

ZUMA

NUTRITION

Parasite Detox Protocol

www.zumanutrition.com



ZUMA

NUTRITION

Disclaimer:

The products mentioned in this guide should be used only as directed on the label. Do not use if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product.

TABLE OF CONTENTS

- **Potential Benefits of Cleansing**
- **Quick Start Guide to Make the Most of Your Cleanse**
 - Days 1 - 3
 - Days 3 - 90
 - Post Cleanse
 - Parasite Cleanse Protocol
- **Parasite Cleanse Die Off Symptoms and How to Avoid Them**
- **How to do a Parasite Cleanse Safely and Effectively**
 - Enhancing the Body's Natural Detoxification Pathways
 - Cleansing the Colon
 - Water
 - How to Know if Your Parasite Cleanse is Working
 - Post cleanse
- **Parasite Detox Diet**
 - What Foods to Add to Your Diet During Your Cleanse
 - Meal Plan
 - Breakfast foods
 - Lunch foods
 - Dinner foods
 - Foods to Avoid During Your Cleanse
 - Avoid over eating
 - Stay Away from Junk Food
 - Parasite Cleanse Tea Recipe
- **Everything You Need to Know About Parasites**
 - What is a parasite?
 - How common are parasites?
 - How Do We Get Infected with Parasites?
 - What Are the Most Common Types of Parasitic Infections?
 - What Are Symptoms of Parasites?
 - How to Test for Parasites
 - Different Types of Parasite Tests
 - The Problem with Parasite Tests
- **Additional Recommendations**
- **About Zuma Nutrition**
- **About Our Founders**

Complete Parasite Detox & Gut Cleanse Protocol

Potential Benefits of Cleansing

Get rid of parasites, cleanse your gut, improve digestion, and rebuild your gut microbiome with our complete parasite cleanse and gut reset protocol. Including 4 of our top gut health supplements, this bundle provides the essential tools for eliminating parasitic infections from the gut, removing harmful toxins, enhancing digestive health, and rebuilding the gut microbiome.



[BUY NOW](#)

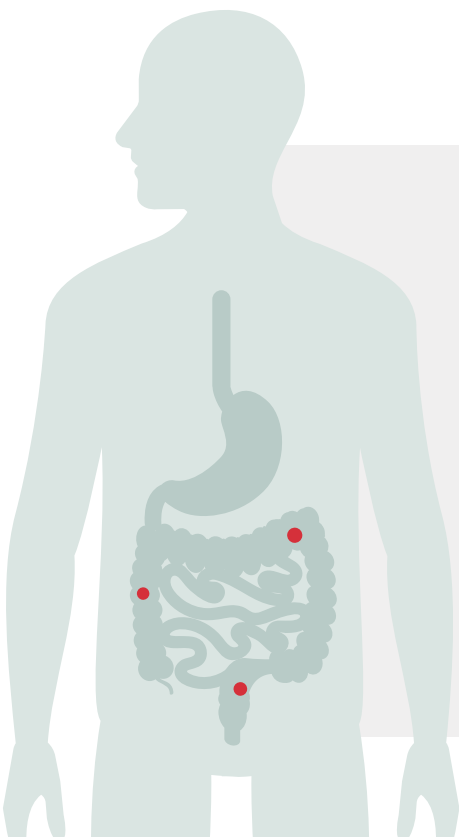
- Improved Digestion
- Heightened Mental Clarity
- Increased Energy
- Disappearing Rashes or Skin Sores
- More Stable Mood
- Reduced Cravings
- Healthier Joints
- Better Respiratory Health
- Fewer Headaches
- Stronger Immune System
- Enhanced Absorption of Nutrients
- Minimized, Bloating, Gas, and Cramping
- More Optimal Overall Health

How Often Should I Cleanse Parasites?

We are REINFESTED DAILY by parasites. It is the human condition. Just as we have bacteria that live in us, we have parasites that eat up essential nutrients and distract our immune system.

For this reason, we recommend doing this cleanse for a minimum of 90 days to kill the adult, larvae and egg stages of parasites.

This cleanse can also be taken preventively long term with 4 week breaks between cleanses.



Quick Start Guide to Make the Most of Your Cleanse

It is highly recommended to stick to our protocol to make sure elimination is completely effective of both adult parasites and eggs to prevent reinfestation.

Days 1 - 3

Take 1/2 serving of Zuma Nutrition Parasite Detox Tonic in the evening on an empty stomach. One serving is the amount drawn into the dropper when the bulb is squeezed and released once. Try to take 2-3 hours after dinner, diluted in water or an herbal tea.

Days 3 - 90

Take 1 serving of Zuma Nutrition Parasite Detox Tonic in the evening on an empty stomach. If you are tolerating the formula well with no side effects, an additional serving can be taken in the morning on an empty stomach.

Post-Cleanse

We recommend doing this 90 day cleanse at least twice per year. Optionally, you can do this cleanse more frequently, just be sure to take at least 4 weeks off between parasite cleanses.

Parasite Cleanse Protocol

- Dilute the Zuma Nutrition Fulvic Acid & Trace Ocean Minerals in your drinking water. You will drink this throughout your cleanse. One serving (one dropper) can be taken per 12 - 24 ounces of purified water. Up to two servings can be taken per day. Make sure this water is chlorine and fluoride free.
- In the evening, 2 or more hours after dinner, dilute one dropper of the Zuma Nutrition Parasite Detox Tonic into purified water or herbal tea. As your cleanse progresses, a second serving can be taken in the morning on an empty stomach.
- Upon waking in the morning, dilute one dropper of the Zuma Nutrition Liver Detox & Support Tonic in 12-24 ounces of purified water with fresh lemon juice. If you are taking the second dose of the Parasite Detox Tonic in the morning, take the Liver Detox & Support Tonic at least 20 minutes before the Parasite Detox Tonic.
- One hour before lunch take 2 Zuma Nutrition Multi-Strain Probiotic Complex capsules. Make sure to wait a minimum of 30 minutes before eating and to take on an empty stomach.

Parasite Cleanse Die Off Symptoms and How to Avoid Them

During a parasite cleanse, it is extremely common to experience parasite die-off symptoms. As parasites die, they give off noxious fumes that could cause you to feel horrible. Sometimes our bodies can't deal with the toxic overload of all these harmful substances being released in such a short span of time. When this happens, we typically experience die-off symptoms, which may include any of the following:

- Headaches
- Aches and pains
- Skin rashes
- Brain fog
- Food cravings
- Fatigue
- Emotional and neurological disorders
- Anxiety and fatigue
- Phlegm or stuffy nose
- Upset stomach
- Flu-like symptoms, including fever and chills
- Skin breakouts
- Insomnia

FULVIC ACID AS A BINDER

Though experiencing die-off symptoms may make you feel like you're getting worse, die-off symptoms are actually a natural effect of detoxification and a positive sign of healing. Thankfully, there are ways to better manage these symptoms as they occur.

One of the best ways to manage die-off symptoms is by using our **Fulvic Acid & Trace Ocean Minerals tonic**. Fulvic acid has a unique ability to chemically bind to toxins and heavy metals, helping to effectively eliminate them from your body. This means that it binds to the toxins released by parasite die-off and can significantly help to reduce die-off symptoms.

Other ways to avoid die-off symptoms:

- Drink plenty of water
- Get good quality sleep every night
- Eat a well-balanced & nutritious diet
- Schedule regular massages during your cleanse
- Spend time outside & breathe fresh air



[LEARN MORE](#)

How to do a Parasite Cleanse Safely and Effectively

To do a parasite detox cleanse safely and effectively, you will want to follow these key steps:

1 Cleansing the Colon

The colon, also known as the large bowel or large intestine, is an organ that is an important part of the digestive system. The colon removes water and some nutrients and electrolytes from partially digested food, and sends the remaining waste to the rectum to be eliminated from the body.

The average person stores 5-20 pounds of fecal matter in their colon, and this excess waste can interfere with the effectiveness of a cleanse. It is important when doing a gut cleanse of any kind that you cleanse the colon. The **Parasite Detox tonic** helps to kill the parasites, cleansing the colon helps ensure that the parasites are eliminated from the body.



[LEARN MORE](#)

2 Enhancing the Body's Natural Detoxification Pathways

The body has natural organs and systems dedicated to detoxification. Focusing on enhancing these natural detox pathways will greatly support and improve your cleanse. The primary organs and systems related to detoxification are: the liver, kidneys, lungs, skin, digestive tract, lymphatic system, and circulatory system. You can enhance these pathways significantly through following the right diet (see below), drinking plenty of high quality water (see below), and exercising regularly.

Additionally, you can enhance the detoxification pathways of your liver with our Liver Detox tonic. The liver performs over 500 functions daily. It is the first stop for everything that we ingest, it neutralizes toxins in the body, detoxes harmful substances, breaks down and metabolizes fats, converts glycogen into glucose, produces and stores important nutrients, and does so much more for our health on a daily basis.

The liver is the body's primary organ of detoxification, and keeping your liver healthy is essential for getting the most out of your cleanse. Our **Liver Detox tonic** contains 7 organic and wildcrafted herbs that enhance liver detoxification and support liver regeneration.



[LEARN MORE](#)



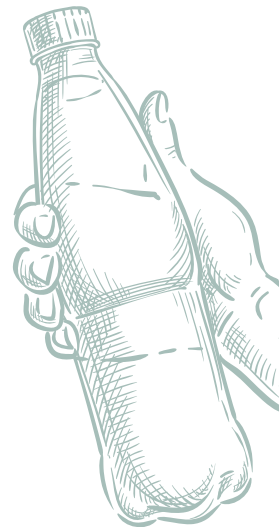
To cleanse the colon, consume a mixture of 1 tablespoon of ground chia seeds in water combined with our **Fulvic Acid & Trace Ocean Minerals tonic**. Chia seeds are rich in dietary fiber and fulvic acid binds to toxins. Together, they help to pull toxins from the gut and smoothly eliminate them.

When cleansing the harmful organisms in your colon, you may incidentally get rid of some of the good bacteria as well. Because of this, it is important to supplement with our **Multi-Strain Probiotic** to replenish your gut bacteria and keep your microbiome in balance. The ideal balance is 90% good bacteria and 10% bad bacteria. However, when you look at the gut of the average person today, you'll find just the opposite combination, 10% good bacteria and 90% bad bacteria, largely due in part to the over-processed diet many Americans consume. This type of diet tends to starve the good bacteria while feeding the bad. It is incredibly important for gut health to restore the optimal balance of bacteria in the gut, and a multi-strain probiotic is one of the best ways to do this.



Additional ways you can support colon cleansing:

- Do not overeat
- Avoid toxic chemicals, oxidized oils, and processed sugars
- Eat simple, easily-digested, whole foods, focusing mostly on plant-based foods like fruits and vegetables
- Drink a lot of water
- Move your body



3 Drink Plenty of Water

Drinking a lot of water is one of the most important points for cleansing, as water is the universal flushing agent and hydration is essential for the health and function of every system in the body. Aim to drink anywhere from ½-1 gallon each day. Only drink purified water and avoid unfiltered tap water or bottled water. Consider investing in a reverse osmosis filter for easy access to purified water.

4 How to Know if Your Parasite Cleanse is Working

There are many ways to know if your parasite cleanse is working. One of the best ways to tell that your cleanse is working is that you will be eliminating more than usual. Symptoms like bloating and indigestion will also begin to clear. Additionally, you may experience parasite die-off symptoms, such as those mentioned above. As your cleanse continues, you will likely experience a boost of energy, increased mental clarity, and a greater sense of well-being. It is not very common, but you may also notice worms passing in your stool.

5

Post Cleanse

We recommend doing this cleanse every 6 months. Also a reminder, we are re infested daily so make sure to continue a small dose of 1/2 serving daily in between cleanses as a preventative method against parasites.

After the cleanse, be mindful of the foods that you are eating, as well as how it is that you are eating. Parasites thrive in a toxic gut full of undigested food and waste. If we cleanse our bodies of built up toxins, and focus on properly digesting whole foods and herbs, we can eliminate the internal habitat that allows parasites to flourish.

Cleansing with this formula, and following this protocol twice a year, eating a balanced whole foods diet, and following proper eating protocols that support digestion, while also doing your best to avoid some of the major sources of parasitic infection is the best way to maintain a healthy body free of harmful parasites. Really prevention, sanitation, nutrition, and detoxification is the name of the game.

To rid ourselves of parasites involves cleansing them a few times a year, and following certain protocols that help us to prevent contact with them in the first place. While they may be an uncomfortable reality to accept, they are nothing to fear, but simply something to understand. Once we are educated on what parasites are and how to eliminate them from our bodies, we can truly take control of our own health.

Complete Parasite Detox & Gut Cleanse Protocol

[BUY NOW](#)

Parasite Detox Diet

While undergoing a parasite detox cleanse, it is important to support our herbal Parasite Detox with a proper diet. Many resources are available on how to get rid of parasites with herbs, but not as many people discuss what to eat when consuming these anti-parasitic herbs— and what you eat makes a big difference.

What Foods to Add to Your Diet During Your Cleanse

There are many foods that have anti-parasitic properties. When doing a parasite detox, it is recommended to include one (or more) foods that kill parasites with each meal. The most notable anti-parasitic foods to include in a parasite cleanse diet plan include:

- Garlic
- Onion
- Honey
- Pumpkin Seeds
- Dates
- Pomegranate
- Papaya Seeds
- Dandelion Greens
- Lettuce
- Broccoli
- Kale
- Pineapple
- Coconut
- Carrots
- Sunflower Seeds
- Fermented Foods
- Stoneground Mustard
- Coconut Oil
- Apple Cider Vinegar
- Turmeric
- Ginger
- Cinnamon
- Cayenne Pepper
- Chili Spices
- Curry Spices
- Cloves
- Thyme
- Oregano
- Neem



When doing a cleanse, aim to include more of these foods in your diet than you usually would eat. This will help to support the effective detoxification and elimination of intestinal parasites, provided that other aspects of the protocol are also adhered to. An important point is also to aim for reducing your sugar intake, as many parasites feed on sugar as a primary fuel source. Some natural sugars and low glycemic fruits are okay in moderation, but avoid foods that have high sugar content and focus on eating a simple, organic whole foods diet.

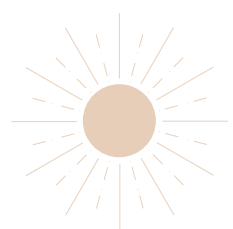
Meal Plan Examples

To get a sense of how you can include these anti-parasitic foods in your diet, we wanted to provide some meal plan examples. Keep in mind that these are just simple ideas of what you could eat during your cleanse. The main point is to try to include as many anti-parasitic foods and high-fiber foods into your meals as possible to support detoxification of parasites and the elimination of waste in your colon.



Breakfast

- Chia seed pudding with berries and almond milk
- Oatmeal with cinnamon, dates, banana, coconut, chia seeds, pumpkin seeds and honey
- Fruit salad with pineapple, dates, banana, berries



Lunch

- Salad with lettuce, dandelion greens, baked chickpeas, sunflower seeds, quinoa, and a stoneground mustard and lemon dressing
- Salad with apple, avocado, and pomegranate seeds
- Quinoa bowl with garlic, sweet potato, kale, and chili spices
- Brown rice bowl with broccoli, carrots, ginger and pineapple



Dinner

- Quinoa, broccoli, baked potato or sweet potato
- Brown rice and vegetable stir fry with broccoli, kale, carrot, pineapple, ginger
- Steamed vegetables
- Coconut curry soup

Foods to Avoid During Your Cleanse

Avoid Overeating

One of the most important things to do while on a parasite detox (or really any cleanse for that matter) is to avoid overeating. Eating large amounts of food may strain your digestive system and lead to indigestion of food.

Overeating can lead to buildup of waste in the colon, and this buildup of waste creates the perfect environment for parasites and other toxic organisms. When we do a cleanse, we want to eliminate this waste—not add to it! Therefore, it is essential not to overeat, but to only eat moderate amounts of food and to stop as soon as you start to feel full (or even before).

Stay Away from Junk Food and Poor Habits

If we have parasites we must not only focus on getting rid of them, but also ask ourselves how we got them in the first place. Oftentimes parasites invade the body from contaminated sources of water, food, or soil. In this case, prevention and proper sanitation are essential.

However, there are certain foods and habits that compromise our immune systems, make us more susceptible to parasitic infection, and create an internal environment that allows parasites to thrive. If we want to get rid of parasites for good, we need to also get rid of the environment that attracts them and allows them to flourish within us.

While doing a parasite cleanse, it is important to avoid toxic substances in foods that may inhibit the body's detoxification. This includes junk foods, refined grains, processed sugars, artificial preservatives, and any other one of the toxic chemicals that are so abundant in our modern food supply. Undercooked meat and raw fish are also high risk sources for parasite contamination and are best to avoid during your cleanse. It is also recommended to avoid poor habits like overeating, nail-biting, not washing your hands, and other things that may either introduce parasites to the body or may allow them to thrive once they've infested.



Parasite Cleanse Tea Recipe

The Parasite Detox tincture has a strong and bitter taste due to the herbs used. To make it more palatable, try following this tea recipe. We use our Parasite Detox tincture with ginger, lemon, and chia seeds, combined in hot water to make a detoxifying herbal tea. The Parasite Detox tincture kills over 100 different types of parasites in the body, while the chia seeds act as a binder to toxins released from parasite die-off, and help to cleanse the colon and improve elimination. Ginger and lemon enhance this drink with cleansing and soothing properties to the digestive system, while also adding flavor to the bitter herbs in the Parasite Detox formula.

Ingredients:

- 1 tsp. Ginger Powder
- 1 tbsp. Soaked Chia Seeds
- 1 Lemon
- 1 full dropper of Parasite Detox Tincture

How to Make:

- Pour 1 cup of hot water into a cup
- Add 1 tsp of ginger powder
- Add 1 tbsp of soaked chia seeds
- Add juice of 1 lemon
- Add one full dropper of Parasite Detox Tincture
- Stir ingredients together
- Enjoy as a Parasite Detox tea



Complete Gut Health Bundle

While this Parasite Detox protocol will help you get rid of parasites, it cannot protect you from getting parasites again after the cleanse. Re-infestation of parasites happens easily, as we are constantly exposed to them. For this reason, we recommend doing this cleanse every 6 months, while continuing with a small dose of 1/2 serving of the Parasite Detox tonic daily in between cleanses as a preventative method against parasites. Including this gut health protocol in your daily regimen can optimize gut health, balance your gut microbiome, and protect you from parasitic infection.

Complete Parasite Detox & Gut Cleanse Protocol

BUY NOW



Everything You Need to Know About Parasites

What Is A Parasite?

A parasite is defined as an organism that feeds on the nutrients of a host. There are many different species that are classified as being parasitic, and many that can infect humans. When we have a parasitic infection, the parasite(s) may steal nutrients from our food and rob us of receiving proper nutrition. They also release their toxic waste inside us which can also contribute to poor health.

The combination of stealing our nutrients and releasing toxic waste inside us causes parasites to be a major threat to our body's immune system, which relies on nutrients from food to function optimally.

How Common Are Parasites?

Parasites are incredibly common—much more than you might think. In fact, it's estimated that around 40 percent of all animal species are parasites. So, it should be no surprise that humans are also at risk of parasitic infection. Yet, many people hold an inaccurate view on parasites that they only exist in tropical countries or in third-world countries with poor sanitation. While parasites are certainly more prevalent in these places, they exist in every ecosystem, and are abundant in the United States as well.

The Centers for Disease Control and Prevention (CDC) has even acknowledged what they call “neglected parasitic infections” (NPIs), and say that these parasitic infections in the United States need to be seen as priorities for public health action based on the numbers of people infected, the severity of the illnesses, or our ability to prevent and treat them. The five targeted NPIs identified by the CDC include Chagas disease, cysticercosis, toxocariasis, toxoplasmosis, and trichomoniasis.

CDC Director Tom Frieden stated that “Parasitic infections affect millions around the world causing seizures, blindness, infertility, heart failure, and even death. They're more common in the US than people realize and yet there is so much we don't know about them. We need research to learn more about these infections and action to better prevent and treat them.”

- In the United States alone, more than 300,000 people are infected with *Trypanosoma cruzi*, the parasite that causes Chagas disease, and more than 300 infected babies are born every year.
- There are at least 1,000 hospitalizations for symptomatic cysticercosis per year in the United States.
- At least 14 percent of the U.S. population has been exposed to *Toxocara*, the parasite that causes toxocariasis, and each year at least 70 people—most of them children—are blinded by resulting eye disease.
- More than 60 million people in the United States are chronically infected with *Toxoplasma gondii*, the parasite that causes toxoplasmosis; new infections in pregnant women can lead to birth defects and infections in those with compromised immune systems can be fatal.
- The *Trichomonas* parasite is extremely common, affecting 3.7 million people in the United States. Trichomoniasis can cause pregnancy problems and increase the risk of other sexually transmitted infections including HIV.

As you can see, parasites are quite common, despite the popular myth that they only exist in third-world countries. Not only are they common, but they can cause serious health issues, especially if the infection is left untreated.

Oftentimes parasitic infections go unnoticed with few symptoms, but many times the infections cause serious illnesses, including seizures, blindness, pregnancy complications, heart failure, and even death. Anyone—regardless of race or economic status—can become infected with parasites.

How Do We Get Infected With Parasites?

Parasites are everywhere, they can come from a variety of sources, and they are often microscopic, so it is incredibly difficult to see or prevent coming into contact with parasites or parasite eggs. Parasites are also highly contagious, especially when you don't wash your hands often or practice good personal hygiene.

Animals are often hosts to numerous parasites, and so if you have pets it is inevitable that you will become exposed to them. These types of infections are called “zoonotic diseases” and they are very common. Scientists estimate that more than 6 out of every 10 known infectious diseases in people can be spread from animals, and 3 out of every 4 new or emerging infectious diseases in people come from animals.

Not only owning animals as pets, but eating animals, particularly raw fish, is a common way to get a parasite. You can also get parasites from eating unwashed (and sometimes even washed) fruits and vegetables.

You come into contact with parasites from touching other people, grabbing public handrails or doorknobs, and drinking unsanitary water. Exposure to child and institutional care centers—schools, doctors’ offices, hospitals, and so on is another common source of parasites. You can get them from coming into contact with feces, walking barefoot on contaminated soil, and you can even breathe in parasite eggs.

Basically, there is no way to avoid coming into contact with them unless you live a totally isolated and sanitized life (and even then, there are no promises). While parasites are unavoidable, we can get rid of them. We can cleanse our bodies of them a few times a year and we can boost our immune systems with a healthy diet and lifestyle so that we are better equipped to defend ourselves against parasitic infection. By cleansing our bodies and eating healthy, we not only reduce populations of parasites, but we create an internal environment that does not allow them to thrive.

What Are the Most Common Types of Parasitic Infections?

While some parasites are easily identified, such as tapeworms, roundworms and hookworms, most parasites that people suffer from are actually microscopic bugs such as amoebas or flukes. Though the list of parasites that infect humans is extensive, there are three main types of parasites. These are:

Protozoa:

Examples include the single-celled organism known as Plasmodium. A protozoa can only multiply, or divide, within the host.

Helminths:

These are worm parasites, such as roundworm, pinworm, trichina spiralis, tapeworm, and fluke.

Ectoparasites:

These live on, rather than in their hosts. They include lice and fleas.

Symptoms of Parasites

Parasites can pass on a wide variety of conditions, so symptoms are hard to predict. Oftentimes there are also no symptoms, or symptoms that appear long after infection, but the parasite can still be transmitted to another person, who may also develop symptoms.

There are many types of parasite, and symptoms can vary widely. Sometimes these may resemble the symptoms of other conditions, such as a hormone deficiency, pneumonia, or food poisoning.

Common symptoms that might occur include:

- Skin bumps or rashes
- Weight loss, increased appetite, or both
- Abdominal pain
- Diarrhea
- Nausea or vomiting
- Sleeping problems
- Anemia
- Aches and pains
- Allergies
- Weakness and general feeling unwell
- Fever
- Gas or bloating
- Dysentery (loose stools containing blood and mucus)
- Rash or itching around the rectum or vulva
- Stomach pain or tenderness
- Feeling tired/fatigued
- Passing a worm in your stool

How to Test for Parasites

There are many different lab tests and different ways to test for parasites, and the kind of test(s) your health care provider might order for you will be based on your signs and symptoms, any other medical conditions you may have, and your travel history, etc. Due to their small size, and to their elusive nature, diagnosis of parasites can be difficult, so often times multiple tests are performed to get the most accurate reading.

Different Types of Parasite Tests

The most common types of parasite tests include:

A fecal (stool) exam, also called an ova and parasite test (O&P)

This test is used to find parasites that cause diarrhea, loose or watery stools, cramping, flatulence (gas) and other abdominal illnesses. The CDC recommends that three or more stool samples, collected on separate days, be examined. The O&P test looks for parasite ova (eggs) or the adult stage of the parasite.

Typically, someone doing an O&P test will put small amounts of their stool into special containers with preservative fluid. Specimens not collected in a preservative fluid should be refrigerated, but not frozen, until delivered to the lab, or they may become unable to be used for diagnosis.

Endoscopy/Colonoscopy

An endoscopy is another method of parasite testing that is used to find parasites that cause diarrhea, loose or watery stools, cramping, flatulence (gas) and other abdominal illnesses. This test is often used when stool exams do not reveal the cause of your abdominal symptoms. This test is a procedure in which a tube is inserted into the mouth (endoscopy) or rectum (colonoscopy) so that the doctor, usually a gastroenterologist, can examine the intestine. This test looks for the parasite or other abnormalities that may be causing your signs and symptoms.

Blood Tests

Some, but not all, parasitic infections can be detected by testing your blood. Blood tests only look for specific types of parasite infection, as there is no blood test that will look for all parasitic infections. There are two general kinds of blood tests that a doctor may order:

- Serology—This test is used to look for antibodies or for parasite antigens produced when the body is infected with a parasite and the immune system is trying to fight off the invader. This test is done by getting a blood sample and sending it to a lab.
- Blood Smear—This test is used to look for parasites that are found in the blood. By looking at a blood smear under a microscope, parasitic diseases such as filariasis, malaria, or babesiosis, can be diagnosed. This test is done by placing a drop of blood on a microscope slide. The slide is then stained and examined under a microscope.

X-ray, Magnetic Resonance Imaging (MRI) scan, Computerized Axial Tomography scan (CAT)

These tests are less commonly used for parasite diagnosis, but are sometimes used to look for some parasitic diseases that may cause lesions in the organs.



The Problem with Parasite Tests

The problem with parasite tests is that they are not always capable of diagnosing a parasitic infection, and in fact, they are often quite ineffective. Certain tests do an excellent job at testing for certain types of parasites, but there are so many types of parasites that simply cannot be diagnosed with standard testing, and the tests that we do have available also have their issues. So, even when a test does not identify any parasites or parasite eggs, it is not necessarily proof that there is no parasitic infection.

The O&P exam is by far the most common form of parasite test, but many intestinal parasites are not reliably detectable by the O&P exam. The O&P exam also involves looking for parasites or for parasite eggs in stool. Not only does this require that one out of the three stool samples submitted contains some evidence of parasites, which it very well may not, it also requires that those observing the stool under the microscope be able to find this evidence if it is there.

The biggest issue, however, is that typically they are not even looking for the right thing. If you analyze the test results of a common O&P test, you'll find that what they are actually screening for are bacteria.

The report of the O&P exam is divided into two sections: Microbiology and Parasitology. All the tests for specific organisms of any kind fall under the Microbiology section. Here, they most commonly test for:

- **Salmonella**
- **Shigella**
- **Plesiomonas**
- **Campylobacter**
- **Yersinia**
- **Aeromonas**
- **Vibrio**
- **Coli**

All of which are actually forms of bacteria—not parasites.

Under Parasitology, the section where we could reasonably assume that they test for all the most common parasites (roundworm, whipworm, hookworm, 6 different kinds of tapeworms, liver flukes, intestinal flukes, toxocara, trichini, filarial worms like strongyloides, protozoal organisms like giardia, and several types of intestinal amoeba) they actually only look to see if there is any evidence of parasites (such as eggs or tissue from parasite bodies) in the small stool sample provided. If they didn't see anything, they simply write on the test "NO OVA OR PARASITES SEEN." This only means that they didn't see any parasite eggs or parasites, it does not actually mean that you do not have any parasites.

So, the O&P test, which is the most common form of parasite test, as well as the endoscopy/colonoscopy, rely on someone looking for parasites in your body, and basing whether or not you have an infection on whether or not they were able to see any evidence of parasites.

The issue with this is:

- A parasite may not have shed any eggs in the stool sample you submitted, so there may be nothing to see. Many organisms go through latent cycles, which means there may be times, perhaps even for months, where they are not reproducing (e.g. not excreting eggs).
- If a parasite did shed eggs in your stool, did you scoop up those particular eggs in the tiny portion you extracted as a sample? Most organisms secrete eggs in line with their reproductive cycles and the mass of eggs tends more to be condensed together than diffused apart. If they were condensed on the bottom, and the sample was scooped from the top, you could easily have missed all of the eggs.
- Even if you managed to get some eggs into the sample, the lab tech would then need to take a portion of that sample out with a dropper and dilute it in a stabilizing gel to make it visible on the microscope slide. Were there any eggs in their sample of your sample? Were there enough eggs after the dilution to still see any in a visual examination?

As you can see, there are a lot of issues with parasite testing, and unfortunately, parasite tests are often not very effective. This doesn't necessarily mean that you shouldn't get a test if you are experiencing symptoms or are concerned that you may have a parasite. It just means that testing for parasites with traditional methods is not always effective, and if a test comes back negative it doesn't mean that you don't have a parasite.

Given that parasites are virtually everywhere in nature, and that they infect more than half the world's population, it is safe to say that we have, or will have, a parasitic infection at some point. One of the best things we can do is simply to undergo a parasite detox cleanse to eliminate what parasites may be affecting our health. Thankfully, when done properly, a parasite cleanse is safe and effective, and uses only natural foods and herbs to remedy the infection.



Additional Recommendations for Your Cleanse

Cut back on overall sugar intake. If you want to eat fruit, eat low glycemic fruit such as berries and avoid higher glycemic foods such as bananas, cantaloupe, etc.

Make sure to support the liver during your cleanse with liver supporting foods and herbs.

Include binders in your diet during your cleanse such as Fulvic Acid, Zeolites, and Chia Seeds.

Focus on proper hydration with purified, chlorine and fluoride free water. Add fulvic acid & trace ocean minerals to your drinking water during your cleanse. Fulvic acid helps with chelation of toxins that can come from parasite die-off.

Make sure to focus on gut health before, during and after your cleanse as taking potent detox herbs without optimizing gut health is not recommended.



Parasite PDF Addendum

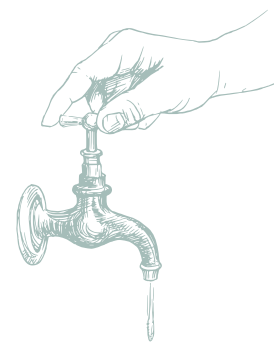
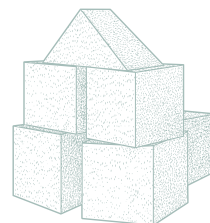
Sections Included/Updated:

1. Sources of Parasites
2. Types of Parasites
3. What Are Liver Flukes?
4. More Info on Parasite Testing
5. Preventative Parasite Protection
6. More Info on Parasite Detox Diet

1. Sources of Parasites

There are numerous sources of contamination that can cause you to get a parasitic infection. The most common are:

- **Contaminated water**
- **Contaminated food (especially pork, raw fish, and unwashed vegetables grown in contaminated soil)**
- **Walking barefoot on contaminated soil**
- **Touching contaminated surfaces**
- **Pets (especially close contact with animal feces)**
- **Travel**
- **Child care centers**
- **Unsanitary sexual practices**
- **Poor sanitation practices in general**



2. Types of Parasites

Protozoa

Making up approximately 70 percent of all parasites, protozoa are invisible to the naked eye. Protozoa are single-celled organisms, but don't let their size fool you—these microscopic parasites can be a huge threat to our health.

It is estimated that 7 million people across the U.S. have some form of protozoa living inside of them.

Certain protozoans, through their extremely rapid ability to reproduce, can take over the intestinal tract of their hosts and continue to expand from there into other organs and tissues. Some even feed on red blood cells—for this reason, some parasitologists consider them to be “microscopic vampires.”

Amoeba

Amoeba are a type of protozoa. There are many varieties of amoeba, and some of the amoeba found in humans are harmless. However, there are virulent strains of amoeba as well. *Entamoeba coli* (E. coli) and *Entamoeba hartmanni*, for example can produce mild diarrhea and dysentery. Others can cause corneal ulcers in individuals who use tap water for sterilizing their contact lenses. The amoeba most commonly found to cause disease are:

- *Entamoeba histolytica*
- *Endolimax nana*
- *Giardia lamblia*
- *Cryptosporidium parvum*
- *Blastocystis hominis*
- *Cyclospora cayentanensis*
- *Trichomonas vaginalis*
- *Toxoplasma gondii* (commonly acquired from cats)
- *Cryptosporidium muris*
- *Pneumocystis carinii*
- *Plasmodium malariae*
- *Plasmodium ovale*
- *Plasmodium vivax*
- *Plasmodium falciparum*
- *Leishmania donovani*
- *Leishmania tropica*
- *Leishmania braziliensis*

Helminths

Helminths are larger parasites commonly known as worms. While protozoans are only single-celled organisms, these creatures are multicellular and are typically visible to the human eye. The adult worms multiply by producing eggs called ova or larvae. The eggs usually become infectious in soil or in an intermediate host before humans are infected.

Interestingly, unless a helminth infestation is severe, many individuals will show no sign of disease and can even live a lifetime with these worms inside them showing virtually no symptoms. While this may be uncomfortable to consider, it is a fact that humans can coexist quite comfortably with a few worms, as long as the infestation does not become excessive and create organ obstruction.

When worm infections are excessive, they can be quite damaging to the body. In fact, many health professionals agree that worms are among the most toxic agents in the human body and the underlying cause of many diseases. It is estimated that some type of worm infestation is present in over 75 percent of the world's population.

Hookworm

Hookworms (*Necator americanus*, *Ancylostoma duodenal*) are a very common worm infection. Their larvae are found in warm, moist soil. They enter the body by penetrating the skin and are often found in people who frequently walk barefoot. There are many health benefits to walking barefoot, but it is not advised to do in warm, moist soils or areas of likely contamination—such as dog parks, public fields, or places where animal feces are abundant.

Hookworms travel through the bloodstream to the lungs, into the alveoli, and up the trachea to the throat, where they are swallowed and end up in the small intestine. This process takes about seven weeks. When the larvae pass through the lungs, it is possible for bronchitis to develop.

The first symptoms of hookworm infection are itchy patches of skin, pimples and blisters. Other symptoms include itching at entry site, nausea, dizziness, pneumonitis, anorexia, weight loss, and anemia.

The teeth-like hooks (where they get the common name “hookworm”) of the larvae attach to the intestinal mucosa and rob the body of large amounts of blood. Hookworms are found worldwide in warm, tropical areas. In the U.S. they are most prevalent in the southeast.

Hookworms can live up to fifteen years inside the human body!

Pinworm

Pinworms (*Enterobius vermicularis*) are another common worm infection. In fact, they are considered the most common in the United States and are most prevalent in children. Pinworms are quarter-inch worms that look like small white threads. Transmission of pinworms occurs through contaminated food, water, and house dust as well as human-to-human contact.

The adult female pinworm moves outside the anus to lay eggs. These eggs are often transferred by a child’s fingers from itching the anal area to the mouth. Children can easily transmit pinworms to the entire family through the bathtub, toilet seat, and bedclothes.

Perianal itching is the most classic pinworm symptom, but they have also been connected to a large range of neurological and behavioral symptoms. In one ten-year study of over 2,000 cases of children with pinworms, Dr. Leo Litter documented many seemingly unrelated symptoms that had not been previously associated with pinworm infection—some of the most severe including epilepsy, hyperactivity, and vision problems.

Roundworm

While pinworm is the most common worm infection in the United States, roundworm (*Ascaris lumbricoides*) is the most common intestinal parasite in the world—and they are also quite common in the U.S.

An estimated 1 billion people are infected with roundworm. Children are especially susceptible to roundworm as they have the tendency to put many unsanitary objects in their mouth. Roundworms are a fairly large parasitic worm and resemble the common earthworm in their appearance. They are spread directly to humans from soil or food contaminated with human feces. Though roundworm is found worldwide, it is most common in tropical and subtropical areas, especially in Asia because of their common practice of using human manure as fertilizer.

Once infected with the eggs or larvae, the worms develop inside the human body and can travel through the body ending up in the liver, heart, and lungs, where they create severe tissue irritation and allergic reactions. When present in large enough numbers, they can even cause intestinal obstruction.

Symptoms of roundworm infection include nervousness, poor appetite, allergic reactions, coughing and wheezing, malnutrition, abdominal pain, edema of the lips, insomnia, anorexia and weight loss.

Other Worm Infections

Nematodes are the most common types of worms, and these resemble the thin, long earthworm-like worms such as roundworm, hookworm, and pinworm. Flukes (trematodes or trematoda) are another type of common worm. These are leaf-shaped flatworms that are parasitic during nearly all of their life cycle forms.

Tapeworms (cestodes or cestoda) are also common parasites that are among the oldest known parasites and are considered humanity's largest intestinal inhabitant, reaching lengths of up to 36 inches or more!

Tapeworms have a scolex, or head, that attaches to the intestinal wall. As long as that head remains attached to the intestinal mucosa, a new worm can grow from it. Tapeworms do not contain digestive tracts but get their nourishment by absorbing partially digested substances from their host.

Some other common worm infections include:

- *Beef tapeworm (Taenia saginata)*
- *Prok tapeworm (Taenia solium)*
- *Fish tapeworm (Diphyllobothrium latum)*
- *Dog tapeworm (Dipylidium caninum)*
- *Trichinella (Trichinella spiralis)*
- *Anisakine larvae*
- *Filaria*
- *Liver fluke (Clonorchis sinensis)*
- *Blood fluke (Schistosoma japonicum, Schistosoma mansoni, Schistosoma haematobium)*
- *Oriental lung fluke (Paragonimus westermani)*
- *Sheep liver fluke (Fasciola hepatica)*
- *Intestinal fluke (Fasciolopsis buski)*

- *Dirofilaria immitis*
- *Wucheria bancrofti*
- *Onchocerca volvulus*
- *Loa loa*

- *Mansonella streptocerca*
- *Mansonella perstans*
- *Mansonella ozzardi*

Ectoparasites

Ectoparasites are parasites that live on their host, rather than inside their host. The most common ectoparasites include:

- *Scabies (Sarcoptes scabiei)*,
- *The common bed bug (Cimex lectularius)*,
- *Lice, including the body louse (Pediculus humanis), pubic louse (Phthirus pubis), and head louse (Pediculus humanus capitis).*

3. What Are Liver Flukes?

Flukes are leaf-shaped flatworms, commonly known as trematodes or trematoda. They are parasitic during nearly all of their life cycle forms. The cycle begins when larvae are released into fresh water by infected snails. The free-swimming larvae can then directly penetrate the skin of a human host or are ingested after encysting in or on various edible vegetation, fish, or crustaceans.

Liver flukes are a type of fluke that can infect humans and cause liver and bile duct disease. There are two families of liver flukes that cause disease in humans: Opisthorchiidae (which includes species of Clonorchis and Opisthorchis) and Fasciolidae (which includes species of Fasciola). These two families of liver flukes differ in their geographic distribution, life cycle, and long-term outcome after clinical infection.

Liver fluke infections in humans usually occur after eating contaminated raw or undercooked freshwater fish or watercress. After liver flukes have been ingested, they travel from your intestines to your bile ducts in your liver where they then live and grow. The symptoms of liver flukes differ slightly depending on the exact type of liver fluke parasite that caused the infection. In general, common symptoms of infection include:

- **Enlarged liver**
- **Eosinophilia (higher than normal levels of eosinophils, a type of white blood cell)**
- **Itching**
- **Fever**
- **Chills**
- **Nausea**
- **Vomiting**
- **Abdominal discomfort or pain**
- **Diarrhea**
- **Hives**
- **Malaise**
- **Decreased appetite**
- **Weight loss**

There are also some rare complications associated with heavy liver fluke infections, including stone formation, recurrent infections of the biliary system, and cholangiocarcinoma. It is also very common for people infected with liver flukes to show no symptoms. However, if untreated, these parasites can begin to cause complications and health issues.

4. How to Test for Parasites

How to Test for Parasites

There are many different lab tests and different ways to test for parasites, and the kind of test(s) your health care provider might order for you will be based on your signs and symptoms, any other medical conditions you may have, and your travel history, etc. Due to their small size, and to their elusive nature, diagnosis of parasites can be difficult, so often times multiple tests are performed to get the most accurate reading.

Different Types of Parasite Tests

The most common types of parasite tests include:

A fecal (stool) exam, also called an ova and parasite test (O&P)

This test is used to find parasites that cause diarrhea, loose or watery stools, cramping, flatulence (gas) and other abdominal illnesses. The CDC recommends that three or more stool samples, collected on separate days, be examined. The O&P test looks for parasite ova (eggs) or the adult stage of the parasite. Typically, someone doing an O&P test will put small amounts of their stool into special containers with preservative fluid. Specimens not collected in a preservative fluid should be refrigerated, but not frozen, until delivered to the lab, or they may become unable to be used for diagnosis.

Endoscopy/Colonoscopy

An endoscopy is another method of parasite testing that is used to find parasites that cause diarrhea, loose or watery stools, cramping, flatulence (gas) and other abdominal illnesses. This test is often used when stool exams do not reveal the cause of your abdominal symptoms. This test is a procedure in which a tube is inserted into the mouth (endoscopy) or rectum (colonoscopy) so that the doctor, usually a gastroenterologist, can examine the intestine. This test looks for the parasite or other abnormalities that may be causing your signs and symptoms.

Blood Tests

Some, but not all, parasitic infections can be detected by testing your blood. Blood tests only look for specific types of parasite infection, as there is no blood test that will look for all parasitic infections. There are two general kinds of blood tests that a doctor may order:

Serology:

This test is used to look for antibodies or for parasite antigens produced when the body is infected with a parasite and the immune system is trying to fight off the invader. This test is done by getting a blood sample and sending it to a lab.

Blood Smear

This test is used to look for parasites that are found in the blood. By looking at a blood smear under a microscope, parasitic diseases such as filariasis, malaria, or babesiosis, can be diagnosed. This test is done by placing a drop of blood on a microscope slide. The slide is then stained and examined under a microscope.

X-ray, Magnetic Resonance Imaging (MRI) scan, Computerized Axial Tomography scan (CAT)

These tests are less commonly used for parasite diagnosis, but are sometimes used to look for some parasitic diseases that may cause lesions in the organs.

Purged Stool Test

A purged stool test is perhaps the best method for identifying the majority of common parasites. This is a chemically induced stool test that causes the patient to have significant bowel movements induced from a saline laxative. A purged stool test is particularly useful for identifying the presence of giardia, amoeba, roundworm, threadworm, tapeworm, hookworm, cryptosporidium, liver flukes, blood flukes, strongyloides, and blastocystis.

The procedure consists of taking 1.5 ounces of Fleet Phospho-Soda on an empty stomach to induce bowel movements. Many physicians have found that parasites, regardless of their type, rarely appear before the fourth evacuation, and often as many as twelve bowel movements are needed to yield a positive stool or to rule out parasite involvement.

Though this is perhaps the most effective method of diagnosis of parasites, it is contraindicated for certain individuals, particularly in cases of gastrointestinal obstruction, high blood pressure, pregnancy, appendicitis, and debilitation.

Bueno-Parrish Test

This method was originated by renowned parasitologist Hermann R. Bueno. It is a rectal mucus swab with specially developed immunofluorescent stains that identify giardia and cryptosporidium. This is a good alternative for patients that prefer not to do a purged stool test or have health problems that contraindicate that method.

String Test

The string test is used to diagnose giardia and strongyloides, and recovers a sample of duodenal fluid through the swallowing of a special gelatin capsule containing a string. One end of the string is secured to the patient's cheek while the other is attached to the capsule. After three to four hours, the string is withdrawn from the mouth and mucus is examined microscopically.



The Problem with Parasite Tests

The problem with parasite tests is that they are not always capable of diagnosing a parasitic infection, and in fact, most are often quite ineffective (with the exception of the purged stool test being the most reliable). Certain tests do an excellent job at testing for certain types of parasites, but there are so many types of parasites that simply cannot be diagnosed with standard testing, and the tests that we do have available also have their issues. So, even when a test does not identify any parasites or parasite eggs, it is not necessarily proof that there is no parasitic infection.

The O&P exam is by far the most common form of parasite test, but many intestinal parasites are not reliably detectable by the O&P exam. The O&P exam also involves looking for parasites or for parasite eggs in stool. Not only does this require that one out of the three stool samples submitted contains some evidence of parasites, which it very well may not, it also requires that those observing the stool under the microscope be able to find this evidence if it is there.

The biggest issue, however, is that typically they are not even looking for the right thing. If you analyze the test results of a common O&P test, you'll find that what they are actually screening for are bacteria.

The report of the O&P exam is divided into two sections: Microbiology and Parasitology. All the tests for specific organisms of any kind fall under the Microbiology section. Here, they most commonly test for:

- **Salmonella**
- **Shigella**
- **Plesiomonas**
- **Campylobacter**
- **Yersinia**
- **Aeromonas**
- **Vibrio**
- **Coli**

All of which are actually forms of bacteria—not parasites.

Under Parasitology, the section where we could reasonably assume that they test for all the most common parasites (roundworm, whipworm, hookworm, 6 different kinds of tapeworms, liver flukes, intestinal flukes, toxocara, trichini, filarial worms like strongyloides, protozoal organisms like giardia, and several types of intestinal amoeba) they actually only look to see if there is any evidence of parasites (such as eggs or tissue from parasite bodies) in the small stool sample provided. If they didn't see anything, they simply write on the test "NO OVA OR PARASITES SEEN." This only means that they didn't see any parasite eggs or parasites, it does not actually mean that you do not have any parasites.

So, the O&P test, which is the most common form of parasite test, as well as the endoscopy/colonoscopy, rely on someone looking for parasites in your body, and basing whether or not you have an infection on whether or not they were able to see any evidence of parasites.

The issue with this is:

This test is used to look for antibodies or for parasite antigens produced when the body is infected with a parasite and the immune system is trying to fight off the invader. This test is done by getting a blood sample and sending it to a lab.

If a parasite did shed eggs in your stool, did you scoop up those particular eggs in the tiny portion you extracted as a sample? Most organisms secrete eggs in line with their reproductive cycles and the mass of eggs tends more to be condensed together than diffused apart. If they were condensed on the bottom, and the sample was scooped from the top, you could easily have missed all of the eggs. and the sample was scooped from the top, you could easily have missed all of the eggs.

Even if you managed to get some eggs into the sample, the lab tech would then need to take a portion of that sample out with a dropper and dilute it in a stabilizing gel to make it visible on the microscope slide. Were there any eggs in their sample of your sample? Were there enough eggs after the dilution to still see any in a visual examination?

As you can see, there are a lot of issues with parasite testing, and unfortunately, parasite tests are often not very effective. This doesn't necessarily mean that you shouldn't get a test if you are experiencing symptoms or are concerned that you may have a parasite. It just means that testing for parasites with traditional methods is not always effective, and if a test comes back negative it doesn't mean that you don't have a parasite.

Given that parasites are virtually everywhere in nature, and that they infect more than half the world's population, it is safe to say that we have, or will have, a parasitic infection at some point. One of the best things we can do is simply to undergo a parasite detox cleanse to eliminate what parasites may be affecting our health. Thankfully, when done properly, a parasite cleanse is safe and effective, and uses only natural foods and herbs to remedy the infection.

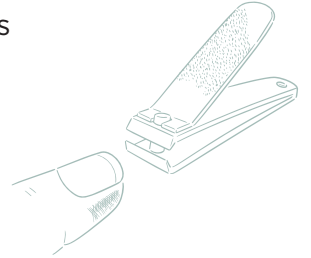
5. Preventative Methods Against Catching Parasites

Prevention is incredibly important when it comes to protecting yourself from parasitic infections. It is important to educate yourself on the major sources of parasites and how you can avoid them, as well as how you can best deal with these sources to prevent infestation. Parasites can be difficult to diagnose, and difficult to treat, so prevention is one of the best things you can do to protect your health.

Strengthen Your Immune System

Our best line of defense against parasites is a strong, healthy immune system. Unfortunately, however, many people's immune systems have been compromised over the last few decades due to the rise in harmful chemicals and pesticides in food, the increase in antibiotic drugs, the increase of sedentary lifestyles, the rise of stress, and overall poor dietary and lifestyle practices.

Supporting our immune systems with foods rich in vitamins C, E and A, as well as with minerals like zinc and selenium is a great place to start. Immune-supporting herbs like burdock root, suma root, astragalus and echinacea can also be helpful to supplement with.



Practice Good Personal Hygiene

Improving your personal hygiene is a great way to enhance your protection from parasitic infection, and it is one of the factors that you have the most control over. We often overlook the importance of good personal hygiene, but it is important to:

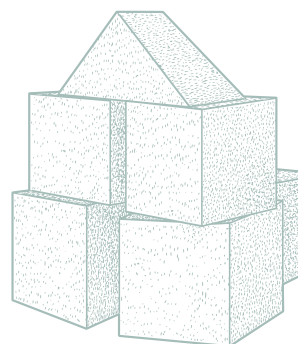
- **Always wash your hands prior to eating**
- **Make sure you wash your hands with soap and water after going to the bathroom, changing a baby's diaper, or handling your pets**
- **Keep finger nails short and scrub underneath them (many microscopic organisms like bacteria, parasite eggs, and others can get trapped in the dirt beneath your finger nails)**
- **Avoid sitting on a bare toilet seat without first wiping it or protecting it with toilet paper (especially in public restrooms)**
- **Do not use tap water to clean contact lenses and remove contact lenses before swimming (especially when swimming in natural bodies of water)**
- **Avoid walking barefoot in warm, moist sandy soils or areas of likely contamination (such as a dog park or other areas where animal feces may be prevalent)**



Infant and Child Care

Children are easy targets for parasites, especially since kids are often ignorant of hygiene practices, have developing immune systems, and tend to get into messes that expose them to infection. Educating your child at a young age about good hygiene is a great way to set them up for success in their adult life. Some other

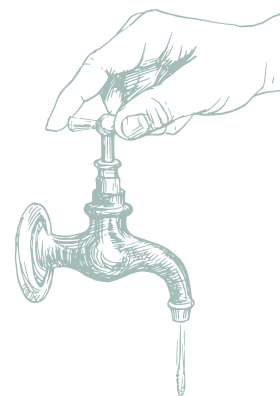
- **Breast-feed your baby as long as you can (human milk has anti-protozoan properties that provide antibodies against certain parasites like amoeba and giardia)**
- **Keep toddlers away from puppies and kittens that have not been regularly dewormed**
- **Make sure that your child routinely washes their hands after contact with household pets**
- **Prevent toddlers from kissing household pets or being licked by them (wash them afterwards if they do get licked)**
- **Do not allow children to eat dirt**
- **Do not allow children to play in areas where animals are allowed to roam loose (sandboxes, certain yards or playgrounds)**
- **Sanitize toilet seats and bowls regularly**
- **Clean children's toys with soap and water often**
- **Keep children's fingernails short and clean**
- **Bathe your child regularly**



Water Usage

Water is a major source of contamination with parasites, and not just in tropical countries or countries with poor sanitation practices. To avoid water-borne diseases and infections:

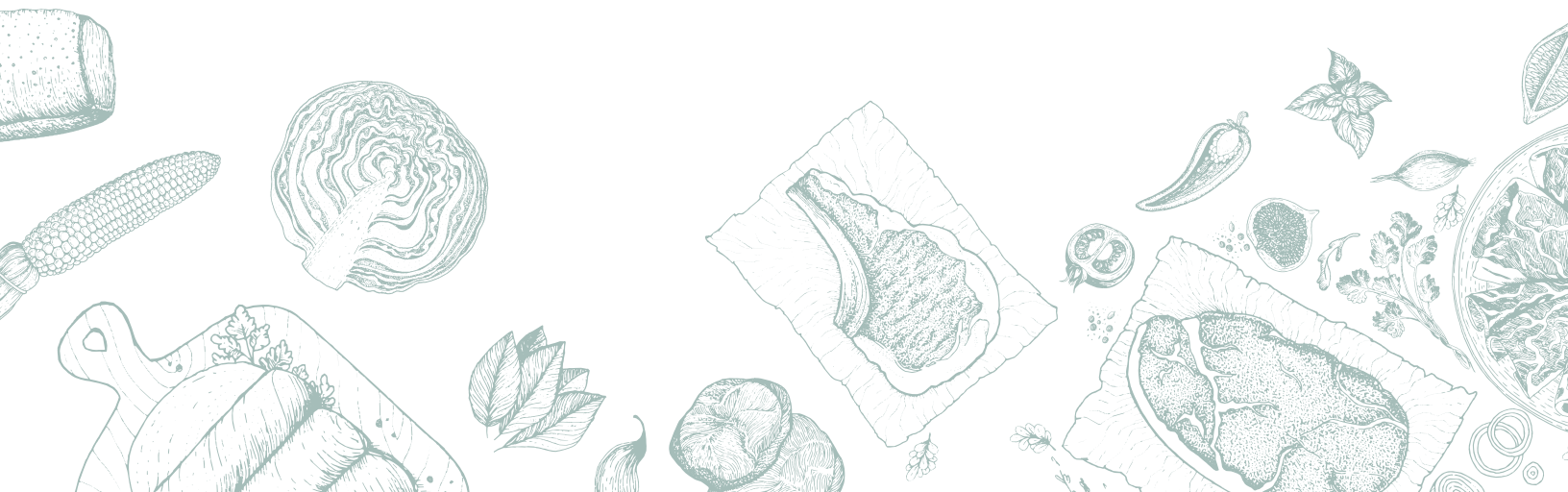
- **Drink only filtered water (it takes a fine-pore filter of not more than three microns to filter microorganism cysts)**
- **Have your tap water tested**
- **Invest in shower filters for all of your showers or a high-quality filter for the entire water supply of your house**
- **Never drink out of brooks, reservoirs, ponds, streams, or lakes, no matter how remote or clean they may seem. This kind of water must be boiled or filtered.**
- **If backpacking or camping, invest in a fine-pore filter of not more than three microns, designed to filter out giardia cysts**



Food Handling

Parasite infection can be avoided by taking certain precautions with your food:

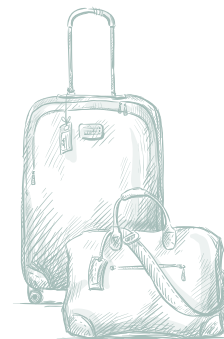
- **Freeze fish at -18°C for at least 48 hours to kill larvae. Freeze beef and pork at -20°C for at least 24 hours to kill larvae.**
- **Cook your food thoroughly.**
- **When cooking meat in a conventional oven, always set the temperature to at least 325°F**
- **If using a thermometer to test meat, the internal temperature of beef should be at least 160°F, lamb, veal, and pork to at least 170°F—check for no pink color in the center.**
- **If cooking in the microwave, always check the internal temperature of meat, as microwaves cook unevenly.**
- **In conventional ovens, cook fish until flaky and white. Bake at 400°F, 8 to 10 minutes per inch of thickness.**
- **Buy seafood from established dealers instead of roadside stands or food trucks.**
- **Clean utensils and cutting boards thoroughly.**
- **Avoid sampling foods before they are cooked.**
- **Wash vegetables and produce before consuming (avoid washing with tap water unless you have a good filter).**
- **Maintain a balanced diet with moderate amounts of protein, high fiber, natural complex carbohydrates, and a variety of whole grains. Consider eating more anti-parasitic foods in your diet such as garlic, onions, peppers and pumpkin seeds.**



Travel Considerations

The great increase in travel worldwide may expose tourists to rare diseases and parasites. It's important to take necessary precautions when traveling to avoid infection:

- **Always drink filtered water**
- **Avoid ice in your water, as it is often made from tap water**
- **Don't brush your teeth with tap water**
- **Aim to eat cooked foods when traveling and avoid or limit fresh produce**
- **Wash your hands often**
- **Avoid walking barefoot in areas of likely contamination**
- **Avoid swimming in bodies of water that may be contaminated (this risk is higher in tropical climates)**
- **Consider bringing along antidiarrheal herbs or medications**
- **Take a serving of a parasite preventative like our Parasite Detox tonic each day**



Parasites are a prevalent health concern that many people struggle with—though most are unaware that parasites are at the root of their symptoms. The best way to avoid parasitic infections is to educate yourself about parasites, how we can get infected, how to prevent infection, and how to treat an infection if you have one. With proper education, you can have all the tools you need to stay parasite-free and to remain in control of your health.

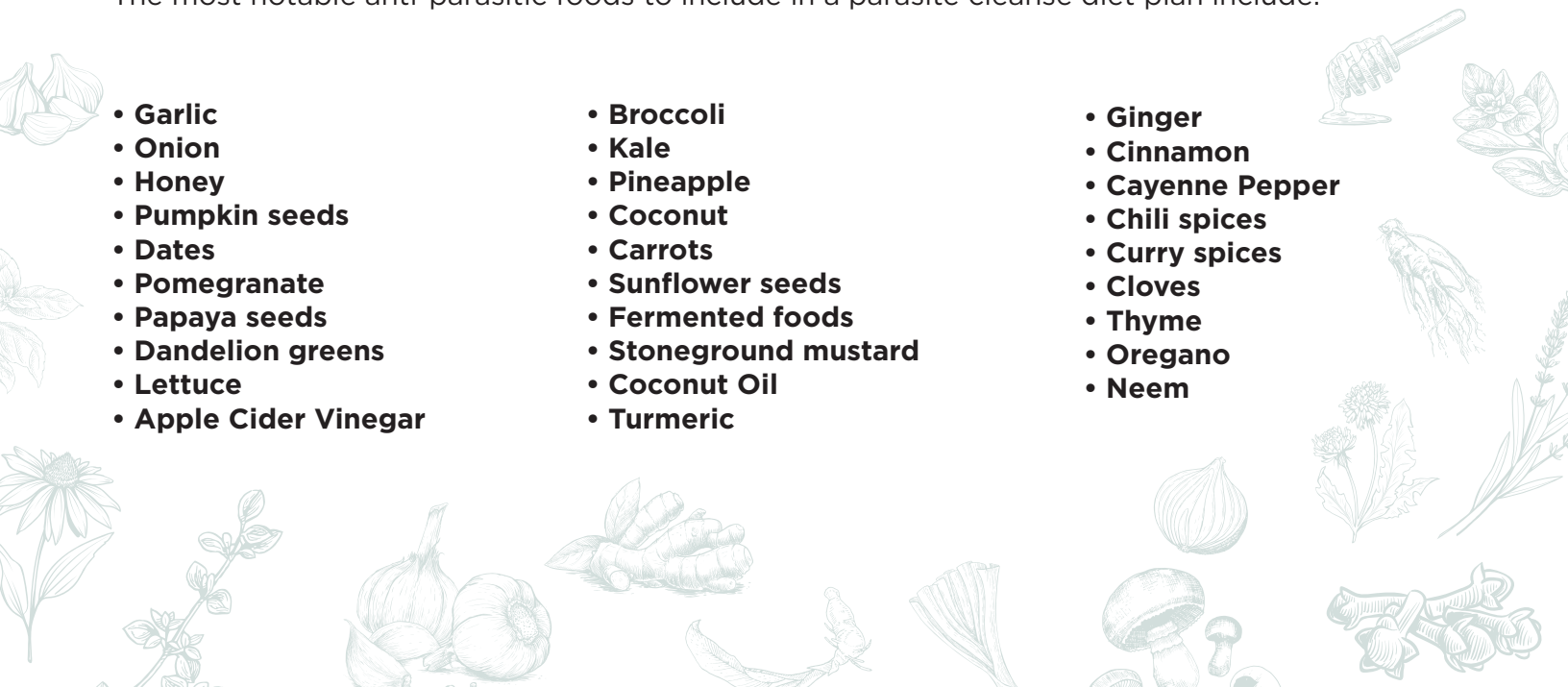
6. Parasite Detox Diet

While undergoing a parasite detox cleanse, it is important to support our herbal Parasite Detox with a proper diet. Many resources are available on how to get rid of parasites with herbs, but not as many people discuss what to eat when consuming these anti-parasitic herbs— and what you eat makes a big difference.

What Foods to Add to Your Diet During Your Cleanse

There are many foods that have anti-parasitic properties. When doing a parasite detox, it is recommended to include one (or more) foods that kill parasites with each meal. The most notable anti-parasitic foods to include in a parasite cleanse diet plan include:

- | | | |
|------------------------------|------------------------------|-------------------------|
| • Garlic | • Broccoli | • Ginger |
| • Onion | • Kale | • Cinnamon |
| • Honey | • Pineapple | • Cayenne Pepper |
| • Pumpkin seeds | • Coconut | • Chili spices |
| • Dates | • Carrots | • Curry spices |
| • Pomegranate | • Sunflower seeds | • Cloves |
| • Papaya seeds | • Fermented foods | • Thyme |
| • Dandelion greens | • Stoneground mustard | • Oregano |
| • Lettuce | • Coconut Oil | • Neem |
| • Apple Cider Vinegar | • Turmeric | |



When doing a cleanse, aim to include more of these foods in your diet than you usually would eat. This will help to support the effective detoxification and elimination of intestinal parasites, provided that other aspects of the protocol are also adhered to. An important point is also to aim for reducing your sugar intake, as many parasites feed on sugar as a primary fuel source. Some natural sugars and low glycemic fruits are okay in moderation, but avoid foods that have high sugar content and focus on eating a simple, organic whole foods diet.

Some parasites may also block the absorption of certain nutrients, or compete with your body for certain nutrients. Roundworms and giardia, for example, may interfere with the absorption of Vitamin A. Fish tapeworms compete with their host for vitamin B12. It is therefore important to focus on including certain nutrients in your diet to make up for possible deficiencies, namely:

- **Vitamin A (found in carrots, sweet potatoes, and other foods with a rich orange color)**
- **Vitamin B12 (often difficult to obtain from diet, it is recommended to supplement)**

It is also recommended to consume sufficient unprocessed oils, such as 100 percent expeller pressed olive, hemp, sesame and flax oils, as these lubricate the gastrointestinal tract and serve as carriers for fat-soluble vitamin A.

In addition, it is encouraged to focus on boosting immune system health with beneficial nutrients to fight off parasitic infections and to support your body during cleansing. Aim to include in your diet supplements or foods rich in:

■ Zinc

■ Selenium

■ Vitamin C

■ Vitamin E



About Zuma Nutrition

Here at Zuma Nutrition, we pledge to offer the very best nutritional supplements our teams can provide. We leverage 40 years of research and decades of experience to ensure that our standards are of the highest order and that our products are equally as strict in their quality.

Our manufacturing teams consist of herbalists, physicians, biochemists, and nutritionists, who all promise to bring you the very best superfoods, nutrients, vitamins, minerals, and healing tools they can create.

With an unwavering focus on product efficacy, purity, potency and quality, along with a fervent commitment to positively impacting our planet, we at Zuma Nutrition are thrilled to offer our customers a powerful array of products and supplements.

Sourcing & Clean Biochemistry

All of our herbs and superfoods are organic, regenerative, and grown in biologically active soil. By focusing on the health of our soil, we keep the delicate communities of microorganisms alive, allowing for healthier and more nutrient-dense plants, while simultaneously helping to sequester carbon, taking it out of the atmosphere and storing it within the soil.

No synthetic pesticides or fertilizers are used in our agricultural process. We enhance the effectiveness of these plants by combining the knowledge of our team of herbalists with clean biochemistry techniques, including: nanotechnology, emulsified liposomal deliveries, freeze-dried extraction processes, water extraction, supercritical CO₂ extraction, and dual alcohol extractions.

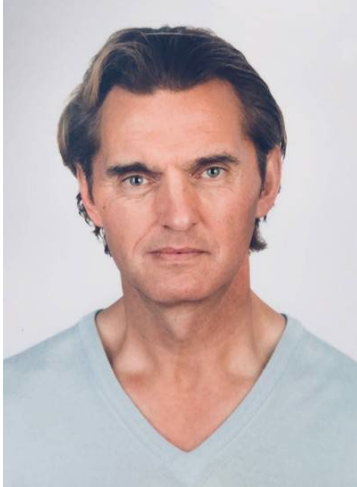
We also practice sustainable wild harvesting methods in Utah, Idaho, the Pacific Northwest and Colorado, with rare ingredients in our formulas.

Vegan & Vegetarian Friendly

Our entire Zuma Nutrition line is 100% vegan and vegetarian-friendly, keeping in mind our ecological footprint and the impact that our business has on the earth.

Our head of product development and co-founder, Richard, is vegan and takes these products daily to optimize his own health and well-being. As a result, we have created a safe source for vegans to get all of their health and wellness needs without having to worry about what they are putting into their bodies.

About Our Founders



Richard Helfrich, Co-Founder, Naturopath

Richard's life was changed forever when he discovered he had a serious heart condition known as cardio-myopathy. Cardiomyopathy, a type of heart muscle disease, is a progressive disease in which the heart is abnormally enlarged, thickened, and/or stiffened. As a result, the heart muscle's ability to pump blood is less efficient, often causing heart failure.

Rather than consider the heart transplant option he was presented with, Richard decided to take control of his condition and control of his life through a course of alternative medicine. Within five years he completely and successfully rebuilt his heart. 40 years later his heart is still in great condition and working beautifully.

This courageous step resulted in a voyage of self-discovery, which included a change in lifestyle, a disciplined study of medicine, and the attainment of an extensive knowledge of how the body works.

The result has been Richard's creation of a program of health that has now succeeded in helping thousands of individuals, as well as a private clientele of international film stars and famous personalities through his business Health Spectrum.

Richard is also the author of four books, published in the United States and Europe, including Take Control of Your Health, Immune Response, The 24 Hour Body, and Young Inside and Out. His books give the reader not only a manual on how the body works, but also a guide to how to recover their health, no matter their condition.



Jordan Dorn, Co-Founder, Holistic Nutritionist

Jordan has dedicated his young 20s to developing Zuma Nutrition and studying under Richard after suffering with addiction, depression, and anxiety issues that he was able to heal through working with alternative medicine and healthy lifestyle practices.

Rather than turning to pharmaceutical medication, Jordan was able to recognize his issues were stemming from a disrupted gut microbiome, poor dietary habits, and nutrient deficiencies. Since healing these issues Jordan has been a student of alternative medicine, health and wellness, and Richard's body of work.

Jordan is a certified nutritionist and has a deep passion for helping people heal using lifestyle practices, nutrition, nutritional supplements and mind body spirit balance.

Outside of Zuma Nutrition Jordan works with individuals on a one on one basis to improve their health.



ZUMA

NUTRITION

www.zumanutrition.com