**Foods that help to kill Parasites**

**Fresh Garlic/Olive oil**

**Pumpkin Seed (paralyze parasites don’t kill) then let go**

**Fresh Papaya Seeds**

**Pomegranates**

**Raw food cabbage-salad greens**

**Fresh Horseradish**

**Fresh Lemon Water**

**Thyme**

**Cayenne Pepper**

**Rose Hips Tea/Jasmine (semi-fermented black tea called oolong w/jasmine flowers)**

**Bitter Melon eaten as a vegetable (kills protozoa)**

**Tomatoes w/ground black pepper**

**Carrot juice**

**White part of green onion**

**Sunflower Seeds**

**Watermelon Seeds**

**Fresh Coconut juice or Coconut Flesh**

**CLEANSING HERBS**

**Herbs that grow in region to kill a particular parasite indicative to that area**

**\*Rice Bran Fiber**

**\*Alfalfa Leaves**

**\*Peppermint Leaves**

**\*Cranberry**

**\*psyllium seed husk fiber**

**\*Flaxseed Fiber**

**\*Apple or citrus pectin**

**\*Buckthorn bark**

**\*Tea from Senna Leaves**

**Herbs to clean the colon Drink lots of water**

**Cranberry Powder**

**Butternut Root Bark**

**Licorice Root**

**Fennel Seed**

**Peppermint Leaves**

**Deworming treatments not effective for flukes or protozoan**

**Products that I use that contain Herbs and Botanicals**

**Berberine**

**Artemisia**

**Grapefruitseed Extract**

**Olive Leaf Extract**

**DHW**

**Miracle Tea**

**Essiac Tea**

**Oregano Softgels (Oil of Wild Oregano)**

**Clove Capsules**

**Para-Norm**

**Fungal Balance**

**Can-Clear**

**Silver**

**Kyolic**

**Garlic (Pur Gar)**

**MSM**

**Vit C -B-Complex-Vit A- Vit E**

**CoQ10**

**Primal Defense**

**Systemic Formulas Liver Cleanse-TaiRaChi-VRM 1 thru 4 VIVI**

**Vitalzym**

**Three Rivers Parasite Formula**

**Bentonite Clay w/ psyllium seed**

**Diatomaceous Earth**

**Liquid Chlorophyll**

**DHEA (Cryptoporidium)**

**Propolis (leaf buds or bark of poplars & chestnuts) (toxoplasma)**

**Homeopathic Remedies for Parasites**

**Oregon Grape**

**Clear (Awareness Life)**

**L-lysine Glutathione Arise and Shine Complete Cleanse**

**Essential Oils Kills Rapidly Antimicrobial worms/protozoa**

**Peppermint**

**Lavender**

**Thymol**

**Melalucca oil**

**Not used in children under 6 Caution used with children and people with heart-kidney-liver-stomach or intestinal disease-as well as pregnancy.**