic waste products. Getting 7–9 hours of sleep each night gives your body the time it needs to repair and regenerate detox organs. Make sure to not eat after 8pm latest, 6pm even better.



Dry brushing – Dry brushing involves using a natural-bristle brush on your skin in a circular motion, starting at the top of your limbs and moving upwards toward your heart in short bursts, working down the limb brushing upwards. This exfoliates the skin, stimulates blood flow, and encourages the movement of lymphatic fluid, which helps eliminate toxins through the skin.

Rebounding – Rebounding, or jumping on a mini trampoline, is a fun and easy way to stimulate lymphatic circulation. The gentle bounce creates a unique gravitational force. This up-and-down motion helps to move lymph fluid more efficiently through the body, clearing out waste, toxins, and pathogens. Since the lymphatic system doesn't have a pump like the heart, it relies on physical movement to circulate lymph fluid.

Self Lymphatic Drainage - The lymphatic system helps filter and remove toxins, waste, and pathogens from your body. You can stimulate lymphatic flow by massaging areas where lymph nodes are located, such as the neck, armpits, and groin. This gentle massage helps move stagnant lymph fluid, supporting the detox process.

How to perform lymphatic draining massage on yourself

Use short, firm strokes starting from top of each limb and work your way down with fingertips or palm toward heart. Do it in the order listed below to make sure the pathways are open. Use a carrier oil appropriate for your skin type - jojoba is generally good for all. Use essential oils for a greater effect! Be sure to massage the back body too! You can also do these steps using an organic dry brush!

1

Start at collarbones and massage toward center

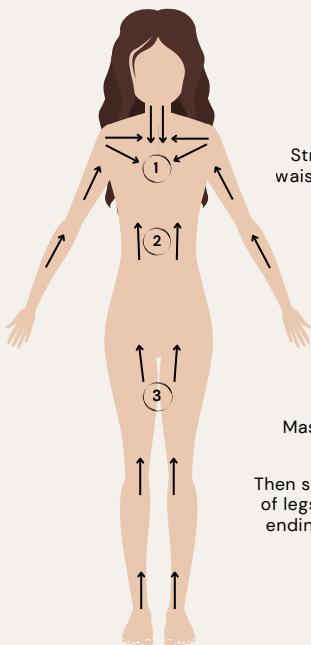
Stroke down the neck in front and back body

Massage armpits towards the heart. Go across chest, circle around breast/chest

As much as you can reach, massage the upper back towards heart

Then stroke up the front and back of arms starting from the shoulder and work your way down brushing up

*Starting from the top of limb and working your way down, makes it easier for the fluid to drain through the lymphnodes instead of one big flow of fluid trying to filter through. This method breaks it down.



2

Stroke up the belly, sides of waist and low back, up towards the heart

3

Massage around the front groin and pelvis

Then stroke up the front and back of legs starting at the thighs and ending with the ankles and feet

After these steps its also recommended to do some light jumps and arms swinging/shaking/shimmering! Give your body a good shake!

Do this every morning and before bed for at least 3 minutes, and even throughout the day if you remember too!



Chapter 12 Twelve

**BIOFILM SOFTENING: REMOVING
THE HIDDEN BARRIERS TO HEALING**

CHAPTER TWELVE

Biofilm softening: Removing the hidden barriers to healing

One of the most overlooked obstacles in healing is not parasites, heavy metals, or toxins themselves.

It is what protects them.

Inside the body, many harmful organisms and toxic residues hide behind something called biofilm, a protective barrier that allows them to survive, thrive, and avoid detection.

Until this barrier is addressed, detoxing often feels ineffective, slow, or overwhelming.

This is why biofilm softening belongs in the first phase before aggressive cleansing ever begins.

WHAT IS BIOFILM?

Biofilm is a slimy, sticky layer made up of bacteria, fungi, parasites, mucus, heavy metals, and cellular waste. It acts like a shield.

Inside this protective layer, pathogens can:

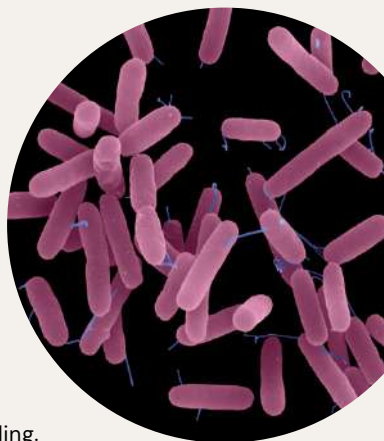
- Hide from the immune system
- Resist detox methods
- Avoid binders and herbs
- Continue reproducing
- Trap toxins inside the body

Think of biofilm as a biological, living armour..

It forms inside:

- The gut
- Sinuses
- Mouth
- Organs
- Blood vessels
- Tissues

And once established, it becomes a major barrier to healing.



WHY THE BODY CREATES BIOFILM

Here's the important part most people don't understand:
Biofilm does not form randomly.

It forms in response to an unhealthy internal environment.

When the terrain becomes:

- Acidic
- Mineral deficient
- Inflamed
- Dehydrated
- Overloaded with toxins
- Under constant stress

The body becomes vulnerable.

Pathogens take advantage of this environment and begin building protective structures so they can survive inside it.

This is why terrain restoration matters so much.

If you only attack what's inside the biofilm without changing the environment that created it, the cycle continues.

HOW BIOFILMS BLOCK HEALING

Biofilms interfere with healing in multiple ways.

They block nutrient absorption – Biofilms coat the intestinal lining, preventing minerals, vitamins, and hydration from being absorbed properly. Even the best diet won't work if absorption is compromised.

They trap toxins – Heavy metals and waste products become trapped inside biofilms, creating long-term internal toxicity that is difficult to remove without preparation.

They protect parasites and pathogens – Many parasites and harmful bacteria live inside biofilms, using them as shelter. This is why parasite cleanses sometimes don't work, the target is hidden.

They disrupt detox pathways – Biofilms slow bowel movement, thicken bile, congest lymph flow, and increase toxin reabsorption.

This creates a backlog of waste inside the body.

WHY BIOFILM SOFTENING COMES BEFORE CLEANSING

Trying to detox aggressively without addressing biofilms is like trying to clean a house without opening the cupboards.

You might remove what's visible, but the deeper layers remain untouched...

Softening biofilms first allows:

- Better detox flow
- Improved nutrient absorption
- Easier parasite removal
- Reduced herxing
- Less stress on organs
- More efficient cleansing later

This is not about destroying biofilms violently.

It is about gently weakening and loosening them so the body can safely release what has been trapped.

BIOFILMS AND TERRAIN THEORY

From a terrain perspective, biofilms are a symptom of internal imbalance, not just a problem to eliminate.

They thrive in environments that are:

- Low in oxygen
- Low in minerals
- High in sugar and processed foods
- Chronically inflamed
- Nervous-system stressed

This is why Phase 1 focuses on rebuilding:

- Minerals
- Hydration
- Nervous system regulation
- Detox pathways
- Low-tox living

When the terrain improves, biofilms naturally become weaker and easier to release. Healing becomes cooperative instead of forced.

SIGNS YOU MAY HAVE BIOFILM BUILD-UP

Many people carry biofilms without realising it.

Common signs include:

- Chronic bloating
- Digestive discomfort
- White coating on tongue
- Bad breath
- Frequent infections
- Brain fog
- Poor response to supplements
- Feeling "stuck" in healing
- Slow detox progress
- Recurring symptoms

These are not failures of your body.

They are signals that deeper layers need support.



Chapter **13** Thirteen

**MINERAL DEFICIENCY: THE
HIDDEN ROOT OF DISEASE**

CHAPTER THIRTEEN

Mineral deficiency: The hidden root of disease

When people think about health, they usually focus on what needs to be removed.

Toxins.
Parasites.
Heavy metals.

But far fewer people ask an equally important question:
What is the body missing?

Mineral deficiency is one of the most common, and most ignored, contributors to modern illness.

Minerals are not just nice to have nutrients.

They are essential for:

- Energy production
- Nervous system regulation
- Immune function
- Detoxification
- Hormone balance
- Cellular communication

Without adequate minerals, the body cannot function properly, no matter how clean your diet looks.

WHY DEFICIENCY IS SO COMMON TODAY

Modern life drains minerals faster than ever before. Between depleted soils, processed foods, chronic stress, environmental toxins, and lifestyle habits, the body is constantly losing more than it is replacing. This creates a quiet imbalance that builds over time.

Not always dramatic at first.
Just subtle symptoms:

- Fatigue
- Brain fog
- Poor sleep
- Low resilience
- Digestive issues
- Weakened immunity



MINERALS AND DETOX

Here's something most people don't realise:
Detoxing requires minerals.

Your liver, kidneys, gut, and lymphatic system all depend on mineral support to move waste safely out of the body.

When minerals are low, detox becomes harder, slower, and more stressful on the system.

This is why Phase 1 focuses on replenishment before removal.

You wouldn't try to clean a house with no electricity or water.
Your body works the same way.

MINERALS AND THE INTERNAL ENVIRONMENT

From a terrain perspective, minerals help create an internal environment where balance can return.

When the body is supported properly:

- Detox pathways work better
- Inflammation lowers
- Energy improves
- Stress tolerance increases
- Healing becomes easier

This is not about perfection.
It's about giving your body the basics it needs to function.

THE BIGGER PICTURE

Healing is not just about eliminating what doesn't belong.
It's about restoring what has been lost.

Mineral replenishment is one of the most powerful, yet simple, ways to support your body at the foundation level.

When the body has what it needs, it becomes far more capable of handling everything else.

This is where true terrain healing begins.



Chapter **14** *Fourteen*

CELLULAR HYDRATION & H₂O₂ WATER:
HYDRATING AT THE CELLULAR LEVEL

CHAPTER FOURTEEN

Cellular hydration & H₂O water: Hydrating at the cellular level

Most people believe they are hydrated because they drink water. But hydration is not just about how much water you consume. It's about how well your cells can actually use it.

You can drink litres of water every day and still be dehydrated at a cellular level. And when the body is dehydrated internally, healing becomes much harder.

WHY CELLULAR HYDRATION MATTERS

Water is involved in almost every function in the body. It supports:

- Detox pathways
- Lymphatic flow
- Digestion
- Nutrient transport
- Temperature regulation
- Cellular communication
- Waste removal



Without proper hydration, toxins become harder to move, bile thickens, lymph stagnates, and the body struggles to eliminate waste efficiently.

Proper hydration is one of the simplest, yet most powerful, foundations of healing.

THE DIFFERENCE BETWEEN DRINKING WATER AND BEING HYDRATED

Hydration doesn't happen automatically when water enters the mouth. For water to reach the cell, the body needs:

- Minerals
- Electrolyte balance
- Healthy cellular membranes
- Proper nervous system regulation

When these are lacking, water passes through the body without fully nourishing the cells.

CHAPTER FOURTEEN

CELLULAR HYDRATION & H3O2 WATER: HYDRATING AT THE CELLULAR LEVEL

This is why many people experience:

- Dry mouth
- Fatigue
- Headaches
- Brain fog
- Constipation
- Poor detox response

Even while drinking enough water.



WHAT IS H3O2 WATER?

You may have heard the term H3O2 water described as structured or cellular hydration. Without going too technical, this concept refers to water that is more easily absorbed and utilized by the body at a cellular level.

In nature, water is not flat or stagnant. It moves, flows, and carries energy.

When hydration is supported properly, the body is able to:

- Transport nutrients more efficiently
- Flush waste more easily
- Improve cellular communication
- Support detox pathways
- Increase energy

This is one reason hydration is such a critical part of terrain restoration.

DEHYDRATION AND TOXICITY

When the body is dehydrated, toxins become more concentrated. Waste moves slower. Elimination becomes harder. Everything slows right now.

This creates an internal environment where stagnation builds.

Proper hydration helps keep the internal terrain moving, flowing, and clearing. It supports the body's natural ability to detox without force.

HYDRATION AS A HEALING TOOL

Hydration is often overlooked because it seems "too simple" to matter. But simplicity is powerful.

Supporting hydration:

- Improves detox efficiency
- Supports digestion
- Reduces inflammation
- Improves energy
- Supports nervous system balance

It creates the internal conditions where healing becomes easier.



A NEW WAY TO LOOK AT WATER

Instead of viewing water as something you simply drink, begin to see it as one of the most fundamental healing tools your body has access to.

Water is not just a thirst-quencher. It is the medium through which life moves.

Every cell in your body depends on it.
Every detox pathway relies on it.
Every message sent between your cells travels through it.

Water is what allows your internal environment to flow instead of stagnate.

When hydration is poor, everything slows down.

Waste becomes harder to move.
Energy becomes harder to access.
Healing becomes harder to initiate.

This is why hydration plays such a crucial role in terrain health.

Your body is not a series of separate systems, it is one interconnected environment.
And water is what connects it all.

When hydration is supported properly, nutrients are transported more efficiently.
Toxins are carried out more easily. The lymphatic system moves with less resistance.
Digestion becomes smoother. The body feels lighter, clearer, and more responsive.

Water creates movement.
And movement is essential for healing.

When the body is hydrated at a cellular level, it becomes better equipped to regulate itself, protect itself, and restore balance naturally.

This is not about drinking more for the sake of it.

It is about understanding the role water plays in creating an internal environment where health can return.

When the terrain is supported, the body responds.
And when the body is supported at the cellular level, true healing becomes possible.





Chapter 15 Fifteen

NERVOUS SYSTEM REGULATION & RELEASING STORED TOXIC STRESS



CHAPTER FIFTEEN

Nervous system regulation & releasing stored toxic stress



Healing does not happen in a state of constant stress.

No matter how many supplements you take, how clean your diet is, or how many detox protocols you follow, if your nervous system is overwhelmed, the body will prioritise survival over healing. This is why nervous system regulation should be considered before you start to detox.

Before the body can release toxins, restore balance, or rebuild health, it must feel safe enough to do so.

THE BODY DOES NOT HEAL IN FIGHT OR FLIGHT

When the nervous system is stuck in fight-or-flight mode, the body shifts into survival. In this state:

- Digestion slows
- Detox pathways become less efficient
- Immune function drops
- Inflammation increases
- Hormones become imbalanced
- Healing processes are deprioritised

The body is not broken when this happens. It is protecting you.

But long term survival mode keeps the body stuck in stress instead of restoration.

STRESS IS NOT JUST MENTAL

When people hear “stress,” they often think only of emotions or thoughts.

But stress can come from many sources:

- Emotional trauma
- Chronic anxiety
- Overworking
- Poor sleep
- Environmental toxins
- Inflammation
- Heavy metals
- Nutrient deficiencies
- Digestive issues

The nervous system responds to all of it.

Over time, unprocessed stress becomes stored in the body, in tissues, muscles, the gut, and the nervous system itself.

This stored tension is what many people experience as chronic fatigue, tightness, pain, burnout, or emotional heaviness.

WHY DETOX CAN FEEL OVERWHELMING

When detox begins, the body releases stored waste, not just physical toxins, but sometimes emotional and energetic stress as well. This is why some people feel emotional, tired, irritable, or overwhelmed during healing.

It is not weakness.

It is the nervous system adjusting.

When the nervous system is supported properly, detox becomes gentler and easier to tolerate.

REGULATION CREATES SAFETY

Healing requires safety.

When the nervous system is regulated:

- The body relaxes
- Digestion improves
- Detox pathways function better
- Hormones stabilise
- Immune response strengthens
- Inflammation lowers

The body shifts from survival mode into repair mode.

This is where restoration happens.

RELEASING STORED STRESS

Healing is not only about removing toxins.

It is also about releasing what the body has been holding onto for protection.

Stored stress, tension, and emotional weight can all contribute to physical symptoms.

When the nervous system begins to regulate, many people notice:

- Deeper breathing
- Better sleep
- Improved mood
- Reduced tension
- Increased energy
- Greater emotional clarity

This is the body letting go.



NERVOUS SYSTEM HEALING IS NOT FORCEFUL

This work is gentle.

It is not about pushing through discomfort.

It is about slowing down.

Listening.

Creating space.

Allowing the body to soften instead of staying braced against life.

When the body feels supported instead of pressured, healing becomes sustainable.

A NEW RELATIONSHIP WITH YOUR BODY

From a terrain perspective, nervous system regulation is not just about calming stress.

It is about changing your relationship with your body.

For many people, the body has become something to fight against.

Something to control, fix and push through.

But healing does not grow in resistance.

It grows in cooperation.

Instead of viewing your body as the problem, you begin to see it as the messenger.

Instead of forcing it to perform, you begin to listen.

Instead of rushing it, you begin to support it.

You begin to work with it, nourish it, respect it, trust it.

And when trust is restored, the body responds.

It softens.

It relaxes.

It releases.

It repairs.

This is not weakness.

It is intelligence.

It is the body remembering its natural rhythm.

It is the nervous system shifting out of survival and back into balance.

When you stop fighting your body and start supporting it, something powerful happens

Healing becomes natural instead of forced.

This is wisdom.

This is alignment.

This is where deep healing begins.



Chapter **16** *Sixteen*

PREPARING THE BODY TO
DETOX SAFELY

CHAPTER SIXTEEN

Preparing the body to detox safely

Once the foundation has been rebuilt, the next step is preparation.

This phase is not about aggressive detoxing. It is about making sure the body is ready.

Too many people rush into cleansing without preparing their internal systems first.

When this happens, toxins are released faster than the body can remove them, leading to overwhelm, strong herx reactions, fatigue, and setbacks.

This is where you begin supporting the body's ability to eliminate waste efficiently and safely.

WHY PREPARATION MATTERS

Detoxing is not just about releasing toxins. It is about moving them out. If elimination pathways are slow, congested, or overwhelmed, toxins can become reabsorbed into the body instead of leaving it. This is why preparation is essential.

When the body is prepared:

- Detox becomes smoother
- Herx reactions are reduced
- Energy remains more stable
- Organs are less stressed
- Healing becomes safer

This phase creates flow before force.



WHAT PHASE 2 FOCUSES ON

Phase 2 is about creating clear exit routes.

This includes supporting:

- Bowel regularity
- Liver and bile flow
- Gut function
- Lymphatic drainage
- Gentle binding processes
- Colon preparation

Rather than attacking parasites or heavy metals directly, this phase helps the body become more efficient at releasing what no longer belongs.

GENTLE OVER AGGRESSIVE

One of the biggest mistakes in detox culture is believing that stronger is better.

More herbs.
Higher doses.
Faster results.

But healing does not respond well to force.

Phase 2 is intentionally gentle.
It respects the body's pace.
It works with your biology rather than overwhelming it.

This approach creates far better long term outcomes.

SETTING THE STAGE FOR CLEANSING

Phase 2 is the bridge between foundation and detox.
It is where the body becomes organised, supported, and ready for deeper cleansing work.

When this phase is done properly, Phase 3 becomes far easier, more effective, and far less stressful.

Preparation creates success.

A REMINDER AS YOU MOVE FORWARD

There is no rush.
Healing is not a race.

Your body does not need pressure. It needs consistency, patience, and support.

This phase is about honouring the process instead of skipping steps.

Because when the body is prepared properly, everything that comes next becomes easier, safer and far more effective.





Chapter **17** Seventeen

WHAT IS A HERX-REACTION?

CHAPTER SEVENTEEN

What is a Herx- Reaction?

The Jarisch–Herxheimer Reaction, commonly known as herx or herxing, is an important phenomenon to understand. Some also call this the 'die-off' symptoms.

Herxing occurs when damaged or deceased bacteria release endotoxins into the bloodstream and tissues more rapidly than the body can effectively manage. This results in a swift and intense inflammatory response.

Symptoms associated with the die-off are often similar to a common cold or seasonal allergies, yet they can vary widely among individuals. The toxic byproducts left behind typically lead to inflammation, which may result in symptoms like nasal congestion, blocked sinuses, and other allergy-like reactions. Even metabolites such as the neurotoxin acetaldehyde may trigger issues like brain fog, headaches, fatigue, and nausea. It's important to note that these toxins can also put stress on your liver, so experiencing abdominal discomfort, particularly in the liver area, is a possibility, just make sure you are taking something to support your liver.



SYMPTOMS OF HERXING INCLUDE-

- Nausea
- Flu symptoms
- Headache, fatigue, dizziness
- Migraines
- Swollen glands
- Bloating, gas, constipation or diarrhea
- Increased joint or muscle pain
- Elevated heart rate
- Chills, cold feeling in your extremities
- Body itchiness, hives or rashes
- Sweating
- Fever
- Skin breakouts and conditions rising to surface
- Recurring vaginal, prostate and sinus infections
- Swollen sinuses
- Struggle to regulate body temperature
- General inflammation



Maintaining your detox protocol, even when you start to experience herxing symptoms, is crucial, as these often signal that the detoxification process is working. Such symptoms arise when toxins and pathogens are rapidly killed and expelled from the body. As these harmful substances break down, they release endotoxins that can temporarily overwhelm the body's detox pathways, resulting in symptoms like fatigue, headaches, nausea, and flu-like feelings.

If you stop the detox process at this point may leave the body with elevated levels of circulating toxins that haven't been fully cleared. This can extend the overall detoxification duration, potentially leading to reabsorption of toxins or causing additional harm. By continuing with detox, you assist in flushing out these toxins, support your body's natural elimination functions, and ultimately lessen the toxic load on your system. If you feel you really need to stop, slow down and work more on opening your pathways.

It is vital to closely monitor your symptoms and ensure that you are supporting your detox with sufficient hydration, nutrition, rest, and possibly the guidance of a healthcare professional such as a naturopath. This approach can help reduce die-off symptoms and promote a more thorough and effective detoxification process.





Chapter **18** *Eighteen*

HOW TO MANAGE HERXING

CHAPTER EIGHTEEN

How to manage herxing..

Detoxing can be a powerful reset for the body, but it's not always a smooth ride. As your system works to eliminate toxins, you might experience fatigue, headaches, nausea, skin breakouts, or body aches. These symptoms don't mean something is wrong—they're simply signs that your body is adjusting. The key is to support your detox pathways, stay hydrated, and listen to what your body needs. In this chapter, you'll find practical strategies to ease discomfort, speed up recovery, and keep your detox on track without unnecessary setbacks.

Increase water intake to flush out the toxins faster.

It's essential for those byproducts released by your body to be eliminated. You can encourage this process by increasing your water intake. Water is essential for the kidneys to filter waste products from the blood and excrete them through urine. Without adequate hydration, the detoxification process can slow down, leading to a buildup of toxins in the bloodstream, which can intensify herx symptoms. For a more powerful cleanse, consider adding lemon and ginger water or tea.

Take a liver-supportive supplement like milk thistle or NAC (N-acetyl cysteine) to help your liver process and expel the toxins.

Milk thistle also supports liver detoxification by providing powerful antioxidant protection, reducing inflammation, and promoting the regeneration of liver cells. Its active compound, Silymarin, enhances the liver's ability to process and eliminate toxins, protecting it from damage caused by alcohol, drugs, and environmental pollutants.

NAC - N-acetyl cysteine is a supplement that boosts glutathione production and a powerful antioxidant that plays a key role in liver detoxification. By supporting liver function, these supplements can help reduce the severity of herx symptoms and improve overall detox efficiency.

Use a binder to absorb the toxins

Binders are substances that can bind to toxins in the gastrointestinal tract and prevent them from being reabsorbed into the bloodstream. This can significantly reduce the toxic load on your body. Activated charcoal, bentonite clay, and chlorella can bind to toxins in the digestive tract, preventing their reabsorption and easing herx symptoms.

Reduce or add in your dosage of probiotics.

A routine of good quality probiotics can help restore the balance in your gut by repopulating beneficial bacteria, combating Candida and other harmful bacteria, restoring stomach acidity, and enhancing your immune system. Natural Greek yogurt, kefir, and probiotics from a trusted source are excellent options for achieving this.

Slow down and rest as much as possible.

Stress can weaken your adrenals and reduce your body's ability to fight pathogens, and a Die-Off reaction will only increase the physiological and emotional stress that you are facing. Relaxing and taking some personal time will help your immune system to do what it was designed to do.

Other detoxing methods include skin brushing, saunas, detox salts baths, lymphatic drainage massages, light exercise and rebounding.





Chapter 19 Nineteen

GENTLE BINDING: THE LOW
& SLOW APPROACH

CHAPTER NINETEEN

Gentle binding: The low & slow approach

UNDERSTANDING THE ROLE OF BINDING

When the body begins preparing for detox, waste products, toxins, and stored heavy metals can start moving through the system. If these substances are not supported properly, they can circulate in the bloodstream, irritate tissues, and increase symptom intensity. This is where binding support becomes important. Binding helps attach unwanted substances inside the digestive tract so they can be eliminated through the bowels instead of being reabsorbed back into the body.



Rather than forcing detox, binding works alongside the body's natural elimination processes. It supports the liver, gut, and lymphatic system by reducing the toxic load moving through circulation. When done gently, it creates a safer environment for the body to release waste over time.

WHY SLOW AND STEADY WORKS BETTER

Many people rush into detox protocols with the idea that stronger means faster results. In reality, the body responds best when changes happen gradually. Introducing binding support too aggressively can overwhelm the digestive system, strain detox organs, and increase symptoms such as fatigue, headaches, nausea, and bloating.

Phase 2 focuses on pacing. Allowing the body time to adjust creates stability and improves tolerance. When detox pathways strengthen slowly, the body becomes more efficient at processing waste without triggering excessive stress responses.

THE IMPORTANCE OF ELIMINATION PATHWAYS

Binding works best when elimination is functioning properly. If bowel movements are irregular, hydration is low, or detox pathways are congested, waste can become trapped instead of leaving the body. This creates stagnation and discomfort rather than relief.

Supporting flow through hydration, digestion, and drainage allows binding to do its job effectively. Movement through the system is essential for detox to remain gentle and sustainable.

LEARNING TO READ YOUR BODY

Every person responds differently to detox preparation. Some people notice immediate shifts, while others experience slower changes. Paying attention to your energy levels, digestion, sleep, and overall response allows you to understand what your body is communicating.

Healing is not a competition. It is a process of awareness, adjustment, and consistency. The more connected you become to your body's signals, the easier it becomes to move through detox preparation safely.

PREPARING FOR DEEPER CLEANSING

Gentle binding creates the groundwork for Phase 3 cleansing. By reducing toxic burden, supporting elimination, and stabilising the internal environment, the body becomes more capable of handling deeper detox work later on.

This phase builds resilience. It strengthens the system instead of exhausting it. When preparation is done properly, the next stages of healing become smoother, more effective, and far easier to integrate into daily life.

CREATING STABILITY BEFORE MOVING FORWARD

One of the biggest benefits of gentle binding is the sense of stability it creates inside the body. When toxic load is reduced gradually and elimination pathways are supported, the body begins to feel lighter, clearer, and more regulated. Many people notice subtle shifts during this phase, improved digestion, steadier energy, clearer thinking, and a greater sense of internal balance.

This stability is important because it creates momentum. When the body feels supported instead of overwhelmed, it becomes more willing to let go. Detox becomes less reactive and more cooperative. Instead of the system being pushed into survival mode, it begins working in alignment with the healing process.

This phase also teaches patience. It builds trust between you and your body. Rather than rushing ahead, you learn to move with your system, respecting its pace and capacity. That relationship becomes essential as you move into deeper cleansing stages.

Preparation is what separates chaotic detoxing from intelligent healing.

By taking the time to support binding and elimination properly, you create the conditions needed for the next layer of work, preparing the digestive tract and colon so waste can leave the body efficiently and consistently.



Chapter Twenty

MUCOID PLAQUE & COLON CLEANSING



CHAPTER TWENTY

Muroid plaque & colon cleansing

UNDERSTANDING MUCOID PLAQUE

Muroid plaque refers to layers of hardened mucus, compacted waste, microbial residue like fungi, mold, parasites and toxic buildup that can accumulate along the walls of the colon over time. This buildup forms as a result of modern diets, dehydration, poor digestion, chronic stress, low fibre intake, medication use, and long-term environmental toxin exposure.

The colon is designed to eliminate waste efficiently. When this process becomes slow or congested, material begins to build up instead of being fully expelled. Over time, this creates a layer that interferes with digestion, absorption, and detoxification.

HOW COLON CONGESTION AFFECTS THE BODY

The colon plays a central role in the body's detox system. When waste is not moving efficiently, toxins have more opportunity to be reabsorbed into the bloodstream. This places additional strain on the liver, kidneys, lymphatic system, and immune system.

Colon congestion has been linked to symptoms such as bloating, constipation, fatigue, brain fog, headaches, skin issues, hormone imbalance, and chronic inflammation. When elimination slows down, the entire internal environment becomes more stagnant.

Supporting colon health improves overall detox efficiency and reduces the burden placed on other organs.

WHY PREPARATION COMES BEFORE DEEP CLEANSING

Releasing built-up waste too quickly can overwhelm the digestive system and trigger discomfort, cramping, fatigue, and detox reactions. Preparation allows the colon to soften hardened material, increase hydration within the bowel, and restore natural movement patterns.

When the digestive tract is supported before deeper cleansing begins, the body is able to release waste more comfortably and consistently. This reduces stress on the gut lining and improves overall tolerance to detox work.



RESTORING NATURAL DIGESTIVE FLOW

Healthy colon function depends on regular movement, hydration, and balanced gut activity. Supporting digestive flow helps prevent stagnation and allows waste to exit the body efficiently.

When the colon is moving properly, the body experiences improved energy, clearer thinking, reduced bloating, and better nutrient absorption. Flow through the digestive system also supports lymphatic drainage and reduces toxic buildup throughout the body.

Creating consistency is more important than intensity. Gentle, supportive approaches allow the body to regulate itself instead of forcing elimination.

PREPARING THE BODY FOR TARGETING PARASITES

Mucoid plaque and colon cleansing preparation sets the stage for my Phase 3 detox work. When the digestive tract is functioning efficiently, parasite cleansing and heavy metal detox become easier and safer.

This phase strengthens elimination capacity, improves detox tolerance, and creates a more balanced internal environment. The body becomes better equipped to release deeper layers of stored waste without overwhelming the system. Preparation creates success. The stronger the foundation, the smoother the cleansing process becomes.

THE COLON IS THE FOUNDATION OF TERRAIN HEALTH

From a terrain perspective, the colon is not just a waste removal system. It is a central part of the internal environment.

When the colon is congested, the entire terrain becomes heavier and more toxic. When elimination is flowing, the internal environment becomes lighter, cleaner, and more balanced.

A healthy colon supports:

- Better detox efficiency
- Improved immune function
- Reduced inflammation
- Hormonal balance
- Clearer mental state
- Increased energy

This is why colon health is not optional when it comes to healing. It is foundational.

The body relies on proper elimination to maintain balance. When waste leaves the system efficiently, the liver, lymphatic system, and kidneys are under less strain. This creates a ripple effect that supports the entire healing process.





Chapter **21** Twenty-One

**SALINE &
COFFEE ENEMAS**

CHAPTER TWENTY-ONE

Saline & Coffee Enemas

An enema is a method used to cleanse the colon and support overall detoxification. They involve slowly pouring a liquid solution into the rectum to stimulate bowel movements, clear waste, and remove toxins. If your new here, I know this can sound daunting, I never in my life would I thought at age 30 I'd be considering putting coffee up my butt but here we are! Enemas not only help relieve constipation but also play a key role in detox programs by cleansing the colon, improving digestion, and boosting energy levels. Two of the most effective enemas for detox purposes are saline and coffee enemas, each offering unique benefits for the body such as preventing cancers, supporting cancers and all other autoimmune diseases that are linked to poor gut health.

WHAT IS A SALINE ENEMA?

A saline enema uses a solution of salt and water that mimics the body's natural electrolyte balance. This type of enema is primarily used for gentle cleansing of the colon. The saltwater solution helps draw water into the intestines, softening stool and stimulating the muscles of the colon to encourage bowel movements. Saline enemas are ideal for immediate relief of constipation and as a general detox tool, as they flush out built-up waste and toxins from the lower digestive tract without causing irritation.

WHAT IS A COFFEE ENEMA?

Coffee enemas take detoxification to a deeper level by targeting the liver. When organic coffee is introduced into the rectum, its active compounds—particularly caffeine and palmitic acid—are absorbed into the bloodstream via the colon walls. These compounds stimulate the liver to produce more bile, a substance essential for breaking down and removing toxins. Coffee enemas also dilate bile ducts, allowing the liver to expel accumulated toxins, bile sludge, and even small gallstones more efficiently. This process can lead to improved liver function, better digestion, and an overall feeling of rejuvenation.



WHY ARE ENEMAS BENEFICIAL DURING A CLEANSE?

During a detox, the body works hard to release stored toxins from the liver, fat cells, and tissues. Enemas can significantly support this process. They cleanse the colon by removing waste and toxins from the intestines, reducing the risk of reabsorption into the bloodstream. Coffee enemas, in particular, enhance liver function by stimulating liver activity, which is crucial for effective detoxification. By clearing toxins quickly, enemas can alleviate common detox-related symptoms such as headaches, fatigue, and bloating. Additionally, they improve digestion by ensuring a clean colon, which allows for better nutrient absorption and overall health support.

HOW TO DO A COFFEE ENEMA

To perform an enema, start by preparing your enema solution, such as saline or coffee, and ensure it is at body temperature. Fill the enema bag, release any air from the tube, and hang it about 18 inches above you. Lie on your side with your knees drawn up, lubricate the nozzle, and gently insert it into your rectum. Slowly release the solution, pausing if needed, and then hold it for the recommended time (5–15 minutes for saline or up to 15 minutes for coffee). Finally, expel the solution into the toilet. Be sure to follow the video link for detailed guidance.

You can watch a video on how to do a coffee enema [HERE](#). And follow Happy Bum Co on instagram [HERE](#) to learn more about their products.

WHAT ARE THE HEALTH BENEFITS OF AN ENEMA?

Eliminates mucoid plaque/rope worms – mucoid plaque is a buildup of mucus and toxins in the intestinal lining, can trap harmful substances like heavy metals, bacteria, and parasites. Enemas help soften and flush out this plaque, clearing the way for a healthier gut.

Remove parasites – enemas, particularly coffee enemas, can help dislodge mucoid plaque and other parasites that often hide within the mucoid plaque. Clearing these freeloaders allows your body to function more efficiently.

Detoxifies mold and fungus – mold and fungal toxins can accumulate in the gut. Enemas, especially those with antifungal additives like saline or coffee, help cleanse these invaders, reducing their harmful effects on your system.

Support liver function – coffee enemas stimulate the production of glutathione, the liver's master antioxidant, helping it process and eliminate toxins more effectively. This is especially helpful for clearing toxins stored in fat cells and tissues.

Relieve constipation and waste build-up – by flushing out hardened stool and debris, enemas can relieve constipation and improve bowel movements, promoting a cleaner and more efficient digestive tract.

Improve nutrient absorption – a clean colon allows for better absorption of nutrients, enhancing your overall energy levels and health.

Reduce detox symptoms – during a detox, symptoms like headaches, fatigue, bloating, and skin issues can arise from toxins being reabsorbed into the bloodstream. Enemas prevent this by promptly removing waste.

Enhance emotional and mental clarity – many people report feeling lighter, more energetic, and mentally clearer after an enema, likely due to reduced toxin load and improved gut-brain connection.

If an enema isn't something you feel comfortable doing to yourself you can always book a colonic or an enema with a clinic near by!



Chapter **22** Twenty-Two

ENTERING THE
CLEANSING PHASE

CHAPTER TWENTY-TWO

Entering the cleansing phase

Phase 3 is where we were going to learn more about parasites, and start targeted detox work. This stage includes parasite cleansing, more heavy metal detoxing, herbal protocols, and liver flushes if you're ready to do so. By the time the body reaches this phase, the foundation has already been rebuilt and preparation work has been completed. This allows cleansing to happen in a more organized and supported way rather than through force or urgency.

Many people attempt to start their healing journey here without preparing the body first. When this happens, toxins can be released faster than the system can handle, leading to fatigue, strong herx reactions, inflammation, and nervous system stress.

THE IMPORTANCE OF STRATEGY

Cleansing without strategy often leads to cycles of temporary relief followed by relapse. Strategy allows detox to be paced in a way that supports elimination pathways, organ function, and nervous system stability. When release and removal are balanced, the body can handle deeper detox without becoming overwhelmed.

A strategic approach also reduces the risk of toxin redistribution. When the body is supported properly, waste is more likely to leave the system rather than circulate and settle into new tissues.

SUPPORTING THE BODY DURING DETOX

During Phase 3, the liver, gut, lymphatic system, kidneys, and nervous system are all actively involved in processing waste. Supporting these systems helps maintain stability throughout cleansing. When detox organs are supported, energy levels remain more consistent and recovery becomes faster.

This phase is not about pushing through discomfort. It is about maintaining balance between cleansing and restoration so the body can continue healing without exhaustion.

Phase 1 and 2 should always be continued through phase 3.

AWARENESS AND PACING

Phase 3 requires awareness of the body's responses. Energy levels, digestion, sleep quality, and emotional state all provide valuable information about how the body is handling detox. Paying attention to these signals allows pacing to be adjusted when needed. Healing does not follow a straight line. Progress often comes in waves. Learning to work with this rhythm helps prevent burnout and supports long-term results.

PREPARING FOR LONG-TERM HEALING

Phase 3 is not the end of the healing journey. It is a transitional stage that clears deeper layers of stored waste and toxicity so the body can move into rebuilding and maintenance. When cleansing is approached strategically, it becomes a tool for long-term health rather than a cycle that needs to be repeated constantly.

This phase creates space for the body to restore balance and move forward with greater resilience.





Chapter **23** Twenty-Three

PARASITES & THE FULL MOON ACTIVITY



CHAPTER TWENTY-THREE

Parasites & the full moon activity..

Parasites are found to be more active around the full moon. This is because the natural rhythm of both the human body and the parasites themselves are also affected, as are we due to our bodies being 80% water, the moon controls the tides which plays a part in controlling us and parasites. There are a few reasons why parasites, especially those that live in the intestines, may become more active during this time.

One of the main reasons is Serotonin, a chemical produced in the body that helps regulate mood, digestion, and other functions. Research suggests that serotonin levels can rise during the full moon phase. Many parasites, particularly intestinal ones, have receptors for serotonin, which means they can "sense" these increased levels. When serotonin levels rise, it can stimulate parasites, encouraging them to become more mobile, feed more actively, and even reproduce at a higher rate. This heightened activity is why some people notice an increase in symptoms like bloating, digestive discomfort, or cravings during a full moon.



But that's not all.. The body's Circadian Rhythms, the natural cycles that regulate sleep, wakefulness, and many other biological processes, can also be influenced by the lunar cycle.

These cycles can affect the immune system, as it can weaken the body's defenses during the full moon. When the immune system is slightly less effective, it gives parasites more room to thrive and become more active, breeding and further contributing to an increase in symptoms.



Parasites tend to be influenced by gravitational pull and other environmental factors that are heightened during a full moon. This can make them more restless and eager to migrate within the body or reproduce. Certain types of parasites, such as Roundworms, liver flukes, tape and pinworms are known to have reproductive cycles that are influenced by the moon phases, taking advantage of the full moon to release their eggs or larvae.



As parasites become more active during this time, people may experience increased symptoms such as digestive issues (bloating, gas, constipation, or diarrhea), skin problems (rashes or itching), heightened anxiety or irritability, fatigue, and even stronger food cravings, especially for sugar or carbs, as parasites feed off these substances.

This is why its recommend by professionals to do parasite cleanses or detoxes during a full moon, starting at least 3-5 days before it reaches its full peak. The idea is that since parasites are more active and vulnerable at this time, its far more easier to expel them from the body using detoxing methods, herbal remedies and dietary changes. By targeting parasites when they are most active, you may have a better chance of clearing them from the body more effectively.





Chapter **24** Twenty-Four

PARASITE
COMMUNICATION..

CHAPTER TWENTY-FOUR

Parasite communication..

Parasites have developed super sneaky ways to communicate with each other, which helps them survive and thrive inside their host. One method they use is through **extracellular vesicles**—tiny bubbles that float between cells, carrying important signals or instructions. These vesicles can be filled with things like proteins, fats, or genetic material, which help parasites share information. Parasites can also send special chemicals into their surroundings to communicate with other parasites nearby. Another tool parasites use are **cytonemes**, which are long, thin extensions from their bodies. These act like little bridges, allowing parasites to send messages directly to each other.

Parasites of the same species are able to communicate with one another, and this teamwork is what helps them survive successfully inside their host. By sharing signals, they can coordinate their actions—like deciding when to move to a new part of the body and when to multiply. This type of communication is crucial for their survival, as it helps parasites act as a group, making them more powerful and better able to evade the host's immune system.

WHAT ARE EXTRACELLULAR VESICLES?

Extracellular vesicles are small bubbles that carry messages between cells. These bubbles are filled with important materials, like proteins, fats, or even genetic instructions. Parasites use these vesicles to communicate with each other, but they also use them to manipulate the host's body. For example, these vesicles can help the parasites weaken the host's immune system, allowing them to live in the host without being attacked.

WHAT ARE CYTONEMES?

Cytonemes are like tiny antenna threads that parasites extend from their bodies to communicate with others nearby. These help transfer signals that coordinate behavior. In some parasites, cytoneme-like structures have been observed in interactions between the parasite and its environment. These structures may help in transmitting signals between the parasites or between the parasite and the host's cells, enhancing their ability to evade the immune system and successfully infect the host. This form of communication strengthens the parasite's ability to survive and multiply inside the host's body.

Parasites depend on their host for survival, but they have to avoid being detected by the host's immune system. To do this, parasites often release special chemicals that confuse or weaken the immune response, making it less effective. This allows the parasites to hide and live in the host's body for longer periods. By controlling the host's immune system, parasites create a more comfortable environment where they can feed, grow, and reproduce without being attacked.



Parasites don't just talk to each other; they can also interfere with how the host's cells communicate. When they release chemicals or extracellular vesicles, they can change the signals between the host's cells. This can make it harder for the host's body to respond to the infection, giving the parasites more time to grow and spread. Over time, this process helps parasites become better at surviving and spreading inside the host, as they develop new ways to control the body's defenses and make themselves harder to get rid of.

Here are some ways parasites can exert control over their hosts:

Manipulate the Immune System – Parasites can release chemicals that weaken or modulate the host's immune response, allowing them to survive without being attacked. Some parasites can "trick" the immune system into ignoring them or suppress immune activity altogether, preventing detection.

Altering Behavior – Certain parasites can directly manipulate their host's behavior. For example, *Toxoplasma gondii*, a parasite found in cats, can infect rodents and make them less afraid of cats, increasing the likelihood they will be caught, which helps the parasite complete its life cycle. In humans, *Toxoplasma* infection has been linked to subtle changes in behavior and mood.

Influencing Neurochemicals – Parasites can affect the host's nervous system by altering levels of chemicals like serotonin and dopamine. For instance, parasites in the gut can influence cravings for certain foods, such as sugar or carbohydrates, which they use for fuel.

Nutrient Theft – By consuming nutrients meant for the host, parasites can weaken the host, causing fatigue and other symptoms. This nutrient depletion can create a more favorable environment for the parasite to thrive while keeping the host alive long enough for the parasite to reproduce.

Physical Manipulation – Some parasites physically attach themselves to or burrow into the host's tissues, causing discomfort or damage that distracts the host's body from effectively fighting off the parasite.

Reproductive Control – In some cases, parasites may manipulate the host's reproductive system. Certain parasites infect insects and alter their reproductive behaviors to ensure the parasite's offspring are spread to new hosts.



Chapter **25** *Twenty-Five*

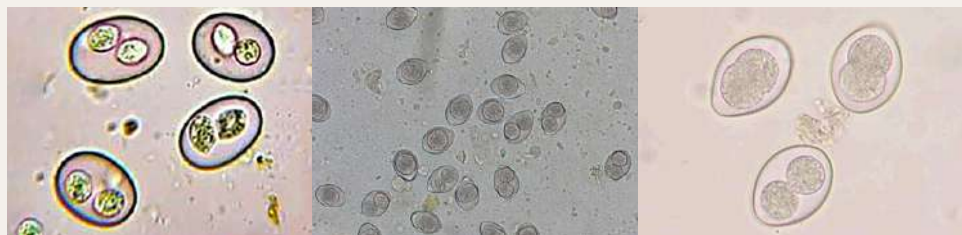
PARASITE
IDENTIFICATION

CHAPTER TWENTY-FIVE

Parasite identification



COCCIDIA



Coccidia are microscopic, single-celled parasites belonging to the protozoan class. They are too small to be seen with the naked eye, typically appearing under a microscope as tiny, round or oval-shaped organisms. They have a thick outer wall that protects them during their infectious stage.

LIVER FLUKE



Liver flukes are flat, leaf-shaped parasitic worms that can vary in size depending on the species. They usually range from 1 to 3 centimeters in length, but can go double the size. They are typically reddish-brown or grayish in color. Their bodies are flat, smooth, and oval-shaped, which helps them to attach to tissues in the liver and bile ducts.

ROUNDWORM



Roundworms are long, and smooth-bodied parasitic worms that resemble strands of spaghetti. In infected animals or humans, roundworms can often be seen in the stool, resembling long, thread-like worms with a slightly pointed head and tail. They can grow up to 12 inches long. They are typically pale white or light yellow in color.

WHIPWORM



Whipworms have a distinctive shape that resembles a whip. They have a long, thin, whip-like front section and a thicker, shorter rear section, giving them the appearance of a whip with a handle. The worms are typically around 1 to 2 inches long. They are usually white to light pink in color. The long, thin anterior end is the part they use to embed themselves in the lining of the large intestine, while the thicker end is where their reproductive organs are located.

HOOKWORM



Hookworms are small, parasitic worms (7-13 mm long) with a hook-shaped head used to attach to the small intestine. They vary in color from pale white to reddish-brown, depending on their feeding status. Their specialized mouth structure, equipped with sharp teeth or cutting plates, allows them to pierce the intestinal lining and feed on blood.

ROPEWORM



Rope worms are often described as long, rope-like structures that people expel during certain detox procedures, such as enemas or cleanses. They are typically mucous-like in appearance, varying in length from a few inches to several feet. They often appear twisted or segmented, resembling a twisted rope, which gives them their name.

TAPEWORM



Tapeworms are parasitic worms that have long, flat, ribbon-like bodies, often ranging from a few millimeters to several meters in length, depending on the species. Their bodies are segmented into sections called proglottids, each of which contains reproductive organs. They are typically pale or white in color, making them distinct in appearance, and their heads, known as the scolex, are equipped with specialized structures like suckers or hooks that help them attach securely to the intestinal walls of their host.

This parasite identification chart provides a comprehensive overview of common parasitic infections, including their appearance and characteristics. With this information, you should now feel more comfortable and confident in identifying parasites such as roundworms, whipworms, liver flukes, hookworms, and rope worms. By recognizing these parasites and understanding their traits, you are better equipped to take proactive steps in addressing potential infections and maintaining your overall health.



Chapter **26** - Six

DETOXING PRODUCTS
& SUPPLEMENTS

CHAPTER TWENTY-SIX

Detoxing products & supplements

Alongside a nutritious diet, certain detoxing supplements can play a powerful role in supporting the body's natural ability to eliminate toxins and restore balance.

In this chapter, we will explore a range of detoxing supplements that will be split into categories – Binders, Parasite Killers, Liver support & Biofilm disruptors – these products been shown to support the body in its fight against harmful toxins, heavy metals and parasites, offering an added layer of protection for overall health and wellness.

These products are not products your doctor is likely to prescribe, so **DO NOT USE GOOGLE** to research them, use DuckDuckGo if using a search engine.

At the end of this chapter there will be a section where you can shop the products I use and recommend.

To continue your research on these products, type the name of the supplement into either The National Library of Medicine, The Natural Health Library or into the facebook search bar. Each product has a link at the bottom of each page that will take you somewhere to read more but these are steps to extend your research.

And please remember, you do **NOT** need to buy all of these. Just a select few if you wish too.





BINDERS

Binders

Let's take a look into these incredible natural binders, highlighting how they act as powerful tools for detoxifying the body. As we now know, detoxing is a crucial process — our bodies are constantly exposed to harmful toxins from the environment, food, water, and even stress. These binders work in harmony with our natural systems to support, protect, and rejuvenate the body.

Most commonly used natural binders

- Activated Charcoal
- Chlorella
- Fulvic Acid
- Bentonite Clay
- Zeolite (Clinoptilolite)
- Diatomaceous Earth (Silica)



ACTIVATED CHARCOAL

Activated charcoal is a highly porous form of carbon that is specially processed to enhance its ability to bind to substances. What makes it so incredible is its surface area.. Just one gram of activated charcoal can have up to 3,000 square meters of surface area, making it an exceptionally effective detox agent. It's like having millions of tiny magnetic soldiers inside your body, all working to trap toxins and fight bad bacteria.



HOW DOES IT WORK FOR A DETOX?

Activated charcoal binds to chemicals, heavy metals, and toxic compounds in the digestive system, rendering them inactive so they can be safely eliminated through stool. It's particularly good for absorbing toxins from the gut before they can make their way into the bloodstream. It works like an emergency filter for the body.

WHAT ARE THE HEALTH BENEFITS?

Detoxification – Activated charcoal is a powerful detoxifier that works by adsorbing toxins, chemicals, and impurities, preventing them from being absorbed into the bloodstream. It binds to harmful substances in the digestive tract, including toxins from food, drugs, and environmental pollutants, and helps the body eliminate them through waste.

Emergency poison control – One of the most powerful uses of activated charcoal is its ability to treat poisonings and drug overdoses. By binding to toxins in the stomach, it prevents their absorption into the bloodstream, making it a life-saving remedy in cases of emergency.

Supports kidney function – By reducing the number of waste products your kidneys have to filter, activated charcoal can lighten the load on the kidneys, helping them process toxins more effectively. This is particularly helpful for people with impaired kidney function.

Binders

ACTIVATED CHARCOAL

Digestive support – Activated charcoal is highly effective at relieving digestive discomforts such as gas, bloating, and indigestion. By binding to excess gas and toxins in the gut, it can reduce uncomfortable symptoms and promote a healthier digestive system.

Teeth whitening and oral health – Charcoal is also a popular ingredient in natural toothpaste because it can bind to plaque and teeth-staining particles. This helps whiten teeth and maintain oral hygiene.

Skin detox – When used topically, activated charcoal can draw impurities from the skin, making it an effective treatment for acne, blackheads, and other skin issues. It acts like a deep cleanser, pulling out toxins from the pores and leaving the skin purified and refreshed. You can use it as a face mask or even on bug bites. There will be recipes in chapter 21.

HOW TO USE ACTIVATED CHARCOAL?

Activated charcoal can be taken in capsule, tablet, or powder form. It's crucial to drink plenty of water when using activated charcoal to help it carry the toxins out of your body and prevent dehydration. It is best to take this with a meal as it will clear anything bad you may have just eaten which limits the overload. You can also add to water and drink it quickly. The maximum dose for AC is 1 teaspoon, 3x a day with meals. Also make sure you take AC up to 3-4 hours apart from any medication you may be on as it will absorb the ingredients from them not being as effective as they should be.

Activated Charcoal is a beneficial addition to your daily routine, with 1 tsp daily for health maintenance and 2-3 tsp for detox. Making your own capsules with powder is more cost-effective than buying pre-made ones, as a large bag of powder costs under £10 and provides more than a 30-day supply. You can do this with all powders.



Binders

ACTIVATED CHARCOAL

WHAT THE EXPERTS HAVE TO SAY

**Notes taken by Angie Mohr
From The Natural Health Library on
Facebook**

“According to David Wolfe, charcoal is one of, if not THE best longevity supplements in the world. He found a Top Longevity Study on animals which showed that carbon 60 (found in activated charcoal) extended the life of animals in the study on by 40%! Interestingly, carbon 60 is also found where lightning strikes a tree, a high electrical arc striking wood or graphite will create carbon. Diamonds are carbon as well, but in another form. These are called allotropes.

In a toxicology study C60 doubled the life span of animals using activated charcoal with C60, the #1 longevity substance ever found. We live in a toxic world so therefore should be detoxing on a regular basis or else our filters (liver, kidneys, spleen etc.) end up overloaded.

Charcoal is the best detoxifier and used to clean water, air, dialysis machines.

Charcoal electromagnetically attracts the opposite charged materials that are harmful such as heavy metals, glyphosates, and gases. Charcoal adsorbs like a magnet rather than absorbs like a sponge.

CAN YOU TAKE CHARCOAL DAILY?

Most people think about charcoal when they've eaten something that gave them food poisoning but it can be taken on a daily basis with good reason.

It is great for any stomach issues (stomach bug etc.), and for people overdosing on drugs etc. charcoal is the first line of defense, even before clay. Activated charcoal is in almost every hospital emergency room in the world.

Charcoal Adsorbs bacteria, excretions that come from the bacteria etc. and people often get almost immediate relief when taking charcoal.

DOES CHARCOAL ABSORB HEALTHY MINERALS, VITAMINS ETC?

There has not been a study in 70 years that has proven that activated charcoal interferes with healthy nutrition, protein, fat or carbohydrate metabolism, calcium or magnesium absorption, Vit. B, Vit. C or any of that.

When you see charcoal burn it looks like a red light. The original light bulb filament was charcoal. Also, you can't make gunpowder without charcoal. It's history in chemistry, biology, and farming have some of the best stories in the 20th and 21st centuries. Charcoal transformed David's farm in 1 year. It revives trees, using activated charcoal and charcoal pellets in animal foods also. In gardens, makes things fertile. Black substances in food are known to extend life in Daoism.

Around 1900 a Russian scientist invented activated charcoal by blasting super heated steam through the charcoal at 900-1000 degrees. This pulls out the 10% volatile organic compounds like proteins, which makes it more adsorptive and effective for a more toxic situation. This was good timing, as the industrial revolution came a lot of toxins.

Activated charcoal is mostly made from coconut shell because you can get a very dense amount of carbon and it is an abundant resource. It could be made from many things, even medicinal mushrooms. Black substances – shilajit, fulvic acid, charcoal, chaga, black garlic reset digestive system, even ones that have been going on for a long time. Start back with the basics, black and white foods. Charcoal is one of the best antiseptic substances of all time.”

Binders

ACTIVATED CHARCOAL

FOR AUTO-IMMUNE

“Sea salt and water stops auto immune symptoms once they start. David drinks salt water for allergy symptoms and it stops them within 10 minutes. Can work the same with asthma, lupus, and especially digestive systemic auto-immune related conditions.

Our bodies need chlorides (salts) from magnesium chloride, potassium chloride, and sodium chloride. Salt hydrates the tissues. Adding charcoal will help shut down auto-immune response in IBS, Chrono’s, liupus, asthma and allergies etc. can be very effective.

Everyone’s balance and requirements are different so you have to work with it until you find the right balance for you.

Wolfe puts a whole Tbsp salt in a liter of water. One of the main issues causing ageing are metabolic problems with detoxification that accumulates and reaches a crisis at a certain time in our lives, usually around 60 yrs. of age is when the body just can’t keep up with the load of toxins any more. Even starting charcoal late in life extended animals’ lives dramatically. Over 40% when accompanied with a good diet etc.

Wolfe said there are 3 types of toxins, but never seemed to mention the 3rd. First was metabolic toxins, which are normal but still have to be taken care of. Next was food toxins, since food does have toxins. He says the less you eat the longer you live.

PREMATURE AGEING

Charcoal takes some burden off the system’s immune system, liver, kidneys and spleen which results in more energy with less sleep. We detox when we sleep. Charcoal makes it so we don’t have to do all the filtration and it also sucks up used neuro-transmitters.

Charcoal does not linger in your system, and does not have to be activated. Eg. Willow or birch charcoal. Activated charcoal is more aggressive. Regular charcoal is calmer on the system, and good for people with sensitive digestive systems. Someone with more hardy digestion can handle activated charcoal easier.

CHARCOAL AND MEDS

Hospitals say to take charcoal 2 hours away from thyroid or other meds. David Wolfe recommends 4 hours or longer to be extra safe. Charcoal can neutralize meds. And some herbs too, so it’s a good practice to take charcoal first thing in the morning or any time that is several hours away from any meds.”

To continue reading about the benefits of activated charcoal, head over to The natural health library [HERE](#) and search it in the group or on their website

Binders

CHLORELLA

CHLORELLA

Chlorella, a single-celled green algae, is nothing short of a miracle when it comes to detoxification. It's not just any algae — it's packed with chlorophyll, the green pigment in plants that helps them convert sunlight into energy. This makes chlorella an incredible oxygenator for your blood and cells, which is critical for detoxing. It also produces all 9 essential amino acids that our body can't produce naturally which are crucial for bodily function.



HOW DOES IT WORK FOR A DETOX?

Chlorella has a unique ability to bind to heavy metals like mercury and lead. It also binds to pesticides and herbicides which can accumulate in the body over time and lead to neurological and physical damage. Its tough cell wall acts as a net, capturing these harmful metals and escorting them out of the body through your digestive system. Chlorella is pretty much a cleansing shield for your body. It also supercharges your liver's detox pathways, allowing the liver to flush out toxins more efficiently.

WHAT ARE THE HEALTH BENEFITS?

Heavy metal detoxification – One of chlorella's standout benefits is its ability to bind to heavy metals like mercury, lead, and aluminum. This makes it a powerful detox agent, especially for those exposed to environmental toxins through food, water, cosmetic products or air. It helps prevent these toxins from accumulating in the organs, brain, and nervous system.

Parasite die off absorption – When parasites die, they release toxins, heavy metals, and other harmful substances into the body, which can lead to unpleasant symptoms known as herx. Chlorella, with its high chlorophyll content and natural detoxifying properties, binds to these toxins in the digestive tract, helping to safely remove them from the body. This makes chlorella a useful aid in detox protocols, reducing the toxic load during parasite cleansing and minimizing die-off symptoms.

Increased energy – Chlorella enhances oxygen delivery to cells, thanks to its rich chlorophyll content. This helps improve energy levels, reduce fatigue, and promote a feeling of overall vitality and wellness.



Binders CHLORELLA

Immune system boost – Supports and strengthens the immune system by enhancing the activity of immune cells like T-cells and ‘macrophages’, which are the microscopic good bacteria responsible for attacking invaders like the bad bacteria and viruses. This makes it a great immune-boosting superfood.



Gut health and digestion – Chlorella’s high fiber content supports digestive health by promoting regular bowel movements and a healthy gut microbiome. The presence of prebiotics in Chlorella also helps to nourish the beneficial bacteria in the gut, further enhancing digestion and nutrient absorption. A healthy gut is key for proper detoxification, as it helps flush out waste and toxins more effectively.

Supports Liver Function – It supports liver function by enhancing its detoxification processes, helping the liver break down harmful substances and eliminate toxins more effectively. Its high chlorophyll content, antioxidants, and essential nutrients protect liver cells from damage during detoxification while boosting the liver’s ability to bind and remove toxins like heavy metals and pesticides. This overall support promotes liver health, reduces the body’s toxic burden, and aids in the liver’s natural regeneration and repair.

HOW TO USE CHLORELLA?

Chlorella is available in tablet, capsule, or powder form. Start with 1tsp per day and gradually increase the dosage up to 3x tsp a day. It’s best taken with meals to maximize its detoxifying effects and to help bind to toxins in food. As discussed above on AC, making your own capsules is more budget friendly. Or you can add to smoothies, yoghurts or water. Make sure you keep hydrated using any sort of binders.

Chlorella is packed with essential nutrients such as vitamins, minerals, and amino acids, which further contribute to its energy-boosting effects. The high levels of Vitamin B12 are particularly beneficial for you as this vitamin is essential for maintaining healthy energy levels and neurological function.



Binders

CHLORELLA

WHAT THE EXPERTS HAVE TO SAY

Written by Dr Mercola
Source - unknown, potentially The Natural Health Library or Diatomaceous Earth Facebook group.

“Chlorella: This Single Cell Plant Actually Expels Mercury from Your Body

A study shows that chlorella, a single-celled organism that has been used for many years as a nutritional supplement, can help flush methylmercury from your system.

Mice fed methylmercury were given chlorella, and the amount of methylmercury excreted in their urine and feces was approximately twice the amount excreted by mice not treated with chlorella.

Methylmercury is a neurotoxic compound widely used in industrial applications. It accumulates in fish, which has led to widespread advisories against fish consumption by pregnant women.

The study in the Journal of Toxicological Sciences reports:

“These results suggest that the intake of chlorella may induce the excretion of Hg mercury both in feces and urine ... The effect of chlorella on the tissue mercury accumulation may become evident in a long-term experiment.”

Chlorella, a single-celled fresh water algae, is often referred to as a near-perfect food, as its range of health benefits are truly astounding.

Chlorella acts as an efficient detoxification agent by binding to toxins, such as mercury, in your body and carrying them out of your system. It is the chlorophyll in chlorella that makes it so powerful, as chlorophyll helps you process more oxygen, cleanses your blood and promotes the growth and repair of your tissues.

Arguably, the most important property of chlorella is its ability to help rid your body of heavy metal toxins -- an increasingly ubiquitous source of pollution in the environment -- but I even recently included it as one of the top seven foods to slow aging.

If you've received a vaccine, had or have silver (mercury) fillings in your mouth, or eaten fish, it's highly likely you have some level of mercury poisoning that may be compromising your health.

Heavy metal toxicity, just like chemical toxicity, has become one of the most pressing health hazards of our day. Your body is assailed by chemicals and heavy metals on a daily basis, oftentimes from the most innocent-looking sources, from your everyday cookware to your dental fillings and tilapia dinner filet.

One of the major routes of exposure to heavy metals in the United States, aside from vaccines and dental fillings, is eating fish.

For the most part mercury in the fish and the environment is related to the fact that the majority of electricity is generated from burning coal, which releases the mercury into the air and then into the waterways once it rains. There certainly are other industrial sources in some areas but this is the primary source.”

To continue reading about the benefits of chlorella from experts, head over to DrAxe.com

Binders

FULVIC ACID

FULVIC/HUMIC ACID

Fulvic acid is another one of nature's most potent detoxifiers, rich in antioxidants and can also heal damaged cells from industrial chemicals, radioactive waste and heavy metals. Fulvic acid is a tiny molecule with a massive impact. It's capability to easily absorb and use it for deep, cellular detox is amazing. We don't get these essential nutrients from our food anymore due to poor soil quality.

HOW DOES IT WORK FOR A DETOX?

At a microscopic level, fulvic acid acts as a transporter. It binds to toxins and metals and escorts them out of your cells, where they can be flushed from the body. This process helps to cleanse the cells themselves, reducing the overall toxic load on your organs like the liver and kidneys. It's not just removing bad stuff — it also helps cells absorb essential minerals and nutrients more effectively, which strengthens the body's ability to detox. Fulvic acid is also a powerful electrolyte, which helps to balance the body's electrical systems. This balancing act helps the brain, heart, digestive tract and muscle cells function at their best, improving energy production and promoting healing at a cellular level.

WHAT ARE THE HEALTH BENEFITS?

Acts as an antioxidant – As a rich source of antioxidants, fulvic acid helps neutralize harmful free radicals— which are the unstable molecules that cause oxidative stress and damage to cells, leading to aging and diseases like cancer. By reducing oxidative stress, fulvic acid protects cells, DNA, and tissues from damage. Its antioxidant power protects against cellular aging, reduces the risk of chronic diseases, and enhances overall vitality and longevity.

Enhances nutrient absorption – Using fulvic acid improves the bioavailability of vitamins, minerals, and other essential nutrients by increasing the permeability of cell membranes. This allows more nutrients to enter cells, ensuring that the body can use them effectively. It's basically a nutrient transporter, helping deliver important substances like magnesium, calcium, and iron to the places where they're most needed. By improving nutrient absorption, fulvic acid ensures that the body gets the most out of the foods you eat and the supplements you take, supporting overall health, energy levels, and healing.



Binders FULVIC ACID

Increases energy levels – By improving how nutrients and oxygen are delivered to cells and how toxins are expelled, it boosts overall energy production at a cellular level. This makes fulvic acid particularly useful for those experiencing chronic fatigue or low energy. It also provides a natural energy boost without stimulants, promoting sustained energy throughout the day and reducing fatigue linked to toxin buildup.



Promotes Healthy Aging – Because Fulvic Acid is rich in antioxidant and detoxifying properties, it helps slow down the aging process by protecting cells from damage. It promotes the repair and regeneration of cells, and helps combat the oxidative stress and toxins that contribute to premature aging. It supports youthful skin, enhanced energy, and improved organ function, helping you age more gracefully and stay healthier longer.

Reduces inflammation – Fulvic Acid has strong anti-inflammatory properties, which help reduce chronic inflammation—a key contributor to many diseases like arthritis, heart disease, and autoimmune disorders. By reducing inflammation, fulvic acid can help alleviate symptoms of joint pain, muscle stiffness, and swelling associated with inflammatory conditions.

Boosts gut health – Fulvic acid promotes a healthy gut microbiome by supporting the growth of beneficial bacteria, like probiotics, while inhibiting the growth of harmful pathogens. It also helps reduce gut inflammation, making it useful for managing conditions like leaky gut syndrome, irritable bowel syndrome (IBS), and other digestive disorders. A balanced gut microbiome is crucial for digestion, nutrient absorption, and immune function.

Balances pH Levels – Helps balance the body's pH levels, ensuring the body maintains an optimal environment for health. An overly acidic or alkaline body can lead to a range of issues, from poor digestion to increased susceptibility to illness. Fulvic acid provides alkaline minerals like calcium and magnesium, which help neutralize excess acid in the body. A balanced pH promotes better digestion, reduces inflammation, and creates an internal environment that is extremely difficult for parasites and cancers to form.

Supports Brain Health – Helps protect the brain by reducing inflammation and preventing the buildup of proteins like tau, which are associated with neurodegenerative diseases such as Alzheimer's and dementia. It also improves overall cognitive function, memory, and mental clarity. With its neuroprotective effects, fulvic acid can help lower the risk of cognitive decline and improve brain function, making it beneficial for memory, focus, and mental clarity.

HOW TO USE FULVIC ACID?

Fulvic acid usually comes in liquid or powder form. Start with a few drops or a small scoop mixed in water or juice. Since it helps with mineral absorption, it's a great idea to take it with mineral-rich foods or supplements for enhanced effects. Can be taken alongside supplements and other detoxing supplements but not with medication. Always start at 1/8 tsp and build your dose up



Fulvic Acid is an incredible supplement to consider to add to your detoxing journey. Not only is it great for all the above, its been helping people with diabetes, cancers and thyroid health

Binders

FULVIC ACID

WHAT THE EXPERTS HAVE TO SAY

From Dr Axe website

Written by Jillian Levy – Holistic Health Coach

“Over the past several decades, we’ve learned a lot more about how fulvic acids found in dirt can actually improve human gut health and, therefore, immune functions. Today people supplement with fulvic acid, as well as soil-based probiotics, to replenish what is being lost in their diets and lifestyles due to modern farming techniques.

While people used to obtain higher amounts of humic acids naturally from the soil, today they often turn to food-grade supplements to boost their nutrient intake and improve gut health. Fulvic acid and other humic acids are yellow-brown substances found in natural materials. They contain a plethora of nutrients and active compounds that can help improve health.

These include –

- trace minerals
- silica
- electrolytes
- prebiotics
- fatty acids
- probiotics

Its structure is made up of aromatic, organic polymers with many carboxyl groups that release hydrogen ions, resulting in an electric charge that helps attract free radicals, heavy metals and other toxins within the body. This allows it to act like a detoxification agent.

Once it becomes reactive with metals, fulvic acid helps them become more soluble in water, which means they’re carried out of the body more easily.

It has a very high, alkaline pH and is also super small/fine. This helps make it more bioavailable in the body.

As a soluble, strong acid, it has a pH equal to about 1. It’s found in nature as a product of microbial metabolism processes. That means it’s produced when organic plant matter decomposes.

Fulvic acid is full of many types of minerals and nutrients that people today are missing.

Research suggests that something unique about fulvic acid compared to other organisms found within soil is that it’s able to easily pass through cellular membranes. This allows it to be properly absorbed and also boosts assimilation of other nutrients or supplements.

In fact, there are benefits of fulvic acid for plants, soil fertilization and water/agriculture supplementation for the same reason it benefits humans – because it improves plants’ ability to grow, due to how it increases permeability of plant membranes that absorb nutrients from the ground.

Here are some of the reasons that fulvic acid works to improve health –

- As a major source of key electrolytes and antioxidants, fulvic acid helps slow down aging and controls processes that lead to inflammation.
- It’s been shown to improve various cellular processes, muscle functions, digestive abilities, and heart and brain health.
- It works in part by helping cells absorb the amount of minerals they need and discard of waste by acting as an ion transporter.
- It can interrupt processes that contribute to brain disorders, such as dementia.
- It has been shown to have immune-stimulating and antioxidant effects that may help slow down progression of cancer.
- It also stimulates the immune system to help defend the body from things like viruses and infections.
- It seems to help block reactions in the body that cause allergy symptoms.”

To continue reading about the benefits of fulvic acid from experts, head over to DrAxe.com and the facebook group [HERE](#)

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Binders

BENTONITE CLAY

BENTONITE CLAY

Bentonite clay is a natural, absorbent volcanic ash-derived substance that has been used for centuries for its healing and detoxifying properties. It's rich in minerals like calcium, magnesium, silica, sodium, copper, iron, and potassium, which contribute to its powerful health benefits. When activated by water, bentonite clay has an electric charge that enables it to bind to toxins, chemicals, and impurities in the body, removing them safely.

HOW DOES IT WORK FOR A DETOX?

Bentonite clay works by producing a negative electrical charge when hydrated. Many toxins and heavy metals carry a positive charge. This means the clay binds to them, neutralizing their harmful effects and drawing them out of the digestive tract. Bentonite clay not only absorbs toxins but also excess water in the gut, which can be helpful for people with digestive issues like diarrhea or bloating. When ingested, it binds to impurities in the digestive system, particularly the intestines, preventing the reabsorption of toxins. It also helps to cleanse the colon, which is a major player in your body's detox system. The cleaner your colon, the easier it is for your body to eliminate waste and toxins effectively.

WHAT ARE THE HEALTH BENEFITS?

Skin health and healing – Bentonite clay is widely used for skin care due to its ability to absorb impurities, excess oil, and toxins from the skin, making it a popular ingredient in face masks, baths, and compresses. It is highly effective for treating conditions like acne, eczema, dermatitis, and psoriasis, as well as for speeding up the healing of cuts, insect bites, and rashes. When applied to the skin, bentonite clay draws out toxins, oil, dirt and even bug saliva or venom from pores, reducing inflammation and promoting healing. Its antibacterial properties also help reduce the risk of infection, and it can soothe irritated or inflamed skin.

Supports oral health – By binding to bacteria and plaque, bentonite clay helps to detoxify the mouth and remove harmful substances that contribute to tooth decay and gum disease. The clay's mineral content such as calcium, also helps strengthen tooth enamel. Bentonite clay is used in many natural toothpastes and mouth rinses because of its ability to bind to and remove harmful bacteria, toxins, and heavy metals from the mouth. Its mineral content also helps to remineralize teeth, reducing the risk of cavities and gum disease.

Detoxification – Bentonite clay has a strong negative charge, which attracts positively charged toxins. As it binds to these toxins, it helps to neutralize and remove them from the body, preventing reabsorption. Regular use of bentonite clay can reduce the body's toxic load, support overall health by lowering the risk of toxin-related health problems like fatigue, headaches, brain fog, and digestive issues.



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BENTONITE CLAY

Alkalizes the body – Bentonite clay has an alkalizing effect on the body, which helps balance pH levels and reduce acidity. An overly acidic body can lead to a variety of health issues, including inflammation, digestive problems, and a weakened immune system plus a perfect environment for cancers to grow. Consuming bentonite clay helps neutralize excess acid, promoting a more balanced internal environment. Having an alkalized body supports better digestion, reduces inflammation, and creates a less hospitable environment for disease and chronic illness to thrive.

Boosts gut microbiome and gut health – Clay can support a balanced gut microbiome by removing harmful bacteria, parasites, and pathogens from the digestive tract while leaving beneficial bacteria unharmed. A healthy gut is essential for a strong immune system, as much of the body's immune response originates from the gut. By binding to and removing harmful microorganisms, bentonite clay helps create an environment in the gut where beneficial bacteria can thrive. This strengthens the immune system's ability to fight off infections and disease.

Anti-inflammatory and anti-bacterial properties – Bentonite clay has natural anti-inflammatory and antibacterial properties, making it effective for reducing inflammation both internally and externally. When applied to the skin or consumed, it helps reduce swelling, irritation, and pain associated with inflammation, while also fighting harmful bacteria. This helps with relief from inflammatory conditions such as Arthritis, IBS and Acne, reduces pain and swelling, and better protection against infections.



Improves respiratory health – Bentonite clay may help improve respiratory health by detoxifying the body and reducing the burden of airborne toxins, pollutants, and allergens that can cause respiratory issues. People who are exposed to pollution, chemicals, or cigarette smoke often find that bentonite clay helps clear out these irritants from the body. This makes it easier to breathe, reduced respiratory inflammation, and relief from issues like asthma or chronic bronchitis.

Helps with weight loss – By supporting detoxification and improving digestive health, bentonite clay can assist with weight management and support a healthy metabolism. It removes toxins that can interfere with metabolic processes and helps improve nutrient absorption, which is critical for healthy body function and energy production. This helps by increasing energy, better digestion, and more efficient metabolism, potentially aiding in weight loss efforts.

HOW TO USE BENTONITE CLAY

To use bentonite clay internally you need to prep your drink the night before to let the clay absorb into the water. It's best taken on an empty stomach, preferably in the morning or between meals. Drink plenty of water throughout the day to aid in detoxification. You can also use it to create a paste using 2 tbsps of bentonite clay and a splash of water for face masks and bug bite paste. Let it sit and dry for about 15-20 minutes for the full effect.

Incorporating bentonite clay promotes toxin removal, reduces inflammation, and enhances gut and skin health. Making it an exceptional supplement to add to your daily routine.

Binders BENTONITE CLAY

WHAT THE EXPERTS HAVE TO SAY

From Eat Beautiful Website
Megan Stevens
Holistic Recipe Consultant
Healed Personal Auto Immune Disease
Owned A Bone Broth Gluten-Free Cafe

How Does Bentonite Clay Work?

“For millennia, native people groups have recognized and used bentonite clay for its cleansing and energizing properties. Over 100 scientific studies have explored the historical and current uses for bentonite clay, confirming its healing properties and the extreme safety of its uses (source).

Bentonite clay is sponge-like and able to absorb forty times its own weight in positively charged substances (such as toxins and pathogens) throughout the alimentary canal. Bentonite clay can not be digested, so it helps the body to excrete these waste products.

Bentonite clay sweeps through the system cleansing or healing conditions that are otherwise difficult to combat:

- Dietary toxins
- SIBO
- Flouride contamination
- Toxic metals
- Constipation
- Diarrhea, IBS
- Ulcers
- Hypothyroid
- Insomnia

Every cell in the human body excretes waste. Bentonite clay absorbs that waste, relieving the body’s toxic burden. Organ function is benefited by the reduced toxic load: Bentonite clay absorbs toxins before they get processed by the liver and kidneys. Toxins are also absorbed before they get backed up in the colon. This allows the intestines and colon to absorb more dietary nutrition!

Bentonite clay is also alkalizing, renewing the body’s inner environment and making it inhospitable to the growth of cancer cells.

Bentonite clay energizes! It has an innate electromagnetic negative charge, hearkening back to its volcanic origins. This power allows bentonite clay to ignite cells with improved function and balance, revitalizing the whole body. Revitalization of cells allows the organs to function better and the body to rebuild itself.

Bentonite clay also attracts hydrogen. This allows cells to take in more oxygen!

Bentonite clay prevents and cures aflatoxin toxicity. Aflatoxin is a cancer-causing mold commonly found in peanut butter, corn and other foods. It’s an extreme immune-suppressant (source).

Bentonite clay is anti-bacterial. Benefits of drinking bentonite clay? Healing of the digestive system, excretion of toxins, improved organ function, increased nutrition from food, oxygenation of cells, antibacterial (can replace antibiotics in some cases)”

To read more about Bentonite Clay check out the Natural Health Library & Diatomaceous Earth groups.

You can also read the rest of this article [HERE](#)

Binders

ZEOLITE (CLINOPTILOLITE)

ZEOLITE

Zeolite is another incredible detoxing supplement that goes beyond just getting rid of toxins. Its unique structure made from volcanic minerals allows it to bind to heavy metals, chemicals, and other harmful substances, clearing them out of your system safely and effectively. What makes zeolite stand out is how it supports multiple aspects of your health while doing a good cleanse. Zeolite is also Silica rich, up to 70% which is an important mineral for bodily function.

HOW DOES IT WORK FOR A DETOX?

Zeolite's crystalline structure carries a natural negative charge, just like the other binders. Heavy metals are positively charged, so zeolite acts like a magnet, attracting and trapping these metals in its structure. Once bound, the toxins are safely excreted through urine or stool, preventing reabsorption. By regularly detoxing with zeolite, you reduce your body's toxic load, which is crucial for preventing chronic diseases, cognitive decline, and even cancers.



WHAT ARE THE HEALTH BENEFITS?

Boosts immune function – By eliminating toxic substances like heavy metals and harmful pathogens, zeolite allows your immune system to focus on its primary job: protecting you from viruses, bacteria, and other invaders. This leads to a stronger, more resilient immune response and improved overall health. When your immune system is not constantly overloaded with toxins, you're less likely to suffer from frequent infections, chronic fatigue, or autoimmune flare-ups.



Balances pH levels – Zeolite helps balance your body's pH by binding to and removing acidic ions, specifically hydrogen ions, which are a major contributor to an acidic environment. By promoting a more alkaline state, zeolite supports optimal enzyme activity, metabolic function, and overall health. A balanced pH helps reduce inflammation, improve digestion, and decrease the risk of conditions like osteoporosis, cardiovascular disease, and even cancer.

Supports gut health – Zeolite works as a selective detoxifier, meaning it doesn't strip away essential nutrients or good bacteria. Instead, zeolite binds to toxins and harmful bacteria, sweeping them out of your digestive tract. This creates a healthier environment for good bacteria to thrive, supporting gut balance. By cleaning up the gut, zeolite helps reduce bloating, gas, and digestive discomfort while improving nutrient absorption.

Removes environmental toxins – Zeolite traps these environmental toxins within its porous structure, ensuring they don't circulate through the body and cause harm. Its ability to bind a wide variety of substances—from phthalates, chlorine, formaldehyde, mycotoxins and pesticides—makes it one of the most versatile detox agents available. Reducing the toxic burden from environmental exposures helps protect your endocrine system (hormones), liver, and overall cellular health, lowering your risk of chronic diseases and improving longevity.



Binders

ZEOLITE (CLINOPTILOLITE)

Anti-inflammatory – By neutralizing toxins and helping balance the body’s pH, zeolite can help reduce systemic inflammation. This is particularly beneficial for conditions like arthritis, inflammatory bowel disease, or other chronic inflammatory conditions. Reduced inflammation can translate to pain relief, better mobility, and improved overall health, especially for those suffering from chronic inflammatory conditions.

Antioxidant properties – Zeolite helps by stabilizing these free radicals, preventing them from causing further damage to cells and tissues. Its antioxidant properties are crucial for protecting cellular integrity and slowing the aging process. Regular use of zeolite can help protect against oxidative stress, reducing the risk of chronic diseases like heart disease and cancer while also promoting healthier skin and slowing the signs of aging.

Mental clarity – As toxins are removed, the body’s metabolic processes run more efficiently, and the brain is no longer clouded by toxic substances. This leads to better cognitive function, sharper focus, and more sustained energy throughout the day. Many people report feeling more mentally alert and less fatigued after incorporating zeolite into their detox routine, making it ideal for anyone dealing with brain fog or chronic fatigue.

Supports kidney health – Zeolite traps toxins in the gut, preventing them from entering the bloodstream and reaching the kidneys. This gives your kidneys a break and allows them to function more efficiently. This supportive role makes zeolite an excellent addition for anyone looking to protect their kidney function, especially those with a history of kidney issues or high exposure to environmental toxins.



HOW TO USE ZEOLITE

Zeolite is available in powder or liquid form. Take it with plenty of water, starting with small doses and gradually increasing. You want to ensure proper hydration to help flush toxins from the body. For powder start with 1/8 to 1/2 teaspoon per day and gradually increase to 1 teaspoon as your body adjusts. Mix the powder into 8–12 ounces of water, juice, or a smoothie. Drink straight away. Take zeolite on an empty stomach, either 30 minutes before eating or 1–2 hours after a meal, for maximum absorption. To use liquid Zeolite like Pure Body Xtra, which is higher concentrated than powder, you take 3 times a day under the tongue and a spray in the mouth 3x a day. This can also be diluted in water but better straight. You can also make the powder form into a paste for bug bites using a little water.

Zeolite is a game changer for detoxing—it helps pull heavy metals and toxins out of your body, leaving you feeling cleaner and more balanced. It’s easy to use, either as a powder or tincture, and supports better digestion, immune function, and overall wellness. Simple, effective, and a great addition to any detox routine!

Binders ZEOLITE

WHAT THE EXPERTS HAVE TO SAY

**By Anna Victoria Rogers
Admin at Zeolite PBX Kids & Families
Heavy Metal Detox Testimonials Group**

“Zeolite has a negative charge which makes it attract positively charged molecules. As it happens, most of the harmful and detrimental things that shouldn’t find their way into our bodies are positively charged. This is why zeolite can be a highly efficient detoxification method to eliminate the toxic substances that are draining our health. In this chapter, we will examine all the different toxins and harmful substances that zeolite can bind to, trap, and then escort out of the body.

Heavy Metals

Toxins and pollutants cause a drastic spike in the production of free radicals. As a result, oxidation sets the stage for an infestation of bacteria, viruses, and other devastating microorganisms. Heavy metals are one of the most dangerous pollutants that produce oxidation, namely because they linger in tissues and organs since the body is unable to metabolize them.

Avoiding heavy metals is almost impossible due to how ubiquitous of a presence they have, from the air we breathe and the water we drink to the food we eat, the medical drugs we ingest, and the products we put on our skin. They’re even in the silver-mercury fillings we put in our mouths and the shots we inject in our bodies.

Heavy metals are toxic metals like lead, mercury, arsenic, and cadmium, that accumulate in our bodies over time. These elements can put an enormous strain on our immune and nervous systems. As a result, this makes our bodies work a lot harder to maintain a healthy state of being.

With that said, overexposure to heavy metals can cause our well-being to deteriorate because our bodies have to fight vigorously to remedy symptoms like chronic fatigue, irritability, brain fog, and a host of other conditions that can arise because of heavy metals.

Zeolite targets those hidden metals and traps them in its cage-like structure for safe unloading. Once these elements are lifted, our bodies can finally start to function at their peak potential once again.

Environmental Toxins

Now more than ever, we are confronted with an unprecedented amount of environmental toxins in our daily lives. These toxic stressors are everywhere, from the air we breathe to the food we eat – toxins are omnipresent. Over time, these toxins tend to accumulate in our bodies and take a toll on our health. Fatigue, brain fog, weakened immune system, and innumerable health issues and conditions are common side effects of environmental toxins build-up. But because these toxins carry a positive charge, they’re rendered powerless when faced with the strong binding ability of zeolite, which guarantees their safe removal from the body.”

@KHAOSWITHK

Binders ZEOLITE

WHAT THE EXPERTS HAVE TO SAY

Mold

“Parasites can cause mycotoxins, which are secondary metabolites of fungus. These parasites can also prevent our bodies from properly absorbing nutrients.

Mycotoxins are poisonous to the body’s cells because they have the potential to induce acute and chronic health issues upon entering the bloodstream and lymphatic system via inhalation, ingestion, or skin contact. They prevent protein from synthesizing, stifle the proper function of macrophage systems (responsible for detecting and destroying bacteria and other harmful organisms), obstruct the clearance of inhaled particles from the lungs, and increase sensitivity to harmful endotoxins shed by bacteria upon cell death. Since zeolite crystals trap heavy metals and eliminate them from your body, depleting your body of heavy metals will starve those parasites, and in turn, prevent the accumulation of mycotoxins.

People are gradually becoming to acknowledge mold toxicity as a serious issue and recognize it as a major agent in a number of health conditions. For instance, mold is known to cause asthma, but it can also lead to life-threatening infections, particularly in immunocompromised patients.

Moreover, research has also linked toxic mold exposure to serious long-term conditions and symptoms such as memory loss, insomnia, anxiety, depression, confusion, and trouble concentrating.

Even if you’re not necessarily exposed to mold in your living space or at work, there is still the possibility that past exposure had led to mold spores multiplying in your body. In fact, mold spores can stay in your body for years, they can keep replicating even if there is no external mold exposure anymore. Since zeolite acts as a molecular sieve, it can prevent and eliminate mold by absorbing moisture and sucking odors. Thanks to the porous nature of the mineral, these are trapped inside the crystalline structure of the zeolite, then removed from the surrounding environment. This is why zeolite is an incredible and powerful detoxifier of mold and is, therefore, a must-have in any process of mold detoxification.”

To read more about Zeolite check out the Zeolite PBX group and Diatomaceous Earth.

You can read the rest of this article by joining this group, go to files and click Zeolite The Miracle. Join [HERE](#)

Binders

DIATOMACEOUS EARTH (SILICA)

DIATOMACEOUS EARTH

Diatomaceous Earth is natural earth dust made from the fossilized remains of tiny, aquatic algae organisms called diatoms. These organisms have accumulated over millions of years, forming a soft, fine white powder. Diatomaceous Earth is rich in silica, between 84-94% so is the purest form out there, it is an essential trace mineral for the body's overall health. It's commonly used in water filtration, pest control, and even in skincare products. However, it has gained popularity as a natural detoxifying agent ensuring it is food grade Diatomaceous Earth.

HOW DOES IT WORK FOR A DETOX?

Diatomaceous earth has a unique structure and a strong negative charge that helps it work as a detoxifier. The silica particles in DE have sharp, microscopic edges, which allow them to attract and bind to positively charged toxins, heavy metals, and harmful bacteria. Many toxins and pathogens in the body carry a positive charge, so DE's negative charge essentially pulls these contaminants toward it, where they bind and are expelled from the body through normal elimination processes. It's important to remember that most bad things in our body have a positive charge.



WHAT ARE THE HEALTH BENEFITS?

Improves skin, hair, and nails

Silica is a key component of collagen production, which is necessary for maintaining youthful and healthy skin. Regular use of DE can result in smoother, more elastic skin, stronger nails, and shinier, healthier hair. Many people notice reduced signs of aging, such as fewer wrinkles and improved skin tone, when they add DE to their routine.

Eliminates parasites and heavy metals – One of the standout benefits of diatomaceous earth is its ability to kill parasites, harmful microorganisms and heavy metals in the body. The sharp, microscopic edges of DE particles puncture the exoskeletons of parasites, such as worms and other harmful organisms, causing them to dehydrate and die. This makes DE a natural and effective treatment for internal parasitic infections, which can contribute to fatigue, digestive issues, and other health problems.

Supports bone health – Silica is essential for proper calcium utilization, making it crucial for maintaining strong bones and teeth. As we age, our body's natural silica levels decline, leading to weaker bones and a higher risk of osteoporosis. Diatomaceous earth helps by replenishing silica levels, which boosts calcium absorption and strengthens bones. This makes DE particularly beneficial for post-menopausal women and those at risk of bone-density loss.

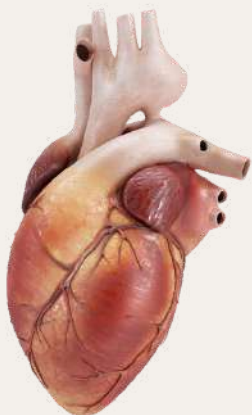


Natural Pest Control – While not a direct health benefit for humans, diatomaceous earth is a natural insecticide that can be safely used around the home, garden and on pets. Its abrasive particles destroy pests like fleas, bed bugs, ants, and cockroaches by dehydrating them. This helps create a cleaner, pest-free environment without the need for toxic chemicals that can harm health.

Binders

DIATOMACEOUS EARTH (SILICA)

Promotes digestive health – Diatomaceous earth acts like a gentle exfoliation in the digestive tract, helping to remove toxins, waste buildup, and harmful bacteria. This cleansing action can lead to improved digestion, relief from bloating, gas, and constipation, and even better nutrient absorption. By flushing out waste and toxins, DE supports a healthier gut environment, which in turn boosts immune function.



Improves heart health – Silica strengthens blood vessels and arterial walls, which helps prevent hardening of the arteries (atherosclerosis), a condition that can lead to heart disease and strokes. By keeping the cardiovascular system flexible and strong, DE can support overall heart health.

Strengthens the immune system – By promoting a cleaner digestive system and eliminating toxins as previously discussed above, DE indirectly supports the immune system. A large portion of immune activity occurs in the gut, and when harmful bacteria, toxins, and parasites are cleared out, the immune system is better able to function efficiently. This reduces the likelihood of infections and illness, and enhances the body's natural defense mechanisms.

Improves joint health – Joint health is closely tied to the presence of silica in the body. Silica helps the body produce and maintain cartilage, ligaments, and tendons, which are essential for joint mobility and flexibility. By supplementing with diatomaceous earth, you can help reduce joint pain, stiffness, and inflammation, especially in conditions like arthritis. DE also assists in the repair of damaged tissues, making it a great addition to joint and connective tissue support.

HOW TO USE DIATOMACEOUS EARTH

To use DE for a detox, it's important to make sure its food-grade diatomaceous earth. If it says its safe for pets and animals, this is safe for humans too! – Start with 1/8 teaspoon mixed in water, juice, or a smoothie once a day, gradually increasing by another 1/8 every 2 weeks, until you are taking 4 – 8 tablespoons. DE works better with a secondary binder like Activated Charcoal or Chlorella as the DE can get more done whilst the secondary binder is clearing up toxins. It's recommended to drink plenty of water throughout the day, as DE can be dehydrating.



Diatomaceous earth is an amazing natural detox supplement. It helps cleanse the body by binding to toxins, parasites, and heavy metals, flushing them out through your digestive system. Diatomaceous Earth is 84% to 95% Silica which means its the most powerful supplement to use for addressing Silica deficiency, which we all have.

Binders

DIATOMACEOUS EARTH (SILICA)

WHAT THE EXPERTS HAVE TO SAY

How and Why of DE

**By Neil Dailey Group Admin of
Diatomaceous Earth with 17 years of
experience 7 research
From Featured Posts Section**

"Any and all forms of parasites living within the digestive system and throughout the entire body are absolutely destroyed by the mechanisms of DE.

The DE once inside the body is heated up and it's charged by the body's own electrical system.

This charge is negative so it will either draw things to itself or be drawn to whatever is positively charged.

Almost all positive charged things are bad for your body. But there are exceptions that are positively charged and highly beneficial like all noble metals and other good things that are completely left alone by DE. I can't tell you if the body itself programmed the silica to do this or if God himself provided the programming. I just know that the silica removes harmful things period. It sticks to them and them to it just like magnets and steel. So regardless of what metals the DE contains they do not leave the DE based on the negative charge. DE is opal silica and it has a strong affinity for aluminum and heavy metals.

Once this happens the drying and failure to thrive begins. Also as your blood is carried throughout the body it carries the silica everywhere and just as in the digestive system the silica starts sticking to the parasites all over and they all will fail to thrive and slowly die. While the good bacteria aka probiotics multiply as the DE gives them more areas to take over because the bad bacteria was removed.

It goes system wide but it all starts in the gut. Because DE is 84 to 94% silica and it is very well known that silica is a desiccant and this is why we highly stress or recommend you drink at least half of your body weight in ounces of water per day at the very least. Because you do not want to get dried out with them. So large copious amounts of water is essential. I recommend Sole water every day as well for electrolytes and so it will pull the water into your cells.

As long as you are consuming DE it's doing its job not just to take out the trash but to make sure you have no future infestation or issues.

You are literally throwing out the welcome mat for the uninvited guests and presenting a hostile environment that they simply cannot survive in. It's most certain death and destruction for anything foreign to the body. The good bacteria are not at all affected by this except to be handed far more territory than before so they can proliferate and multiply to be far more effective and this will increase your ability to absorb more nutrients and get all the proper nutrition that you were being denied previously.

So the DE brings with it proper function and balance of your entire body and digestive system as a whole. Once this is done you will see huge benefits as the silica moves into the blood stream and begins complete restoration of the rest of your body."

Continued..

Binders

DIATOMACEOUS EARTH (SILICA)

"Silica is the precursor to collagen so you begin to see beautiful hair, nails, skin and every joint in your body is getting a makeover while your bones are being made strong as they were intended. This will ultimately renew the entire body. There isn't any part of your body that doesn't rely upon silica and especially your organs.

Some people are very snarky and say DE is not a cure all... It's extreme silica deficiency that actually caused the vast majority of problems and diseases you have been suffering from. Once the silica deficit is addressed the body goes back to working and functioning as it's supposed to.

It is essential to give the body what it needs to run right. If eating food, breathing oxygen and drinking water are essential then DE being a part of your daily life is just as important and essential.

Nothing pulls heavy metals and aluminum out of your body quite like silica. It is the greatest detoxing mineral of all time. Anyone who has taken multi vitamins with minerals knows that this is best with food. It says so on the dosing and instructions for animals so why the change when it comes to people? All DE is minerals so it should be with food as intended. So no need to be concerned about trace amounts of aluminum in the DE because it is staying with the DE and coming out in your feces. Things digested can be rejected by the digestive system but if you inject aluminum straight into the soft tissue and bloodstream with vaccines you bypass every process designed to keep you safe and healthy.

I advise to start out with 1/8th of a teaspoon and stay there for two weeks then increase by as much every two weeks until you are taking at least a tablespoon a day if you are over a hundred pounds body weight you automatically need at least two tablespoons a day if you are not deficient in opal silica, be sure to drink half of your body weight in ounces of water daily.

Keep in mind that DE is best with food as the body is designed to get the most out of everything in the digestive process as hydrochloric acid turns the DE into orthosilicic acid so when parasites coming out to feed they are then exposed to the DE and so begins their demise all the more swiftly."

To read more about diatomaceous Earth head over to the Facebook Group where you can learn more [HERE](#), and read through the files!



PARASITE KILLERS

Parasite Killers

In this section, we are going to cover the powerful, natural supplements that are known for their parasite-cleansing properties. These offer a well-rounded approach to keeping the system parasite and toxin-free, its still recommended but not as strict.

Natural parasite killers

- Diatomaceous Earth (Silica)
- Wormwood
- Black Walnut Hull
- Cloves
- Wild Oregano Oil
- Castor Oil
- Colloidal Silver
- Cayenne Pepper

As we've already covered Diatomaceous Earth, im going to skip straight to Wormwood.

WORMWOOD

Wormwood, also known as *Artemisia absinthium* in the herb world. Its a medicinal herb with a long history of use, especially for its powerful cleansing parasite properties. Native to Europe and parts of Asia, wormwood is characterized by its bitter taste and distinctive silver-green leaves. Traditionally, wormwood has been used in herbal medicine for various digestive and detox benefits and is also a main ingredient in the spirit Absinthe.



HOW DOES IT HELP WITH A DETOX?

Wormwood has natural antiparasitic properties that make it effective in flushing out parasites, bacteria, and fungi from the body. Compounds in wormwood, called Thujone, interfere with the nervous systems of parasites, weakening and eventually eliminating them. This makes it a powerful component in cleansing programs targeting the liver and gut. The herb also stimulates bile production, which helps the liver in breaking down fats and flushing out toxins.

WHAT ARE THE HEALTH BENEFITS?

Antiparasitic properties – Wormwood is known for its strong antiparasitic effects, making it valuable for cleansing protocols against intestinal worms and parasites. Thujone and other compounds in wormwood disrupt the cellular processes of parasites, weakening them and making it easier for the body to expel them. This property has made wormwood an essential ingredient in natural parasite-cleansing formulas.

Improves digestive health – Wormwood's bitter compounds stimulate saliva, gastric acid, and bile production, which are essential for digesting food and absorbing nutrients. This makes wormwood beneficial for those struggling with poor appetite, slow digestion, or nutrient absorption issues. The bile-stimulating effect also promotes liver health, supporting the body's natural detox pathways.

Parasite Killers

WORMWOOD

Antimicrobial effects – Wormwood has been shown to have powerful antimicrobial properties, effective against bacteria and fungi like Candida. By eliminating harmful microorganisms, wormwood can contribute to a healthier gut environment, which in turn boosts immune function, reduces bloating, and improves nutrient absorption. These properties are particularly helpful in maintaining balance in the gut microbiome.



Liver support and detoxification – Wormwood aids in liver detox by promoting bile production, which assists the liver in breaking down and removing waste products from the body. This enhanced bile flow helps flush out toxins, supporting the liver's role in overall detoxification and metabolism. A healthy liver can lead to clearer skin, increased energy, and improved immunity.

Mental health and mood balance – Emerging research suggests that wormwood may reduce oxidative stress in the brain, which can have a positive impact on mental clarity and emotional balance. By lowering inflammation and free radicals, wormwood can support mood stability and enhance cognitive function.



Anti-inflammatory and pain relief – Wormwood contains anti-inflammatory flavonoids and other compounds that can help alleviate pain and reduce inflammation, especially in the joints and muscles. This makes it a useful natural remedy for those with inflammatory conditions such as arthritis or digestive inflammation, as it can relieve discomfort and support healing.

HOW TO USE WORMWOOD

Wormwood can be taken in a few forms, each offering its own advantages. Tinctures and liquid extracts are potent and easy to absorb, but since they are concentrated, it's important to follow dosage guidelines carefully. You can also get these in capsules, often combined with other antiparasitic herbs like black walnut hull and cloves. For a milder approach, wormwood tea can be made by steeping dried leaves, though it has a strong bitterness; adding honey or combining it with other herbs is usually recommended to improve flavour.

Wormwood is an amazing versatile herb in natural health practices, especially for those seeking a gentle but effective way to support detox, parasite cleansing, digestive health, and immune function.

Parasite Killers

WORMWOOD, BLACK WALNUT HULLS & CLOVES

WHAT THE EXPERTS HAVE TO SAY

**This section will be 3-in-1 for
Wormwood, Black Walnut Hulls & Cloves**

**Sourced from a book called
The Cures for All Cancers by Dr Hulda
Clarke**

“The Native American peoples knew that humans are parasitized. Other native peoples from the Arctic to Antarctic knew that we are parasitized like other animals. They had frequent purgings that included diarrhea or vomiting to rid themselves of their slimy invaders. Many cultures continued such practices right up to my own childhood. I remember being forced to swallow a spoonful of sulfur and molasses and raw onion! How dreadful it seemed. But it reduced the body’s burden of worms and other parasites that we all have. Where have we gone astray? Why have we forsaken these wise practices? I have seen that eczema is due to roundworms. Seizures are caused by a single roundworm, *Ascaris*, getting into the brain. Schizophrenia and depression are caused by parasites in the brain. Asthma is caused by *Ascaris* in the lungs. Diabetes is caused by the pancreatic fluke of cattle, *Eurytrema*. Migraines are caused by the threadworm, *Strongyloides*. Acne rosacea is caused by a *Leishmania*. Much human heart disease is caused by dog heart- worm, *Dirofilaria*. And the list goes on. Getting rid of all these parasites would be absolutely impossible using clinical medicines that can kill only one or two parasites each. Such medicines also tend to make you quite ill. Flagyl is used for amoebas and *Giardia*; when the correct dosage is used, it can cause extreme nausea and vomiting. Quinine for malaria is quite toxic. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you. Yet three herbs can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on!

Does this sound too fantastic? Just too good to be true? They are nature’s gift to us. The herbs are:

- Black Walnut Hulls (from the black walnut tree)
- Wormwood (from the *Artemisia* shrub)
- Common Cloves (from the clove tree)

These three herbs must be used together. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs.⁸ Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. They must be used together as a single treatment.

It is the green hull surrounding the nut of the black walnut tree that has this miraculous parasiticide. After it has turned black, it is useless. The large green balls fall to the ground early in the fall. In a week or two they will be black and decaying. Therefore, anyone wishing to make parasiticide must be careful not to let the critical time for harvesting pass. I encourage everyone to make their own parasiticides and to take back the responsibility for keeping themselves and their families free of these tiny monsters.”

If you would like to read this book please send me a message on Instagram with your email and I will forward the PDF file.

[@KHAOSWITHK](#)

This is the very book that sparked my journey into learning about parasites—the first one I read after my friend’s brain cancer diagnosis.

Parasite Killers

BLACK WALNUT HULLS

BLACK WALNUT HULLS

Black walnut hulls are the outer, protective shells of black walnuts, native to North America. These hulls are rich in bioactive compounds and are commonly used in herbal medicine, especially for cleansing and detoxification, and especially popular with cancer patients. When the hulls are harvested while green, they contain high levels of juglone—a powerful compound with antiparasitic, antibacterial, and antifungal properties. As the hulls mature and turn black, they gain additional tannins and other compounds, further enhancing their detoxifying effects.



HOW DOES IT HELP WITH A DETOX?

Black walnut hulls are powerful detoxifiers, primarily due to the combined actions of juglone, tannins, and natural iodine. These active compounds create a hostile environment for pathogens like parasites, harmful bacteria, and fungi, making black walnut hulls an effective, natural choice for cleansing the digestive system and balancing gut flora. Juglone is particularly potent in disrupting the cellular functions of parasites, effectively immobilizing and killing them. Tannins, known for their astringent qualities, aid in drawing out toxins and tightening tissues to help cleanse the body. Iodine, naturally occurring in black walnut hulls, further supports the immune system and promotes thyroid health, both essential to the body's natural detoxification processes.

WHAT ARE THE HEALTH BENEFITS?

Digestive health – Black walnut hulls are highly effective for cleansing the digestive tract. They're especially valued for their ability to eliminate parasites and pathogenic bacteria, which can disrupt gut health. When the gut is clear of harmful microorganisms, beneficial gut flora can thrive, leading to better digestion, reduced bloating, and more efficient nutrient absorption. This balancing of gut flora can contribute to improved energy levels and metabolic health.

Boosts immunity – The immune-boosting effects of black walnut hulls come primarily from their iodine content and natural antioxidants. Iodine is essential for thyroid function, which is central to regulating metabolism and immune responses. By supporting thyroid health, black walnut hulls can enhance immune efficiency and help the body better resist infections. The antioxidants in black walnut hulls also protect cells from oxidative stress, reducing the chances of chronic inflammation and lowering the risk of illnesses linked to inflammation.

Skin Health and Anti-Aging – Black walnut hulls are popular in skincare for their detoxifying and astringent properties. They contain tannins, which help tone the skin by tightening tissues and shrinking pores, leading to a clearer and smoother complexion. The antioxidants combat signs of aging by protecting the skin from environmental damage. They're also used to relieve skin issues like acne, eczema, and even fungal infections, thanks to their antimicrobial and antifungal properties.

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BLACK WALNUT HULLS

Heart health –The omega-3 fatty acids in black walnut hulls make them heart-friendly by helping to reduce inflammation and support blood flow. Omega-3s are well-known for their role in balancing cholesterol levels and reducing blood pressure, which can lower the risk of heart disease. The tannins in black walnut hulls may also contribute to blood vessel health by strengthening capillary walls, reducing strain on the heart, and improving circulation.



Antimicrobial and antifungal properties – Due to the presence of juglone, a natural antimicrobial and antifungal compound, black walnut hulls are highly effective at eliminating harmful microbes. Juglone disrupts cellular activity in these organisms, making black walnut hulls beneficial for treating infections such as Candida overgrowth, which can otherwise cause fatigue, digestive issues, and brain fog. Juglone, alongside tannins, helps create an environment within the body that is inhospitable to pathogens, supporting natural detox pathways.

HOW TO USE BLACK WALNUT HULLS

Black walnut hulls are usually available in tinctures, capsules, and tea. Black walnut hulls can be taken in different forms based on preference and desired potency. I usually take mine under the tongue followed by a small glass of water for a period of 7-10 days. Tinctures and capsules are especially potent and convenient, often paired with complementary herbs like wormwood and cloves in antiparasitic supplements. If using black walnut tea, note that it can be quite bitter, though its taste can be softened with a bit of honey or by blending it with other mild herbs. In all forms, following recommended dosages is essential, as black walnut hulls are powerful and should be used mindfully for best results.

With these powerful benefits, black walnut hulls are a versatile and potent addition to natural health routines, offering both preventive and therapeutic effects.

This was one of the first natural healing methods i came across in my journey to finding a cancer cure for my friend. I read a book called 'The cure for all cancers' which taught me about parasites and its what started me on this journey!



Parasite Killers

CLOVES

CLOVES

Cloves are small but fiery buds that come from the *Syzygium aromaticum* tree. These potent buds are rich in eugenol, the active compound responsible for many of their health benefits. Cloves have been valued in traditional medicine for their powerful antimicrobial, antiparasitic, and anti-inflammatory properties, making them a strong choice for supporting natural detox.

HOW DOES IT HELP WITH A DETOX?

The primary detoxifying compound in cloves, eugenol, has strong antimicrobial and antiparasitic properties, helping fight off various pathogens, including bacteria, fungi, and intestinal parasites. By reducing these harmful organisms, cloves support a cleaner environment in the gut, reducing inflammation and promoting balanced gut flora. Cloves are also high in antioxidants, which play a key role in neutralizing free radicals and supporting liver function, an essential part of detoxification.

WHAT ARE THE HEALTH BENEFITS?

Antimicrobial and antiparasitic – Eugenol in cloves serves as a natural antimicrobial that effectively targets bacteria, fungi, and even some viruses, making cloves a powerful defense against infection. This antimicrobial property is especially valuable in gut health, as cloves are capable of destroying parasite eggs, helping prevent reinfestation while also promoting a balanced microbiome.

Rich in antioxidants – Cloves are one of the most antioxidant-rich foods, with a high ORAC score indicating their strength in combating oxidative stress. These antioxidants protect cells from free radical damage, support the liver's natural detoxification pathways, and contribute to a more resilient immune system and reduced aging effects.

Supports digestive health – Cloves stimulate digestive enzymes, aiding in nutrient absorption and reducing issues like bloating, gas, and indigestion. Cloves also help protect the stomach lining, lowering the risk of ulcers, and may relieve stomach cramping, promoting comfortable digestion and gut health.

Anti-Inflammatory and Pain Relief – Eugenol in cloves also provides anti-inflammatory and mild anesthetic properties, particularly beneficial for reducing pain from toothaches or gum irritation. This can extend to relief in cases of chronic inflammation, benefiting conditions like arthritis and general muscle soreness.



Parasite Killers

CLOVES

Oral Health – Cloves are known for their significant benefits in oral health. The eugenol in cloves is effective for numbing pain and reducing inflammation, making it an excellent remedy for toothaches, gum issues, and general mouth discomfort. Clove's antimicrobial properties help combat bacteria in the mouth, reducing plaque buildup and promoting fresh breath.

Balances Blood Sugar and Benefits Heart Health – Cloves have shown potential to help regulate blood sugar levels by improving insulin sensitivity, beneficial for those managing diabetes. They also support cardiovascular health by reducing bad cholesterol and improving blood flow, making them valuable for both heart and metabolic health.

Boosts Immunity – Cloves are rich in vitamin C and bioactive compounds that encourage white blood cell production and strengthen immunity. Their immune-boosting properties can help the body defend against infections and external stressors, reinforcing natural defenses.

HOW TO USE CLOVES

For a concentrated dose of eugenol, clove tinctures and extracts are effective, though it's essential to follow dosage guidelines due to their potency. Capsules provide a convenient way to benefit from cloves without the strong taste and are often included in parasite-cleansing regimens. Clove tea, made by steeping whole cloves in hot water for 10–15 minutes, is a gentler, daily option for detoxification. For topical use, clove essential oil offers targeted benefits but should always be diluted due to its high concentration. Cloves also make a great snack that delivers their health benefits in a natural, unprocessed form

Cloves are quite an underestimated little plant, they spice up more than just curries and help fight toxicity, prevent cancer and aid in better health. These incredible combined benefits serve as a potent natural remedy for those seeking to detoxify, improve digestion, protect against infection, and maintain general wellness.



Parasite Killers

WILD OREGANO OIL

WILD OREGANO OIL

Wild oil of oregano is a potent essential oil extracted from the leaves and flowers of the wild oregano plant. Known for its high concentration of phenols—particularly carvacrol and thymol—this oil is a powerful antimicrobial and antioxidant agent. Unlike the oregano commonly used in cooking, wild oregano grows naturally in remote, mountainous regions and has a much higher concentration of active compounds. Due to its potency, it's generally available as an essential oil in either concentrated or diluted forms, making it popular for natural health practices, especially in detoxification. Please note, this is different to Oregano essential oils.

HOW DOES IT HELP WITH A DETOX?

Wild oil of oregano's detoxifying effects are due to its active compounds, carvacrol and thymol, which work together to kill harmful pathogens and support the body's natural cleansing processes. These compounds disrupt bacterial cell walls, making it harder for harmful bacteria to survive and multiply. When ingested in safe amounts, wild oregano oil can help detoxify the digestive tract, prevent overgrowth of harmful organisms, and maintain a balanced microbiome. The oil also stimulates immune activity, prompting the body to remove toxins and fight infections more effectively. As a natural antifungal, wild oregano oil is commonly used to treat candida overgrowth, which can reduce toxic byproducts from yeast in the gut.



WHAT ARE THE HEALTH BENEFITS?

Natural antibiotic properties – The compound carvacrol in oregano oil is a potent natural antibiotic. Studies have shown it can be as effective as some pharmaceutical antibiotics in combating harmful bacteria like *Escherichia coli* (*E. coli*). Unlike synthetic antibiotics, wild oregano oil works selectively, targeting harmful bacteria while leaving beneficial gut bacteria largely unharmed. This means it can be used more safely without causing imbalances in the gut microbiome, which often occur with prolonged antibiotic use. This can be used for a wide range of issues like UTIs, ear infections, any underlying viral problems and many more.

Antioxidant powerhouse – Wild oregano oil is rich in antioxidants, particularly phenolic acids and flavonoids. These compounds neutralize free radicals, which are unstable molecules that damage cells and contribute to aging, heart disease, and cancer. Regular intake of antioxidants from natural sources like oregano oil can support healthy aging, enhance cellular health, and lower inflammation in the body, all of which contribute to overall vitality.



Parasite Killers

WILD OREGANO OIL

Immune system support – With its potent antiviral, antifungal, and antibacterial properties, wild oregano oil strengthens the immune system. It helps the body combat common infections, from respiratory infections and colds to more persistent infections like Candida overgrowth. Carvacrol and thymol work together to break down the cell walls of harmful microorganisms, making it difficult for viruses and bacteria to survive and multiply. This immune-boosting effect is especially useful during cold and flu seasons.

Supports digestive health – The natural antifungal and antimicrobial properties of oregano oil make it excellent for promoting a healthy digestive system. It helps reduce the presence of harmful bacteria and fungi that can disrupt gut balance, such as *Helicobacter pylori*, a bacteria linked to ulcers, or *Candida albicans*, a fungus associated with yeast infections and digestive discomfort. By supporting a balanced gut microbiome, oregano oil aids digestion, enhances nutrient absorption, and may relieve symptoms like bloating, gas, and indigestion.

Anti-inflammatory benefits – Wild oregano oil is known for its anti-inflammatory effects, which can benefit conditions where inflammation plays a role, such as arthritis, sore muscles, and other types of chronic pain. Thymol, another active compound, works alongside carvacrol to reduce inflammation by modulating inflammatory responses in the body. Applying diluted oregano oil topically may also relieve localized pain and discomfort from muscle aches or skin irritations.

Oral health support – The antibacterial properties of wild oregano oil also make it a valuable ally in oral health. When used in diluted form, it can help reduce harmful bacteria in the mouth that contribute to cavities, bad breath, and gum disease. Its ability to fight inflammation and infection makes it beneficial for those dealing with sore gums or oral infections, though care should be taken to use only diluted oil in the mouth.



HOW TO USE WILD OREGANO OIL

Wild oregano oil is a powerful, concentrated extract that should be used carefully. And trust me when I say this, it is EXTREMELY potent. For internal use, dilute 1–2 drops in water or juice initially to support immune health; it's best to follow professional dosage advice here. Oregano oil capsules are a convenient alternative for those sensitive to its strong taste, often used for digestive and immune support. For skin conditions, dilute oregano oil with a carrier oil, such as coconut or olive oil, before applying it to treat skin infections, irritations, or mild fungal issues. Steam inhalation is another effective method, where a drop or two is added to hot water, allowing you to inhale the vapor to relieve respiratory discomfort and congestion. Due to its potency, avoid using undiluted oregano oil on sensitive areas, and refrain from high doses without guidance. Periodic breaks in usage (e.g., two weeks on, one week off) are recommended to prevent overstimulation.

Wild oregano oil is a powerful and versatile natural remedy that's beneficial to keep on hand in your kitchen cabinet. Known for its strong antibiotic, antifungal, and antiviral properties, it offers a range of uses—from supporting immune health and respiratory relief to treating skin issues and many other infections.

Parasite Killers

WILD OREGANO OIL

WHAT THE EXPERTS HAVE TO SAY

Notes by Angie Mohr taken from Podcast by Dr. Cass Ingram Source found on The Natural Health Library on Facebook

"I was listening to a podcast with Dr. Cass Ingram, D.O. The topic was 'cures in your cupboard', of which he has a book about. It was largely about wild oil of oregano and black seed oil.

He says the oil of oregano is the king for anti-viral, anti-fungal, anti-bacteria, and anti-parasitical. He recommends 5 drops per day or 1 gel cap as a preventative. He says 1% concentration kills everything, including candida and E. coli. Wild oregano doesn't kill off beneficial bacteria, it has been tested in yogurt and the lactobacillus count went up. Same holds true for garlic. Even if you eat 10 cloves of garlic you might kill 2% good bacteria but they grow back and thrive after cleaning up so much of the bad. Oregano makes the intestinal villus membrane healthier, increases the immunoglobulins, cleans the Peyer's patches, which are little sentinel white cell components that absorb toxins etc. and start an immune response. 60% of the lymph is in the Peyer's patches. Intestines become pink and healthy. You don't need to take a probiotic, the bacteria flourish after killing off the bad. To me it would be more important to take prebiotics, but mostly in the form of raw produce. I also use green banana powder and eat Jerusalem artichokes, not necessarily prebiotic supplements. Inulin is one I take occasionally.

Most oregano products are farm raised. He says that Greece is using farm raised and cloning it! Wild is best, and Dr. Cass only named one brand that is definitely wild and one that is pure and tested. Check comments for more on that.

Oregano helps liver enzymes and glutathione levels as well as scar tissue in the liver.

He also talks about oregaspray, for spraying in the air in your house, car, hands etc. which consists of bay leaf, oregano, clove and lavender. It is also used as a throat spray and for masks and for around the kitchen, including cutting boards.

He also mentions bay leaf and says it kills every germ so we should be finding as many ways to use it as possible, in soups, stews, stir fries etc. If you grind it up then it could be put in many things. I use it in chili, but count the bay leaves when I put them in and make sure I get them all out because I had an aunt that almost choked to death on a bay leaf. For that reason grinding sounds like a great idea to me but buy the whole leaves and grind when ready to use.

Cinnamon and clove are something he says to take instead of the flu shot. Use in cooking etc. whenever you can, is a germicide."

To continue reading about the benefits of wild oregano oil from experts, head over to The Natural Health Library [HERE](#) and search it.

Parasite Killers

CASTOR OIL

CASTOR OIL

Castor oil is an all time rounder incredible oil. Its a natural, plant-derived oil obtained from the seeds of the castor plant. It has been used for centuries in traditional medicine due to its potent therapeutic properties and is well-regarded for its unique detox effects. It has a combination of ricinoleic acid, omega-9 fatty acids, and vitamin E. Castor oil acts as a detoxifier, anti-inflammatory and offers a wide range of internal and external health benefits.



HOW DOES IT HELP WITH A DETOX?

Castor oil is often used to support detoxification because it stimulates the body's lymphatic system and liver, the two essential components of the body's detox pathways. When applied topically, castor oil penetrates the skin, enhancing circulation and encouraging the lymphatic system to flush out waste products, while supporting the liver in filtering and breaking down toxins. When taking frozen castor oil capsules, they gradually release in the intestines rather than acting as a rapid laxative. This slow release makes it a gentler, more effective cleanse for those looking to eliminate parasites and balance gut health. Always make sure your castor oil is cold pressed, hexane free and in a dark glass bottle, especially when consuming it.

WHAT ARE THE HEALTH BENEFITS?

Digestive and gut health – Castor oil's use as a natural laxative has made it a time-tested remedy for digestive issues, particularly constipation. Its ability to stimulate the muscles in the digestive tract promotes bowel regularity and may help relieve symptoms of bloating, cramping, and discomfort. This quality also makes it useful for gentle detoxification of the colon, helping to remove waste and toxins.

Natural parasite cleanser – Castor oil's antimicrobial properties work effectively against certain types of intestinal parasites. When used in frozen capsules, castor oil can target these parasites within the intestines, offering a gentler approach than harsher treatments. The timing around the full moon is often recommended by natural health practitioners, as parasites are believed to be more active, making the oil's gradual release beneficial for cleansing.

Powerful anti-inflammatory for pain relief – Rich in ricinoleic acid, castor oil has strong anti-inflammatory properties that help relieve sore muscles, joint pain, and inflammation. Castor oil packs, which involve applying warm castor oil to an area, are especially effective for conditions like arthritis or muscle strains, as they penetrate deeply to reduce swelling and improve circulation.

Hair and Scalp Benefits – Known for its ability to improve hair thickness, castor oil strengthens hair from the roots and promotes shine and hydration. Applied to the scalp, it can reduce dandruff and soothe irritation, while its rich concentration of omega-9 fatty acids helps nourish and strengthen hair over time.



Parasite Killers

CASTOR OIL

Enhanced lymphatic and immune support – By promoting circulation and helping to clear lymph nodes, castor oil stimulates the lymphatic system. This is important because the lymphatic system transports white blood cells throughout the body, removing cellular waste and toxins. Enhanced lymphatic flow also supports the immune system, making castor oil a valuable aid for general immune health and resilience.

Eye health and improved vision – When using high-quality, hexane-free castor oil, it helps to alleviate dry eyes, redness, and mild irritation. Applied to the eyes at bedtime, either in or on eyelids, castor oil helps moisturize and nourish the eye surface. Some people have reported improvements in clarity of vision over time, including my own eyesight, which is likely due to the oil's natural hydration and healing effects on the eye.

Skin Health and Wound Healing – Castor oil's antimicrobial and moisturizing properties make it an effective natural remedy for skin conditions. It is used to treat dry, irritated skin and can reduce acne by targeting bacteria that contribute to outbreaks. Castor oil is also used on minor wounds and cuts, where it can create a protective barrier that speeds up healing and minimizes scarring.

Antibacterial and Antifungal Properties – Castor oil is naturally antibacterial and antifungal, which makes it effective for treating minor infections and irritations. When applied topically, it helps cleanse wounds and prevent infections, while also reducing inflammation at the site. Its antifungal benefits extend to treating nail fungus and other fungal skin conditions, particularly when applied regularly.

HOW TO USE CASTOR OIL

For a gentle detox, try taking frozen capsules of castor oil by freezing 4-5 capsules and consuming them on an empty stomach before bed, make sure to eat your last meal at 6pm for the 5 days you do this. This method is popular in full moon parasite cleanses but can also be part of general detox support. Castor oil packs are another beneficial method. You can either warm the oil, apply it to a cloth, or buy a cotton castor oil pack which has a pocket for a heat pad, and place it over the abdomen or sore muscles to relieve soreness and promote detoxification. Always make sure its cotton cloth or pack. For eye health, apply a drop of castor oil to each eyelid at night and rub in to reduce dryness and irritation. I usually rub it all over my face before bed as castor oil can also be massaged directly onto the face, dry skin or the scalp for hydration and nourishment, offering benefits for both skin and hair. Always use cold pressed, hexane free and in a glass bottle, castor oil is powerful and will leech plastics into the oil.

Castor oil has also been traditionally used to help reduce the size and discomfort of benign tumors, cysts, and fibroids, largely due to its natural anti-inflammatory and detoxifying properties. When applied topically as a warm castor oil pack, it can increase circulation to the targeted area, which may support lymphatic drainage and help the body remove waste products from tissues more effectively.



Parasite Killers

CASTOR OIL

WHAT THE EXPERTS HAVE TO SAY

**From The Natural Health Library Website
Notes From Angie Mohr**

Castor Oil VS Tumors

“Medical uses of castor oil cover a wide range of conditions, including tumor treatment.

Castor oil helps you get rid of tumors, which refer to swellings or abnormal formations of parasitic cells or tissue in many parts of the body that may or may not be injurious to your health. Castor oil’s tumor treatment is popularly recognized as a form of folk remedy. Castor oil, a natural plant oil extracted from the castor bean seed, is said to pull out tumors from the body, according to American psychic Edgar Cayce. It is often recommended for the treatment of tumors near the surface.

Aside from reducing or dissolving tumors, castor oil is also regarded as a natural remedy for other swellings in the skin. It can be massaged on bunions, moles, warts, calluses, and cysts. There are also reports that uterine fibroid tumors and ovarian cysts that are benign or non-cancerous may also be addressed by castor oil.

How does castor oil tumor treatment work?

Castor oil primarily contains ricinoleic acid, a fatty acid component that is notable for its many healing benefits for the human body. Ricinoleic acid possesses the ability to draw toxins and other poisonous components out of the tissues, thereby restoring the health of parts of your body that have been infected.

What is the method of using castor oil therapy for tumors?

Castor oil for treating tumors is done externally through a castor oil pack, which is made by soaking a piece of wool or cotton flannel in high-quality, cold-pressed oil. Castor oil packs are a kind of natural therapy traditionally and frequently used to improve the body’s circulation, elimination and healing processes. They can provide cure for a variety of conditions such as disorders in the lymph, sciatic nerve, and many other ailments.

This castor oil pack is placed over the infected area to promote the healing of the tissues underneath the skin. Afterwards, a hot water bottle or any form of heating pad is put all over it. It is recommended that you let the castor oil pack over the tumor for a minimum of one hour up to 3 hours, for 3 to 7 days in a week to treat the condition. This will ensure more visible results.

Check with your doctor first before using castor oil

Should you notice that you have tumor-like conditions in your body, make sure you get a proper diagnosis from your doctor before you seek treatment. Once you know your real condition and if indeed, you find that you have tumors, consult with your doctor first on the possible treatments that are available for you, including the possibility of using castor oil therapy. He or she can recommend the most appropriate treatment for you.

Keep in mind, however, avoid the use of castor oil for cancerous tumors as it might only aggravate your already serious condition.”

To read more about castor oil check out the castor oil remedies group [HERE](#) or you can find more info on the Natural Health Library [HERE](#)

Parasite Killers

COLLOIDAL SILVER

COLLOIDAL SILVER

Before the advent of modern antibiotics, colloidal silver was celebrated as the most powerful antimicrobial agent available. Remarkably effective against over 650 illness-causing organisms, including bacteria, viruses, and fungi, it was a staple in medical practices prior to World War II. At the time, colloidal silver treatments were prohibitively expensive, costing the equivalent of \$400 per session today, making it available only to the wealthy. Colloidal silver is derived from finely ground particles of silver suspended in liquid, its tiny particle size made it highly assimilable by the body, offering unparalleled antibacterial, antiviral, and antifungal properties as the bacteria never becomes immune like how it does with antibiotics.

HOW DOES IT HELP WITH A DETOX?

Colloidal silver is a potent detoxification tool, particularly effective in targeting parasites. It disrupts their cellular metabolism and reproductive processes, effectively killing them and making it easier for the body to flush them out. But not only is it great for targeting parasites, it also has the unique ability to penetrate and break down biofilms— the protective layers formed by parasites and harmful bacteria that shield them from the immune system and treatments. By exposing these pathogens, colloidal silver enhances the body's ability to eliminate them. Although it does not directly bind to heavy metals, colloidal silver supports detoxification by strengthening the immune system and reducing the microbial load, allowing the body to focus more effectively on eliminating toxins.



WHAT ARE THE HEALTH BENEFITS?

Potent antimicrobial action – Colloidal silver is renowned for its ability to kill bacteria, viruses, and fungi, making it a versatile natural antimicrobial. It can target over 650 different pathogens, including antibiotic-resistant strains such as MRSA, making it an effective alternative in fighting many, if not all infections. This broad-spectrum activity supports overall health by reducing harmful microbial loads in the body.

Immune system support – By neutralizing harmful microbes, colloidal silver reduces the burden on the immune system, allowing it to function more efficiently. This immune-boosting property is particularly beneficial during times of illness, chronic infections, or detox protocols where the immune system is already under stress.

Wound healing and skin health – When applied topically, colloidal silver promotes wound healing by preventing infection and reducing inflammation. It stimulates cell regeneration, helping cuts, burns, and abrasions heal faster. It is also beneficial for managing skin conditions such as acne, eczema, and psoriasis due to its antibacterial and anti-inflammatory properties.

Parasite elimination – Colloidal silver inhibits the metabolism and reproduction of parasites, disrupting their life cycles and making it easier for the body to eliminate them. This property makes it a valuable tool in comprehensive parasite cleansing protocols.

Anti-Inflammatory effects – By reducing inflammation at the cellular level, colloidal silver helps alleviate symptoms of various inflammatory conditions, including arthritis, gut inflammation, and skin irritation. Its soothing effects can improve overall comfort and well-being.

Parasite Killers

COLLOIDAL SILVER

Respiratory health – Nebulizing colloidal silver allows it to reach the respiratory system directly, offering relief from lung infections, sinus issues, and respiratory inflammation. Its antimicrobial properties help eliminate pathogens in the airways, supporting respiratory function and reducing symptoms of colds, flu, and bronchitis.

Biofilm disruption – Colloidal silver can break down biofilms—protective barriers created by harmful bacteria and parasites. This ability is crucial in addressing chronic infections and supporting parasite detoxification, as biofilms often shield pathogens from treatments and immune defenses.

Enhanced detoxification – While it does not directly bind to heavy metals, colloidal silver supports the detox process by reducing microbial loads and strengthening the body's ability to focus on eliminating toxins. Its immune-enhancing properties also play a complementary role in heavy metal and toxin clearance.

Cancer prevention potential – Emerging research suggests that colloidal silver may have anti-cancer properties due to its ability to induce apoptosis (programmed cell death) in certain cancer cells and inhibit their growth. This potential adds another layer of benefit to its versatile health profile, although more studies are needed to confirm its role in cancer prevention and treatment.

Gut health and digestive balance – Colloidal silver can help maintain a healthy balance of gut flora by targeting harmful bacteria and fungi such as *Candida* while preserving beneficial microbes when used responsibly. A balanced gut microbiome supports digestion, immunity, and overall health.

Dental health – Its antibacterial properties also make colloidal silver beneficial for oral hygiene. It can reduce plaque, combat gum disease, and alleviate bad breath by neutralizing harmful bacteria in the mouth.

Eye and ear health – Colloidal silver can be used as an eye drop to address infections such as conjunctivitis (pink eye) and as an ear drop for bacterial or fungal ear infections. Its gentle yet effective antimicrobial action makes it suitable for sensitive areas.

Antiviral properties – Colloidal silver's antiviral effects extend to a wide range of pathogens, including common cold viruses, influenza, and herpes. By interfering with viral replication, it can reduce the severity and duration of infections.

Travel-friendly natural antibiotic – For travelers, colloidal silver can serve as a natural antibiotic to protect against foodborne illnesses, water contamination, and exposure to unfamiliar pathogens, making it a practical health ally.

HOW TO USE COLLOIDAL SILVER

Colloidal silver can be used in several ways to support health and detoxification. Orally, take 1 teaspoon (5 mL) of 10–20 ppm colloidal silver daily on an empty stomach for general immune support, holding it in your mouth for 30 seconds before swallowing for better absorption. For respiratory detox or lung infections, nebulize 5–10 mL of colloidal silver (10–20 ppm) once or twice daily, using a nebulizer to inhale deeply for 5–10 minutes per session. Topically, colloidal silver can be applied directly to wounds, burns, or skin infections by placing a few drops on the area or using a sterile gauze soaked with colloidal silver, reapplying 2–3 times daily to promote healing and prevent infection. Always follow usage guidelines, avoid prolonged use without breaks, and consult a healthcare provider for long-term or intensive applications.

Colloidal silver is one of THE BEST products to keep on hand in your kitchen, its strength against many viruses goes unmatched. It is practically magic water. You can easily make your own at home using a colloidal brewer too.

Parasite Killers

COLLOIDAL SILVER

WHAT THE EXPERTS HAVE TO SAY

About Colloidal Silver from the Natural Health Library

“Dr. Jerome Alexander, in his book, “Colloid Chemistry”, said that he tested the concept and found that silver ions were rubbed off the metal and did, indeed, destroy harmful bacteria. History texts show that serious medical study of CS began in the late 1880s with it being used to successfully treat typhoid and anthrax bacterial infections.

Dr. Henry Crookes is credited for the wide use of silver in the early 1900s. He used it for subduing gonorrhea, tuberculosis and staphylococcus, as well as many other infectious organisms. His scientific reports concluded that there was no known microbe that **could not be killed in the laboratory with CS within six minutes.**

In 1915, Dr. A. Leggeroe found that CS was not only good for protecting babies eyes, but it worked for adults as well. He said that it was “the most useful ophthalmic remedy” he had ever encountered for eye infections. He claimed there was never any side effects or visual impairment as a result of using CS.

Colloidal Silver not only killed bacteria, viruses and bacillus toxins, it bolstered the immune system, according to studies published in a 1916 issue of Transactions of the American Association of Obstetricians and Gynecologists. The author reported that CS actually doubled the white blood cell counts — our body’s major germ fighters.

Dr. Malcomb Morris reported in 1917 that CS was a powerful remedy for inflamed and enlarged prostates. Infected hemorrhoids also responded well to the substance. Later, he proved it was useful in treating eczema.

Diphtheria and tetanus were still a scourge for humanity, and scientists were infecting animals with these bacillus toxin in laboratories in order to find an answer. In 1919, Dr. Alfred Searle succeeded. He found that CS could protect rabbits from very high lethal doses of those toxins.

Dr. J. Mark Hovel reported in the British Medical Journal that CS was especially useful in controlling viruses. His studies covered shingles, pyorrhea, whooping cough, throat and nasal infections. The common cold retreated quicker in the presence of CS, according to his report.

A new surge of research began in 1970 when Dr. Carl Moyer, chairman of the Washington University Department of Surgery and his chief biochemists, Dr. L. Bretano and Dr. H. Margarf, received a federal grant to find better treatments for burn victims. Most of the antiseptics used for this purpose created more severe problems due to their poisonous nature. Antibiotics worked only for a while before the bacteria on the burnt skin developed immunity to the drugs. In addition, no antibiotic or antiseptic killed the most powerful bacteria known as *Pseudomonas Earuginosa*.

After reading some old medical research from the early 1900s, Dr. Margarf tried CS. He found that just a tiny amount of silver killed the *Pseudomonas* bacteria and allowed the burnt tissue to heal.”

continued...

Parasite Killers

COLLOIDAL SILVER

"Scientists found they could use electricity to break down the particles to as small as 1/10,000th of an inch – much smaller than you can see with the naked eye. This new silver is called "Electrically Generated Colloidal Silver" or EGCS. EGCS can now be taken orally or sprayed on a wound, burn or rash, and no shots are necessary. This is the colloidal silver you can buy ready made, or make yourself.

Using a very small amount of ultra fine particles of .999% pure silver, Dr. Bretano found it was the best burn antiseptic, and no matter how often it was used, it did not discolor the skin. Also, the bacteria did not develop immunity to the silver like they did to antibiotics, according to the results published in the journal, "Surgical Forum".

Clinical researchers at the VA hospitals in Syracuse, New York, confirmed that the new EGCS was 10 to 100 times stronger than the drugs formerly used to kill bacteria, but without being toxic.

Fungi can create major aggravations in life when they infect finger and toenails, skin, scalp and feet. The most common one is athlete's foot. In 1976, Dr. T.J. Berger found that EGCS was a powerful antifungal agent. One application of EGCS could stop fungi, such as athlete's foot, in its tracks.

In 1977, Dr. William Foye showed that EGCS was great for dealing with tonsillitis, rhinitis (stuffy or runny nose), and conjunctivitis (pink eye and related eye infections.) Later researchers used EGCS to kill syphilis and malaria bacteria. Doctors in hospitals soothed varicose ulcer and bedsores with EGCS.

But is EGCS safe?

Dr. John Barltrop of the University of Toronto conducted toxicity tests on rats, giving them enormous amounts of EGCS. He found there were absolutely no toxic effects. The amount he gave the rats (1 cc of a solution of 300,000 ppm of EGCS) was equivalent to 7,500 times the amount other scientists found was the proper dose (10-40 ppm). The World Health Organization has stated, "It is unnecessary to recommend any health-based guidelines for silver as it is not hazardous to human health."

According to the U. S. Environmental Protection Agency (EPA) Poison Control Center, EGCS is considered harmless. Dr. Samuel Etris, a senior consultant at the Silver Institute, says there has never been any reports of allergenic, toxic or cancerous reactions to pure Colloidal Silver. The U.S. Government's Center for Diseases Control confirmed that fact in 1995.

One of the problems found with silver in the early 1900s was that large amounts colored the skin blue-gray, a condition which was called "Argyria". This was due to the huge amounts doctors used over extended periods of time (years), and specifically because the silver that was used was not pure silver, but silver mixed with other substances. Today, there are no reports of Argyria associated with pure Colloidal Silver."

To continue reading about the benefits of colloidal silver from experts, head over to The Natural Health Library [HERE](#) and search it. Also check out their website as has lots of great info there too.

Parasite Killers

CAYENNE PEPPER

CAYENNE PEPPER

Cayenne pepper is a spice derived from dried and ground chili peppers from the *Capsicum annum* family. It is renowned for its fiery heat, attributed to its active compound capsaicin, which gives it its pungency and medicinal properties. Regular cayenne pepper, commonly used in cooking, usually has a heat rating between 30,000 to 50,000 Scoville Heat Units (SHU). Medicinal-grade cayenne pepper, which is often used therapeutically, has a significantly higher potency of around 90,000 SHU, making it far more intense in both heat and health benefits.

HOW DOES IT HELP WITH A DETOX?

Thanks to its active compound, capsaicin, Cayenne is very powerful aiding in parasite cleanses. It creates a hostile environment for parasites within the digestive tract by stimulating digestive enzymes and increasing intestinal motility, which helps flush out parasites and their eggs. Its natural antimicrobial and antiparasitic properties disrupt parasite activity and reproduction, while enhanced circulation aids the delivery of other antiparasitic agents to biofilm-protected parasites. Although cayenne doesn't directly chelate heavy metals, it supports detoxification by improving blood circulation, stimulating the lymphatic system, and increasing sweating, which aids in the removal of toxins.



WHAT ARE THE HEALTH BENEFITS?

Enhances circulation and cardiovascular health - Cayenne pepper significantly improves blood flow by dilating blood vessels and stimulating circulation. This reduces the risk of blood clots and promotes oxygen delivery to tissues, benefiting heart health and reducing the likelihood of cardiovascular diseases like stroke, atherosclerosis, and heart attacks. Additionally, cayenne pepper can help regulate blood pressure levels and lower LDL (bad) cholesterol.

Supports metabolism and weight loss - Capsaicin is well known for its thermogenic properties, which boost metabolism by increasing heat production in the body. This process, known as thermogenesis, helps burn calories more efficiently. Cayenne pepper may also reduce appetite, making it a valuable tool for weight management. It improves fat oxidation and has been linked to reduced abdominal fat.

Cancer prevention - Emerging studies suggest that capsaicin may inhibit the growth of cancer cells by triggering apoptosis (programmed cell death) in abnormal cells. This has been observed in certain types of cancer, including prostate, lung, and colon cancers. Cayenne's antioxidant properties also reduce DNA damage, a major lead to cancer.

Alleviates pain and reduces inflammation - Capsaicin interacts with pain receptors in the brain and nervous system, offering relief from chronic pain conditions like arthritis, neuropathy, and fibromyalgia. Its anti-inflammatory properties also help soothe the sore muscles, joints, and tissues, making it effective in managing conditions associated with inflammation.

Promotes detoxification - By stimulating circulation and the lymphatic system, cayenne pepper helps flush out toxins from the body. It also induces sweating, one of the body's natural detox pathways, to eliminate impurities, including heavy metals and toxins.

Parasite Killers

CAYENNE PEPPER

Supports respiratory health – Cayenne pepper can help clear mucus and phlegm from the respiratory tract, making it a natural decongestant for colds, sinusitis, and other respiratory conditions. Its antimicrobial properties also help reduce the risk of infections.

Provides antioxidant protection – Cayenne pepper is loaded with antioxidants like capsaicin and vitamin C, which protect the body from free radical damage. This reduces oxidative stress, which is linked to aging, chronic diseases, and cancer.

Supports skin health – Cayenne pepper's circulation-boosting properties enhance nutrient delivery to the skin, promoting a healthy, glowing complexion. Its antibacterial and anti-inflammatory effects can help manage acne, eczema, and other skin conditions

Alleviates migraines – Cayenne pepper may help reduce migraine intensity by desensitizing nerve pathways responsible for transmitting pain. Capsaicin interferes with substance P, a pain neurotransmitter, reducing migraine frequency and severity.

Enhances energy and mood – The stimulating effects of cayenne pepper boost energy levels by improving circulation and metabolism. It can also increase endorphin production, lifting mood and combating stress and fatigue.

Oral health – Cayenne's ability to stimulate blood circulation can promote healthier gums by enhancing nutrient delivery and supporting tissue repair, particularly in cases of gum inflammation or receding gums



HOW TO USE CAYENNE PEPPER

Cayenne pepper can be used in various ways to support health, both internally and externally. It can be added to meals, detox drinks, or teas, such as a simple mix of $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of cayenne powder with warm water, lemon, and honey to boost circulation and digestion. You can also use olive oil with lemon and cayenne in a morning shot. For those who dislike the spicy flavour, it is available in capsule form, including medicinal-grade options with 90,000+ heat units. Topically, cayenne can be mixed with coconut or olive oil to create a balm for pain relief or added to a foot soak to improve circulation. It also supports detoxification by enhancing lymphatic drainage and sweating when included in liver detox drinks or parasite cleanse regimens. In oral health, a cayenne mouth rinse or gum paste can reduce bacteria, stimulate circulation, and promote healing of inflamed gums. To enhance sweating and circulation, cayenne can be consumed before activities like saunas or exercise. Due to its potency, it's essential to start with small amounts, avoid direct contact with sensitive areas, and consult a healthcare provider when using medicinal-grade cayenne.

Cayenne pepper is a powerful detox aid, boosting circulation, digestion, and lymphatic drainage to help eliminate toxins and heavy metals. Its antiparasitic and antimicrobial properties also target harmful pathogens, making it an effective and natural addition to any detox routine.

Parasite Killers

CAYENNE PEPPER

WHAT THE EXPERTS HAVE TO SAY

Sourced from The Natural Health Library
Article written by Terry Chamberlain -
Functional Retired Doctor

More Revelations About The Latest **Spicy Cancer Fighter**

"Peppers Scientists have discovered the secret behind the ability of spicy foods to kill cancer cells. Capsaicin, which is found in jalapeno peppers, attacks the mitochondria of cancerous cells. Vanilloids, a family of molecules that includes capsaicin, bind to mitochondrial proteins in cancer cells to trigger apoptosis (programmed cell death), without causing harm to healthy cells. The biochemistry of cancer cell mitochondria is significantly different from that of normal cells. To determine this, capsaicin was tested on cultures of human lung and pancreatic cancer cells.

Dr. Mercola's Comment:

The list of foods that exhibit medicinal properties is extensive. Certain foods, such as garlic, have a long and storied history of use for a variety of ailments. Even the tasty blueberry has turned out to be one of the healthier foods nature has to offer.

The capsaicin found in red chili peppers and other spicy foods is another well-known food component with healing properties. While its most common use has been as a component in topical creams for joint pain, it may also be capable of helping to lower insulin levels.

But the good news has just kept on coming regarding the potential of capsaicin as a natural treatment for such severe illnesses as type 1 diabetes and cancer.

The lead researcher on this latest study is so sure of the benefits that he believes using capsaicin this way has uncovered, perhaps, a universal "Achilles heel" for all cancers. And, considering capsaicin and other vanilloids are common in the average diet, researchers believe it may be possible that a diet richer in spicy foods could be prescribed one day for cancer patients or those at risk.

Just more evidence -- if you really needed any more of it -- that the foods you eat greatly influence your health.

On Vital Votes, Ray from Bloomington, Indiana adds:

"Ever hear of the late Dr John Christopher, master herbalist? I heard him speak, about 20 years ago, about the miracle cures available from a host of herbs/spices. His absolute #1 'go-to' herb is/was cayenne pepper, one of the hottest. Says he stopped a heart attack dead in its tracks with it. Used it to stop bleeding also.

"There are many other wonder herbs as well: echinacea, garlic, olive leaf extract, oil of oregano (extremely potent antimicrobial), ginger root, cilantro, parsley, lobelia and so many more."

continued..

Parasite Killers

CAYENNE PEPPER

WHAT THE EXPERTS HAVE TO SAY

Burn away prostate cancer with jalapenos

"It still amazes me how the chemicals contained in the whole foods we eat work like natural medicines that can protect and heal our bodies from disease. New research has uncovered more evidence of the cancer-fighting properties of capsaicin, the peppery component that makes jalapenos hot.

A capsaicin extract caused the death of about 80 percent of human prostate cancer cells in mice and slowed the development of prostate tumors, according to American researchers. Specifically, capsaicin inhibited the activity of a chemical (NF-kappa Beta) that leads to the natural death of cancer cells. It also reduced the production of PSA, the protein produced by prostate tumors in high quantities (and a marker for cancer screenings).

The catch – Scientists fed mice 400 milligrams of capsaicin three times a week. That's about the same dose that would be given to a 200-pound man -- anywhere from three to eight habanera peppers. Nevertheless, the more natural weapons you have to fight prostate cancer, the better off your body will be.

Spice up cancer protection with red chili peppers

I just couldn't resist letting you know about one of the more tasty, spicy and natural ways you can fight cancer: Red chili peppers -- along with broccoli -- have found been to slow or prevent the growth of various cancers, according to a pair of studies by scientists at the University of Pittsburgh School of Medicine.

One study examined the potential of capsaicin, the ingredient in red chili pepper often associated with antioxidative and anti-inflammatory properties. Researchers found capsaicin exhibited anticancer activity against pancreatic cancer, an aggressive form of the disease typified by exceptionally poor outcomes.

After treating human pancreatic cells, researchers discovered capsaicin disrupted the mitochondrial function resulting in the release of cytochrome c, which induced apoptosis (programmed cell death) in the cancerous cells without affecting normal pancreatic cells.

A second study examined the therapeutic benefits of phenethyl isothiocyanate (PEITC), a compound found in cruciferous vegetables like broccoli, on ovarian cancer, a disease often detected at an advanced stage. After ovarian cancer cells were exposed to PEITC for 24 hours, researchers found the effect of epidermal growth factor receptor (EGFR) -- which spurs the growth of ovarian cancer cells -- was significantly inhibited.

Just more proof, an optimized diet based on your body's unique metabolic type can do wonders for your health, and help you fight cancer all at the same time. And that whole foods certainly can act like medicines, in that they can protect and heal your body."

To read more on cayenne pepper go to the Natural Health Library website [HERE](#) and search Capsaicin. Or search on the Facebook group.



LIVER SUPPORT

Liver Support

In this chapter, we'll explore powerful, natural supplements that support the liver, our body's primary detoxification organ. The liver works tirelessly to filter toxins, break down waste, and regulate metabolism, making it essential to overall health and especially critical during any cleansing protocol. When dealing with parasites, the liver needs additional support to handle the increased toxin load and keep the body functioning smoothly. Supplements like N-Acetyl Cysteine, milk thistle, and others can strengthen liver function, aid in detoxification, and protect against oxidative stress, allowing the liver to operate at its best.

Natural liver support supplements

- NAC N-Acetyl Cysteine
- Milk Thistle
- Tudca
- Turmeric



NAC N-ACETYL CYSTEINE

N-Acetyl Cysteine, or NAC, is a modified form of the amino acid L-cysteine, which is one of the building blocks of proteins in the body. NAC is unique because it is the most bioavailable form of cysteine, meaning it's easily absorbed and utilized by the body. This quality makes it especially effective for boosting levels of glutathione, a key antioxidant involved in cellular repair, detoxification, and immune function. NAC was actually first developed as a medical intervention for Tylenol poisoning due to its ability to neutralize toxins that can accumulate in the liver. Besides its role in detox, NAC is also prized for its mucus-thinning properties, and breaking down biofilm, which makes it also widely used in respiratory therapies to help clear airways, supporting lung function and respiratory health.

HOW DOES IT HELP WITH A DETOX?

NAC's ability to raise glutathione levels makes it highly effective in detoxifying the liver and other tissues. Glutathione binds to toxins, heavy metals, and waste products in the body, allowing them to be safely removed. NAC directly supports liver enzymes in their detox function, helping to clear out various harmful compounds that can build up over time, especially during a detox protocol. NAC also aids in breaking down biofilms — protective mucus layers created by some bacteria and parasites. These biofilms shield pathogens from immune response and antibiotic treatments, making them difficult to eliminate. NAC destabilizes these biofilms, allowing the immune system and other detox agents to attack pathogens more effectively.

WHAT ARE THE HEALTH BENEFITS?

Immune support and biofilm disruption – One of NAC's lesser-known benefits is its ability to disrupt biofilms—protective layers created by bacteria and other pathogens to shield themselves from the immune system. Biofilms make infections harder to treat and can lead to chronic conditions. NAC's biofilm-breaking properties expose pathogens, allowing the immune system and other treatments to address infections more effectively. This is particularly useful in protocols for persistent bacterial and parasitic infections, as NAC enhances the effectiveness of antimicrobial and antiparasitic therapies.

Liver Support

NAC N-ACETYL CYSTEINE

Respiratory health – NAC’s ability to thin mucus makes it a valuable supplement for respiratory conditions. It helps break down thick mucus in the lungs and airways, which can alleviate symptoms of chronic bronchitis, COPD, and other lung conditions. By reducing mucus buildup, NAC allows for easier breathing and helps to clear out bacteria and pathogens that can cause respiratory infections. Studies suggest it may also reduce the frequency and severity of flare-ups in chronic respiratory illnesses.



Antioxidant defense and cellular health – As a precursor to glutathione, NAC acts as a powerful antioxidant, protecting cells from damage caused by oxidative stress. Glutathione helps repair damaged cells and combat free radicals, molecules that can accelerate aging and contribute to diseases like cancer, cardiovascular disease, and neurodegenerative disorders. Increased glutathione levels can help slow the aging process, promote cell renewal, and protect organs, especially the liver, from cellular wear and tear.

Antioxidant defense and cellular health – As a precursor to glutathione, NAC acts as a powerful antioxidant, protecting cells from damage caused by oxidative stress. Glutathione helps repair damaged cells and combat free radicals, molecules that can accelerate aging and contribute to diseases like cancer, cardiovascular disease, and neurodegenerative disorders. Increased glutathione levels can help slow the aging process, promote cell renewal, and protect organs, especially the liver, from cellular wear and tear.



Mental health and cognitive function – NAC plays a crucial role in brain health by regulating levels of the neurotransmitter glutamate, which is involved in cognition, memory, and mood. Balanced glutamate levels can protect against mood disorders and cognitive decline, while low levels are associated with conditions like anxiety, depression, and schizophrenia. NAC has shown potential in clinical trials to alleviate symptoms of these disorders, as well as helping with obsessive-compulsive behavior, by stabilizing mood and improving mental clarity.

HOW TO USE NAC

NAC, usually taken in doses from 600mg to 2,400mg. For general wellness, typical doses range from 500 mg to 1,000 mg per day. And for a therapeutic dose, which addresses health ailments, a dose of 1,200 mg to 2,400 mg daily are often used in more intensive protocols, such as for liver support or respiratory health. These are best taken on an empty stomach to improve absorption. It’s available in capsules, powder, or effervescent tablets, so it’s easy to find a form that suits individual preferences. Staying hydrated while using NAC helps with its detox effects, and combining it with antioxidants like vitamin C can further enhance its benefits. Long-term users often take NAC in cycles, using it for a few months and then pausing to keep it effective. NAC can interact with some medication like blood thinners so make sure to speak to your doctor first.

NAC is another absolute powerhouse supplement to have on hand—whether you’re detoxing from parasites, flushing out heavy metals, or clearing up a mucus-filled cough that doesn’t seem to budge. This versatile addition to your health routine is a must have for the medicine cabinet!

Liver Support

NAC N-ACETYL CYSTEINE

WHAT THE EXPERTS HAVE TO SAY

Facebook Post From The Natural Health Library – By Terry Chamberlain Retired Functional Medicine Doctor Creator of the FB group The Natural Health Library and inventor of his own CS Brewer.

NAC Benefits Part 1 –

“NAC has so many benefits, it's not surprising that the FDA is trying to get it off the shelves. My functional doctor has me on it for liver support but unlike toxic pharma drugs, I get to experience many side BENEFITS instead of the side effects all pharma drugs have.

TOP 12 HEALTH BENEFITS OF N-ACETYL CYSTEINE (NAC)

Imagine you have a toothache and pop too many acetaminophen (Tylenol) pills to deal with the pain. You end up with liver toxicity from the drug, and your doctor puts you on NAC to treat the overdose.

NAC (N-acetyl cysteine) is a common dietary supplement. But it's also a top treatment doctors use to save your liver from acetaminophen poisoning.

The main way NAC helps protect your liver from acetaminophen damage is by increasing your liver's antioxidant defenses.

So what exactly is NAC? This nutraceutical compound derives from cysteine. That's an amino acid found in protein-rich foods, such as eggs, lentils, meat, and pumpkin seeds.

Besides NAC's impressive ability to protect your liver, NAC can also work throughout your body. That includes supporting the health of your brain, gut, and lungs.

NAC Benefits Part 2 –

1. Antioxidants

NAC packs a double punch when it comes to fighting free radicals. Those are pesky, unstable molecules that can damage your cells. When free radicals get out of control, it's called oxidative stress, often associated with cancer, chronic diseases, and chronic inflammation.

To fight this, NAC could work directly as an antioxidant to squelch free radicals. That can help reduce inflammation and preserve normal cell function.

Second, the cysteine that NAC supplies is a key building block of glutathione. That's a potent antioxidant your body makes to guard your cells against free radicals.

If you've heard of glutathione supplements, you may wonder why not take those rather than NAC? In other words, why not bypass “the middleman”?

Most glutathione supplements are quickly broken down in your gut or liver before they have a chance to work. Liposomal glutathione may work better, but those supplements are typically pricey. NAC is relatively inexpensive. Additionally, pushing glutathione directly too early can throw people into detox symptoms, whereas NAC is a precursor and supports your body in creating its own glutathione instead.”

Liver Support

NAC N-ACETYL CYSTEINE

WHAT THE EXPERTS HAVE TO SAY

2. Biofilm Reduction

"Biofilm is like a "protective blanket" that bacteria and other microbes produce. It helps shield them from your immune system and treatment strategies.

To beat complex chronic illnesses, such as Lyme disease, it's important to tackle biofilm. NAC may help with this. Though NAC hasn't been tested against *Borrelia* (Lyme) biofilm, it has been tested against other resistant bacteria.

In a series of experiments, researchers tested NAC against seven types of antibiotic-resistant bacteria. That included MRSA (methicillin-resistant *Staphylococcus aureus*). Compared to a control group, NAC significantly reduced the thickness of biofilm made by all bacteria tested.

In addition, all the bacteria tested died within 30 minutes of treatment with NAC. Plus, NAC inhibited the growth of *Candida albicans*.

Another lab study suggests NAC inhibits biofilm production in a dose-dependent manner. In other words, the effectiveness increases as the dose increases.

3. Brain Function

Your brain has a big workload but relatively low antioxidant defenses, so it's vulnerable to damage. Plus, as you age, oxidative stress increases while glutathione levels gradually decrease. This means your brain has even less protection.

You'd probably prefer not to think about your risk of a brain injury or losing good cognitive function. Yet it's a possibility we all face.

Brain dysfunction and memory loss can happen as a result of brain injuries, such as a stroke, as well as in Alzheimer's disease. Oxidative stress could play a significant role in this, as it promotes inflammation and dysfunction of brain cells.

Research suggests NAC may help combat cognitive dysfunction in conditions including:

> Alzheimer's disease: Scientists have tested NAC for people with declining brain function, including early Alzheimer's disease. When combined with certain vitamins and amino acids, NAC has helped improve people's executive function. That's the ability to carry out tasks requiring mental skills. (12)

> Parkinson's disease: NAC may help your brain use dopamine, a nerve messenger that declines in Parkinson's. When people with Parkinson's disease took NAC via a combo of an oral supplement and intravenous therapy, dopamine activity increased by 3–8%. (13)

> Stroke: During a stroke, your brain produces a toxin called acrolein. Animal research suggests NAC may help detoxify this harmful compound. NAC helps increase glutathione levels in your brain, which can play a role in combating acrolein. (14)

> Traumatic brain injury: NAC may help reduce symptoms of brain injury incurred during military service. When soldiers took NAC within 24 hours of a mild brain injury, they had an 86% chance of full recovery within 7 days compared to taking a placebo."

To continue reading about the benefits of NAC from experts, head over to the natural health library [HERE](#), and search the facebook groups.

Liver Support

MILK THISTLE

MILK THISTLE

Milk thistle, a beautiful plant with purple flowers and is best known for its liver-supporting properties and is used in detoxification practices worldwide. Its active compound, silymarin, is a powerful antioxidant and anti-inflammatory that helps protect liver cells from toxins, aids in their repair, and promotes regeneration. This makes milk thistle especially valuable for supporting the liver's role in detoxifying the body, breaking down substances such as alcohol, environmental toxins, and other harmful chemicals.



HOW DOES IT HELP WITH A DETOX?

Milk thistle enhances detoxification primarily through its protective effects on liver cells. Silymarin binds to the liver cell membranes, strengthening them and reducing the chances of toxins penetrating and damaging these cells. Silymarin helps activate key liver enzymes and stimulates the production of glutathione, one of the liver's most essential antioxidants. Glutathione binds to toxins, assisting the liver in processing and eliminating them. This glutathione boost also aids the liver in breaking down fats and metabolizing nutrients, which supports both detoxification and overall metabolic health.

WHAT ARE THE HEALTH BENEFITS?

Liver protection and regeneration – Milk thistle is best known for its protective role in liver health, shielding liver cells from damage due to alcohol, environmental toxins, or medications. This protective effect is particularly helpful for those with liver conditions or who are at risk of liver strain. Silymarin not only prevents damage but also stimulates liver regeneration, aiding in the repair of existing liver cells—a benefit highly valued in cases of liver injury or long-term damage.

Anti-inflammatory effects – Silymarin has significant anti-inflammatory properties that extend throughout the body, but its effects on the liver are particularly beneficial. By reducing inflammation, silymarin helps prevent the progression of liver-related conditions, such as fatty liver disease and hepatitis, where inflammation is a key factor in disease development.

Antioxidant support – Milk thistle's antioxidants go beyond liver protection to shield the entire body from oxidative stress. This action reduces free radicals that can accelerate cellular aging and increase vulnerability to chronic illnesses. By enhancing the body's antioxidant capacity, milk thistle supports both cellular longevity and resistance to degenerative diseases.



Immune System Support – Milk thistle's immune-enhancing properties make it useful for boosting the body's defenses. This support is especially valuable for individuals undergoing detox, as it aids the immune system in managing any toxins released into circulation. Silymarin's immune-boosting action also helps maintain a balanced immune response, which is essential for overall health and resilience.

Liver Support

MILK THISTLE



Skin health – Milk thistle’s antioxidant and anti-inflammatory effects extend to the skin, protecting it from environmental pollutants and UV radiation. By reducing oxidative stress and inflammation, milk thistle can help improve skin conditions like acne and rosacea, offering clearer and more resilient skin. The increase in glutathione also aids in skin repair and brightness, adding to its benefits for a healthy complexion.

Hormonal balance – By improving liver function, milk thistle supports the body’s ability to metabolize excess hormones, especially estrogen. This can be beneficial in balancing hormones, reducing symptoms of PMS, supporting menopause, and helping manage conditions like polycystic ovary syndrome (PCOS).

Heart Health – Milk thistle supports heart health by aiding in cholesterol regulation and protecting blood vessels from oxidative damage. Its active compound, silymarin, has been shown to lower LDL (bad) cholesterol and raise HDL (good) cholesterol. A balanced cholesterol profile is essential for reducing the risk of plaque buildup in the arteries, which can lead to atherosclerosis—a condition that narrows and hardens arteries, potentially leading to heart attack or stroke.

Blood Sugar Control – Studies show that milk thistle can improve insulin sensitivity and aid in blood sugar regulation, making it potentially helpful for individuals with type 2 diabetes or metabolic syndrome. By supporting liver function in processing glucose, it helps stabilize blood sugar levels, promoting better metabolic health.

Gut Health – Milk thistle may support gut health by reducing inflammation in the digestive tract, promoting better digestion, and enhancing nutrient absorption. This makes it beneficial for individuals with inflammatory bowel conditions and those seeking general digestive support.

Parasite Cleanse – Milk thistle is also helpful in detoxing the body during a parasite cleanse. Its ability to support liver detoxification enhances the body’s ability to clear out toxins, including those produced by parasites. This makes it an effective part of a parasite cleanse regimen, supporting overall detoxification and improving the function of the liver during the process.

HOW TO USE MILK THISTLE

Milk thistle can be consumed in various forms, including capsules, tinctures, teas, and extracts. For liver support, a daily dosage of 200–400 mg of silymarin is typical, but it’s important to follow the specific recommendations of the product. Teas offer a milder effect, while tinctures and capsules tend to be more concentrated. Including milk thistle in a daily regimen can provide ongoing liver support, antioxidant protection, and a steady boost for overall detoxification and immune health. Can be up to 3 times per day with or without food.



Milk thistle is an outstanding detox support, offering powerful liver protection, regeneration, and antioxidant benefits. For anyone focusing on cleansing and wellness, this herb is a natural way to boost the body’s detox pathways and resilience against toxins.

Liver Support

MILK THISTLE

WHAT THE EXPERTS HAVE TO SAY

**From The Cleveland Clinic
Written by Unknown**

Potential benefits of milk thistle

"Milk thistle has been used in herbal medicine for centuries for a variety of conditions. But scientific research on milk thistle is limited. Studies on it haven't been well verified and some have used some questionable methods or very small sample sizes. And few have tested the effects of milk thistle in people, instead showing results in animal models or test tubes.

"Milk thistle does show strong antioxidant and anti-inflammatory properties, which is also true of a lot of plants and plant-based foods,"

Czerwony says. "Based on the research available, milk thistle does show some promise. And no studies have suggested it would be toxic or have harmful effects, so the risks seem rather low."

But, again, that's all based on what we know so far. Further research in people is needed to understand whether overdoing it could cause any harm. Or if milk thistle shouldn't be used by certain people. Or if there are drug interactions that should be avoided.

And so on. So, always talk with a healthcare provider before starting a new supplement or herbal remedy.

1. Liver health

Milk thistle is best known as a supplement for people who are experiencing liver conditions like cirrhosis, hepatitis B and fatty liver disease.

Researchers say milk thistle is "the most well-researched plant in the treatment of liver disease." It's thought to improve liver function by fighting free radicals, preventing scarring and keeping toxins from attaching to the liver.

"In my time working with people who are awaiting a liver transplant, milk thistle was a popular remedy some of them would use, in hopes it would help their compromised liver to detoxify,"

Czerwony shares. Important to note, most people choose milk thistle as a personal decision for their health, not as a doctor-recommended therapy for liver disease.

2. Diabetes management

Some studies suggest milk thistle may help lower blood sugar in people with Type 2 diabetes, without some of the negative side effects — like weight gain and liver complications — that can be associated with some diabetes medications. But researchers were quick to point out that studies thus far aren't of high quality and more research is needed.

To continue reading this article click [HERE](#). And search in the facebook groups.

Liver Support

TUDCA

TUDCA

TUDCA, short for Tauroursodeoxycholic Acid, is a water-soluble bile salt naturally produced in small amounts in the human liver. It has roots in traditional Eastern medicine, where bile salts have been used for centuries to support liver and digestive health. As a supplement, TUDCA has gained attention for its powerful detoxification effects, especially in supporting liver health, cellular function, and bile flow.

HOW DOES IT HELP WITH A DETOX?

TUDCA plays a significant role in bile production and flow, which is crucial for detoxification. Bile, produced by the liver, is a fluid that helps break down fats and transports waste products and toxins out of the liver and into the digestive tract for elimination. When bile flow is poor, toxins can accumulate in the liver, leading to a buildup that can hinder overall detoxification and potentially damage liver cells. TUDCA supports this process by thinning the bile, which enhances its flow and effectiveness, and by improving liver cell membrane health. This makes TUDCA particularly helpful for individuals with poor bile production, liver stress, or other liver-related issues. TUDCA also has antioxidant and anti-inflammatory effects that reduce cellular stress, helping prevent oxidative damage caused by toxins.

WHAT ARE THE HEALTH BENEFITS?

Liver health and protection – TUDCA is particularly valued for its ability to protect and repair liver cells, making it a highly effective liver support supplement. By enhancing bile flow, TUDCA helps the liver efficiently eliminate toxins, preventing buildup that can damage liver tissue. Research shows it can help reduce liver enzyme levels, a marker of liver stress, and promote the regeneration of liver cells. For individuals with fatty liver disease, hepatitis, or alcohol-related liver damage, TUDCA offers essential support to aid recovery and maintain liver function.

Improved digestion and nutrient absorption – TUDCA's role in stimulating bile flow not only aids fat digestion but also enhances nutrient absorption, especially of fat-soluble vitamins (A, D, E, and K). Improved bile flow helps break down dietary fats more effectively, reducing issues like bloating, gas, and discomfort after meals. Enhanced bile production and flow also support regular bowel movements and contribute to gut health, as bile acids help maintain a balanced gut microbiome by reducing harmful bacteria.



Eye health – TUDCA has been studied for its protective effects on retinal cells, showing potential to help prevent or slow down the progression of certain eye conditions. By reducing cellular stress in retinal cells, TUDCA may help protect against conditions like age-related macular degeneration and retinitis pigmentosa.

Liver Support

TUDCA

Brain and nervous system health – TUDCA's benefits for brain health are linked to its neuroprotective effects, which stem from its antioxidant and anti-inflammatory properties. By reducing oxidative stress and supporting cellular repair mechanisms, TUDCA helps protect neurons from damage associated with aging and neurodegenerative conditions like Alzheimer's disease. It has shown promise in reducing neuroinflammation and supporting brain cell survival, which could be beneficial for cognitive health and mood regulation.

Cardiovascular health – TUDCA's detoxifying effects extend to the cardiovascular system as well. By improving bile flow and liver function, TUDCA indirectly supports cholesterol metabolism, which may help maintain balanced cholesterol levels and reduce the risk of atherosclerosis. Additionally, TUDCA's antioxidant properties help protect blood vessels from oxidative damage, promoting overall vascular health.

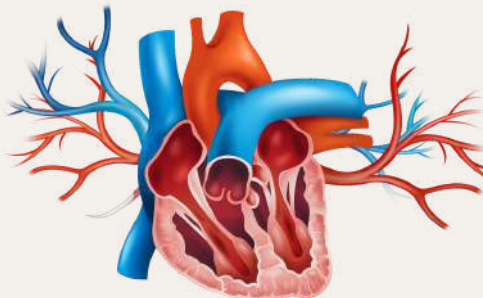
Cellular support – TUDCA helps reduce stress within cells, which improves overall cell function and resilience. It also supports the mitochondria, the "powerhouses" of cells, to boost energy production. By reducing cell stress and inflammation, TUDCA can help combat fatigue and increase energy, which can be especially helpful in conditions like chronic inflammation, metabolic disorders, and diabetes.

Blood Sugar regulation – Emerging research suggests that TUDCA may help improve insulin sensitivity, which could benefit individuals with insulin resistance, pre-diabetes, or type 2 diabetes. By reducing cellular stress and supporting liver function, TUDCA contributes to better glucose metabolism, helping to maintain stable blood sugar levels and support metabolic health.

HOW TO USE TUDCA

To use TUDCA for detox, the typical dosage ranges from 600mg per day to 1200mg. It's best to start with a lower dose 600mg, taking it with meals to improve absorption and minimize stomach discomfort. For optimal results, divide the daily dose into two smaller doses, taken in the morning and evening. TUDCA is often used for 2-4 weeks in detox protocols, but longer use can be safe with professional advice. Combining it with other liver-supporting supplements like milk thistle or NAC can enhance its effectiveness, and staying hydrated with a high-fiber diet helps flush out toxins. Some people follow a schedule of "two weeks on, one week off" for sustained detox support. TUDCA helps cleanse the liver and bile ducts, making it easier for the body to release toxins and reduce the likelihood of parasite buildup. Always make sure to stay hydrated on ANY cleanse you take as hydration is a powerful key to detoxing.

This is a great example to use to answer why some supplements are better with food or without – NAC is best taken on an empty stomach for better absorption, while milk thistle is more effective with food, especially fats, to enhance its benefits. TUDCA can be taken with or without food, though taking it with food may prevent stomach discomfort. Timing these supplements right ensures better detox support and overall health benefits. Even though they have similar benefits, they do not absorb the same.



Liver Support

TUDCA

WHAT THE EXPERTS HAVE TO SAY

**Article from Dr Bergs Website
Written by Dr Berg himself**

What does TUDCA do?

“There are many health benefits of TUDCA, including its benefits for the nervous system, digestive system, liver, gallbladder, and eyes. TUDCA supplements also help lower insulin resistance, reduce the risk of diabetes, dissolve bile sludge, and lower the risk of gallstones.

Bile salts are made up of bile acids, which are produced in the liver and stored in the gallbladder. Bile acids are required for many essential body functions, including:

- Breaking down dietary fats
- Helping with digestion
- Absorbing vitamins (such as vitamin A)
- Eliminating toxins

TUDCA benefits

TUDCA supplements have been shown to offer numerous health benefits for the liver and gastrointestinal system, but surprisingly, there are dozens of other benefits of TUDCA that go well beyond the digestive system.

Preclinical studies have shown that TUDCA is neuroprotective, anti-inflammatory, antidiabetic, and has many more health-promoting properties.

1. Reduces bile sludge (cholestasis)
TUDCA has been found in clinical trials to have strong effects as bile acids, improving cholestasis by reducing bile sludge. Symptoms of cholestasis may include dark-colored urine, light-colored feces, and severe itching.

2. Improves digestion
TUDCA helps enhance bile flow, which promotes healthy digestion and absorption of dietary fats. Studies show that not only does TUDCA increase bile flow, but it also improves the chemical composition of bile so that it contains more compounds that help aid in digestion.

Acid reflux can damage the stomach lining over time because of its high acidity level. TUDCA improves the damage to the stomach lining caused by bile reflux. I also recommend drinking ACV on a daily basis when on a keto diet. To learn more about the benefits of apple cider vinegar and fasting read [does apple cider vinegar break a fast.](#)

3. Promotes gut health
TUDCA supports a healthy gut lining, preventing and/or improving leaky gut syndrome. Leaky gut is a common digestive malady involving an injury to the lining of your gut. When the injury is long-term, it can result in intestinal permeability. This means substances that are supposed to stay inside the digestive tract escape or leak out.

Common factors that cause leaky gut include stress and poor diet. Environmental pollutants, such as pesticides, are thought to be a significant culprit in the cause of leaky gut syndrome.”

To read the rest of this article check out Dr Bergs website [HERE](#). And for more incredible research on TUDCA click [HERE](#)

Liver Support

TURMERIC

TURMERIC

Turmeric is a vibrant yellow spice derived from the root of the *Curcuma longa* plant. Known for its earthy, slightly bitter flavor and warm aroma, it has been used for centuries in traditional medicine. Turmeric owes its potent health benefits to curcumin, its primary active compound, which boasts powerful anti-inflammatory, antioxidant, and antimicrobial properties. Beyond its culinary uses, turmeric has gained recognition as a versatile natural remedy, especially for supporting detoxification and overall health.



HOW DOES IT HELP WITH A DETOX?

Turmeric aids in detoxifying heavy metals by supporting liver function and boosting the production of glutathione, a super antioxidant that helps bind to heavy metals and remove them from the body. Its strong antioxidant properties also neutralize the oxidative stress caused by metal toxicity, which can damage cells and organs. Turmeric's antiparasitic effects come from its ability to disrupt the lifecycle of certain parasites and its natural antimicrobial properties. By reducing inflammation and strengthening the immune system, turmeric creates an environment less hospitable for parasites, helping the body expel them more effectively.

WHAT ARE THE HEALTH BENEFITS?

Liver support and detoxification – Turmeric is one of the most effective natural remedies for liver health. It enhances the liver's ability to detoxify harmful substances, such as heavy metals, environmental toxins, and alcohol. Curcumin stimulates bile production, which helps break down fats and supports the efficient removal of toxins from the body. Additionally, its antioxidant properties protect liver cells from oxidative damage, which is especially beneficial during detox programs.

Anti-inflammatory properties – Chronic inflammation is at the root of many health problems, from arthritis to cardiovascular disease. Curcumin, turmeric's active compound, has potent anti-inflammatory effects that can reduce inflammation throughout the body. This makes turmeric useful for managing conditions like joint pain, inflammatory bowel disease (IBD), and autoimmune disorders. Its ability to reduce systemic inflammation also supports overall well-being.

Cancer prevention potential – Research has shown that curcumin may inhibit the growth of cancer cells and prevent their spread by suppressing inflammatory pathways and promoting apoptosis (programmed cell death). While more studies are needed, turmeric is a promising complementary therapy for reducing cancer risk.

Supports detox from parasites – Turmeric's antiparasitic properties disrupt the lifecycle of certain parasites and reduce their ability to thrive in the body. By enhancing bile production and immune function, turmeric helps the body expel parasites more effectively. This makes it a valuable tool during parasite cleanse protocols.

Joint health and mobility – Turmeric is particularly effective in reducing pain and stiffness associated with joint conditions like osteoarthritis and rheumatoid arthritis. Its anti-inflammatory action helps soothe swollen joints, improve mobility, and enhance overall joint health.



Liver Support

TURMERIC

Antioxidant powerhouse – Turmeric is a rich source of antioxidants, which neutralize harmful free radicals in the body. Free radicals are unstable molecules that cause oxidative stress, leading to cell and tissue damage. By combating oxidative stress, turmeric not only protects organs like the liver and heart but also helps maintain youthful skin, improved energy levels, and reduced risk of chronic diseases.

Boosts immune function – Curcumin modulates the immune system by reducing unnecessary inflammation and enhancing the activity of immune cells. This dual action strengthens the body's defenses against infections, including parasitic and bacterial infections. A healthy immune system is critical for preventing illness and maintaining resilience.

Supports gut health – Turmeric can help soothe inflammation in the gut, making it beneficial for individuals with conditions like irritable bowel syndrome (IBS), Crohn's disease, and ulcerative colitis. Its antimicrobial properties also help balance gut bacteria by reducing harmful microbes, which is essential for a healthy digestive system and optimal nutrient absorption.

Promotes heart health – Curcumin contributes to cardiovascular health by improving blood vessel function, reducing inflammation, and lowering oxidative stress. It helps reduce levels of LDL (bad cholesterol) and prevents plaque buildup in arteries, which can lower the risk of heart attack and stroke. Turmeric also improves circulation, ensuring that the body receives adequate oxygen and nutrients.

Skin health – The anti-inflammatory and antimicrobial properties of turmeric make it an excellent remedy for skin conditions like acne, eczema, and psoriasis. Its antioxidants also promote healthy, glowing skin by protecting against environmental damage and supporting collagen production.

HOW TO USE TURMERIC

Turmeric can be incorporated into your routine in a variety of ways to maximize its benefits. In the kitchen, turmeric powder can be added to curries, soups, teas, or smoothies, and pairing it with black pepper enhances curcumin absorption thanks to piperine. For more targeted benefits, turmeric supplements in capsule or tablet form often contain concentrated curcumin and black pepper for optimal absorption, with recommended doses ranging from 500–2,000 mg per day. Additionally, turmeric can be applied topically in face masks or ointments to reduce inflammation and brighten the skin. Fresh turmeric root can also be juiced or blended into smoothies for a detoxifying, nutrient-rich boost.

By supporting multiple systems in the body, turmeric offers a holistic approach to health. It's a versatile, natural remedy that addresses everything from liver detoxification and inflammation to heart and brain health, making it an essential addition to any wellness routine.



Liver Support

TURMERIC

WHAT THE EXPERTS HAVE TO SAY

From Healthline Website
Written by Amy Goodson,

Key active ingredients

"In recent years, research has confirmed that turmeric has medicinal properties. And while most people think of it as nothing but a seasoning, black pepper can benefit health as well. Both turmeric and black pepper have key active ingredients that contribute to their anti-inflammatory, antioxidant and disease-fighting qualities.

Curcumin in Turmeric

The key compounds in turmeric are called curcuminoids. Curcumin itself is the most active ingredient and appears to be the most important. As a polyphenol, curcumin has several advantages to health. It's a strong antioxidant and has anti-inflammatory, antibacterial and anti-fungal properties. However, one of the greatest downfalls of curcumin is that it's not well absorbed in the body.

Piperine in Black Pepper

Black pepper contains the bioactive compound piperine, which is an alkaloid like capsaicin, the active component found in chili powder and cayenne pepper. Piperine has been shown to help relieve nausea, headaches and poor digestion and also has anti-inflammatory properties. Still, its most significant benefit may be its ability to boost the absorption of curcumin.

The combination boosts health benefits

Fights Inflammation

Turmeric's curcumin has strong anti-inflammatory properties. In fact, it's so potent that some studies have shown it to match the power of some anti-inflammatory drugs, without the negative side effects

Studies also demonstrate that turmeric may play a role in preventing and treating arthritis, a disease characterized by joint inflammation and pain. Curcumin's anti-inflammatory properties are often praised for reducing pain and temporary discomfort.

Piperine has been shown to have anti-inflammatory and anti-arthritic properties as well. It helps desensitize a specific pain receptor in your body, which can further reduce feelings of discomfort.

When combined, curcumin and piperine are a powerful inflammation-fighting duo that can help reduce discomfort and pain.

May Help Prevent Cancer

Curcumin shows promise in not only treating but even preventing cancer. Test-tube studies suggest that it can decrease cancer growth, development and spread at the molecular level. It could also contribute to the death of cancerous cells.

Piperine seems to play a role in the death of certain cancer cells as well, which can decrease your risk of tumor formation, while other research indicates it, too, might inhibit the growth of cancerous cells.

One study showed that curcumin and piperine, both separately and in combination, interrupted the self-renewal process of breast stem cells. This is important, as this process is where breast cancer originates.

Further studies point to curcumin and piperine having protective effects against additional cancers, including prostate, pancreatic, colorectal and more."

You can finish reading this article by clicking [HERE](#)
And to read more about turmeric you can click [HERE](#) or search the facebook groups.



BIOFILM DISRUPTOR

Biofilm Disruptors

Biofilm disruptors are a game-changing tool in any thorough detox protocol. Biofilm, a protective layer formed by harmful microorganisms such as parasites, bacteria, and fungi, acts as a shield, making them resistant to both your immune system and treatments. This slimy barrier allows these invaders to thrive undisturbed, creating chronic infections, inflammation, and toxicity within the body. When biofilm isn't addressed, even the most potent antiparasitic or detoxifying remedies can fall short, unable to reach and eliminate the hidden culprits. Biofilm disruptor supplements work by breaking down these barriers, exposing the pathogens and making them vulnerable to your cleanse efforts.

Natural biofilm disrupting supplements

- NAC (N-Acetyl Cysteine)
- Colloidal Silver
- Boron (Borax)
- Serrapeptase
- Berberine
- Nattokinase

As we've already covered NAC and Colloidal Silver, I'm going to skip straight to Boron.

BORON (BORAX)

Boron is a trace mineral that serves as an essential activator for numerous processes in the body. Though only needed in small amounts, its impact is significant, influencing bone health, hormone regulation, brain function, cellular integrity and even cleansing fungal infections like candida. Found naturally in nutrient-rich soil and foods like apples, nuts, and leafy greens, boron is increasingly deficient in modern diets due to the widespread use of chemical fertilizers that deplete soil minerals. To supplement boron effectively, many people use borax, a brand called 20 Mule Team, which is a natural compound containing boron, as a safe and bioavailable source when used in appropriate, small doses.

HOW DOES IT HELP WITH A DETOX?

Boron, especially in the form of borax, supports detoxification by strengthening cell membranes and facilitating the proper exchange of nutrients and waste across cells. This function helps remove toxins and supports tissue repair. Boron also balances minerals like calcium, magnesium, and phosphorus, which are critical for detox processes, including removing heavy metals from the body. Boron is also known for helping to regulate hormones, reducing the inflammation and oxidative stress that can impair detox pathways, and it improves overall metabolic efficiency.



WHAT ARE THE HEALTH BENEFITS?

Bone health and osteoporosis prevention – Boron plays a critical role in bone health by regulating the metabolism of key minerals such as calcium, magnesium, and phosphorus. It helps activate vitamin D, which enhances calcium absorption and utilization, ensuring bones remain strong and less prone to fractures. For individuals with osteoporosis, boron aids in reversing bone loss by promoting the repair and replacement of lost calcium. This makes it an essential mineral for both preventing and managing bone-related conditions.

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BORON (BORAX)

Hormonal regulation – Boron helps balance hormones, particularly estrogen and testosterone. For women, it can alleviate symptoms of hormonal imbalances, such as PMS, menopause, and low bone density due to declining estrogen levels. For men, boron has been shown to support healthy testosterone levels, improving energy, muscle mass, and libido. This hormonal balance also contributes to improved mood and overall vitality.

Brain function and cognitive support – Boron supports brain health by strengthening cell walls and ensuring efficient transmission of signals across neural membranes. This contributes to better cognitive function, improved memory, and mental clarity. Some studies suggest that boron may help reduce "brain fog," making it valuable for those struggling with concentration issues or chronic fatigue.

Fertility and reproductive health – Boron's impact on hormone balance also supports reproductive health. For women, it may improve ovulation and overall fertility by optimizing estrogen levels. For men, boron's role in boosting testosterone can enhance sperm production and overall reproductive function.

Parasite cleansing and heavy metal detoxification – Boron's ability to stabilize cell membranes and improve nutrient exchange makes it a powerful aid in detox protocols. It helps eliminate heavy metals, such as lead and mercury, by promoting the body's natural detoxification pathways. Boron also disrupts the environment that parasites depend on, alkalizing it, which weakens their ability to thrive and making it easier for the body to eliminate them.

Anti-inflammatory properties – Chronic inflammation is a root cause of many diseases, including arthritis, cardiovascular disease, autoimmune disorders and cancers. Boron's anti-inflammatory effects help reduce this harmful inflammation, easing symptoms of chronic conditions and supporting long-term health.

HOW TO USE BORON (BORAX)

To prepare borax, dissolve 1 teaspoon of borax in 1 liter of filtered or distilled water to create a concentrated "Borax concentrate," which should be stored in a glass or BPA-free plastic container. For daily dosage, women are advised to take 1 teaspoon of the solution mixed with water or juice, while men may take 1–2 teaspoons. You can up this to 2 teaspoon after a couple weeks. It's recommended to start with smaller amounts to gain a tolerance and gradually increase as needed. You can also add 1/8 of a teaspoon to a glass of water mixed with other supplements such as Diatomaceous Earth and a secondary binder. The dosage can be split throughout the day to minimize potential stomach discomfort. Borax can be taken with or without food, though consuming it with meals may reduce the taste and risk of mild stomach upset. It's essential to stay hydrated while using borax to support detoxification and prevent dehydration.

Using borax as a supplement can be a safe and effective way to increase boron intake when used responsibly. Its benefits, including support for detoxification, bone health, and hormonal balance, make it a valuable addition to wellness routines, especially in regions where soil boron levels are low. Always follow dosing guidelines and listen to your body when incorporating borax into your regimen.

Biofilm Disruptors

BORON (BORAX)

WHAT THE EXPERTS HAVE TO SAY

By Terry Chamberlain
Retired Functional Medicine Doctor
Creator of the FB group The Natural
Health Library and inventor of his own
CS Brewer.

BORAX vs BORON

"Members keep asking if they can just take boron instead of borax. Of course you can, since it is your choice, but it's a LOT more expensive than BRX AND it doesn't work as well. I use BRX in my personal pain protocol with MSM and Vitamin C as well as colloidal silver and often black seed oil.

BRX is comprised of these four elements. When ingested and mixed with hydrochloric acid in the stomach it forms sodium chloride and boric acid. Boric acid is easily utilized by the body. Boron supplements effectiveness varies but generally boron supplements are tightly bound, making them more difficult for the body to absorb and utilize.

BRX is a naturally occurring mineral commonly mined from dried salt lakes, and is the source of other manufactured boron compounds. The main deposits are in California and Turkey.

Chemical names are sodium tetraborate decahydrate, disodium tetraborate decahydrate, or simply sodium borate.

This means it contains four atoms of boron as its central feature combined with two sodium atoms and ten molecules (or sometimes less) of crystallization water - decahydrate means 10 water molecules, pentahydrate 5, and anhydrate or anhydrous BRX means no crystallization water; chemically it is all the same...."

"... BRX is the sodium salt of the weak boric acid. Because sodium is more strongly alkaline, this makes a solution of BRX strongly alkaline with a pH between 9 and 10 (pH 7 is neutral).

When ingested, it reacts with hydrochloric acid in the stomach to form boric acid and sodium chloride. The boron content of BRX is 11.3% while for boric acid it is 17.5% or about 50% higher.

Ingested boron compounds are rapidly and nearly completely excreted with the urine. Formerly boric acid was widely used as a preservative in foods but is now banned for this purpose in most countries, and is also banned from public sale in Australia...."

"...BRX is boric acid's sodium salt and it is a white mineral compound in alkaline salt deposits. In contrast, boron is a nonmetallic element occurring in BRX usually reduced to a free state when obtained in various forms. I use 30mg of BRX daily...."

My 21 year old cat has been taking BRX for two years. She enjoys robust health. I only give her a few grains or so in her water each time it's changed. She also has another bowl with no BRX so that she has a choice.

It's important, if you give BRX to pets, that it is carefully added to water and not dry."

Read more about borax by clicking [HERE](#), and search the groups using BRX instead of borax as its a flagged word.

Biofilm Disruptors

SERRAPEPTASE

SERRAPEPTASE

Serrapeptase is a powerful enzyme originally derived from the digestive system of silkworms, specifically the *Bombyx mori* moth. Silkworms use this enzyme to break down their silk cocoons and emerge as moths. Today, serrapeptase is produced through fermentation using friendly bacteria, making it widely available for medicinal use. This proteolytic enzyme breaks down proteins and has remarkable properties that make it a valuable tool for health. Known for its ability to dissolve non-living tissues such as scar tissue, blood clots, and biofilms, serrapeptase also reduces inflammation and supports the body's natural detox processes.

HOW DOES IT HELP WITH A DETOX?

Serrapeptase plays a critical role in breaking down biofilms—protective layers created by bacteria, parasites, and other pathogens to shield themselves from the immune system and treatments. By dissolving these biofilms, serrapeptase exposes the pathogens, making them more vulnerable to detox protocols and immune defenses. This action enhances the effectiveness of treatments targeting parasites and infections. By reducing systemic inflammation and supporting the breakdown of protein-based toxins, serrapeptase aids the body in processing and eliminating heavy metals. It helps reduce tissue damage caused by these toxins and facilitates cellular repair, making it an excellent adjunct to detox protocols.



WHAT ARE THE HEALTH BENEFITS?

Biofilm disruption and parasite detox – Serrapeptase is highly effective at breaking down biofilms, which are protective layers formed by bacteria, parasites, and other pathogens to shield themselves from the immune system and treatments. By dissolving these biofilms, serrapeptase exposes these pathogens, making them easier to target during detox protocols. This property is particularly helpful for parasite cleanses and heavy metal detoxification, as biofilms often harbor harmful microorganisms and toxins.

Anti-inflammatory support – Serrapeptase has potent anti-inflammatory properties, which help reduce swelling, pain, and discomfort in the body. It can alleviate symptoms associated with chronic inflammatory conditions such as arthritis, sinusitis, and inflammatory bowel diseases. Its ability to naturally modulate inflammation makes it a safer alternative to over-the-counter anti-inflammatory medications.

Heart health – Serrapeptase can help dissolve fibrin, a protein involved in blood clot formation. By breaking down fibrin deposits in the arteries and veins, it may reduce the risk of blood clots, improve circulation, and promote heart health. It also supports vascular health by reducing inflammation in the blood vessels, potentially lowering the risk of conditions such as atherosclerosis.

Scar tissue breakdown – One of serrapeptase's unique abilities is to dissolve non-living tissues, such as scar tissue and fibrous deposits. This makes it effective for addressing conditions like adhesions after surgery, keloid scars, and fibroids. By reducing these tissues, it can help improve mobility and reduce pain associated with scarring.



Biofilm Disruptors

SERRAPEPTASE

Respiratory health – Serrapeptase is often used to relieve respiratory conditions such as chronic sinusitis, asthma, and bronchitis. It works by breaking down mucus and other protein-based secretions in the airways, clearing blockages and allowing for easier breathing. This action also helps reduce inflammation in the respiratory tract.

Pain management – Due to its ability to reduce inflammation and swelling, serrapeptase is widely used for pain relief. It has been shown to be effective in managing pain associated with post-surgical recovery, injuries, and chronic conditions like osteoarthritis or carpal tunnel syndrome.

Supports wound healing – Serrapeptase helps accelerate healing by breaking down damaged tissue and promoting circulation to affected areas. This can be beneficial for healing after injuries, surgeries, or chronic wounds like ulcers.

Immune system regulation – By targeting biofilms and supporting detoxification, serrapeptase helps the immune system function more effectively. It enables the immune system to better identify and eliminate harmful pathogens, reducing the burden on the body and improving resilience to infections.

Digestive health – Serrapeptase also benefits the digestive system by reducing inflammation in the gut lining and breaking down protein-based waste that can accumulate in the intestines. This supports a healthier gut environment, which is essential for overall well-being.



HOW TO USE SERRAPEPTASE

To take serrapeptase effectively, start by choosing a high-quality, enteric-coated supplement to ensure the enzyme reaches your intestines without being degraded by stomach acid. The typical dosage ranges from 40,000 to 250,000 SU (serrapeptase units) per day, depending on your health goals and the severity of your condition. It's best to begin with a lower dose to assess your tolerance and gradually increase as needed. Serrapeptase should be taken on an empty stomach, about 30 minutes before meals or 2 hours after eating, to maximize absorption and effectiveness. For those new to serrapeptase, splitting the dosage into two smaller portions taken morning and evening can help minimize any potential stomach discomfort. Ensure you stay well-hydrated by drinking plenty of water throughout the day, which supports the detoxification process and helps the enzyme work efficiently. Consistent use over several weeks or months is often necessary to experience the full benefits, especially for chronic conditions or detox protocols. Always follow the manufacturer's instructions and consult with a healthcare provider before starting serrapeptase, particularly if you are pregnant, nursing, taking blood-thinning medications, or have a bleeding disorder, as serrapeptase may affect blood clotting.

Serrapeptase is a powerful supplement that supports detoxification, reduces inflammation, and improves overall health. Its unique ability to break down biofilms and enhance recovery makes it a valuable addition to any wellness routine, helping you feel your best naturally.

Biofilm Disruptors

SERRAPEPTASE

WHAT THE EXPERTS HAVE TO SAY

**Medically reviewed by Megan Soliman, MD — Written by Gavin Van De Walle, MS, RD
From Healthline Website**

“Serrapeptase is a proteolytic enzyme, meaning it breaks down proteins into smaller components called amino acids. Along with its anti-inflammatory properties, it may offer a host of other health benefits. However, it’s not recommended for people who already take blood-thinning medications. Serrapeptase — also known as serratiopeptidase — is a proteolytic enzyme, meaning it breaks down proteins into smaller components called amino acids.

It’s produced by bacteria in the digestive tract of silkworms and allows the emerging moth to digest and dissolve its cocoon. The use of proteolytic enzymes like trypsin, chymotrypsin, and bromelain came into practice in the United States during the 1950s after it was observed that they had anti-inflammatory effects.

Inflammatory benefits

Serrapeptase is most commonly used for reducing inflammation — your body’s response to injury.

In dentistry, the enzyme has been used following minor surgical procedures — such as tooth removal — to reduce pain, lockjaw (spasming of the jaw muscles), and facial swelling.

Serrapeptase is thought to decrease inflammatory cells at the affected site.

One review of five studies aimed to identify and confirm the anti-inflammatory effects of serrapeptase compared to other drugs after the surgical removal of wisdom teeth.

Researchers concluded that serrapeptase was more effective at improving lockjaw than ibuprofen and corticosteroids, powerful drugs that tame inflammation.

What’s more, though corticosteroids were found to outperform serrapeptase in reducing facial swelling the day after surgery, differences between the two later on were insignificant.

Still, due to a lack of eligible studies, no analysis could be performed for pain.

In the same study, researchers also concluded that serrapeptase has a better safety profile than the other drugs used in the analysis — suggesting that it could serve as an alternative in cases of intolerance or adverse side effects to other medications.

May dissolve blood clots

Serrapeptase may be beneficial in treating atherosclerosis, a condition where plaque builds up inside your arteries. It’s thought to act by breaking down dead or damaged tissue and fibrin — a tough protein formed in blood clots. This could enable serrapeptase to dissolve plaque in your arteries or dissolve blood clots that may lead to stroke or heart attack.

A 2021 review suggests that the fibrinolytic effects of serrapeptase may be beneficial in treating thrombosis resulting from COVID-19.

However, much of the information on its ability to dissolve blood clots is based on personal stories rather than facts.”

To read the rest of this article please click [HERE](#), and to learn more about serrapeptase join the facebook group [HERE](#) and read the files.

Biofilm Disruptors

BERBERINE

BERBERINE

Berberine is a natural alkaloid found in various plants like barberry, goldenseal, and Oregon grape. Known for its bright yellow color (also can turn orangey-red) and long-standing use in traditional medicine, berberine boasts a wide range of health benefits due to its antimicrobial, anti-inflammatory, and antioxidant properties. It has been studied extensively for its effects on metabolic health, gut health, and detoxification.

HOW DOES IT HELP WITH A DETOX?

Berberine is a powerful biofilm disruptor, playing a critical role in detoxification by breaking down the protective biofilms that parasites create to shield themselves from the immune system and treatments. This ability allows the body to more effectively eliminate parasites, harmful bacteria, and other microorganisms. In addition to its biofilm-breaking properties, berberine supports the liver, which is essential for filtering toxins and heavy metals from the body. It enhances the liver's detoxification pathways, promoting the removal of substances like cadmium, lead, and mercury. By supporting liver function, improving gut health, and aiding in the detox process, berberine proves to be an invaluable supplement for cleansing the body of both heavy metals and parasites.



WHAT ARE THE HEALTH BENEFITS?

Blood sugar regulation – One of berberine's most well-known benefits is its ability to regulate blood sugar levels. Studies show that berberine can significantly reduce blood glucose levels by improving insulin sensitivity. It activates an enzyme called AMP-activated protein kinase (AMPK), which helps regulate blood sugar, making it a valuable supplement for individuals with type 2 diabetes or those at risk for it.



Liver Health – Berberine supports liver function by enhancing its detoxification processes. The liver is responsible for filtering and detoxifying harmful substances in the body, including heavy metals and toxins. Berberine helps regulate liver enzymes and supports the organ's ability to process and eliminate these harmful substances.

Cholesterol and heart health – Berberine is known to support cardiovascular health by helping to regulate cholesterol levels. It can reduce total cholesterol, LDL (bad) cholesterol, and triglycerides while increasing HDL (good) cholesterol. This balance improves heart health and may reduce the risk of cardiovascular disease.

Gut health – Berberine has been shown to have antimicrobial properties, which can help balance the gut microbiome. It has been used to support digestive health by promoting the growth of beneficial gut bacteria and inhibiting the growth of harmful bacteria. This can aid in conditions like gut dysbiosis, irritable bowel syndrome (IBS), and leaky gut syndrome.

Biofilm Disruptors

BERBERINE

Anti-cancer potential – Research suggests that berberine has anti-cancer properties. It has been shown to inhibit the growth of cancer cells and help reduce the spread of tumors by affecting cellular signaling pathways.

Weight loss – Research suggests that berberine can help support weight loss by improving fat metabolism and regulating hormones related to hunger and fat storage. By enhancing AMPK activity, berberine promotes fat breakdown and reduces the storage of new fat, making it a useful tool in weight management.

Biofilm disruption – As mentioned earlier, berberine can break down biofilms, the protective barriers created by bacteria and parasites to shield themselves from treatments. This property allows the body to more effectively fight off infections and parasites, improving the overall success of detox protocols.

Anti-inflammatory and antioxidant properties – Berberine has potent anti-inflammatory and antioxidant effects, which help combat oxidative stress and reduce inflammation in the body. This can support overall health by reducing the risk of chronic diseases such as heart disease, arthritis, and neurodegenerative conditions.

Brain health – Berberine is also known for supporting brain function by reducing oxidative stress and inflammation in the brain. It has shown promise in improving cognitive function and may play a role in protecting against neurodegenerative diseases like Alzheimer's and Parkinson's disease.

Immune system support – Berberine helps modulate the immune system by enhancing the body's ability to fight infections and inflammation. Its antimicrobial and anti-inflammatory properties make it a powerful ally in supporting the immune system, especially during detox or when combating pathogens.

HOW TO USE BERBERINE

Berberine is most commonly taken as a supplement in capsule or tablet form, with a daily dosage ranging from 500 to 1,500 mg, divided into two or three doses. For optimal absorption and to minimize digestive discomfort, it is best taken with meals but can be taken without. When used for detox purposes, berberine can be taken for several weeks to a few months, depending on individual health goals. However, long-term use should be discussed with a healthcare provider to ensure safety if you have any other problems. While generally safe, it is important to follow dosage recommendations and avoid using berberine during pregnancy, breastfeeding, or when taking medications like blood thinners or antihypertensives unless advised by a healthcare professional.

Berberine is a powerful supplement that supports detox by breaking down biofilms, clearing harmful bacteria, parasites, and toxins. It enhances liver function, regulates digestion and blood sugar, and provides anti-inflammatory and antioxidant protection. With its wide-ranging benefits, berberine is an excellent addition to any wellness routine.



Biofilm Disruptors

BERBERINE

WHAT THE EXPERTS HAVE TO SAY

By Dr Julian Whitaker
From The Natural Health Library

“Berberine has exploded in popularity in recent months. Do an online search for berberine and you’ll get nearly 8 million results! It’s being hailed on social media as “Nature’s Ozempic” and people are scrambling to try it and see if they lose weight.

Research is exploding on berberine, as well. Type in berberine at pubmed.gov, and you’ll find more than 7,000 references in MEDLINE, the National Library of Medicine’s database of medical journal articles. Yet, despite its current popularity, berberine was barely a blip on the radar just 10 years ago. Since it’s still relatively new, I get a lot of questions about berberine so I’m going to answer some of the top ones I receive.

What is berberine?

Berberine is a natural alkaloid found in the roots, bark, and stems of hundreds of plants that have been used for medicinal purposes for thousands of years. Some of these plants are still used in Ayurvedic and traditional Chinese medicine, but berberine has also been isolated and is now purified, encapsulated, and sold as a nutritional supplement. This is the form used in most of the research.

How does berberine work?

Berberine is a potent antioxidant and anti-inflammatory with positive effects on the gut microbiota. However, its main mechanism is increasing AMP-activated protein kinase (AMPK).

When energy runs low, AMPK signals the cells to generate more energy and conserve energy use. One way it does this is by stimulating the activity of glucose transporters that move blood sugar into the cells. It also curbs the production of excess glucose in the liver. As a result, berberine reduces blood sugar and improves insulin sensitivity, making it a popular supplement for diabetes and prediabetes.

But there’s more. Berberine lowers triglycerides, cholesterol, and blood pressure—aspects of metabolic syndrome that increase the risk of both diabetes and heart disease. It also helps with fatty liver disease and digestive disorders, and may contribute to weight loss. Plus, early research suggests it has a future in the treatment of cancer, Alzheimer’s, and other neurodegenerative diseases.

Does berberine cause liver damage?

On the contrary, berberine is an effective treatment for America’s most prevalent liver problem: nonalcoholic fatty liver disease (NAFLD). NAFLD, which is common in people with diabetes and obesity, can lead to cirrhosis and liver failure. Berberine has been shown to significantly reduce fatty deposits in the liver and improve overall health.

Excessive doses of berberine could conceivably damage the liver, but multiple studies show that when taken as directed berberine is quite safe and has no liver toxicity.”

To read more about berberine check out The Natural Health Library [HERE](#) or Pubmed which is the National Library of Medicine [HERE](#)

Biofilm Disruptors

NATTOKINASE

NATTOKINASE

Nattokinase is a natural enzyme derived from a traditional Japanese dish, made by fermenting soybeans with *Bacillus subtilis* bacteria. Discovered in 1980, nattokinase is a potent fibrinolytic enzyme, meaning it can break down fibrin, a protein involved in blood clotting. This property makes it valuable for supporting cardiovascular health, improving circulation, and addressing various health concerns. Beyond its clot-dissolving abilities, nattokinase has become highly recognized for its detoxification potential, particularly in aiding the removal of heavy metals, parasites, and other toxins from the body.

HOW DOES IT HELP WITH A DETOX?

Nattokinase helps detoxify the body by addressing biofilms—protective mucous sludge which is created by parasites, bacteria, and other harmful organisms. These biofilms shield pathogens from the immune system and treatments, making them difficult to eradicate. Nattokinase disrupts these biofilms by degrading fibrin, one of their main components, exposing pathogens to the body's defenses and detox agents. In detoxing heavy metals, nattokinase improves circulation and supports liver and kidney function, which are key organs for filtering and excreting toxins. Its role in breaking down biofilms also aids in clearing heavy metals stored in tissues, as biofilms can trap these toxins, prolonging their harmful effects.



WHAT ARE THE HEALTH BENEFITS?

Cardiovascular health – Nattokinase is a natural enzyme with potent fibrinolytic activity, meaning it can break down fibrin, the protein responsible for blood clotting. This action helps prevent the formation of dangerous blood clots, reducing the risk of heart attack, stroke, and deep vein thrombosis. Additionally, it enhances blood vessel flexibility and smooth circulation, which can lower blood pressure and improve overall cardiovascular function.

Detoxification and heavy metal elimination – Nattokinase supports the body's detoxification processes by improving circulation to the liver and kidneys, which are essential for filtering and eliminating toxins and heavy metals. Furthermore, it breaks down biofilms—protective layers that can trap toxins—enabling the body to release and expel stored harmful substances more effectively.

Anti-parasitic benefits – Parasites often hide within biofilms, making them resistant to treatments and immune defenses. Nattokinase dissolves these biofilms, exposing parasites to the immune system and allowing detox protocols to eliminate them more effectively. This makes nattokinase a valuable addition to anti-parasitic regimens.

Cancer prevention and support – By breaking down fibrin deposits that often surround tumors, nattokinase improves immune system access to these abnormal cells, helping to suppress tumor growth. Its ability to reduce fibrin buildup also limits the spread of cancer cells through the bloodstream. Coupled with its anti-inflammatory effects, nattokinase contributes to lowering the risk of cancer development and progression.



Biofilm Disruptors

NATTOKINASE

Immune system enhancement – Nattokinase strengthens the immune system by breaking apart biofilms that shield harmful pathogens, making these invaders easier to identify and eliminate. Additionally, it reduces chronic inflammation, which often suppresses immune function, allowing the body to mount stronger defenses against infections and disease.

Brain health – Improved circulation from nattokinase benefits brain health by ensuring optimal oxygen and nutrient delivery, reducing the risk of ischemic strokes caused by blood clots. By clearing microclots that may contribute to brain fog or neurodegenerative conditions, nattokinase enhances mental clarity and supports long-term cognitive function.

Anti-inflammatory properties – Chronic inflammation is a root cause of many health conditions, including cardiovascular disease, arthritis, and autoimmune disorders. Nattokinase reduces inflammation by dissolving excess fibrin, improving circulation, and resolving inflammatory processes, promoting better overall health and reducing disease risk.

Lymphatic system support – The lymphatic system plays a key role in immune defense and waste removal. By enhancing circulation and breaking down biofilms, nattokinase supports lymphatic drainage and detoxification, ensuring the efficient transport and expulsion of toxins from the body.

Support for metabolic and endocrine health – Nattokinase can improve insulin sensitivity by reducing systemic inflammation and enhancing blood flow to metabolic organs, helping to regulate blood sugar levels and reduce the risk of diabetes. Its circulation-boosting effects also support the endocrine system, promoting optimal hormone balance and function.

HOW TO USE NATTOKINASE

Nattokinase is usually taken as a supplement in capsule or tablet form, with typical dosages ranging from 100 to 200 mg daily, standardized to deliver 2,000–4,000 fibrinolytic units (FU). For best results, it should be taken on an empty stomach, either 30 minutes before meals or 2 hours after eating to maximize absorption and efficacy. It can be used long-term for general health maintenance or in shorter cycles during detoxification or cleansing regimens. However, caution is advised for individuals on blood-thinning medications, those with bleeding disorders, or during pregnancy and breastfeeding. Always consult a healthcare provider if you have chronic conditions or are taking other medications.

Nattokinase is a powerful, natural enzyme with remarkable health benefits. With its powerful ability to break down biofilms, improve circulation, and reduce inflammation, nattokinase is a valuable addition to detoxing parasites and long-term health.



Biofilm Disruptors

NATTOKINASE

WHAT THE EXPERTS HAVE TO SAY

Written By Leslie Finlay, MPA
From The Healthy Website
Science Journalist

It may improve blood circulation

"In 1980, researchers at the Chicago University Medical School observed natto dissolving blood clots in their lab. The team isolated the enzyme responsible for this anticoagulant activity—to be specific, it was nattokinase—and demonstrated that it can improve blood circulation, according to research published in the *International Journal of Molecular Science*. (Remarkably, the Biomarker Insights research also found that this effect on blood circulation may actually be stronger than aspirin.)

Better blood flow is good news for heart health. Subsequent studies in *Scientific Reports* have found that the enzyme's blood-clot-busting activity could reduce the risk of thrombosis as well.

If you're invested in taking care of your heart, don't miss [11 Potassium-Rich Foods for a Healthy Heart](#), From Nutrition Experts.

May promote good cholesterol levels

Hyperlipidemia means that your blood contains high levels of fats like cholesterol or triglycerides. This condition can increase your risk of fatty deposits getting stuck in your arteries, ultimately causing blockages.

Dr. Lin says that nattokinase lowers these blood lipid (also known simply as fat) levels—but the effect goes beyond that. His team found that taking the enzyme regularly contributes to a healthy cholesterol profile altogether. In their study, while measures like LDL (bad) cholesterol and total cholesterol levels lowered, HDL (good) cholesterol levels went up.

It could lower your blood pressure

Thanks to its blood-thinning ability, nattokinase may play a role in preventing or treating high blood pressure as well, according to a study published in *Integrated Blood Pressure Control*. The clinical study found significant decreases in both systolic and diastolic blood pressure in people after eight weeks of taking nattokinase, reducing risk markers for heart disease.

May aid in respiratory health

Research published in *Allergology International* found that nattokinase can shrink nasal polyp tissue, similar to how the enzyme dissolves blood clots. This may help relieve people with conditions like chronic [asthma](#), rhinosinusitis, and chronic obstructive pulmonary disease (COPD) by improving airflow and thinning mucus.

It could help protect your brain

Studies suggest that nattokinase may support long-term cognitive health, too. According to research published in *Stroke*, nattokinase may even have therapeutic effects on brain damage caused by heart attacks and stroke by promoting blood circulation.

"There are also animal studies that suggest nattokinase may be beneficial in the treatment of Alzheimer's disease, but human studies need to be conducted before drawing any conclusions," Mosquera-Cochran says."

To continue reading this article click [HERE](#), you can also find more info on the facebook groups by searching it, and clicking [HERE](#)

Additional Hidden Gems

In this section, I will provide a short overview of all the other cancer and autoimmune disease killing hidden gems I have stumbled across on my journey, detailing their primary uses and the symptoms they effectively support. Each description will be followed by a link for those seeking more in-depth information. Don't forget to search these using The National Library of Medicine too! You are going to want to learn about these products!

- Soursop
- Black seed oil
- Mimosa Pudica
- Cumin
- DMSO (Dimethyl Sulfoxide)
- Chlorine dioxide
- Lugols iodine
- Methylene blue

SOURSOP

Main actions

- Kills cancer cells (contains acetogenins that selectively target and kill cancer cells, particularly in breast, colon, prostate, and pancreatic cancers).
- Reduces inflammation, helps with autoimmune diseases like rheumatoid arthritis and lupus.
- Kills bacteria and parasites
- Boosts immune function.

Other actions

- Relieves depression (boosts mood and alleviates anxiety).
- Reduces fever.
- Expels worms.
- Stimulates digestion (aids gut health and alleviates constipation).
- Stops convulsions (calms the nervous system, potentially helpful for neurodegenerative conditions with tremors or spasms).

READ MORE ABOUT SOURSOP [HERE](#)

Join the Diatomaceous Earth facebook group and search 'SOURSOP' and you will see testimonies using this with lots more information. Join [HERE](#)

BLACK SEED OIL

Main actions

- Kills cancer cells (induces apoptosis, especially in breast, colon, lung, and prostate cancers).
- Protects neurons through its antioxidant properties, reduces neuroinflammation, and may protect against oxidative stress in conditions like Alzheimer's and Parkinson's.
- Boosts immune system.
- Antioxidant properties (protects against cellular damage).
- Antimicrobial effects (kills bacteria and fungi).

Other actions

- Alleviates asthma symptoms.
- Improves skin health.
- Supports digestion.
- Regulates blood sugar levels.

READ MORE ABOUT BLACK SEED OIL [HERE](#)

Join the Diatomaceous Earth facebook group and search 'BLACK SEED OIL' and you will see testimonies using this with lots more information. Join [HERE](#)

Additional Hidden Gems

MIMOSA PUDICA

Main actions

- Kills parasites and expels worms.
- Reduces inflammation (beneficial for autoimmune diseases like inflammatory bowel disease and Crohn's).
- Promotes wound healing.
- Reduces neuroinflammation and oxidative damage, potentially protecting against conditions like Alzheimer's and Parkinson's.
- May inhibit cancer cell proliferation.

Other actions

- Antibacterial properties.
- Relieves diarrhea.
- Supports liver function.

READ MORE ABOUT MIMOSA PUDICA [HERE](#)

Join the Fenbendazole facebook group and search 'MIMOSA PUDICA' and you will see testimonies using this with lots more information. Join [HERE](#)

BLACK CUMIN

Main actions

- Contains bioactive compounds that inhibit cancer cell proliferation and reduce oxidative stress. Also been known to have chemopreventive effects.
- Helps protect against neurodegeneration caused by oxidative stress due to rich in anti-oxidants
- Reduces inflammation and balances immune responses, aiding in auto immune diseases such as fibromalgia

Other actions

- Enhances memory and cognitive function.
- Supports blood sugar regulation.
- May improve cholesterol levels.

READ MORE ABOUT BLACK CUMIN [HERE](#)

DMSO (*Dimethyl Sulfoxide*)

Main actions

- Inhibits cancer cell growth, enhances apoptosis, and sensitizes cancer cells to chemotherapy. Also reduces inflammation associated with cancer.
- Improves mitochondrial function, reduces oxidative damage, and protects against cell death, potentially aiding Alzheimer's, Parkinson's, and ALS.
- Reduces inflammation and modulates immune responses, offering potential benefits for autoimmune diseases like multiple sclerosis and lupus.

Other actions

- Promotes wound healing and reduces pain.
- Enhances drug absorption for targeted therapies.
- Reduces injured muscle pain

READ MORE ABOUT DMSO [HERE](#)

Join the Diatomaceous Earth facebook group and search 'DMSO' and you will see testimonies using this with lots more information. Join [HERE](#)

Additional Hidden Gems

CHLORINE DIOXIDE – MMS (*Miracle Mineral Solution*)

Main actions

- Kills bacteria, viruses, fungi, and parasites (potent antimicrobial and antiparasitic properties).
- Neutralizes toxins and supports detoxification by oxidizing harmful substances.
- Reduces systemic inflammation, supporting immune function.
- Kills cancer cells by targeting abnormal cells and reducing oxidative stress, potentially inhibiting tumor growth.

Other actions

- Improves gut health by eliminating harmful pathogens.
- Supports energy levels by reducing the body's toxic load.
- Balances oxidative stress in the body, aiding in overall wellness.

Join the Natural Health Library on facebook group and search 'MMS' and you will see testimonies using this with lots more information. Join [HERE](#), or join their Telegram channel [HERE](#)

LUGOLS IODINE

Main actions

- Supports apoptosis which reduces the risk of breast, thyroid, and prostate cancers by promoting hormonal balance and antioxidant activity.
- Regulates thyroid function, which indirectly supports brain health and prevents cognitive decline.
- Helps modulate the immune system and reduce inflammation, particularly in autoimmune thyroid diseases like Hashimoto's and Graves'.

Other actions

- Antimicrobial properties.
- Improves metabolism and hormonal balance.
- Reduces skin infections

READ MORE ABOUT LUGOLS IODINE [HERE](#)

You can also find other information about iodine in the facebook groups

Product Reccomendations

BINDERS



Activated Charcoal



Organic Chlorella



Fulvic Acid



Bentonite Clay



Zeolite Powder



Diatomaceous Earth

PARASITE KILLERS

-Remember, Diatomaceous Earth is also a Parasite Killer



Wormwood



Black Walnut Hull



Whole Organic Cloves



Wild oil of Oregano



Castor Oil



20ppm Colloidal Silver



40ppm Colloidal Silver



90,000 HU Cayenne Pepper

Product Recommendations

LIVER SUPPORT



N-Acetyl Cysteine (NAC)



Milk Thistle



Tudca



Organic Turmeric



Milk Thistle & Artichoke capsules

BIOFILM DISRUPTORS

-Remember, NAC and Colloidal Silver is also used for breaking down Biofilm



20 Mule Team Borax



Serrapeptase



Berberine



Nattokinase



Chapter **27** - Seven

CLEANSING STEPS



CHAPTER TWENTY-SEVEN

Cleansing steps

This guide has been designed to walk you through an effective process to eliminate parasites, detoxify your system, and restore balance to your gut. By addressing each stage of the parasite life cycle and supporting your body's natural defences, you can take control of your health and feel your best. These steps are always great to start at least 2 weeks before the full moon as you can prepare your body before starting the parasite cleanse.

ONLY START THESE STEPS IF YOU HAVE BEEN DOING PHASE 1 & 2

1 – Ensure detox pathways are open and diet has been clean for at least 2 months.

Before jumping into the cleanse, your body's detox pathways (liver, kidneys, lymphatic system, and skin) must be functioning optimally. This ensures that toxins and dead parasites are eliminated efficiently, reducing potential die-off symptoms.

Key supplements and methods –

Liver Support –

- **TUDCA** – Enhances bile flow and liver health, reducing toxic buildup.
- **Milk thistle** – Regenerates liver cells and shields them from damage.
- **NAC (N-acetyl cysteine)** – Boosts glutathione levels to support liver detoxification.
- **Lemon, olive oil and cayenne pepper shot** – Opens up pathways by increasing blood flow and stimulation bile production.
- **Hydration** – Drinking at least 2-3 liters of water daily flushes toxins out through the kidneys. Add a pinch of sea salt for minerals.
- **Sweating** – Use infrared saunas or exercise to encourage toxin release through the skin.
- **Lymphatic movement** – Dry brushing, rebounding, or lymphatic massage keeps the lymphatic system moving.
- **Dietary support** – Focus on cruciferous vegetables (broccoli, kale) and leafy greens to support detox pathways naturally

2 – Remove heavy metals

Parasites often cling to heavy metals, using them as a shield. Clearing these metals first exposes parasites to treatments and boosts overall health.

Key Ingredients –

- **Zeolite** – Traps and removes heavy metals and toxins.
- **Bentonite clay or Diatomaceous Earth** – Binds to metals and toxins
- **Activated charcoal** – Absorbs and eliminates heavy metals and impurities.
- **Chlorella** – A green algae that binds to heavy metals and promotes their removal.

3 – Break down the biofilm

Parasites shield themselves with a biofilm, a slimy protective layer that blocks your immune system and treatments. Breaking it down is key to targeting them effectively. Do these 3 steps for 2 weeks at minimum before starting a cleanse.

Key ingredients –

- **NAC (*N-acetyl cysteine*)** – Dissolves the mucus-like barrier parasites use for protection.
- **Serrapeptase** – A potent enzyme that breaks down biofilms, exposing parasites.
- **Colloidal silver** – Weakens biofilms and eliminates microbes hiding within.
- **Nattokinase** – A natural enzyme that degrades biofilms and fibrin, disrupting parasites' defences.

4 – Halt parasite reproduction

Parasites multiply quickly, so stopping their reproduction is a critical step in reducing their numbers. Start this 3 days before the full moon.

Key Ingredients –

- **Peppermint oil** – Prevents reproduction while supporting digestive health.
- **Papaya seeds** – Contains enzymes and compounds that inhibit parasite reproduction.

5 – Eliminate adult parasites

Once their defenses are down, it's time to target and kill the adult parasites in your system. Do this 2 days before the full moon and continue the 30 day cleanse

Key Ingredients –

- **Black walnut** – Rich in juglone, which disrupts parasite metabolism.
- **Wormwood** – A classic anti-parasitic herb known for targeting intestinal parasites.
- **Cloves** – Contains eugenol, which is toxic to parasites and effective at killing eggs.
- **Wild oregano oil** – A powerful antimicrobial that weakens and eliminates parasites.
- **Cayenne pepper** – Stimulates digestion and creates a hostile environment for parasites.

6 – Target larvae

Parasite larvae are resilient and need targeted treatments to prevent them from maturing.

Key Ingredients –

- **Oregano oil** – A versatile oil that kills larvae, bacteria, and fungi.
- **Papain (from papaya seeds)** – A digestive enzyme that digests larvae and prevents them from maturing.
- **Wormwood** – Continues to work against larvae effectively.

7 – Destroy parasite eggs

Parasite eggs are the final stage of their life cycle. If left unchecked, they hatch and restart the infestation. Start step 6–7, the day after full moon and continue the 30 day cleanse

Key Ingredients –

- **Clove** – Its eugenol content is highly effective at killing eggs.
- **Garlic** – Known for its potent anti-parasitic properties, it targets both eggs and larvae. You can eat these raw or supplement with them.

8 – Detoxify and eliminate toxins

As parasites die, they release toxins into your body, leading to die-off symptoms like fatigue and headaches. Use binders to remove these toxins safely. Use these during full moon phase too and continue the 30 day cleanse.

Key Ingredients –

- **Activated charcoal** – Binds to toxins and prevents them from re-entering circulation.
- **Zeolite** – Absorbs toxins and metals, ensuring they're removed safely.
- **Diatomaceous earth** – Kills parasites while binding and removing toxins.
- **Bentonite clay** – Soothes the gut and binds to toxins for elimination.

9 – Restore digestive health

After cleansing, restore your gut's balance and functionality.

Key Ingredients –

- **Probiotics** – Replenishes beneficial bacteria for digestion and immunity.
- **Prebiotics** – Foods like garlic, onions, and blueberries feed good bacteria and help them thrive.
- **Kefir** – Rich in probiotics to restore gut health.
- **Traditional yogurt** – Contains live cultures to improve digestion.
- **Digestive enzymes** – Aid in breaking down food and improving nutrient absorption.

10 – Rinse and repeat

Parasites have complex life cycles, and some stages, like eggs or hidden larvae, can survive the first cleanse. Repeating the process 2–3 times ensures every stage is tackled for complete elimination. You don't need to wait for another full moon you can start another after a few days rest. HOWEVER, if you follow terrain theory they will naturally reduce their load too as you become inhospitable so multiple cleanses aren't always necessary unless first cleanse.

Why its important –

- **Lifecycle complexity** – Eggs and dormant larvae can resist treatment, hatching after the initial cleanse. Repeating helps catch these new invaders.
- **Persistent biofilm** – Layers of biofilm shield parasites. Multiple rounds weaken and remove these defenses.
- **Toxin build-up** – Die-off releases toxins. Spaced cleanses allow your body to detox fully and prepare for the next round.
- **Gradual progress** – Each cleanse boosts gut health, reduces inflammation, and strengthens immunity, leading to noticeable improvements over time.

Full Moon Protocol Example

Time	Action
Upon waking	Warm lemon water, electrolytes + detox pathway support (NAC etc)
30-60 Minutes later	Gentle movement + parasite-killing herbs before breakfast
Mid-morning	Heavy metal binder (zeolite/activated charcoal)
1 Hour before lunch	Biofilm disruptors (NAC/serrapeptase/nattokinase)
Lunch	Parasite-killing herbs before lunch
Mid-afternoon	Hydrate, gentle movement + heavy metal binder
Dinner	Parasite-killing herbs before dinner + optional teaspoon of castor oil
Evening	Heavy metal binder + movement (yoga, dry brushing, self lymphatic massage, rebounding or sauna)
Bedtime	Detox bath + castor oil pack and on feet

THIS 30 DAY PROTOCOL MUST BE REPEATED

Repetition schedule

Initial cleanse - Follow this full protocol for 30 days.

Rest period - Take a 3 day to 1 week break to allow your body to recover and monitor any recurring symptoms.

Repeat cleanse - Perform a second and third round to target any missed or newly hatched parasites (if you feel ready to and not herxing)

Maintenance - Once fully cleansed for 3 months, consider performing a 14-30 day cleanse every season or twice a year for prevention and to maintain a healthy gut environment. (Only

This is just an example of a daily protocol, you can switch it up for the product you decide to take for each category. If your on medication please ensure your binders are taken 3-4 hours apart from them to avoid absorbing them. You must always stay hydrated so be sure to add water to everything you consume plus more throughout the day. Use a pinch of Celtic salt or Himalayan under the tongue to retain water for longer and stay hydrated. Also double check when is best to take your binder, straight after or away from food as this can be different for each one. Some people also like to eat something sweet to draw parasites to the gut and then use their anti-parasitics. You can choose what works best for you.



Chapter **28** - Eight

LIVER & GALLBLADDER FLUSH



CHAPTER TWENTY-EIGHT

Liver & Gallbladder Flush

The liver and gallbladder flush is a powerful practice designed to support your body's natural detoxification processes, offering a profound impact on overall health. By helping sluggish bile flow—the critical factor in the liver's 500+ essential functions—the flush works to expel old, congealed bile clogging the bile ducts and gallbladder. Restoring proper bile flow enhances digestion, energy levels, emotional and mental clarity, skin health, and more. In many cases, it has even helped individuals avoid gallbladder surgery.

Symptoms of liver congestion range from digestive discomfort, hormonal imbalances, skin disorders, and fatigue to more serious conditions like heart disease, kidney issues, and chronic pain. Addressing these symptoms through a series of liver and gallbladder flushes can alleviate numerous ailments and improve health in areas seemingly unrelated to the liver.

This protocol is not just for those experiencing symptoms; it is an invaluable method for anyone seeking better health and vitality. Whether you're looking to resolve specific issues or maintain optimal wellness, a liver and gallbladder flush can be a transformative addition to your detox routine.

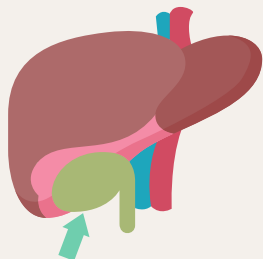
This step isn't mandatory for a detox, but it can be highly effective and worth considering doing before you start a detox. I have some information to share based on what I've explored so far, and I'll also provide links for you to dive deeper into your own research.

Upon my research I stumbled across this free ebook on gallbladder flushes from Dr John Douillard's ebooks which may come in handy. You can click [HERE](#) to get it.

WHAT IS THE GALLBLADDER?

The gallbladder is a small, pear-shaped organ located just beneath the liver. Despite its size, it plays a vital role in your body's digestive and detoxification processes. The gallbladder stores and concentrates bile, a fluid produced by the liver that helps digest fats and eliminate waste products, including toxins and excess cholesterol. When you consume fatty foods, the gallbladder releases bile into the small intestine to aid digestion.

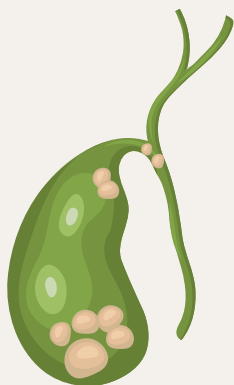
A healthy gallbladder is essential for optimal detoxification because bile not only digests fats but also acts as a vehicle for removing waste, including heavy metals and fat-soluble toxins. When the gallbladder becomes sluggish or clogged with bile sludge or gallstones, this critical detoxification pathway can be hindered, leading to a buildup of toxins and various health issues.



WHAT ARE GALLSTONES?

Gallstones are hardened deposits that can form in the gallbladder from bile components, such as cholesterol, bile salts, and waste materials. These stones can range in size from tiny grains to larger, pebble-like masses. Gallstones can block the bile ducts, restricting bile flow and causing pain, inflammation, and poor digestion.

When bile flow is obstructed, the liver's ability to remove toxins and waste from the body is compromised. This can lead to symptoms like bloating, nausea, skin problems, fatigue, and even hormonal imbalances. Over time, untreated gallstones can increase the risk of gallbladder infections, pancreatitis, and other serious health conditions. Removing gallstones and promoting smooth bile flow is critical for maintaining a clean and efficient detox system.



WHY YOU SHOULD FLUSH YOUR GALLBLADDER

A dysfunctional gallbladder can lead to symptoms like bloating, poor digestion, fatigue, headaches, and skin issues, which are often signs of toxin overload. Detoxing the gallbladder can improve bile flow, enhance digestion, and support the removal of harmful substances from the body. Moreover, a cleansed gallbladder can reduce the risk of gallstones and inflammation, both of which can compromise overall health.

Detoxing the gallbladder also complements other detox efforts, such as liver cleansing, because the two organs work closely together. By ensuring bile flows freely, the body can more efficiently process and eliminate waste, making detox protocols more effective.

HOW TO FLUSH YOUR GALLBLADDER

There are several methods to support gallbladder health, ranging from dietary adjustments to specific cleansing protocols. A popular approach is the 6 day gallbladder flush, which involves consuming specific foods and drinks to stimulate bile flow and help the gallbladder release built-up sludge or stones. This process can result in significant health benefits, including improved digestion and reduced toxin load.

Note – For detailed instructions for performing a liver and gallbladder flush please join the Liver & Gallbladder flush facebook group by clicking [HERE](#), and then click [HERE](#) to view the post, or click files, then 'new to liver flush, start here', then click the first post and select the link with instructions. If that protocol isn't suitable for you there will be another one that might! Ask away in the groups! People are friendly here.

HOW YOU CAN SUPPORT IT DAILY

You can support your gallbladder daily by eating healthy fats like avocados, olive oil, and nuts to promote bile production, incorporating supplements or bitter foods such as lemon, dandelion and greens to stimulate bile flow, staying well-hydrated to maintain bile consistency, and avoiding processed foods that can cause sluggish bile and congestion.

WHAT ARE THE BENEFITS OF A GALLBLADDER FLUSH?

Improved digestion – a clear bile flow optimizes the breakdown of fats and absorption of fat-soluble vitamins (A, D, E, and K), easing digestive discomfort and reducing bloating.

Enhanced detoxification – the liver is the body's primary detox organ, filtering toxins, heavy metals, and waste. Flushing out congealed bile and gallstones restores this vital function, helping the body eliminate harmful substances more efficiently.

Prevention of cancer and autoimmune issues – gallstones and stagnant bile can harbor toxins and inflammatory compounds that may contribute to cellular damage, oxidative stress, and chronic inflammation, which are key factors in cancer and autoimmune diseases. By clearing these obstructions, a liver flush helps reduce the toxic load on the body, supporting immune regulation and reducing the risk of chronic illnesses.

Increased energy levels – clearing out toxins and restoring liver efficiency allows for better nutrient utilization, often resulting in noticeable improvements in energy and vitality.

Clearer skin – when the liver struggles to filter toxins, the skin often takes the hit. A flush can lead to brighter, clearer skin, alleviating conditions like acne, eczema, and liver spots.

Hormonal balance – the liver processes hormones like estrogen and cortisol. A healthy liver aids in regulating these hormones, reducing symptoms like PMS, menopause discomfort, and mood swings.

Relief from aches and pains – Gallstones and poor bile flow can cause referred pain in the back, shoulders, and abdomen. Many experience relief from chronic discomfort after a flush.

Reduced risk of gallbladder surgery – By naturally removing gallstones, a flush may help prevent the need for invasive gallbladder surgery, preserving organ function.

Emotional and mental clarity – Traditional medicine associates the liver with emotional health. Clearing liver congestion may reduce irritability, depression, and mental fog, leaving you feeling more balanced and focused.

Support for weight management – A functional liver metabolizes fats more effectively, aiding in weight loss and reducing bloating.

Reduced risk of chronic diseases – A congested liver can contribute to conditions like fatty liver disease, high cholesterol, and heart disease. Regular flushes can help mitigate these risks by improving liver function.

Relief from detox symptoms – During a cleanse, poor liver function can lead to headaches, fatigue, and nausea. A flush alleviates these symptoms by enhancing toxin removal.



Here's a few images of what you can expect to come out after a flush.



Chapter **29** Twenty-Nine

REBUILDING & MAINTAINING THE TERRAIN



CHAPTER TWENTY-NINE

Rebuilding & maintaining the terrain



MOVING BEYOND CLEANSING

Phase 4 is where healing becomes long-term and sustainable. After deeper detox work has been completed, the body enters a rebuilding phase focused on restoring strength, balance, and resilience. This stage shifts the focus away from removal and toward stabilising the internal environment so parasites, toxins, and chronic imbalance are less likely to return. Many people stop their healing journey once cleansing is finished, which often leads to reinfection, symptom relapse, and repeated detox cycles. Phase 4 exists to break this pattern by reinforcing the internal terrain rather than constantly reacting to problems.

STRENGTHENING THE INTERNAL ENVIRONMENT

Rebuilding the terrain involves supporting the systems that maintain balance within the body. Digestive health, immune resilience, nervous system regulation, mineral balance, hydration, and detox capacity all play a role in long term stability. When these systems are supported consistently, the body becomes more adaptable and less vulnerable to environmental stressors and toxic exposure. Instead of operating in a reactive state, the internal environment becomes stronger, more regulated, and more capable of maintaining homeostasis.



CREATING SUSTAINABLE HEALING HABITS

Long-term healing is built through consistency rather than intensity. Phase 4 focuses on creating daily habits that support the body without creating burnout. Low-tox living, supportive nutrition, regular movement, quality rest, stress management, and continued foundation practices help protect the terrain over time. These habits allow healing to integrate into everyday life instead of existing only during active detox periods. Sustainable routines create far greater impact than extreme short-term protocols.

PREVENTING RELAPSE AND REINFECTION

A weakened internal environment creates opportunity for parasites and pathogens to return. Maintaining terrain health reduces this risk by supporting digestion, immunity, and elimination pathways on an ongoing basis. When the body is nourished and balanced, it becomes far less hospitable to reinfestation and toxic accumulation. This is where terrain theory becomes practical. By maintaining the internal environment, the need for repeated aggressive detox cycles decreases and long-term stability becomes achievable.



INTEGRATING HEALING INTO DAILY LIFE

Phase 4 represents a shift from “doing detox” to living in a way that supports health naturally. Healing becomes part of everyday life rather than something that only happens during symptom flare-ups.

This phase focuses on integration, helping the body remain supported while adapting to real-world demands. When healing becomes a lifestyle rather than a temporary effort, the body is able to maintain balance with far less effort.

BUILDING LONG-TERM RESILIENCE

Rebuilding the terrain creates the foundation for lasting wellness. When the body is supported, resilient, and stable, healing becomes easier to maintain and symptoms become less dominant. This phase completes the healing cycle and prepares the body to move forward with strength rather than vulnerability. It is where detox transforms into stability and short-term results turn into long-term health.



A detailed illustration of various microorganisms, including bacteria with flagella, viruses, and other cellular structures, rendered in a light, stippled style. This illustration forms the top border of the page.

Chapter 30

HOW TO RESTORE YOUR GUT MICROBIOME AFTER A DETOX

CHAPTER THIRTY

How to restore your gut microbiome after a detox

WHAT IS THE GUT MICROBIOME?

The **gut microbiome** is a community of trillions of tiny living organisms—primarily bacteria—making a home out of your digestive system. You can think of it as a miniature ecosystem within your body. These microorganisms assist in breaking down food, generating essential vitamins like B12 and K, and shielding you from harmful germs. They also interact with your immune system and influence your mood and mental health by producing neurotransmitters such as serotonin. Maintaining a healthy gut microbiome is vital for your overall well-being and mental health.

When you go through a detox or cleanse, whether by fasting, following a special diet, or using anti-parasitic products, your body clears out toxins and gives your digestive system a break. However, during this process, you may also lose some of the good bacteria that live in your gut. If you don't replenish them, your gut can become imbalanced. This imbalance might lead to problems like bloating, poor digestion, a weakened immune system, or even mood swings. That's why it's important to focus on restoring your gut after a detox to help it thrive again.

WAYS YOU CAN REPLENISH YOUR GUT

- Probiotic-rich food which adds good bacteria back.
- Prebiotic foods which feeds the good bacteria.
- Eat polyphenol-rich food to boost your guts defense.
- Increase your fibre intake, make sure its organic.
- Avoid all processed food and excess sugar.
- Stay hydrated and use electrolytes to maintain hydration.
- Get enough sleep and manage stress to keep your gut calm.
- Exercise regularly to keep your gut moving.
- Limit antibiotic use to protect your gut.
- Consider Probiotic supplements for extra support.



WHAT ARE PROBIOTIC FOODS?

Probiotic foods contain live, beneficial bacteria that can help restore and maintain the balance of good bacteria in your gut. These tiny microorganisms support digestion, boost immunity, reduce inflammation, and promote your overall health.

When you consume probiotic foods, you introduce new strains of beneficial bacteria into your gut, helping to increase the diversity and population of good bacteria. This is especially important after events like detoxes, illnesses, or antibiotic treatments, which can disrupt the balance of your microbiome.

TYPES OF PROBIOTIC STRAINS IN FOOD.

Probiotic foods contain strains of *Lactobacillus* and *Bifidobacterium*, two of the most common types of good bacteria found in the gut. Different strains of probiotics offer varying health benefits, from improving digestion to strengthening immunity and even supporting mental health.

Lactobacillus – Known for helping with lactose digestion and improving nutrient absorption. These bacteria produce lactic acid, which helps control harmful bacteria in the gut and improve the health of the intestinal lining.

Bifidobacterium – This strain helps digest fiber, supports the immune system, and produces important short-chain fatty acids like butyrate, which reduce inflammation.

Saccharomyces boulardii – A beneficial yeast often found in certain probiotic foods that can help treat diarrhea, improve gut health, and boost immune function.



Probiotic foods

Yogurt – is one of the most well-known sources of probiotics. These live cultures support digestion, improve lactose intolerance, and enhance immune health. Make sure you grab preferably a plain one that says ‘Live Cultures’. Enjoy it as a snack, in smoothies, or as a base for sauces and dips.

Kefir – contains a broader range of probiotics than yogurt, making it one of the most potent fermented foods. It supports gut health, improves digestion, and may even help with lactose digestion. Drink kefir on its own, blend it into smoothies, or use it as a base for salad dressings. Non-dairy versions made from coconut or water are also available



Sauerkraut – is fermented cabbage, rich in probiotics, fiber, and vitamins like vitamin C and K. It supports digestion, boosts the immune system, and provides antioxidants. Add unpasteurized sauerkraut which contains live probiotics, to salads, sandwiches, or as a side dish. Avoid pasteurized versions, as the heat kills beneficial bacteria.

Kimchi – is a traditional Korean dish of fermented vegetables like cabbage, ginger, radish and garlic, and is loaded with probiotics, vitamins, and fiber. It promotes a healthy gut microbiome, improves digestion, and is anti-inflammatory. Add kimchi to rice dishes, soups, or salads. Like sauerkraut, choose unpasteurized versions for live probiotic benefits.

Miso – is a fermented soybean paste used in Japanese cuisine. It is rich in probiotics, as well as essential vitamins and minerals. It supports digestion, reduces inflammation, and improves gut health. Use miso as a base for soups, sauces, or marinades. To retain its probiotic benefits, avoid cooking miso at high temperatures—stir it in at the end of cooking instead.

Kombucha – is a fermented tea rich in probiotics and organic acids, which can aid digestion, detoxify the liver, and promote gut health. Drink kombucha as a refreshing beverage. Look for low-sugar versions to avoid the excessive consumption of sugar, which can feed harmful bacteria.

Pickles – naturally fermented pickles are a great source of probiotics and fiber. They promote a healthy gut microbiome, improve digestion, and enhance immune health. Enjoy pickles as a snack, add them to sandwiches, or use them as a topping for salads. Ensure you choose fermented pickles and made without vinegar for the advantages of the live bacteria.



If you're new to probiotics, start slowly by introducing small amounts to help your body adjust and avoid digestive discomfort like bloating or gas. For optimal gut health, combine probiotic foods with prebiotics, which feed the good bacteria—examples include pairing yogurt with bananas or adding garlic and onions to dishes containing kimchi or sauerkraut. Incorporate a variety of probiotic-rich foods throughout the day, such as having yogurt or kefir in the morning, sauerkraut or kimchi with lunch, and kombucha in the afternoon. Always choose unpasteurized or raw products, as pasteurization kills beneficial bacteria.

WHAT ARE PREBIOTIC FOODS?

Prebiotics are types of un-digestible fibers and compounds found in certain foods that act as food for the beneficial bacteria in your gut. While our bodies cannot digest these fibers, our gut bacteria break them down and use them to grow and thrive.

Prebiotics help maintain the health of your gut microbiome by promoting the growth of beneficial bacteria, which, in turn, support a variety of bodily functions. They also help prevent harmful bacteria from taking over, reduce inflammation, and improve digestion.

Types of prebiotic fibers in food.

Inulin – is in foods like chicory root, garlic, onions, and leeks, inulin is a type of soluble fiber that feeds beneficial bacteria, especially Bifidobacteria. It helps improve bowel regularity and enhances mineral absorption.

Fructooligosaccharides (FOS) – is present in fruits and vegetables like bananas, asparagus, and artichokes, FOS are short chains of fructose molecules that beneficial gut bacteria break down for energy. FOS helps promote a healthy balance in the gut.

Galactooligosaccharides (GOS) – is primarily found in legumes like chickpeas, lentils, and beans. This type of fiber supports the growth of Bifidobacterium and other beneficial strains, helping reduce harmful bacteria.

Resistant Starch – is in foods like green bananas, cooked and cooled potatoes, and oats, resistant starch resists digestion in the small intestine and reaches the large intestine, where it ferments and feeds beneficial bacteria.

Pectin – A type of soluble fiber found in apples and citrus fruits, pectin is known for promoting healthy gut bacteria and improving digestion.

Beta-glucan – is a type of soluble fiber naturally found in the cell walls of certain foods, such as oats, barley, mushrooms, and yeast. It is a polysaccharide (a long chain of sugar molecules) that has been studied for its various health benefits, particularly its ability to support heart health and enhance the immune system.

PREBIOTIC FOODS

Garlic – Promotes the growth of beneficial bacteria like Bifidobacteria and helps reduce harmful bacteria in the gut. It also has natural anti-inflammatory properties. Add garlic to soups, stir-fries, or salad dressings. Use it to flavor your roasted vegetables or make homemade garlic bread. You can also take garlic inulin supplements.

Prebiotic compound – Inulin and FOS

Onions – contain antioxidants and prebiotics that boost gut health, reduce inflammation, and support immune function. Sauté onions for stews, stir-fries, or add raw onion to salads, sandwiches, and salsas.

Prebiotic compound – Inulin and FOS



Leeks – Leeks are like onion and garlic, they provide prebiotics that feed beneficial gut bacteria and offer antioxidants for overall health. Add leeks to soups, casseroles, or sauté them as a side dish.

Prebiotic compound – Inulin

Asparagus – Asparagus helps feed beneficial gut bacteria while being rich in antioxidants and vitamins. Roast asparagus, or fry in butter, add it to salads, or incorporate it into pasta dishes or stir-fries.

Prebiotic compound – Inulin

Bananas – Green bananas are rich in resistant starch, which acts as food for gut bacteria, while ripe bananas still provide a small amount of prebiotic fiber. Use green bananas in smoothies, or cook them as part of a dish. Ripe bananas are perfect for snacks, in oatmeal, or in baking. Over ripe loses most their nutrients and turns to sugar.

Prebiotic compound – Resistant starch

Apples – Apple pectin promotes gut health, supports digestion and regulates blood pressure. Enjoy apples raw, in salads, baked, or as a snack with peanut butter or cayenne pepper and cinnamon. You can even make delicious apple sauce.

Prebiotic compound – Pectin



Chicory Root – One of the richest sources of inulin, chicory root greatly enhances the growth of beneficial bacteria and aids digestion. Chicory root can be roasted and ground as a coffee substitute or added to herbal teas.

Prebiotic compound – Inulin



Oats – Oats support a healthy gut by providing resistant starch and beta-glucan, which helps regulate digestion and blood sugar levels. You can incorporate oats into breakfast by making oatmeal, overnight oats, or using oats in baking.

Prebiotic compound – Resistant starch and beta-glucan

Chia & flaxseeds – Both chia and flaxseeds contain soluble fiber that supports gut bacteria, improves digestion, and provides omega-3 fatty acids, which reduce inflammation. Sprinkle chia or flaxseeds into smoothies, yogurt, oatmeal, or salads. Soak the chia seeds for about 15 mins before use for full effects, and crush the flaxseeds using a blender or grinder.

Prebiotic compound – Soluble fiber

Legumes (Lentils, Chickpeas & Beans) – Legumes are an excellent source of prebiotics and fiber, supporting a diverse and healthy gut microbiome. Add legumes to soups, curries, stews, salads, or make hummus from chickpeas.

Prebiotic compound – GOS

To ensure a healthy gut, it's important to introduce prebiotics gradually just like probiotics, as consuming too much fiber too quickly can lead to bloating or gas. Increasing prebiotic intake slowly allows your gut bacteria to adapt. Pairing prebiotics with probiotics is crucial because prebiotics serve as food for the beneficial bacteria introduced by probiotics, helping them thrive and multiply.



WHAT ARE POLYPHENOL RICH FOODS?

These are plant-based foods that contain natural compounds called polyphenols, which act as powerful antioxidants. These compounds are known for their ability to fight inflammation, support heart health, and protect against certain diseases. When it comes to gut health, polyphenols play a crucial role in maintaining a healthy and balanced microbiome.

Polyphenols reach the large intestine, where they feed beneficial bacteria like Bifidobacteria and Lactobacillus, promoting a diverse and healthy gut microbiome. They also reduce harmful bacteria such as Clostridium and E. coli, helping balance the gut environment, which improves digestion and lowers the risk of gut infections and diseases. They also act as antioxidants, reducing gut inflammation and supporting the production of short-chain fatty acids. These compounds help maintain gut lining integrity, support colon health, and protect against conditions like IBS and colon cancer.

Polyphenols are a large group of plant compounds, with several key types known for their health benefits, especially for the gut. These include -

Flavonoids - Found in berries, tea, and citrus fruits, they support gut bacteria and reduce inflammation.

Phenolic Acids - Common in coffee, fruits, and whole grains, these compounds have antioxidant and anti-inflammatory properties.

Stilbenes - Found in red wine and grapes, they are known for their heart health and anti-inflammatory benefits.

Lignans - Present in seeds (especially flaxseeds), whole grains, and legumes, they support gut health and hormone balance.



POLYPHENOL RICH FOODS

Berries - like blueberries, strawberries, raspberries and blackberries. They are rich in anthocyanins, a type of polyphenol that helps feed good bacteria and reduce inflammation. Their fiber content also supports digestive health. Add them to your breakfast, whether in smoothies, on top of yogurt, or mixed into oatmeal.

Dark chocolate - Look for dark chocolate with at least 70% organic cocoa. Cocoa is packed with flavonoids, a type of polyphenol known to boost good gut bacteria and reduce harmful ones. It also improves blood flow and has heart-protective benefits. For a healthy dessert option, choose dark chocolate with a high cocoa content.



Green Tea and Black Tea - Both green and black tea are rich in catechins and theaflavins, types of polyphenols that promote the growth of beneficial bacteria while reducing harmful bacteria. Green tea, in particular, has strong anti-inflammatory properties. Replace sugary drinks with green tea to boost your polyphenol intake and support your gut.

Olive Oil – is rich in polyphenols that help reduce gut inflammation and feed beneficial bacteria. Cook with olive oil or drizzle it over salads to add gut-friendly polyphenols. Taking a tablespoon in the morning is also beneficial, especially if you mix it with lemon and cayenne pepper.



Nuts – Walnuts, hazelnuts and pistachio nuts are high in polyphenols like ellagitannins, which support gut health by encouraging the growth of healthy bacteria. They also provide fiber, which acts as a prebiotic, further enhancing gut health. You can add nuts to meals, salads and yoghurts, or you can eat them on their own.

Spices and Herbs – Turmeric, cloves, cinnamon and oregano. Many spices are packed with polyphenols, such as curcumin in turmeric and eugenol in cloves. These compounds help reduce inflammation in the gut and improve digestion. You can incorporate spices into your cooking or even salad dressings for added flavor and gut benefits.

Legumes – Lentils, chickpeas, black beans are rich in isoflavones, a type of polyphenol, as well as fiber. This combination promotes a healthy gut microbiome by increasing beneficial bacteria and reducing inflammation. Include beans and lentils in soups, salads, or side dishes.

Vegetables – Spinach, red onions, artichokes, broccoli. There are lots of vegetables that are excellent sources of polyphenols, which not only support gut health but also provide fiber to feed beneficial bacteria. Add to pastas and salads and home cooked meals.



Red Wine – In moderation, a small glass a day, red wine contains resveratrol, a polyphenol known for its antioxidant properties. It can help increase the diversity of beneficial gut bacteria and reduce harmful bacteria, though it should be consumed in moderation to avoid negative effects on gut health.



Now that you understand the vital roles of probiotics, prebiotics, and polyphenol-rich foods in restoring gut health, you are equipped to make informed dietary choices. By incorporating fermented foods, fiber-rich vegetables, and antioxidant-packed fruits into your meals, you can effectively nurture your gut microbiome. This holistic approach not only supports digestion and immunity but also enhances your overall well-being. Now you know what foods you need to eat to restore your gut and foster a healthier, more balanced lifestyle. – And don't forget... to exercise, stay hydrated, cut out the processed foods and make sure to rest!



Chapter **31** *Thirty-One*

KEEP ON TOP OF
MAINTENANCE

CHAPTER THIRTY-ONE

Keep on top of maintenance

Once you've cleansed your body from parasites and heavy metals, maintaining this cleansed state is key to long-term health and wellness. This involves not only keeping your gut healthy, but also protecting your body from re-exposure to harmful substances. Here's how you can maintain a parasite- and heavy metal-free body with a balanced, easy-to-follow approach..

Continue to eat gut-supportive foods

As we've discussed, keeping your gut microbiome balanced is essential for preventing parasitic infections and heavy metal accumulation. A healthy gut strengthens your immune system, making it harder for parasites to thrive and helps detoxify harmful substances like heavy metals. So make sure your eating plenty probiotics, prebiotics and polyphenol-rich foods.

Support natural detox pathways

Your body naturally detoxifies itself through organs like the liver, kidneys, and skin, which filter out harmful substances, including these heavy metals. To maintain these detox pathways, certain foods and lifestyle practices are key. Stay hydrated supports your kidneys which filter out toxins. If this is lemon water it works even better. Make sure you eat detoxifying foods like washed leafy greens, broccoli, garlic and onions. Regular sweating will also help you to support your detox pathways, you can do this by exercise or sauna/steam rooms.



Avoid re-exposure to parasites and heavy metals

Minimizing re-exposure is crucial for maintaining a cleansed body. Parasites and heavy metals can come from food, water, and even household items, so being aware of your environment is key. Wash your hands thoroughly, especially after using the bathroom and before eating or preparing food. Ensure that meat and fish are cooked to safe temperatures to kill any potential parasites. Avoid raw or undercooked meats and fish that could harbor parasitic larvae. Drinking contaminated water is a common source of parasites. Use a high-quality water filter that removes bacteria and protozoa. Keep your living spaces clean, and if you have pets, ensure they are regularly dewormed and their areas are kept sanitary.

Limit heavy metal exposure

Heavy metals can be found in almost everything you have in your home. To avoid absorbing them again you should consider making some swaps to the products and foods you eat. Be cautious about eating fish high in mercury, such as swordfish, shark, and king mackerel. Opt for lower-mercury fish like salmon, sardines, or trout. Switch to natural, organic products, as many mainstream beauty and personal care products contain heavy metals, particularly in cosmetics. Opt for clean, natural products that are free from toxins. Avoid using cookware with heavy metal content, like aluminum or non-stick pans that contain toxic coatings. Consider using stainless steel or cast iron instead.



Boost your immune function

A strong immune system is vital for keeping parasites at bay and supporting your body's detox functions. Sleep and rest is important, Aim for at least 7–9 hours of quality sleep each night to allow your immune system to regenerate and repair. Chronic stress also weakens the immune system, making you more susceptible to infections and toxins. Practice stress-reducing activities like meditation, deep breathing exercises, or yoga. Ensure you're eating foods high in immune-boosting nutrients, such as Vitamin C, Zinc and Omega-3 fatty acids. You can get these from citrus fruits, pumpkin seeds, lentils, flaxseeds and fatty fish.

Regular detox support

Even after a cleanse, occasional support for your body's detox processes is beneficial. This doesn't mean an extreme detox diet, but rather gentle, ongoing detox practices that fit into your regular lifestyle. Its good to have a light detox every 3 months for 1–2 weeks, and a heavier detox twice a year. Certain supplements can help support the body's natural detox processes and protect against parasites. These include milk thistle, wormwood and black walnut, chlorella and diatomaceous earth. You can also try fasting or intermittent fasting which gives your digestive system a break and your body can focus on healing.

Following these steps will give you the best chance of eliminating parasites and heavy metals from your body while preventing re-exposure. By supporting your gut health, aiding your body's natural detox pathways, and avoiding environmental sources of toxins, you can significantly reduce the risk of harmful buildups. These practices will help protect you from developing toxin-related diseases, ensuring a healthier and more resilient body in the long term.



Chapter **32** *Thirty-Two*

THE HEALING
MINDSET

CHAPTER THIRTY-TWO

The healing mindset



THE MENTAL ENVIRONMENT MATTERS

Healing is not only physical. The internal terrain is influenced just as much by thoughts, beliefs, emotions, and perception as it is by food, supplements, and detox practices. The nervous system, hormones, immune response, and digestion are all affected by mental and emotional states. When the mind is constantly stressed, fearful, or overwhelmed, the body remains in survival mode. When the mind feels supported and stable, the body becomes more capable of repairing and restoring balance.

This is why mindset is part of terrain healing. The environment inside your head directly impacts the environment inside your body.

RELEASING THE FIXING MENTALITY

Many people approach healing from a place of urgency and self-criticism. They view their body as something broken that needs to be fixed as quickly as possible. This mindset often creates pressure, impatience, and unrealistic expectations, which can lead to burnout and frustration.

Healing works best when the relationship with the body shifts from force to cooperation. When you stop treating your body as the enemy and begin treating it as a system that is trying to protect you, the healing process becomes more sustainable and less emotionally exhausting.

LETTING GO OF FEAR-BASED HEALING

Fear is one of the biggest obstacles to healing. Fear of symptoms. Fear of toxins. Fear of doing the wrong thing. Fear of relapse.

While awareness is important, living in constant fear keeps the nervous system activated and the body in a stress state. Terrain healing requires balance between being informed and remaining grounded. Calm, consistent action creates better outcomes than panic-driven decisions.

When healing is approached from a place of empowerment rather than fear, the body responds differently.

PATIENCE AND THE HEALING TIMELINE

The body does not operate on human impatience. Healing happens in layers and cycles. Some changes happen quickly, while others take time to unfold. Expecting instant transformation often leads to disappointment and unnecessary pressure. Developing patience allows the body to move through its natural healing rhythm. Progress may not always be linear, but consistency over time creates lasting results. Learning to trust the process reduces stress and supports long-term success.



BUILDING SELF-TRUST

One of the most important mindset shifts in healing is learning to trust your own body and intuition. External information can be helpful, but no one lives inside your body except you. Paying attention to how you feel, how your energy responds, and how your symptoms change builds awareness and confidence.

Self-trust allows you to make decisions that feel aligned instead of constantly searching for the next solution outside yourself. This creates stability and reduces emotional dependency on protocols and trends.

CREATING A HEALING IDENTITY

Healing becomes easier when it becomes part of your identity rather than something you “do” temporarily. When you begin to see yourself as someone who prioritises health, supports their body, and makes conscious choices, behaviour naturally shifts. This identity change creates long-term momentum. Instead of constantly restarting, you continue building forward.

MINDSET AS MAINTENANCE

Mindset is not something you fix once and forget. It is something that is maintained just like nutrition, hydration, and lifestyle habits. Regular self-awareness, emotional regulation, and mental hygiene help protect the terrain over time.

When the mind is supported, the body follows. This is where healing becomes integrated, not forced.



Chapter **33** *Thirty-Three*

DETOXING RECIPES FOR
LOW-TOW LIVING

CHAPTER THIRTY-THREE

Detoxing recipes for low-tox living

Detoxification is not just about supplements and lifestyle changes—it's also about nourishing your body with the right foods. Meals and snacks can play a powerful role in supporting your detox journey, especially when they include ingredients that naturally cleanse the body, promote gut health, and enhance immunity. This chapter will provide you with a collection of carefully curated recipes that are low in carbs, low in sugar, and high in protein while featuring anti-parasitic ingredients like garlic, papaya seeds, pineapple, oregano oil, and more. Each dish is designed to not only fuel your body but also target these harmful invaders, support your liver, and aid in toxin elimination. But just know, cooking with some foods can take away the anti-parasitic properties so save some ex. raw onion and garlic to sprinkle on top after cooking, same with herbs like cayenne and oregano, use after cooking.

DETOX MEALS

Garlic and turmeric chicken stir-fry

Ingredients -

- 1 lb (450g) chicken breast, sliced
- 3 garlic cloves, minced
- 1 tsp turmeric powder
- 1 tbsp coconut oil
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 small onion, diced
- 1 tbsp fresh ginger, minced
- 1 tbsp tamari (fermented soy sauce) or coconut aminos
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions -

- 1.Heat coconut oil in a pan over medium heat.
- 2.Add garlic, turmeric, ginger, and thyme, cooking for 1 minute.
- 3.Add chicken slices and stir-fry until browned and cooked through.
- 4.Toss in vegetables and cook for another 5–7 minutes until tender-crisp.
- 5.Season with tamari, salt, and pepper.

Health benefits -

This meal is packed with anti-inflammatory turmeric and garlic, which have strong antiparasitic properties. The chicken provides lean protein to support tissue repair and energy.



Please note - images are not an accurate presentation of the meal.

@KHAOSWITHK

Butternut squash, chilli and coconut curry

Ingredients -

- 3 cups butternut squash, cubed
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tsp curry powder
- 1/2 tsp ground cloves
- 1 can (13.5 oz) coconut milk
- 1 tbsp coconut oil
- 1/2 cup vegetable or chicken stock
- 1 tsp fresh oregano, chopped
- Salt & chilli flakes to taste



Instructions -

1. Heat coconut oil in a pot over medium heat.
2. Sauté garlic and onion until fragrant.
3. Add butternut squash and cook for 3 minutes.
4. Stir in curry powder, cloves, and stock. Bring to a boil, then simmer for 15 minutes.
5. Pour in coconut milk and cook for another 10 minutes. Sprinkle with oregano before serving.

Health benefits -

The butternut squash promotes gut health, and the coconut milk provides lauric acid, which is antiparasitic. The spices enhance circulation and detoxification.

Pomegranate and thyme turkey lettuce wraps

Ingredients -

- 1 lb ground turkey or chicken
- 2 garlic cloves, minced
- 1/4 Cucumber
- 1 tsp fresh thyme
- 1/4 cup pomegranate seeds
- 1 tbsp coconut oil
- 1 tsp smoked paprika
- 6 large lettuce leaves

Instructions -

1. Heat coconut oil in a pan. Add garlic and turkey, cooking until browned.
2. Mix in thyme, paprika, and salt. Cook for another 5 minutes.
3. Spoon turkey mixture into lettuce leaves and sprinkle with pomegranate seeds.
4. Serve with cucumber

Health benefits -

This low-carb dish is high in protein and antioxidants from pomegranate, which supports liver function and combats parasites.

Please note - images are not an accurate presentation of the meal.



Papaya seed-crusted chicken breast

Ingredients -

- 4 boneless, skinless chicken breasts (6 oz each)
- 1 tbsp papaya seeds, crushed
- 1 tbsp coconut oil
- 1/2 tsp garlic powder
- 1/2 tsp turmeric powder
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions -

1. Preheat oven to 375°F (190°C).
2. Mix crushed papaya seeds, garlic powder, turmeric, thyme, salt, and pepper.
3. Rub the mixture onto the chicken breasts.
4. Heat coconut oil in a skillet and sear the chicken for 2 minutes on each side.
5. Transfer to a baking dish and bake for 20–25 minutes or until the chicken is cooked through.
6. Serve with leafy greens, roasted/sauteed veggies or salad.

Health benefits -

Papaya seeds are potent antiparasitic agents, and turmeric adds anti-inflammatory support. Chicken provides a lean, high-protein base to energize and repair the body during detoxification.



Lemon and herb chicken bowl

Ingredients -

- 2 chicken breasts
- 1 tbsp coconut oil
- 2 cloves garlic, minced
- 1 tsp turmeric powder
- 1 tsp dried oregano
- 1/2 tsp thyme
- Juice and zest of 1 lemon
- 1 cup steamed butternut squash, diced
- 1 cup steamed broccoli
- 1 cup mixed greens
- 1 tbsp fresh parsley, chopped

Instructions -

1. In a small bowl, mix lemon juice, zest, turmeric, oregano, thyme, and minced garlic. Rub the marinade over the chicken breasts and let them sit for 20–30 minutes.
2. Heat coconut oil in a skillet over medium heat. Add the marinated chicken breasts and cook for 6–8 minutes on each side until golden brown and fully cooked. Set aside to rest.
3. Layer a serving bowl with mixed greens, steamed butternut squash, and steamed broccoli. Slice the chicken and place it on top of the veggies.
4. Drizzle any leftover pan juices over the bowl for added flavor. Garnish with fresh parsley, if desired, and serve warm.

Health benefits -

This meal is packed with liver-boosting lemon juice and anti-inflammatory herbs like turmeric, oregano, and thyme. Fiber-rich butternut squash aids gut health, while broccoli provides liver-detoxifying nutrients. A perfect blend of protein, fiber, and anti-parasitic benefits, it's an ideal meal for your detox journey.



Please note - images are not an accurate presentation of the meal.

@KHAOSWITHK

DETOX SNACKS

Pomegranate and coconut chia pudding

Ingredients -

- 1/4 cup chia seeds
- 1 cup coconut milk
- 1 tbsp raw honey (optional)
- 1/4 cup fresh pomegranate seeds

Instructions -

1. Mix chia seeds with coconut milk and honey in a bowl or jar.
2. Let it sit for at least 2 hours or overnight, stirring occasionally.
3. Top with fresh pomegranate seeds before serving.

Health benefits -

Rich in antioxidants and antiparasitic pomegranate, this snack also provides omega-3s for inflammation reduction and energy.



Garlic and thyme avocado spread

Ingredients -

- 1 ripe avocado
- 1 garlic clove, minced
- 1 tsp fresh thyme, chopped
- 1 tbsp olive oil
- Salt to taste

Instructions -

1. Mash all ingredients together and serve with cucumber slices or sourdough.

Health benefits -

This snack is rich in healthy fats and antiparasitic compounds from garlic and thyme.

Cayenne-spiced coconut chips

Ingredients -

- 1 cup unsweetened coconut flakes
- 1/2 tsp cayenne pepper
- 1 tsp coconut oil
- Salt to taste

Instructions -

1. Preheat oven to 325°F (160°C).
2. Toss coconut flakes with cayenne, oil, and salt.
3. Spread on a baking sheet and bake for 5-7 minutes.

Health benefits -

Coconut provides lauric acid, and cayenne boosts circulation and detoxification.



Please note - images are not an accurate presentation of the meal.

CHAPTER THIRTY-THREE

DETOXING MEALS & SNACKS

Turmeric and onion egg muffins

Ingredients -

- 6 eggs
- 1/4 cup onion, finely diced
- 1/2 tsp turmeric powder
- 1 tbsp coconut oil
- Salt and pepper to taste

Instructions -

1. Preheat oven to 350°F (175°C).
2. Whisk eggs with turmeric, salt, and pepper. Stir in onions.
3. Grease a muffin tin with coconut oil and pour in the egg mixture.
4. Bake for 15–18 minutes until set.

Health Benefits -

Eggs provide protein, while turmeric and onion promote detox and fight parasites



Pomegranate and clove trail mix

Ingredients -

- 1/4 cup raw almonds
- 1/4 cup raw walnuts
- 2 tbsp dried unsweetened pomegranate seeds
- 1/4 tsp ground cloves

Instructions -

1. Mix all ingredients together.

Health benefits -

This snack combines the antiparasitic power of cloves with the antioxidant benefits of pomegranate and healthy fats from nuts.



Turmeric coconut energy bars

Ingredients -

- 1 cup unsweetened shredded coconut
- 1/4 cup almond butter
- 2 tbsp coconut oil
- 1/2 tsp turmeric powder
- 1/4 tsp cinnamon
- 1 tbsp raw honey (optional)

Instructions -

1. Combine all ingredients in a bowl until a sticky dough forms.
2. Press the mixture into a parchment-lined dish and refrigerate until firm.
3. Cut into bars and store in the fridge.

Health benefits -

These bars combine turmeric's anti-inflammatory power with the antimicrobial benefits of coconut for a detoxifying snack.



Please note - images are not an accurate presentation of the meal.

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Papaya seed and coconut energy bites

Ingredients -

- 1/4 cup whole raw papaya seeds
- 1 cup shredded unsweetened coconut
- 1/2 cup almond flour
- 2 tbsp coconut oil
- 2 tbsp raw honey (optional, for sweetness)
- 1/2 tsp cinnamon
- Pinch of sea salt

Instructions -

1. In a food processor, combine shredded coconut, almond flour, coconut oil, honey (if using), cinnamon, and salt. Blend until the mixture forms a sticky dough.
2. Gently fold in the whole raw papaya seeds, ensuring they are evenly distributed without crushing them.
3. Roll the dough into small, bite-sized balls.
4. Place the bites on a parchment-lined tray and refrigerate for at least 30 minutes to set.
5. Store in an airtight container in the refrigerator for up to a week.

Health benefits -

These energy bites combine the antiparasitic power of raw papaya seeds with the healthy fats and antimicrobial properties of coconut. They also support sustained energy with low sugar and high healthy fats.



DETOX SMOOTHIES

Spicy papaya seed smoothie

Ingredients -

- 1 cup fresh papaya chunks
- 1 tsp papaya seeds
- 1/2 cup coconut water
- 1/2 tsp turmeric powder
- 1 tbsp lime juice

Instructions -

1. Blend all ingredients until smooth.

Health benefits -

Papaya seeds cleanse parasites, while turmeric and lime juice aid detoxification.



Please note - images are not an accurate presentation of the meal.

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Spiced berry detox smoothie

Ingredients -

- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 1 cup water or coconut water
- 1 tablespoon chia seeds
- 1 teaspoon ground cloves
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 tablespoon honey (optional)

Instructions -

1. Blend all ingredients until smooth.
2. Let it sit for a few minutes to allow the chia seeds to thicken slightly.
3. Serve chilled.

Health benefits -

Rich in antioxidants, this smoothie fights inflammation and boosts gut health. The cloves and cinnamon offer antimicrobial and antiparasitic properties.



Pineapple and coconut bliss smoothie

Ingredients -

- 1 cup fresh pineapple chunks
- 1 cup unsweetened coconut milk
- 1 tablespoon coconut oil
- 1 teaspoon grated fresh turmeric
- 1 teaspoon grated fresh ginger
- 1 tablespoon lime juice
- 5-6 whole papaya seeds

Instructions -

1. Combine all ingredients in a blender and blend until smooth.
2. Serve chilled for a tropical detox treat.

Health benefits -

This smoothie enhances digestion, supports liver detoxification, and fights parasites with papaya seeds, turmeric, and pineapple. Coconut oil adds an antimicrobial boost.



Please note - images are not an accurate presentation of the meal.

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Green warrior smoothie

Ingredients -

- 1 cup parsley
- ½ avocado
- 1 cup unsweetened almond milk
- ½ cup cucumber, chopped
- 1 teaspoon spirulina
- 1 tablespoon fresh cilantro leaves
- 1 teaspoon oregano oil (diluted, optional)
- Juice of ½ lemon

Instructions -

1. Blend all ingredients until creamy and smooth.
2. Pour into a glass and enjoy fresh.

Health benefits -

This green smoothie is excellent for binding toxins, reducing inflammation, and neutralizing harmful pathogens with oregano oil and spirulina.



Papaya pineapple detox smoothie

Ingredients -

- 1/2 cup fresh papaya chunks
- 1/4 cup pineapple chunks
- 1 tbsp raw papaya seeds
- 1/2 cup unsweetened coconut water
- 1/2 tsp ground ginger
- 1 tsp lime juice

Instructions -

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve chilled.

Health benefits -

This smoothie is rich in digestive enzymes (papain and bromelain) that support gut health, while raw papaya seeds have powerful antiparasitic properties.

Please note - images are not an accurate presentation of the meal.

DETOX JUICES

Ginger and garlic immunity juice

Ingredients -

- 2 carrots
- 1 cucumber
- 1 clove garlic
- 1-inch piece of fresh ginger
- Juice of 1 lemon

Instructions -

- 1.Run all ingredients through a juicer.
- 2.Stir and serve immediately.

Health benefits -

Garlic and ginger work as natural antiparasitics, while carrots and cucumber support hydration and detoxification.



Green anti-parasitic juice

Ingredients -

- 1 cup parsley leaves
- 1 green apple (optional for sweetness)
- 1/2 cucumber
- 1 tbsp raw papaya seeds
- Juice of 1 lime

Instructions -

- 1.Juice all ingredients except papaya seeds.
- 2.Stir in papaya seeds after juicing and drink promptly.

Health benefits -

This juice supports liver health and flushes parasites with the help of papaya seeds and parsley.



DETOX JUICES

Pomegranate-thyme detox juice

Ingredients -

- 1 cup pomegranate seeds
- 1/2 beetroot
- 1 tsp fresh thyme leaves
- Juice of 1 orange

Instructions -

1. Juice all ingredients.
2. Strain if needed and enjoy chilled.

Health benefits -

Pomegranate is known for its antiparasitic effects, and thyme adds antimicrobial properties to combat harmful pathogens.



Spicy turmeric citrus juice

Ingredients -

- 2 oranges
- 1/2 grapefruit
- 1/2-inch piece of turmeric root
- 1/4 tsp cayenne pepper

Instructions -

1. Juice the citrus fruits and turmeric.
2. Mix in cayenne pepper before drinking.

Health benefits -

This juice boosts circulation, helps break down biofilms, and promotes toxin elimination with turmeric and cayenne.



Coconut-Mint Detox Juice

Ingredients -

- 1 cup unsweetened coconut water
- 1/2 cucumber
- 1/4 cup fresh peppermint leaves
- Juice of 1 lime

Instructions -

1. Blend or juice the cucumber and mint leaves with coconut water.
2. Strain, add lime juice, and serve chilled.

Health benefits -

This hydrating juice supports lymphatic detox and provides mild antiparasitic effects with mint.



Please note - images are not an accurate presentation of the meal.



Chapter **34** *Thirty-Four*

DETOX BATHS &
FOOT SOAKS

CHAPTER THIRTY-FOUR

Detox Baths & Foot Soaks

Detox baths and foot soaks are vital tools during a cleanse, supporting the body's natural detox pathways by working through the skin, the largest organ for toxin elimination. Soaking in mineral-rich water promotes circulation, lymphatic drainage, and sweating, aiding the removal of heavy metals and impurities while also replenishing essential minerals. These baths help reduce stress, which can otherwise slow detoxification, and provide relaxation to rejuvenate both body and mind. Foot soaks offer a convenient alternative, targeting reflex points linked to internal organs for enhanced cleansing. Together, they enhance physical purification and holistic well-being.

DETOX BATH RECIPE FOR ADULTS AND TEENS

Soak for 20mins to 1 hour, in as hot water as can handle, weekly or 2 times a week.

1/2 cup borax
1/2 cup epsom or sea salt
3 tbsp baking soda
1/2 cup diatomaceous earth or bentonite clay or both
Optional - 1/2 cup magnesium flakes

DETOX BATH RECIPE FOR CHILDREN

Mix in before child gets in, warm bath 15mins or longer (safe if drank)

2 tbsp bentonite clay or diatomaceous earth
1 tbsp fulvic acid
1 tbsp zeolite
1 tbsp Epsom Salt
1 tsp apple cider vinegar
Optional - can add unrefined coconut oil to moisturise skin

DETOX FOOT SOAK

Soak for 25mins or more in as hot water as can handle, weekly or 2 times a week.

2 tbsp fulvic acid & zeolite or
1 tbsp borax
1 tbsp epsom Salt
1/2 tbsp baking soda
1 tbsp diatomaceous earth or bentonite clay or both

GINGER DETOX BATH & BODY SCRUB

Ginger detox bath ingredients -

- 2 cups Epsom salt
- 1/4 cup grated fresh ginger
- 1/4 cup baking soda
- 1/4 cup mustard powder

Ginger body scrub ingredients -

- 1 tablespoon fresh ginger grated
- 1/2 cup Epsom salt
- 1 tablespoon lemon juice

Instructions -

1. Combine the chopped ginger and epsom salt in a food processor. Pulse a few times until the ginger is ground and combined.
2. Remove to a small bowl and add lemon juice.
3. Put down a towel and apply scrub before your detox bath.
4. Then run a bath of hot water and add the ginger detox recipe. Submerge body for 30 minutes to an hour.

Using the ginger and mustard powder in a bath creates a warming sensation which helps with sweating, contains antioxidants, anti-inflammatories and compounds that help promote circulation and detoxification. Mustard oil baths have been shown to improve muscle pain and inflammation.



APPLE CIDER VINEGAR & EPSOM SALT DETOX FOOT BATH

Ingredients -

- 2 gallons warm water
- 1 cup Epsom salts
- 1 cup Dead Sea salt
- 1/2 cup bentonite clay
- 1/2 cup apple cider vinegar

Instructions -

1. Fill basin using warm/hot temp water. Dont use metal as reacts with bentonite clay.
2. Add Epsom salts, Dead Sea salt, bentonite clay, ACV and your favourite essential oils to the water (optional)
3. Soak your feet for 20-30 minutes.
4. After soaking, gently scrub your feet with a pumice stone or with my foot. scrub to remove calluses and dry skin buildup. Apply a good moisturiser to finish.

Apple cider vinegar has antimicrobial and antifungal properties and for this reason, its a great addition to a foot soak or foot bath detox recipe. Apple cider vinegar helps regulate the pH of the skin when used topically or in baths and has been said to help with foot odor and foot fungus.

Adding detox baths and foot soaks into your weekly cleansing routine aids in physical purification, by absorbing minerals, and drawing out toxins. Sometimes toxins or parasites may release after the bath if doing a protocol.

To see more
detox bath
recipes
[click here](#)



Chapter **35** *Thirty-Five*

**EASY & ESSENTIAL
HOMEMADE PRODUCTS**

CHAPTER THIRTY-FIVE

Easy & essential homemade products

Incorporating homemade natural products into your daily routine is the best way to reduce exposure to harmful chemicals and embrace a cleaner, healthier lifestyle. Some of these non-toxic recipes include essential oils which I strongly believe is a great health investment. DoTerra oils are the only oils which has been tested for pure potency so I will always recommend these. Cheaper alternative brands are not pure and often have secret toxic chemicals in. Please refrain from buying oils that are NOT DoTerra as they could make you very sick in the long run. You can use these recipes without essential oils too.

HOMEMADE DEODORANT

Ingredients -

- 3 tbsp coconut oil
- 2 tbsp arrow root powder
- 1 tbsp bees wax
- 10 drops lavender essential oil
- 5 drops tea tree essential oil (use different oils for different scents)
- 2 tbsp baking soda

Instructions -

1. in a double boiler, melt the beeswax and coconut oil
2. Add the baking soda and arrowroot powder to the mixture, stirring to combine thoroughly.
3. Remove from heat and add the essential oils, mixing well.
4. Pour the mixture into an empty deodorant stick container and allow it to cool and harden for a few hours.
5. Apply a thin layer to clean, dry underarms daily. This deodorant is gentle on the skin and works to keep you fresh without the use of harmful chemicals or synthetic fragrances. If you notice any irritation, discontinue use and adjust the formula as needed.

HOMEMADE SUN PROTECTION

Ingredients -

- 2 tbsp zinc oxide
- 4 tbsp coconut oil
- 3 tbsp shea butter
- 1 tbsp carrot seed oil
- 2 tbsp jojoba oil
- 5 drop lavender essential oil

Instructions -

1. In a double boiler, melt coconut oil and shea butter together.
2. Once melted, add jojoba oil and carrot seed oil to the mixture.
3. Slowly stir in zinc oxide, mixing thoroughly to avoid clumping.
4. Add the lavender essential oil and blend well.
5. Pour into a container and allow to cool and solidify.
6. Apply to exposed skin 15 minutes before sun exposure. Reapply every 2 hours, or after swimming for continued protection.

FOUNTAIN OF YOUTH SERUM

What you will need -

- 30ml dropper bottle
- Castor oil
- Vitamin E oil
- Jojoba oil
- Optional - frankincense essential oil

Instructions -

1. Fill the 30ml bottle up halfway with castor oil.
2. Then fill the rest up with jojoba oil leaving enough space to add 5 drops of vitamin e oil and 5 drops of frankincense.
3. Use daily, morning and night.

If your bottle is bigger do like for like with the jojoba and castor oil, then add in the vitamin e and essential oil.

NON TOXIC BODY SCRUB

Ingredients -

- 1/2 cup coconut oil (or jojoba or sweet almond oil)
- 1/2 cup coconut sugar
- 1 tsp borax (20 mule team)
- 1 tbsp vitamin e oil

Instructions -

1. Use a double boiler and gently melt your coconut oil, ensuring it is not hot, this is so the coconut sugar doesn't get hot and turn into caramel. Or you can stir your coconut oil until it has a runny consistency if easier.
2. Add in your coconut sugar, borax, vitamin e oil and stir well.
3. Use in the shower

SOOTHING EAR OIL

Ingredients -

- 1 tbsp garlic oil
- 2-3 drops tea tree essential oil
- 2 drops lavender oil
- 1/4 cup olive oil
- Optional - 1 drop oregano oil

Instructions -

1. Mix all ingredients in a small container.
2. Gently warm the mixture by placing the container in warm water for a few minutes.
3. Pour into dropper bottle
4. To use, add a few drops to the ear and lay on your side for about 5-10 minutes before draining. Use twice daily.

ANTI MIGRAINE SYRUP

Ingredients -

- 1 tsp feverfew (dried leaves)
- 1 tsp ginger root (dried leaves or powder)
- 1 tsp lemon balm (dried leaves)
- 3-5 drops peppermint essential oil
- 1 tbsp honey

Instructions -

1. In a saucepan, combine 2 cups of water with the ingredients.
2. Bring to a gentle simmer and let herbs infuse for 10-15 minutes
3. Strain the syrup into a clean glass jar or bottle.
4. Cool and store in the fridge.
5. Take one tbsp every 3-4 hours during a migraine or once daily as a preventative.



FLUORIDE FREE TOOTHPASTE

Ingredients -

- 3 tbsp coconut oil
- 5 drops peppermint essential oil
- 1 tbsp neem powder
- 1 tsp clove powder
- 1 tsp activated charcoal
- 2 tsp bentonite clay
- 2 tbsp baking soda
- 1 tbsp distilled/filtered water (optional for making up consistency)

Instructions -

1. In a small bowl, mix the baking soda, coconut oil, neem and clove powder. this doesn't need to be melted as the coconut will soften up as you stir it.
2. Add peppermint oil and stir well to make a paste consistency
3. Store in a glass jar.
4. Use twice daily as usual.

ANTISEPTIC OINTMENT

Ingredients -

- 2 tbsp beeswax
- 1/4 cup coconut oil
- 1 tbsp calendula oil
- 10 drops tea tree essential oil
- 10 drops lavender essential oil

Instructions -

1. In a double boiler, melt the beeswax and coconut oil.
2. Remove from heat and stir in the lavender and tea tree essential oils.
3. Put the mixture into a small pot to cool and solidify.
4. Use the balm on cuts, scrapes, bites when needed.

NON TOXIC MOUTHWASH

Ingredients -

- 1 tsp cloves
- 1 cinnamon stick
- 1 tsp baking soda
- 1 tsp celtic salt
- 3 drops on guard essential oil
- 3 drops oregano
- 6 drops peppermint essential oil
- Distilled water

Instructions -

1. Fill the bottom of a small jar with your cloves and pop in your cinnamon stick.
2. Add the celtic salt, baking soda and fill jar with distilled water.
3. Add in your essential oils.
4. Leave to set for one night and strain.
5. Use twice daily as usual.

ANTI MOSQUITO SALVE

Ingredients -

- 1/2 cup coconut oil
- 2 tbsp beeswax
- 10 drops lemon eucalyptus essential oil
- 8 drops lavender essential oil
- 6 drops peppermint essential oil
- 4 drops tea tree essential oil
- (use 1/4 vinegar or lemon juice if no essential oils)

Instructions -

1. In a double boiler, melt the beeswax and coconut oil.
2. Remove from heat and stir in all the essential oils.
3. Put the mixture into a small pot to cool and solidify.
4. Use the salve when needed, and reapply if sweating or swimming



NATURAL ALL PURPOSE CLEANER

Ingredients -

- 2 lemons cut into quarters
- 1/4 cup distilled/filtered water.
- 1 cup white vinegar.
- 10 drops of onguard
- 10 drops of lemon
- 1 tsp baking soda

Instructions -

1. Chop up lemons into quarters and place into a large jar.
2. Fill the jar with white vinegar and leave in dark cupboard for up to 4 weeks, shaking it daily.
3. Strain the lemony vinegar into a glass spray bottle and add in essential oils and baking soda.
4. Top up with a little water if needed.

You can use this recipe without the lemons and waiting 4 weeks too. Can also use lime or orange.

NATURAL DISHWASHER LIQUID

Ingredients -

- 1 cup soda crystals/washing soda
- 500ml boiled, distilled or filtered water.
- 1/2 cup castile soap. Or you can also use on guard concentrate.
- 20 drops on guard essential oil
- 10 drops lemon essential oil

Instructions -

1. Add crystals into a jug with the hot water, stir until dissolves.
2. Once cooled add in your castile soap or on guard concentrate.
3. Add in your essential oils.
4. Pour into glass bottle and use as needed.

NATURAL FABRIC SOFTENER

Ingredients -

- 1 litre white vinegar
- 20 drops of essential oils
(I use lemon and lavender, sometimes peppermint)

Instructions -

1. Get a glass jar or bottle and fill with white vinegar.
2. Add in essential oils of your choice.
3. Use as you usually would.

NON TOXIC LAUNDRY DETERGENT

Ingredients -

- 1 cup sea salt
- 1 cup epsom salt
- 1/3 cup borax
- 3 cups washing soda (soda crystals)
- 3 cups baking soda
- 25-30 drop of essential oil

Instructions -

1. Mix ingredients together in a large bowl and store in a jar or container.
2. Use 1/4 to 1/2 a cup for each wash.
No more than 3/4 a cup is needed.





Chapter **36** Thirty-Six

NATURAL REMEDIES
FOR COMMON SICKNESS

CHAPTER THIRTY-SIX

Natural Remedies For Common Sickness

Nature offers powerful solutions for everyday ailments, from colds and sore throats to digestive troubles and headaches. Homemade remedies use simple, natural ingredients like herbs, spices, and essential oils to support your body's healing without chemicals. Easy to make and often using items from your kitchen, these remedies are cost-effective and empowering. In this last chapter, discover practical, natural cures for common illnesses to help you take charge of your health in a gentle, holistic way.

AMISH AMOXICILLIN

Ingredients -

- 2/3 cup apple cider vinegar (ACV)
- 1/2 cup fresh pineapple, washed and cut into half-inch cubes
- 2-inch piece of ginger, peeled
- 1-inch piece of turmeric root, peeled (or ½ to ¾ tsp turmeric powder)
- 2 to 3 cloves of garlic
- 1 medium-sized onion
- 1/4 organic lime or lemon with peel chopped
- 1 ½ tbsp honey
- 1/8 tsp cayenne pepper
- A pinch of black pepper



Instructions -

1. Wash and chop the pineapple, ginger, turmeric, garlic, onion, and lime (or lemon) as specified. Ensure all ingredients are fresh and organic for maximum potency and health.
2. Place all the prepared ingredients in a blender, including the apple cider vinegar and honey. You can also use fresh cayenne pepper instead of powder for a spicier cider. Blend until smooth and well combined.
3. If desired, strain the mixture through a fine mesh strainer to remove any pulp and extract just the liquid. However, consuming the pulp provides additional health benefits.
4. Transfer the strained or unstrained juice to a clean glass mason jar for storage. Seal the jar tightly and refrigerate. The fire cider shot can be kept in the fridge for up to 2

Take just one shot glass of this tonic a day, before any meals to support digestion and boost immunity. You can even incorporate the tonic into salad dressings or marinades for an added kick and health benefits, or mix with sparkling water for a refreshing and health-supportive mocktail.

NANAS HERBAL ANTIBIOTIC

What you will need -

- 1 minced garlic clove
- 1 tbsp honey
- 1/2 teaspoon ginger
- 1 tbsp apple cider vinegar
- 1/4 turmeric
- 1 tbsp lemon juice

Instructions -

1. In a small bowl, combine the minced garlic, honey, grated ginger, apple cider vinegar, turmeric, and lemon juice.
2. Stir until well-mixed and let sit for 5-10 minutes to
3. Strain if desired, or consume as is for a stronger effect.

Take 1-2 teaspoons daily when you feel early signs of a mild infection. Swallow slowly to coat the throat.

Store in a glass jar in the refrigerator for up to 3 days, shake before each use

HONEY & LEMON COUGH DROPS

Ingredients -

- 1/4 cup honey
- 2 tbsp lemon juice
- 1 tsp ginger, grated
- 1 tbsp coconut oil
- 1/4 filtered or distilled water
- 1/2 tbsp cornstarch (optional)

Instructions -

1. Combine honey, lemon juice, and grated ginger in a saucepan.
2. Add water and heat on low for 5-10 minutes, stirring regularly.
3. Once it thickens, remove from heat and stir in coconut oil and cornstarch (if using).
4. Pour into molds or spread on a baking sheet and let cool for 30 minutes.
5. Break into individual drops once firm.

Suck on one drop as needed for relief from coughing or a sore throat.

Keep in an airtight container at room temperature for up to 2

AMISH COUGH SYRUP

Ingredients -

- 1 cup raw honey
- 1/4 cup apple cider vinegar
- 2 tbsp lemon juice
- 1 tbsp ginger, grated
- 1-2 cloved garlic, minced
- 1/4 cayenne pepper

Instructions -

1. In a saucepan, combine the honey, apple cider vinegar, and lemon juice. Gently heat over low heat until warm.
2. Add the grated ginger, garlic, and cayenne pepper and stir
3. Let the mixture steep for 10-15 minutes.
4. Strain the syrup if desired, then store it in a glass jar or bottle.

Take 1 tablespoon of the syrup every few hours as needed to soothe coughing and support throat health

ROSEMARY & SAGE THROAT SPRAY

Ingredients -

- 1 tbsp rosemary, dried leaves
- 1 tbsp sage, dried leaves
- 1/4 cup apple cider vinegar
- 1/2 filtered or distilled water
- 1 tbsp honey

Instructions -

1. Boil the water and steep rosemary and sage leaves in it for 10 minutes to make an herbal infusion.
2. Strain the herbs out of the liquid and let the infusion cool to room temperature.
3. Add apple cider vinegar and honey to the cooled infusion.
4. Pour the mixture into a small spray bottle and shake well before each use.

Spray the solution into your throat as needed for relief, especially before meals or before bed. You can use it several times a day.

Store the spray in the refrigerator for up to 1 week. Make sure to shake before each



Chapter **37** *Thirty-Seven*

FROM KNOWLEDGE TO
TRANSFORMATION



CHAPTER THIRTY-SEVEN

From knowledge to transformation

Now you've learned the basics, let's get even deeper. Heal The Host is built around a 4-phase healing system designed to walk your body through restoration in the correct order. Each phase has a specific purpose and focus, and each one prepares the body for the next stage of healing.

Rather than jumping between random protocols or detox trends, this structure creates a clear pathway that removes confusion and guesswork.

Below is how the Heal The Host system is organised.



PHASE 1 — REPLENISH + REPAIR THE TERRAIN

This phase focuses on rebuilding the foundation of your internal terrain.

Here you learn how to restore minerals, improve cellular hydration, regulate the nervous system, open detox pathways, support digestion, and reduce incoming toxic load. This phase also introduces gentle biofilm preparation and low-tox lifestyle shifts that stabilise the body before deeper detox begins.

Phase 1 is about strengthening the system so the body has the capacity to heal. Instead of forcing detox, the focus is on rebuilding resilience, improving absorption, and creating internal stability.

This phase sets the groundwork for everything that follows.

PHASE 2 — GENTLE BINDING + DETOX PREPARATION

Phase 2 is pretty much Phase 1, but with gentle binding and colon cleansing which prepares the body to handle detox safely.

This phase focuses on improving bowel regularity, supporting colon health, opening elimination pathways, introducing gentle binding strategies, and preparing the digestive system for waste removal. You are guided through daily structure that supports liver function, lymphatic flow, hydration, and digestive movement.

Rather than jumping straight into parasite killing, Phase 2 creates clear exit routes so toxins can leave the body instead of circulating internally. This phase reduces detox overwhelm and improves tolerance for deeper cleansing.

PHASE 3 — CLEANSE WITH STRATEGY

Phase 3 is where targeted cleansing begins.

This phase includes parasite cleansing, heavy metal detox, herbal rotations, timing-based protocols, and deeper elimination strategies like liver flushes. You learn how to cleanse strategically instead of aggressively, how to pace detox properly, and how to support your organs throughout the process.

This phase also includes parasite education, identification tools, symptom guides, and safe cleansing frameworks so you understand what you are working with instead of blindly following protocols.

The focus here is precision, timing, and support, not chaos or burnout.

PHASE 4 — REBUILD + MAINTAIN THE TERRAIN

Phase 4 focuses on long-term stability and maintenance.

After deeper cleansing, this phase guides you through rebuilding the gut, restoring beneficial bacteria, strengthening digestion, supporting nutrient absorption, and integrating lifestyle habits that protect your internal terrain long-term.

This phase also includes mindset work, nervous system regulation tools, low-tox living practices, and daily routines that help prevent relapse and reinfection.

Phase 4 is where healing becomes sustainable instead of cyclical.

DAILY STRUCTURE & GUIDED IMPLEMENTATION

Each phase of Heal The Host includes structured daily protocol / guidance so you always know what to focus on during your current healing stage. You are guided through what to support, what to implement, and how to move through each phase without confusion.

There is also lots of supporting documents, food cheat sheets, meal plans to help you.



ONGOING ACCESS & LONG-TERM SUPPORT

Heal The Host includes lifetime access to all phase content, guides, handbooks, and support materials. This allows you to revisit phases, repeat protocols when needed, and continue supporting your terrain long-term.

Healing is not linear. Having continued access creates stability and long-term empowerment.

TAKING THE NEXT STEP

If this ebook has helped shift your perspective and you feel ready to move from understanding into real, transformative, structured healing, Heal The Host is designed to guide that transition.

This is where knowledge becomes implementation.
This is where healing becomes organised.
This is where transformation happens.

Heal the Host is launching in March, and **waitlist members get first access + an exclusive discount code** when enrollment opens.

If you're serious about:

- Protecting your health long-term
- Preventing chronic illness
- Supporting your body naturally
- And finally healing the root

Then this program is for you.



If you're reading this ebook, it's not by accident.

You didn't pick up this ebook just to collect information. You picked it up because something in you is ready for change. Ready to heal differently. Ready to stop repeating the same cycles.

But awareness fades if it isn't acted on.

The longer healing is delayed, the longer symptoms stay active, the longer the body remains under stress. Momentum matters. When you feel the pull to move forward, that is the moment to respond.

ONLINE COMMUNITIES

The Natural Health Library [Facebook](#)

Diatomaceous Earth [Facebook](#)
[Telegram](#)

Castor Oil Remedies [Facebook](#)

Liver & Gallbladder Flush for Optimal Health [Facebook](#)

Fire Cider & Elderberry Syrup Gummies [Facebook](#)

Chlorine Dioxide MMS – Miracle Mineral Solution [Facebook](#)
[Telegram](#)

Serrapeptase The Miracle Enzyme [Facebook](#)

Fulvic Minerals, Holistic Health & Detox [Facebook](#)

Zeolite PBX Kids & Families Heavy Metal Detox Testimonials [Facebook](#)

EXAPND YOUR KNOWLEDGE

The Natural Health Library [Website](#) – You will need to create an account

National Library of Medicine – PubMed [Website](#) (Search the products in this ebook here for real studies)

DuckDuckGo [Search Engine](#) (alot more in depth than Google – Must be downloaded)

CONCLUSION

First of, congratulations! You've just taken a huge step toward taking control of your health, learning the truth about toxins, parasites, and heavy metals, and discovering how to detox your body the right way.

Detoxing can feel overwhelming at first, but by making it through this ebook, you now have the knowledge, tools, and confidence to start cleansing safely and effectively. Whether you're here to heal from symptoms, support your body long-term, or help your family live a low-tox life, I hope this guide has empowered you to take action.

NOW YOU KNOW

- How parasites and heavy metals interact with your internal terrain, and why they thrive in weakened environments rather than being the true root cause
- How to recognise signs that your body is overloaded, depleted, or under stress so you can respond with support instead of panic
- Why healing starts with replenishment, drainage, and nervous system regulation before moving into deeper detox work
- The most common mistakes people make when detoxing too fast, skipping foundations, or forcing the body, and how to avoid overwhelming your system
- How to approach parasite and heavy metal cleansing strategically, using preparation, timing, and pacing instead of aggressive protocols
- How food and daily lifestyle choices either strengthen or weaken your internal terrain, and how to reduce incoming toxic load
- Why the liver, gut, lymphatic system, and elimination pathways must be supported first in order for detox to actually work
- What to expect when the body begins releasing stored waste and how to move through detox symptoms in a safer, more supported way
- How simple daily habits can support natural detox, improve energy, and help maintain long-term balance
- Where to continue expanding your awareness, researching responsibly, and connecting with others who are healing using a terrain-based approach

KEY THINGS TO REMEMBER

- Detoxing is a life long journey, not a one time event. The goal is long-term health, not a quick fix.
- Listen to your body. If symptoms get intense, slow down and support drainage.
- Your environment matters. Low-tox living, clean water, and nourishing foods are just as important as what you remove.
- Be patient with yourself. Healing takes time, but every small step adds up.

Thank you!

I'm so grateful you're here, and I hope this ebook has given you the clarity and confidence to start detoxing in a way that feels good for you. If you ever have questions, need support, or want to share your journey, I'd love to hear from you! Come hang out with me on Instagram [@KHAOSWITHK](https://www.instagram.com/KHAOSWITHK), and let's keep learning and healing together.

Wishing you health, energy, and a toxin-free life!

Love, *Kayleigh*
Xx

