

# FOOD OVER DRUGS

## 10-DAY PARASITE CLEANSE



### BACKGROUND INFORMATION

Parasites live amongst almost all animals on the earth. They play a crucial role in consuming or “cleaning up” what no longer lives, so that new life has room to grow. Earthworms are known for eating dead plant material, and parasitic worms such as pinworms, whipworm, hookworms, flukes, and ringworms consume flesh and fecal matter. Parasites have a tendency to pass through the colon walls of a healthy animal to search for additional food or spaces to lay their eggs. The parasites, in nature, will find organs or other areas in the body that are either weakened or contain a toxic build up of waste to nest or feed. There, they will begin to consume the tissue of an already compromised organ, causing further damage to the body.

### DO I HAVE PARASITES?

Almost all people have parasites. It has been said that about 95% of people have them. They can enter the body from eating raw fish or undercooked meat, from being barefoot on soil, from gardening with bare hands, touching surfaces in public restrooms, having contact with fecal matter, or by simply being around animals or young children. Some parasites can live inside its host for over a decade, growing up to 60 feet long without revealing any signs or symptoms. There are a number of respected leaders in medicine who have claimed parasites to be the most under-diagnosed health condition in the states.

### COMMON SYMPTOMS

The most common symptoms include teeth grinding, anal itching, seasonal allergies, anxiety, intense sugar cravings in the evenings, cravings of alcohol, excessive hunger, nutrient deficiencies, anemia, fatigue and unclear thinking.

### WHEN TO CLEANSE

While parasite cleansing can be done at any time of the year, it is recommended to cleanse around the full moon as this is the period when parasitic eggs typically hatch. This period is also when parasites are most active, which allows them to be most vulnerable to anti-parasitic herbs. For best results, begin the cleanse 5 days prior to the full moon, and continue on to complete 10 full days. Upcoming dates:

START: 11 / 23 END: 12 / 2

Following these dates are encouraged but not necessary for a successful cleanse. Beginning up to 5 days late or early will still bring results. The dates are most crucial to those with symptoms of teeth grinding, since this symptom is linked to parasitic eggs being laid in the jaw muscles. For more upcoming dates, visit [foodoverdrugs.com](http://foodoverdrugs.com).

### INSTRUCTIONS

**Parasite Formula:** Take 2 capsules of the *Parasite Formula* 3 times per day (6 capsules per day in total). Herbal formulas are best absorbed before food or on an empty stomach. If feelings of lightheadedness or headache occur, pause or lower dose to 2 or 4 capsules per day in total.

**Colon Formula:** If combining with *Colon Formula*, take 2 - 4 capsules of the *Colon Formula* in the evenings before bed. Begin with 2 capsules and increase as needed for 2 - 3 bowel movements per day.

**Whole Body Detox Tea:** If combining with the *Whole Body Detox Tea*, steep 2 teaspoons of the tea in approx. 2 cups boiled water for 7 min. Drink tea with the first dose of Parasite Formula in the morning.

Information and statements about this product have not been evaluated by the FDA and are not intended to treat, cure, or prevent any disease. Consult with your qualified healthcare practitioner before using any herbal product, particularly if you are pregnant, nursing or taking any medications. This recommended diet is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Food Over Drugs LLC does not provide a second opinion or in any way attempt to alter the treatment plans, therapeutic goals or recommendations of your personal physician. **WARNING:** Do not take this product if you are pregnant or nursing. This product is not for prolonged use. This product may induce symptoms of nausea, intestinal cramps, and light headedness.

# FOOD OVER DRUGS

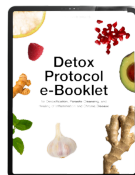
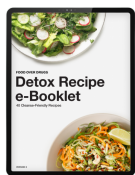
## RECOMMENDED DIET

Since parasites are the decomposers of the earth, they thrive off of “dead” material such as flesh (meat, fish), mucus (from dairy or wheat), starches, and processed foods that produce acidic waste in the body (processed sugar, alcohol, chemical additives). Therefore, it is advised not to consume these foods while undergoing a parasite cleanse in order to remove their food and begin their exit process.

Parasites are best removed on a diet of raw fruits, raw vegetables, raw nuts and seeds, and pure spices and herbs only. Consuming a diet of mostly raw fruit and vegetables will not only starve the parasites, but flush the organs of retained waste, thin the lymph, and allow for their elimination. Consume these foods in the form of fresh or dried whole fruits and vegetables, juices, smoothies or purees. You may find yourself eating more food and more often than your typical diet. Eat as long as you are hungry but note the difference between hunger and cravings. Incorporating pomegranate, wheatgrass, garlic, cloves, papaya seeds and pumpkin seeds will also support in the elimination as these foods naturally contain anti-parasitic properties. For a thorough breakdown of the diet, see the *Detox Protocol e-Booklet* and for recipes that coincide with this diet, see the *Detox Recipe e-Booklet* both on [foodoverdrugs.com](http://foodoverdrugs.com).

For many people, a raw food diet alone may induce symptoms of detoxification. Symptoms typically show up as reflections of what our bodies have been struggling to release. These could range from skin conditions, excessive mucus or discharge, emotional upset, headache, or dull pain around joints or organs. If you feel any symptom is distracting or uncomfortable, incorporate more cooked foods or starches & grains into the diet to slow the process. See *Detox Protocol e-Booklet* for deeper guidance around detoxification.

Allow yourself to rest, stretch, move, and sweat during your cleanse, and double your daily intake of spring or filtered water.



YES	NO
 Focus on: Citrus Fruits, Apples, Pomegranate, Grapes, Melons, Berries	 Beef, Pork, Chicken, Turkey, Fish
 Focus on: Beet, Wheatgrass, Alfalfa, Dandelion Greens, Parsley, Ginger, Garlic	 Milk, Eggs, Yogurt, Cheese, Butter, Cream (nut-based sources OK)
 Focus on: Pumpkin Seeds, Cloves, Papaya Seeds	 Bread, Pasta, Rice, Potato, Noodles, Beans and Peas.



Information and statements about this product have not been evaluated by the FDA and are not intended to treat, cure or prevent any disease. Consult with your qualified healthcare practitioner before using any herbal product, particularly if you are pregnant, nursing or taking any medications. This recommended diet is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Food Over Drugs LLC does not provide a second opinion or in any way attempt to alter the treatment plans, therapeutic goals or recommendations of your personal physician. **WARNING:** Do not take this product if you are pregnant or nursing. This product is not for prolonged use. This product may induce symptoms of nausea, intestinal cramps, and light headedness.