

Parasite Cleanse Tools + Protocols (Real Sh*t That Works)

If your stomach's a mess, your brain's foggy, your emotions are haywire, and you feel like you're carrying something that's not yours — *you probably are*.

Parasites don't just live in the gut. They mess with your mind, emotions, energy field, and spiritual clarity.

This list isn't sponsored. These are **real tools** I've used or researched — from herbal cleanses to energetic assists.

■ HERBAL CLEANSER TOOLS:

Mimosa Pudica Seed

Grabs parasites like glue. Works best on an empty stomach.
Brands: Microbe Formulas, CellCore, or plain organic capsules

Diatomaceous Earth (Food Grade)

Cuts through parasite shells and biofilm.
Mix with water — start slow.

Clove + Black Walnut + Wormwood Combo

Kills adult parasites and eggs. Best used as a trio.
Brands: Zahler, Gaia Herbs, NOW

Pumpkin Seed Powder or Oil

Paralyzes and flushes out parasites
Blend into smoothies or take by spoon

Dandelion Root + Burdock Root

Liver support while detoxing

■ TOOLS TO SUPPORT THE CLEANSER:

- Castor Oil Packs (Liver + Colon support)
- Bentonite Clay or Activated Charcoal (Binds and removes die-off)
- Sweating / Infrared Sauna (Pushes toxins out)
- Epsom Salt + Baking Soda Baths (Flushes skin-level die-off + helps nerves)
- Colon Cleansing (Hydrated + herbal teas to flush)

■ PROTOCOL LINKS:

Microbe Formulas Foundational Protocol

<https://microbeformulas.com/pages/foundational-health-program>

CellCore Parasite Detox Guide

<https://cellcore.com/pages/para-kit>

Dr. Group's Global Healing Parasite Cleanse

<https://globalhealing.com/products/paratrex>

Food Grade Diatomaceous Earth Starter Guide

<https://www.earthworkshealth.com/human-use.php>