

The background of the entire page is a microscopic view of a stool sample, showing numerous small, light-colored, oval-shaped organisms, likely parasites or bacteria. In the lower center, a large, curved, hook-like worm is visible, characteristic of a hookworm. The worm has a distinct head and tail, and its body is filled with internal structures.

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Parasite Detox Protocol

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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.

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Parasite Cleanse Protocol

This protocol is a 90 day protocol that focuses on eliminating parasitic overgrowth with targeted supplements, herbs and diet. We recommend following the cleanse for 90 days then transitioning to our Phase II Complete GI Protocol after the 90 day period. The Phase II Complete GI Protocol is essential to preventing parasites from coming back and promotes a healthy terrain in the gut long term.

Why Is It Important to Cleanse Parasites?

Parasitic infections are among the most common, neglected and undiagnosed health conditions in the world. If left untreated, parasitic infections can lead to numerous other health issues. Parasites are at the root of many health issues, including:

- Skin Rashes
- Weight Loss, Increased Appetite, or Both
- Abdominal Pain
- Diarrhea
- Nausea or Vomiting
- Insomnia
- 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

Doing a parasite cleanse can help to relieve these symptoms by getting rid of the parasite infection and restoring a healthy terrain in the gut. This can lead to better digestion, enhanced immunity, more mental clarity and energy, reduced inflammation, improved skin health and much more.

Products Needed for this Protocol



Parasite Cleanse Protocol

[BUY NOW](#)

The Three Steps to Eliminating Parasites

Getting rid of parasites can be challenging, especially if the infection has persisted for a long time. The process of getting rid of parasites, however, is simple and direct. To eliminate parasites naturally, it is essential to take antiparasitic herbs along with following an antiparasitic diet. The goal of this parasite cleanse protocol is to eliminate parasite overgrowth and to restore a healthy microbial balance in the gut to prevent a parasitic infection in the future.



Days 1-90



Following the parasite cleanse diet



Eliminating the parasite overgrowth

Day 90+



Transitioning to a long term protocol focused on building healthy gut terrain. See our Complete GI Protocol.

How to Take the Products in this Protocol

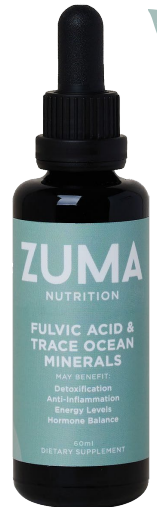


Parasite Detox Tonic

Take one serving diluted in water in the morning or evening on an empty stomach. One serving is the amount drawn into the glass dropper when the bulb is squeezed and released once, the glass dropper fills about 1/2 way which is one serving.

Fulvic Acid & Trace Ocean Minerals

Take one serving diluted in water any time of the day. One serving is the amount drawn into the glass dropper when the bulb is squeezed and released once, the glass dropper fills about 1/2 way which is one serving.



Liver Detox & Support Tonic

Take one serving diluted in water in the morning or evening on an empty stomach. One serving is the amount drawn into the glass dropper when the bulb is squeezed and released once, the glass dropper fills about 1/2 way which is one serving.

Probiotics

One hour before lunch take 1 Zuma Nutrition Multi-Strain Probiotic Complex capsule. Make sure to wait a minimum of 30 minutes before eating and to take on an empty stomach.



Step By Step Parasite Cleanse Protocol Guide

Step 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 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 and make sure this detox pathway is working.

Here are some simple steps to follow every day of the 90-day cleanse to promote healthy bowel movements:

- 1. Consume more dietary fiber (especially green vegetables). Aim to make sure that 80% of your plate is fiber rich plant foods during this program.**
- 2. Hydrate with mineral rich water (use our fulvic acid & trace ocean minerals).**
- 3. Buy chia seeds from your local market, and soak a tablespoon of chia seeds in 12 ounces of water. Let the chia seeds soak for five or more minutes in the water. Then consume the beverage. Soaked chia seeds help to bind toxins in the gut and promote healthy elimination.**
- 4. Cut back on tough to digest proteins during the 90-day cleanse. The proteins to cut back on include beef, pork, lamb, veal and other similar proteins. Instead increase the amounts of other proteins such as plant (hemp, pea and brown rice) protein powder, legumes, sprouted quinoa, nuts and seeds, hemp seeds, wild caught fish, pasture raised eggs, pasture raised chicken and other seafoods.**
- 5. Supplement with magnesium daily.**
- 6. If constipation is a serious issue for you, here are some other ways to get the colon moving:**
 - Colon hydrotherapy can be beneficial for moving impacted fecal matter in the colon
 - Coffee enemas can be beneficial
 - A special form of magnesium called magnesium oxide can help promote elimination

Step 2.

Focus on Lymphatic Drainage

When the lymphatic system becomes clogged, toxins can't be eliminated from the body, cells can't function properly, and we become more susceptible to sickness and disease. The lymphatic system is your body's sewage system. It removes toxins, waste and pathogens from your body, protecting you from infections and diseases.

Here are some simple steps to follow every day of the 90-day cleanse to promote lymphatic drainage:

1. Exercise daily and make sure to do aerobic activities that make you sweat.
2. Do yoga and stretch daily.
3. Dry brush daily.
4. If you have access to a sauna, saunas can be amazing for the lymphatic system.
5. Schedule regular massages.
6. Use a foam roller daily.
7. Use herbs that promote lymphatic drainage.



[LEARN MORE](#)

Step 3.

Incorporate the products in our Parasite Cleanse Protocol. Reference previous pages on how to take these products.

Step 4.

Follow our parasite cleanse diet. We will outline the parasite cleanse diet in this guide.

Step 5.

On day 90, start taking our Complete GI protocol and follow the dietary guidelines in that guide with the products. Our **Complete GI protocol** focuses on building a healthy terrain in the gastrointestinal tract. This protocol also helps to rebuild the gut lining which has likely been damaged from the parasite overgrowth.[†] Following this protocol long term is essential to fighting future parasite overgrowth and preventing parasite and yeast from continuing to come back.[†]



[LEARN MORE](#)

Parasite Cleanse Diet

While undergoing a parasite detox cleanse, it is important to support our herbal **Parasite Detox Tonic** with a proper anti parasite 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.

In reality, there is no universal diet for everyone, as diet varies with age, lifestyle, environment, allergies, genetic history, and so many other factors. Therefore, we will not say exactly what anti parasite diet to eat, but rather will share some of the most beneficial dietary tips and meal plan examples that you can consider when doing a parasite diet and parasite cleanse. We'll also include some parasite cleanse diet recipes. Keep in mind that these are not strict rules and you need to use your own judgment based on your personal dietary preferences when following the parasite detox diet. The main focus for an anti parasite diet is including anti-parasitic foods, and avoiding foods that contribute to a parasitic environment. It is also important to avoid certain negative food habits (like overeating) as a part of an anti parasitic diet.

How Do You Follow the Parasite Detox Diet?

To follow the Parasite Detox Diet, the most important thing to do is to adhere to these principles intended to help support the elimination of parasites.

Eat Anti-Parasitic Foods

The most important tip to follow on a Parasite Detox Diet is to include anti-parasitic foods in your meals. These are foods that have anti-parasitic properties and can help eliminate parasites from your body. Ideally, you will include at least one of these foods in each of your meals:

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

When doing a parasite cleanse, aim to include more of the foods in this anti parasite diet foods list than you usually would eat. This will help to support the effective detoxification and elimination of intestinal parasites.

Avoid Added Sugars

One of the most important things to do when following a Parasite Detox Diet is to avoid all added sugars. Many microorganisms, including various types of parasites, feed on sugar as a primary source of energy. Keeping your sugar intake at a minimum can help to starve these organisms and weaken them, making them more vulnerable to anti-parasitic herbs and foods.

Added sugars are in many foods, and we often consume them without realizing it. Because of this, it is essential that you read the labels on foods and check the ingredients for added sugar. Some common foods that often have added sugar include:

- Soda
- Energy Drinks
- Sports Drinks
- Sauces
- Condiments
- Salad Dressings
- Fruit Juices
- Teas
- Cereals
- Yeast Bread
- Candy
- Grain-based Desserts
- Dairy Desserts
- Syrups
- Toppings
- Packaged And Processed Foods

If you are following a Parasite Detox Diet, it is best to focus on whole foods in their natural form and avoid added sugars. We recommend limiting your sugar intake to the morning when you can eat a small amount of low glycemic fruit. Once the parasitic infection is gone, fruit can be a very healthy part of a nutritious diet. However, it is recommended to limit fruit intake on the Parasite Detox Diet to starve the parasites of their major fuel source. We also recommend avoiding stevia, xylitol, erythritol and other sweeteners on the Parasite Detox Diet.

Make Sure to Consume Plenty of Fiber

It is important to eat fiber-rich foods during your parasite cleanse, as these really help with elimination. Fiber provides the lubrication the colon requires to function properly and helps to support natural and smooth elimination. Fiber falls into two categories: soluble and insoluble. Soluble fiber serves many functions, which include providing a conducive environment for friendly bacteria, slowing the absorption rate of sugars, lowering serum cholesterol levels, and binding to heavy metals dumped by the bloodstream into the colon. Examples of soluble fiber foods include apples, prunes, figs, raspberries, carrots, oat bran, kidney beans, lima beans or (supplemental) psyllium husks.

Insoluble fiber complements soluble fiber by increasing bulk in the waste, preventing impacted bowel pockets (diverticuli), reducing the length of time waste stays in the body and absorbing bile acid released during digestion. Examples of insoluble fiber are brown rice, quinoa, millet rice, whole wheat, raw spinach, Brussels sprouts and flaxseed.

Foods that are naturally high in fiber:

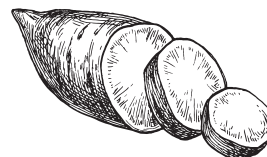
- Chia seeds
- Chickpeas
- Figs
- Prunes
- Psyllium husks
- Beans
- Broccoli
- Flaxseed
- Berries
- Lentils
- Avocados
- Whole grains
- Apples
- Carrots
- Brown rice
- Bran cereal
- Oatmeal
- Pears
- Bananas
- Beets
- Artichoke
- Brussels Sprouts
- Quinoa
- Popcorn
- Almonds
- Sweet potatoes

Eat Low-Starch Vegetables

While vegetables are an essential food group for any healthy diet, including the Parasite Detox Diet, try to minimize starchy vegetables while following this diet.

Examples of high starch vegetables to reduce during this diet include:

- White Potatoes
- Yams
- Sweet Potatoes
- Corn
- Peas
- Beans



You do not have to remove these vegetables from your diet completely. However, don't eat too many of them and favor mostly green, low-starch vegetables. Focus on eating nutrient-dense vegetables that have lower calories.

Here are some examples of low starch vegetables to include in your diet during this cleanse:

- Spinach
- Dandelion Greens
- Kale
- Cherry Tomatoes
- Bell Peppers
- Zucchini
- Cucumber
- Cauliflower
- Brussels Sprouts
- Broccoli

When shopping for these vegetables, buy organic and cook them with good oils! Bad oils can make any healthy meal into an inflammatory nightmare; for more information on how to find healthy cooking oils, read this [blog](#).

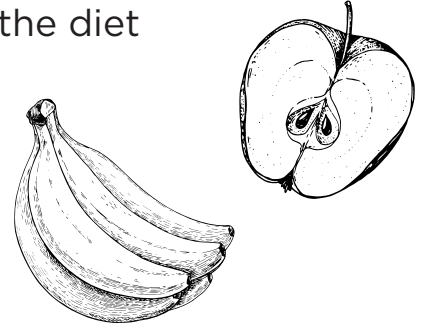


Eat Fruits That Are Low In Sugar

While it is recommended to avoid fruits that are high in sugar, it is okay to include some low-sugar fruits in the diet. In fact, some low-sugar fruits like lemons, limes, and coconuts actually contain powerful anti-parasitic properties.

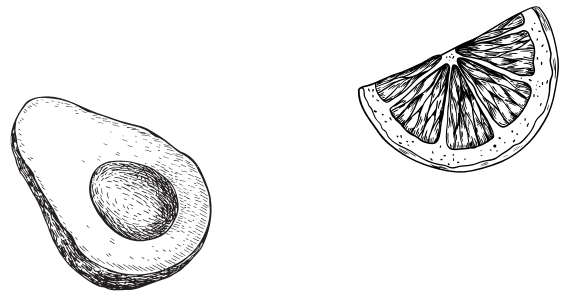
It is recommended to remove these high-sugar fruits from the diet entirely during your 90 day parasite cleanse:

- Bananas
- Mangos
- Cantaloupe
- Grapes
- Figs



These fruits can be included during your cleanse daily:

- Lemons
- Limes
- Coconut
- Pineapple
- Papaya Seeds
- Pomegranate
- Avocados



These fruits should be eaten in moderation in the morning before any proteins:

- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Cherries
- Apples
- Dates



We recommend eating before a protein because protein requires some time to digest, which simple sugars can make more difficult. In the morning you are in a fasted state, which is ideal for consuming simple sugars.

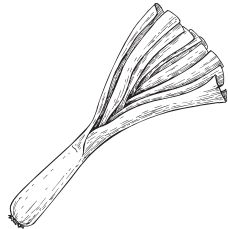
Include Prebiotic Foods in Your Diet

Prebiotic foods are indigestible carbs that help feed beneficial bacteria in the gastrointestinal tract. To learn more about prebiotics, [read our blog about prebiotics](#).

Prebiotic foods are essential for getting your gut health back on track. While some prebiotic foods contain sugar, we have created a list below of beneficial prebiotic foods that do not contain significant amounts of sugar.

Try to include these prebiotic foods while following this diet:

- Oats
- Garlic
- Onions
- Leeks
- Dandelion Greens
- Asparagus
- Chicory Root
- Jerusalem Artichoke
- Barley
- Flax Seeds
- Jicama Root
- Burdock Root
- Cacao



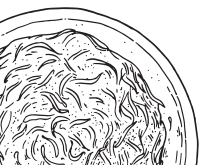
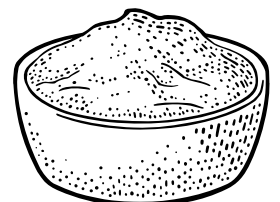
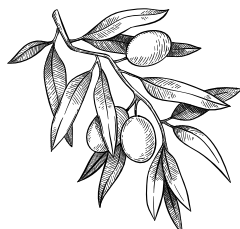
It is recommended to eat plenty of vegetables on the parasite diet as they often contain prebiotic fibers that support gut health.

Include Probiotic Foods in Your Diet

Probiotics help to colonize the gut with beneficial bacteria. Healthy gut flora keeps parasite levels under control and contributes to your overall health and immunity. As detailed in our parasite cleanse protocol, a clinical-grade probiotic supplement is very beneficial for reducing parasite overgrowth. In addition to taking this probiotic, it is also recommended to include probiotic-rich foods in your diet.

Examples of probiotic-rich fermented foods include:

- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Kefir
- Pickles
- Miso
- Kvass
- Olives
- Apple Cider Vinegar



When consuming these foods, be sure the foods contain live cultures, as the pasteurization process can kill these beneficial bacteria. Labels that have terms like "live cultures," "probiotic," "raw," and "unpasteurized" are good signs that the product contains live bacteria.

Avoid Gluten

Gluten is a general name for the proteins found in wheat, rye, barley, and triticale - a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. It is well-known as an allergen for those with Celiac disease. Still, increasing evidence shows that gluten affects the health of more than just people with Celiac disease.

New research shows that gluten triggers the production of zonulin. This pro-inflammatory protein can be tough on the gut. While following our Parasite Cleanse Diet, try to avoid gluten. If you need to include bread, opt for freshly made sourdough bread, which is fermented and easier to digest.



Cut Back on Alcohol

Alcohol may be one of the most commonly used intoxicants. Still, it also has many adverse health effects, including harming your gut health.

Numerous very clear studies show that alcohol leads to gut health issues. Alcohol can harm the beneficial bacteria in your gut. It can also negatively affect your immune system and can contribute to gut inflammation.

You want your body to be as healthy as possible while cleansing parasites. Cutting back on alcohol, or removing it from your diet completely, is a great way to support your health and ensure a more effective parasite cleanse.



Make Sure You Are Getting These Key Nutrients

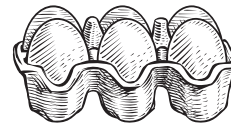
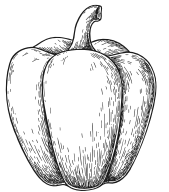
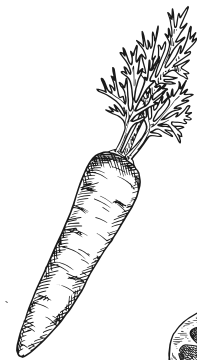
Parasites are organisms that feed on the nutrients inside us, which means that they compete with our bodies for the nutrients we consume. Over time, they can cause nutrient deficiencies if we do not get rid of them and replenish the important nutrients that we've lost.

Some parasites may block the absorption of 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

Healthy Food Sources of Vitamin A Include:

- Organic Red Bell Pepper
- Organic Carrots
- Organic Kale
- Organic Spinach
- Organic Broccoli
- Organic Brussel Sprouts
- Cod Liver Oil (Sourcing is essential with Cod Liver Oil, we recommend Rosita Brand)
- Pasture-Raised Eggs
- Ruminant Animal Organ Meats (Eat in moderation)
- Grass-Fed Butter
- Raw Dairy (be cautious of your sourcing)



B Vitamins

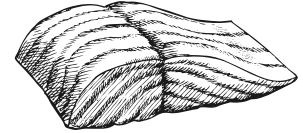
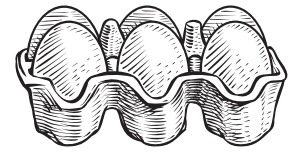
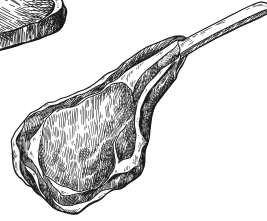
Healthy Food Sources of B Vitamins include:

- Bee Pollen
- Stabilized Rice Bran
- Grass-Fed Beef Liver (Eat in moderation)
- Organic Chlorella
- Organic Spirulina
- Organic Kale
- Organic Parsley
- Organic Kelp
- Grass-Fed Beef (Eat in moderation)
- Grass-Fed Lamb (Eat in moderation)
- Pasture-Raised Chicken
- Wild-Caught Fish
- Ruminant Animal Organ Meats (Eat in moderation)
- Organic Nuts and Seeds

B12

Healthy Food Sources of B12 include:

- Ruminant Animal Organ Meats
- Grass-Fed Beef
- Wild Caught Fish
- Raw Dairy (be cautious of your sourcing)
- Pasture-Raised Eggs



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:

Vitamin C

Healthy Food Sources of Vitamin C Include:

- Organic Citrus Fruits
- Organic Amla Berries
- Organic Rose Hips
- Organic Kakadu Plum



- Organic Guavas
- Organic Bell Peppers
- Organic Acerola Cherries

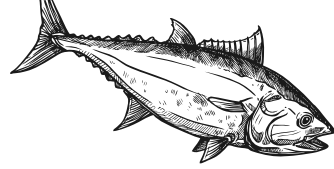


Vitamin D

Healthy Food Sources of Vitamin D include:

- Cod Liver Oil
- Wild Caught Salmon
- Grass-Fed Beef Liver
- Wild Caught Tuna
- Pasture-Raised Egg Yolks
- Wild Mushrooms

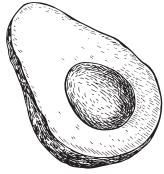
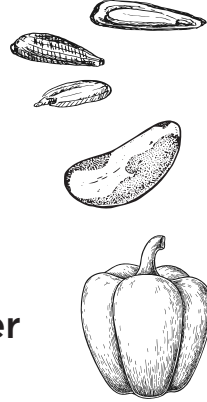
We recommend making sure you are not deficient in any essential vitamins, nutrients, or minerals and making sure you are getting ample sunlight before taking vitamin D supplements. If you opt for a vitamin D supplement, make sure it is a D + K2 Complex. The vitamin K2 is important for the bioavailability of Vitamin D.



Vitamin E

Healthy Sources of Vitamin E Include:

- Wheat Germ Oil
- Cod Liver Oil
- Pasture-Raised Eggs
- Organic Pine Nuts
- Wild Caught Salmon
- Organic Brazil Nuts
- Organic Red Bell Pepper
- Organic Avocado
- Organic Spinach
- Organic Sunflower Seeds



Zinc

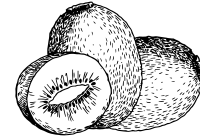
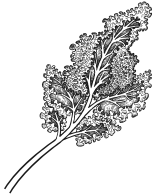
Healthy sources of Zinc include:

- Guava leaves
- Legumes
- Nuts
- Seeds
- Eggs
- Raw dairy (be cautious of your sourcing)
- Shellfish (especially oysters)
- Whole grains
- Naturally raised meat

Vitamin K2

Healthy Food Sources of Vitamin K2 include:

- Organic Kale
- Organic Mustard Greens
- Organic Swiss chard
- Organic Spinach
- Organic Broccoli
- Grass-Fed Beef Liver
- Organic Kiwi
- Raw Dairy (be cautious of your sourcing)
- Organic Avocado
- Organic Beet Greens
- Organic Parsley
- Organic Cabbage
- Organic Cabbage



Selenium

Healthy sources of Selenium include:

- Brazil nuts
- Eggs
- Seafood
- Organ meats
- Poultry

Aside from getting the key nutrients mentioned above, it is recommended to focus on eating a nutrient-dense diet overall. This will support your body during the cleanse and help prevent nutrient deficiencies.

Eat Foods That Improve Gut Health

An important part of the Parasite Detox Diet is to eat less of the foods that lead to inflammation and more of the foods that reduce inflammation and promote healing.

Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and fats, and fermented foods is essential for reducing inflammation and restoring gut health. Here are some gut nourishing foods to include in your diet daily:

- **Organic Low Glycemic Fruits (See List Above)**
- **Organic Celery Juice**
- **Organic Cabbage Juice**
- **Well Sourced Bone broth**
- **Coconut Oil**
- **Onion**
- **Garlic**
- **Asparagus**
- **Sauerkraut**
- **Ginger**



Focus on Nutrition

If your diet has included processed foods, soft drinks, chips, desserts, and other junk foods, the Parasite Detox Diet will dramatically improve your nutrition. Foods like vegetables, fruits, and healthy proteins are more nutritious and help improve your health and well-being.

As you follow the Parasite Detox Diet, reflect on your dietary choices and commit to making food choices that improve your quality of health. Some ways you can do this include:

- **Eat whole foods and foods in their natural form whenever possible**
- **Eat more produce (fruits and vegetables)**
- **Buy organic whenever possible**
- **Strive to buy local and in-season foods when possible, as they are generally fresher and more nutritious**
- **Learn about the foods you eat and focus on foods that are rich in nutrients**

Drink Mineral Rich Water

Drinking sufficient quantities of water and staying hydrated are essential to your health. It's also crucial for helping your body eliminate parasitic overgrowth. Your body needs water to function, and when you don't get enough water, it can impair your health.

We recommend drinking reverse osmosis filtered water that contains the trace minerals in our **fulvic acid & trace ocean minerals** product. These minerals are added to the water after being filtered. If you can get spring water from a pure natural spring or can obtain it from your local market, this is another great option for high-quality drinking water. .

Aim to drink 3-5 liters of water per day during this cleanse protocol.



Supplement with Magnesium Daily

Magnesium is an essential mineral needed for over 300 enzyme reactions in the body.

Space Out Your Meals to Allow For Proper Digestion

Aim to space out your meals to allow for about three hours between each meal. Spacing out your meals allows the full digestive process to take place. Try not to snack every time you are hungry and instead make herbal tea or drink mineral-rich water. Your hunger could also be coming from dehydration or from your body cleansing itself.

Balance Blood Sugar

Blood sugar is a complex subject, but here are a few essential tips. Eat protein, fat, and carbohydrates with each meal. Eat lower glycemic vegetables, and only have your fruit on an empty stomach in the morning. If you suffer from blood sugar imbalance issues, consider taking a bitter melon extract supplement or a Ceylon cinnamon supplement. Apple cider vinegar can also be beneficial.

Focus on Digestion

Digestion is a process that breaks food down to a size that is small enough for it to be absorbed in the small intestine. This process is complex and takes hours, depending on what you have eaten. Therefore, focusing on digestive health is extremely important for improving gut health long term.

Here are some tips to improve digestion:

- **Eat slowly and mindfully**
- **Eat fruit on an empty stomach only (usually in the morning in a fasted state)**
- **Avoid sugar other than from fruit**
- **Take digestive bitters a few minutes before a meal**

Summarizing Your Good Foods List

In summary, here is a list of foods that have been mentioned in this article as good foods to eat to get rid of parasitic infection. Later in this article, we will use this food list to build out your hypothetical Parasite Detox Diet meal plan. It is important to try to buy organic foods whenever possible, as inorganic pesticides in food can be very harmful to your health and can interfere with the cleansing process.

Here are good foods and herbs to eat on the Parasite Detox Diet:

- Garlic
- Onion
- Honey
- Pumpkin seeds
- Dates
- Pomegranate
- Papaya seeds
- Dandelion greens
- Lettuce
- Broccoli
- Kale
- Pineapple
- Coconut
- Carrots
- Sunflower seeds
- Fermented foods
- Stone ground mustard
- Coconut oil
- Apple cider vinegar
- Flaxseed
- Turmeric
- Ginger
- Cinnamon
- Cayenne pepper
- Chili spices
- Curry spices
- Thyme
- Oregano
- Neem
- Aloe vera
- Celery
- Cabbage
- High-quality bone broth
- Asparagus
- Sauerkraut
- Kale
- Mustard Greens
- Swiss chard
- Spinach
- Broccoli
- Grass-Fed Beef Liver
- Kiwi
- Raw Dairy (be cautious of your sourcing)
- Avocado
- Beet Greens
- Parsley
- Wheat Germ Oil
- Cod Liver Oil
- Pasture-Raised Eggs
- Pine Nuts
- Wild Caught Salmon
- Brazil Nuts
- Red Bell Pepper
- Sweet Potatoes
- Sunflower Seeds

Foods to Avoid With A Parasite Infection

Once again, in summary, here are the foods and substances we recommend avoiding while following the Parasite Detox Diet.

- **Sugar especially processed sugar**
- **Simple carbohydrates (raw sugar, corn syrup, fruit juice concentrate)**
- **Antibiotics**
- **Alcohol**
- **Cigarette smoke**
- **Junk food and processed foods**

Foods with Parasites

Additionally, it is best to stay away from foods that can be a potential source of parasites, especially while on a cleanse. Some possible foods with parasites include:

- **Raw fish (make sure it is processed correctly)**
- **Raw meat**
- **Undercooked meat**
- **Unwashed fruits and vegetables**
- **Contaminated water**

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).

Meal Plan Examples

To get a sense of how you can include these anti-parasitic foods and high-fiber foods in your diet, we wanted to provide some parasite diet cleanse recipes and 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. In addition, it is essential to cut out problem foods and foods or substances that may contain toxins or chemicals that can interfere with your health.



Breakfast foods:

- Oatmeal with chia seeds, coconut flakes, blue berries and protein powder
- Pasture Raised Eggs, Avocado Sourdough Bread and Grilled Zucchini



Lunch foods:

- Salad with lettuce, dandelion greens, baked chickpeas, sunflower seeds, quinoa, and a stone ground mustard and lemon dressing, with a side of eggs
- Pasture Raised Chicken Stir Fry Bowl on Brown Rice, with Green Onions and Yellow Squash
- Quinoa bowl with garlic, onion, spinach, and chili spices, Topped with Wild Caught Halibut



Dinner foods:

- Brown rice and vegetable stir fry with broccoli, kale, carrot, pineapple, ginger topped with Pasture Raised Chicken
- Grass Fed Lamb, with a Side of Grilled Zucchini and Brown Rice
- Curry Bowl with Grilled Bell Peppers, Coconut Milk, and Wild Caught Salmon

Parasite Detox Tonic

The herbs in this product include:

- **Green Black Walnut Hulls**
- **Cloves**
- **Sweet Wormwood**



Summary

Thank you for reading our Parasite Detox Protocol diet guide. Dietary changes are foundational for improving gut health during your cleanse and beyond into the future.

Be patient with yourself and your body during this protocol, and always give yourself some leniency around our recommendations. It takes time to adopt new habits and to take full responsibility for our health. We want to encourage you to always be kind to yourself as you go through these changes and not to beat yourself up if you don't do it perfectly.

It is important to have a good understanding of parasites and parasite infections, and to know the proper protocol for eliminating parasites. But we understand that it is not always as easy to apply this information, as changing our dietary and lifestyle habits can be challenging.

Just remember why you've decided to follow this protocol. Keep your health goals in mind and do your best each day to reach them. The more you stick to it, the easier it will become.

Enjoy the process, take it one day at a time, and reach out to us if you have any questions. We are here to support you on your health journey!



Parasite Cleanse Protocol

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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. 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.



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.



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