



DIETARY CHANGES FOR TREATING PARASITE INFECTIONS

Your treatment plan for a parasitic infection will depend on the parasites detected on Stool PCR. Your herbal tincture or supplement is only one part of the comprehensive approach to overcoming a parasitic infection. One of the most important things that you can do when overcoming a parasite, is to make sure that you are following the correct dietary precautions. Eating the right foods, and avoiding substances that might strengthen the parasite, can limit your symptoms and help to remove the infection from your system as quickly as possible. Parasites consume the same foods as you do; so, the foods you choose will either nourish, or destroy them.

The parasite cleanse diet should be taken for at least 2 months to give your body an opportunity to get rid of all kinds of **parasites and eggs** that are **hidden in different organs**.

Parasites in the body can originate from several sources, such as raw meat, tainted water, pets and may be contracted from children in childcare centres. They can cause symptoms such as:

- digestive disorders
- fatigue
- food cravings
- unstable blood sugar
- mood changes and irritability

Most experts recommend that if you do have a parasite, your first step should be to **stay away from grains and sugar** as much as possible, including natural sources of sugar like honey and high fructose fruit. Remember, removing a parasite is a difficult job for the human body, and during the process it's crucial to make sure that you are supporting your system with regular exercise, plenty of sleep, a good diet, and limited exposure to toxins. Ideally, it's a good idea to invest in foods that will help to eliminate parasites from your body for good.

The following foods will form part of your parasite cleanse:

1. Apple Cider Vinegar is full of B-vitamins, making it great for nourishing the body. It can support a natural pH and lead to improved digestion. As Apple cider vinegar has been found to be effective against eradicating parasites, it is recommended to take one teaspoon up to three times per day before meals.

2. Probiotics are the “good bacteria” that help to restore the healthy gut bacteria in your system that may have been wiped out by parasites or antibiotic use. Probiotics such as Polybac 8, Multiflora or Megasporebiotic are essential to restore the good bacteria of the microbiome particularly after parasites have been removed. Avoid taking them within an hour of apple cider vinegar.

3. Cinnamon and Ginger are delicious spices that can be used to deliver a range of fantastic health benefits that are wonderful natural remedy for certain forms of parasite. Mixing ginger and cinnamon into a cup of tea or smoothie could be a good way to get your regular daily dosage. However, make sure that any smoothies are free from dairy to help promote quick intestinal recovery. We blend a delicious Spiced Turmeric Blend at The Natural Apothecary which is the perfect supportive tea that makes an excellent therapeutic tea replacement.

4. Vitamin C is an excellent substance for supporting the immune system. It is also a powerful antioxidant. The literature recommends that if you suffer from symptoms of parasites, then you should be taking about four grams of vitamin C every day. It is important not take it at the same time as magnesium or calcium, as the nutrients may neutralize each other. I recommend Cmax or liposomal Vitamin C as it is in a base of phosphatidyl choline which supports cell membranes.

5. Coconut Oil contains about 50% of lauric acid, a saturated fat which is contained in coconut products. After conversion by the body it produces a substance that effectively kills parasites, viruses, yeasts, as well as bad bacteria in the digestive tract. Make sure that you choose organic, extra virgin coconut oil for best results.

6. Garlic is highly effective at helping to rid the system of parasites and yeast. In order to get a healthy amount into your body each day, you might consider mincing one or two cloves of garlic into a salad or stir-fry vegetable dish.

7. Olive Oil is yet another type of anti-fungal that can support the removal of yeast and parasitic waste. Add between one and two spoonful's into your food, perhaps on items such as vegetables and salads, every day.

8. Pumpkin Seeds are perhaps the most valuable substance you can consume when it comes to getting rid of parasitic infections for good. They are capable of killing tapeworm and various other forms of parasites, Pumpkin seeds should form an essential part of any parasite cleanse. These seeds work because they contain a substance known as cucurbitine – a property which can paralyse tapeworms so that they are incapable of holding onto intestinal cells.

9. Papaya Seeds are another highly effective seed-based remedy for parasitic infections. Papaya seeds have plenty of great anti-parasitic qualities thanks to their content of papain – an enzyme that helps to break down parasites. A study published in The Journal of Medicinal Food reported that parasites were eliminated completely

from the stools of 77% of children given a combination of honey and dried papaya seeds, compared to an eradication of only 17% in those given the honey alone.

10. Pomegranates are not only full of antioxidants that fight off cancer-causing free radicals, it also has antiparasitic properties as well. By drinking pomegranate juice you can help kill parasites in your intestines and flush them out. We also stock a powder that can be added to coconut yoghurt. Fresh pomegranates can be added to salads.

11. Onions Another great food that is also an ingredient that is commonly used in many dishes. Onion is great for you because the sulphur compounds inside of it have antiparasitic properties. To kill intestinal parasites like tapeworms and threadworms, consume 2-3 tablespoons of onion juice regularly.

12. Berries Finally, though it's important to be cautious with your consumption of berries because they are high in sugar when fighting off an infection from a parasite, it's worth noting that various berries have been used as traditional food for fighting back against intestinal parasites. The effectiveness of berries is often linked to the chemicals present within them known as polyphenols – which can be found in all plants.

13. Vegetables Green leafy vegetables with high nutrient content and fibre help the body to get rid of toxins.

14. Fish and organic meats These high-quality protein sources can support your immune system and provide the body with the essential fatty acids needed for fuel.

15. Include oregano, thyme, and clove in your diet wherever possible

16. Finally the most powerful component of your treatment is your **herbal tincture** which will include herbs rotated over the course of 8-12 weeks. It is important to rotate herbs as parasites reside together and are adaptive little creatures; so, we hit them with different active constituents from various herbs, so resistance doesn't develop.

I am also very mindful of utilizing microbiome enhancing herbs to ensure your microbiome is not unnecessarily depleted.

Your tincture is likely to include an immune strengthening herb such as astragalus or cordyceps, so you are less likely to succumb to this in the future.

For those who can't tolerate liquid herbs, I do have herbs in capsules which are excellent quality but are not able to pack as much punch as the liquids. Again need to rotate these capsules to reduce resistance!

