

DR. GREEN MOM'S PARASITE CLEANSE PROTOCOL FOR TEENS & ADULTS

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This protocol outlines the [parasite cleanse](#) instructions that I use in my practice for teens and adults. It may be modified for younger children with the help of a healthcare provider.

This parasite cleanse protocol consists of an active phase of 1-2 weeks, comprised of medicinal foods and herbs plus a high dose probiotic, followed by a maintenance phase of 1-2 months or longer.

This protocol is for educational purposes only; it is not a substitute for medical care or treatment.

This protocol may not be suitable for all individuals. Consult a healthcare provider before beginning any new diet, supplement, or lifestyle protocol.



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What To Eat During A Parasite Cleanse



1. Pumpkin Seeds (Pepitos)

Active Phase:
2 TBSP morning and evening for 1-2 weeks

Maintenance Phase:
2 TBSP in the evening for subsequent 1-2 months



2. Golden Milk

Active Phase:
1-2 cups per day (for at least 1-2 weeks)

Maintenance Phase:
May continue indefinitely, if desired

[Golden Milk Recipe & Article here](#)



3. Garlic (Capsules or Cloves)

Fresh raw garlic is more potent than cooked garlic but may be hard on the stomach. Garlic interacts with certain medications, especially blood thinners; consult a doctor before consuming large amounts of garlic in food or supplements.

Active Phase - Caspsule:
Consume 300 mg, 2-3 times per day; look for an enteric coated capsule with standardized allicin (the active component of garlic).

Maintenance Phase: Garlic is a healthy addition to your everyday diet.

Active Phase - Clove:
Consume 2-3 garlic cloves per day — include garlic in as many meals as possible during the cleanse.



4. Low Sugar, Anti-Inflammatory Diet

Active & Maintenance Phases:
A low sugar diet that emphasizes healthy whole foods over refined and processed foods is recommended to benefit overall gut health.

Active Phase:
Foods to emphasize include pomegranate seeds, beets, and carrots.

For help getting started with a healthy diet, see: [The Basics Of Anti-Inflammatory Eating For The Whole Family](#)

Dr. Green Life Products To Use During A Parasite Cleanse

The following products promote gut health specific to parasites. They are not a substitute for medical attention or treatment for parasitic infections.



1. Black Cumin Seed Oil

Black Cumin Seed Oil is commonly used to support the intestinal microbiome in areas where parasites are endemic; [see this article for more research](#). †

*Follow instructions on label

Active Phase - Caspsule:
1 capsule, 2 times per day for 1-2 weeks

Maintenance Phase - Caspsule:
1 capsule, 1 time per day for 1-2 months

[BUY CAPSULES](#)

Active Phase - Liquid:
1 tsp, 1-2 times per day for 1-2 weeks

Maintenance Phase - Liquid:
1 tsp, 1 time per day for 1-2 months

[BUY LIQUID](#)



2. Antibiotic Support Probiotic

This strong combination of probiotic strains is to be taken for the first 1-2 weeks of the cleanse.

*Follow instructions on label

Active Phase:
1 capsule, 2 times per day with food

[BUY NOW](#)



3. Women's Health Probiotic (or other maintenance probiotic)

Take for at least 1-2 months after the cleanse in order to support a healthy microbiome. †

*Follow instructions on label

Maintenance Phase: 1 capsule, 1-2 times per day with food

[BUY NOW](#)

† These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

When To See A Doctor

If you suspect that you have a parasitic infection, it is important to see a doctor rather than trying to treat it on your own with natural antiparasitics or parasite cleanses.

Signs it is time to see a doctor include:

1. Unintended weight loss
2. Unusual fatigue or tiredness
3. Diarrhea with blood and/or mucus
4. Rash and/or itching around anus and/or vulva
5. Stools with visible worms
6. Digestive symptoms that last more than a week (abdominal pain, diarrhea, nausea, vomiting)



Need More Support?

[Connect with our online mom community here](#)

See our article about parasite cleanses:
[Parasite Cleanses: An Integrative Doctor's Thoughts - Dr. Green Mom](#)

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