

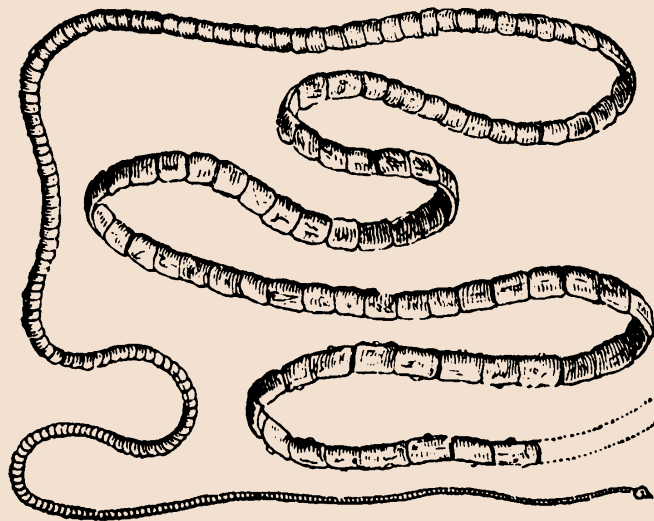


ANIMA MUNDI
APOTHECARY

PARASITE CLEANSING 101

An Herbal Guide to Supporting Internal Balance, Energetic Clarity + the Body's Natural Detox Pathways. An educational overview of herbs, rituals, and lifestyle practices traditionally used to promote internal balance.

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BEFORE WE GET STARTED

This guide is intended solely for educational purposes and should never replace professional medical advice. It's crucial to seek tailored guidance from a qualified healthcare provider that addresses your individual health requirements. Always prioritize consulting with a professional, particularly if you have pre-existing medical conditions or are currently taking medication. By using this guide, you acknowledge that you are detoxing at your own risk. You understand and accept its educational intent, recognizing that it is not a substitute for professional medical advice or treatment.



WHAT ARE PARASITES AND HOW DO THEY AFFECT US?

Parasites — including protozoa, helminths (worms), and other microscopic organisms — have long been recognized in traditional healing systems as common inhabitants of the human body, particularly within the gastrointestinal tract. These organisms are not merely passive; they are thought to subtly influence their environment to sustain themselves. Many appear to thrive in internal conditions shaped by processed foods, industrial animal products, and environmental toxins. Diets high in refined sugars, conventional meats, and dairy may create a gut terrain that supports their continued presence.

During cleansing protocols, a foundational step is to shift the internal environment by reducing foods traditionally considered disruptive to digestive balance. Avoiding processed foods, sugar, dairy, and meat is believed to help limit both the metabolic waste these organisms feed on and the chemical residues — such as glyphosates, antibiotics, hormones, and heavy metals — that may burden the gut. These compounds are often associated with excess mucus production, which while protective in nature, can also create barriers within the digestive system that make it harder for the body's natural elimination processes to do their work effectively.

Over time, this imbalance may draw upon the body's mineral and nutrient reserves, taxing organs, muscles, and bones to sustain essential functions. Environmental toxins, particularly heavy metals, are also known to disrupt the integrity of the gut microbiome and may interfere with hormone signaling and cellular repair — aspects vital to whole-body resilience.

Cleansing traditions across cultures emphasize returning to clean, whole nourishment as a first step: vegetables, high-fiber fruits, supportive herbs, clean water, and gentle detox practices. These time-tested approaches are believed to help clear the terrain, support the body's natural rhythms, and cultivate a more balanced, vital internal ecosystem.





HOW DO YOU GET INTestinal PARASITES?

Parasites are part of the natural world — microscopic organisms that have long coexisted with humans. In both traditional wisdom and modern science, they're understood to enter the body through everyday exposures like undercooked meat, raw fish, unwashed produce, untreated water, or walking barefoot on soil. Time spent in shared spaces — like pools, lakes, or communal areas — can also contribute. In some cases, eggs or cysts may linger on surfaces and transfer through hand-to-mouth contact. These quiet exchanges are part of why digestive health is seen as foundational across many healing traditions. By tuning into the rhythms of our internal environment, we can gently support balance through nourishing foods, cleansing rituals, and practices that help the body feel clear, rooted, and resilient.

HOW CAN YOU TELL IF YOU HAVE THEM?

There are a wide variety of subtle signals that may point to an imbalance in the gut. While many microbes support our resilience, some organisms — when present in excess — may disrupt internal harmony. Signs are often mild and long-lasting, sometimes dismissed or mistaken for unrelated concerns. Traditionally observed symptoms include ongoing bloating, excess gas, chronic constipation or loose stools, fatigue, and brain fog.

MAIN WAYS TO TEST FOR PARASITES:

1. **Comprehensive Stool Test:** Analyzes a stool sample for parasites. Note: basic tests can miss infections—comprehensive panels are more accurate.
2. **Endoscopy/Colonoscopy:** A camera is inserted through the mouth or rectum to visually inspect the intestines for parasites.
3. **Blood Test:** Can detect certain parasites by identifying antibodies, antigens, or through a blood smear. No single test covers all parasites—doctors test based on suspected infections.

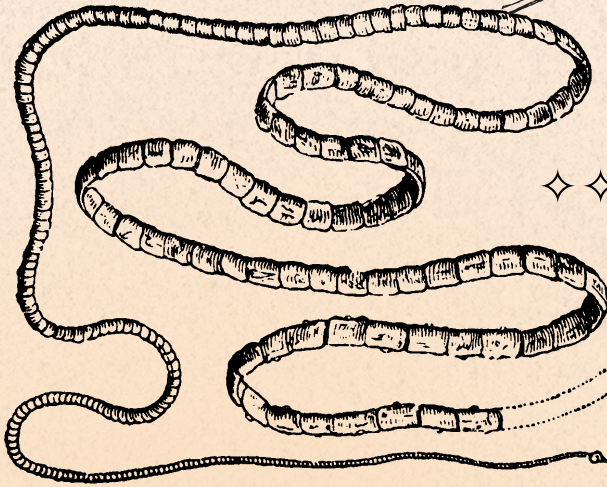
CHANCA PIEDRA

supports liver + kidney detox,
breaking down biofilms + waste.



PAU D'ARCO

a potent antifungal
+ antimicrobial.



WORMWOOD

a bitter digestive
herb that paralyzes
+ purges parasites.



CLOVES

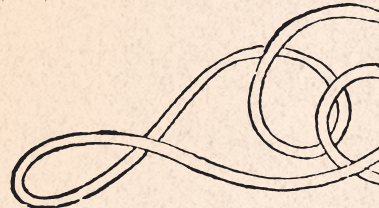
kill parasite eggs +
larvae, preventing
reinfestation.

HOLISTIC HACKS *for* PARASITE CLEANSING

@animamundiherbals

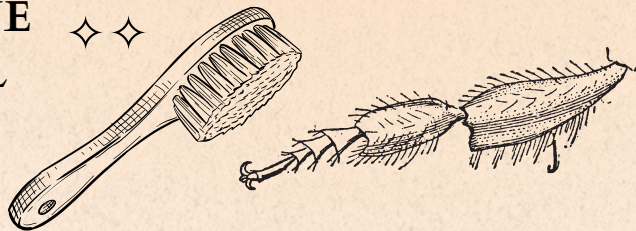
PSYLLIUM HUSK

provides fiber that
sweeps out parasites
+ toxins from the
intestines.



COPPER TONGUE SCRAPER TOOL

clears bacteria +
toxins from inside
the mouth daily.



MILK THISTLE

strengthens liver
function, aiding in toxin
removal from die-off.



DRY BRUSHING

stimulates lymphatic
drainage + boosts circulation.
use broad strokes toward
the heart for 3–5 minutes.



BLACK WALNUT

the hull expels intestinal
worms + parasites.

CASTOR OIL

a few drops of the organic,
cold-pressed oil in the belly
button helps boost detox.



WHAT'S IN YOUR KIT



- **PARASITE DEFENSE** (60 Capsules):
 - **Pau D'Arco:** supports immune health and helps fight unwanted pathogens
 - **Black Walnut:** helps expel worms and parasites
 - **Wormwood:** a potent bitter herb that aids in parasite cleansing
 - **Chanca Piedra:** a liver and kidney detoxifying herb; helps break down buildup
 - **Milk Thistle:** protects and restores the liver during detox
 - **Jergón Sacha:** an Amazonian root with strong antiparasitic properties
 - **Ginger:** stimulates digestion and soothes the gut
 - **Clove:** targets parasite eggs and reduces bloating
 - Take 3 capsules in the morning and 3 in the evening



- **GUT SWEEP INGREDIENTS:**
 - **Psyllium Husk:** helps transport waste through the intestinal tract
 - **Marshmallow Root:** supports kidneys, lowers inflammation, and soothes irritation in the gastrointestinal tract
 - **Slippery Elm Powder:** soothes + coats mucous membranes
 - **Burdock Root:** cleanses blood + lymph
 - Take 1 tsp in morning, 1 tsp in evening
- **RECOMMENDED ADD-ONS:**
 - **Golden Castor Oil:** organic coldpressed oil to add to the belly button and boost detox.
 - **Copper Tongue Scraper:** clears bacteria and toxins from the tongue each morning.

**Our herbalist team is available to support for any questions you might have via the herbalist chat, store phone, or for 1:1 consultations.*

HOW LONG SHOULD YOU DO THIS FOR?

This cleanse is designed to be anywhere from 2-10days, depending on the level of intensity desired. These herbs can be very effective in smaller doses, as well as integrated into bigger cleanses.

Milder Cleanse: 3-5days / 4-6 capsules daily. The milder version can be for general maintenance and upkeep. Here are a few sequences that can be practiced depending on the space and lifestyle you have. Follow the general layout we provide below and apply it to the amount of days you are choosing and feeling comfortable with.

- Very Mild: 1-2 days in a row, per week for 1 month (4x total in one month)
 - For the mild pathway, important to stick to mostly liquids for the singular day cleanses.
- Mild: 3-5 days in a row, 1x per month

Intensive Version: 6-12days / 4-6 capsules daily.

- Less Intensive: 6 days in a row, 2x per year
- Intensive: 8-12 days in a row, 1x per year

**These herbs are not meant to be long-term, casual use. They often require rest phases like 7-10 days ON, and 5 days off, 1x per month with several weeks in between, or once a year for deeper cleansing time. It also greatly depends where you live and the level of potential exposure to environmental parasites.*

HOW DO I PREPARE

The goal is to start 2-3 days ahead by 'softening' your gut flow. Consuming pre-digested foods can help your digestive system prepare for a smoother cleansing process. Begin incorporating neutral, soft foods that are neither too hot nor too cold. Consider the comforting foods you crave when feeling under the weather, such as easily digestible soups, soft textures, and mild flavors.

Stock up on:

- Seasonal vegetables and root vegetables (like yams, squash, sweet potatoes, and cassava)
- A variety of soups (with mild or neutral flavors)
- Seasonal fruits (preferably lower in glycemic index)
- Eggs (any style except fried)
- Soaked organic nuts or seeds (preferably pumpkin and sunflower seeds)
- Avocados
- Easy-to-digest spreads (such as sprouted chickpeas or lentils)
- Coconut milk and coconut water
- Gentle herbal teas
- Fresh cold-pressed juices
- Filtered Water or preferably filtered spring water



SCIENTIFIC STUDIES ON SOME OF THE KEY HERBS



1. Wormwood (*Artemisia absinthium*)

- Traditional Use: Central in European and Chinese medicine for worm infections (hence the name “wormwood”).
- Scientific Mechanism: Contains sesquiterpene lactones (like absinthin) that are toxic to parasites by disrupting their membrane integrity and metabolism.
- Evidence: Studies have shown Artemisia extracts inhibit growth of Plasmodium species (malaria parasite) and helminths.

2. Black Walnut Hull (*Juglans nigra*)

- Traditional Use: Native American medicine used black walnut for intestinal worms and fungal infections.
- Scientific Mechanism: Rich in juglone, a naphthoquinone that acts as a natural pesticide, disrupting parasite respiration and enzymatic activity.
- Evidence: In vitro studies show strong antimicrobial and antiparasitic effects, particularly against Giardia lamblia.

3. Clove (*Syzygium aromaticum*)

- Traditional Use: Ayurvedic and Chinese medicine use clove to kill parasite eggs and larvae.
- Scientific Mechanism: High in eugenol, a powerful phenolic compound that damages parasite membranes and inhibits their reproduction.
- Evidence: Studies confirm clove oil’s ability to kill protozoa and helminth eggs, breaking the parasite life cycle.

4. Pau d’Arco (*Tabebuia impetiginosa*)

- Traditional Use: Indigenous peoples of the Amazon have long used pau d’arco bark to treat infections, including parasites, fungi, and viruses.
- Scientific Mechanism: Contains lapachol and beta-lapachone, naphthoquinones that exhibit antiparasitic and antimicrobial properties by generating reactive oxygen species and inhibiting parasite DNA replication.
- Evidence: Studies show lapachol is effective against Trypanosoma cruzi and Leishmania donovani, supporting traditional uses in parasitic infections.



SCIENTIFIC STUDIES ON SOME OF THE KEY HERBS



5. Oregano (*Origanum vulgare*)

- Traditional Use: Mediterranean folk medicine used oregano for infections and parasites.
- Scientific Mechanism: Rich in carvacrol and thymol, potent anti-parasitic agents that damage cell membranes of protozoa and worms.
- Evidence: Oregano oil is effective against *Blastocystis hominis* and *Entamoeba histolytica* in lab setting

6. Milk Thistle (*Silybum marianum*)

- Traditional Use: Used for liver detoxification in both European and Middle Eastern herbal traditions—supportive during parasite die-off.
- Scientific Mechanism: Rich in silymarin, which has antioxidant and hepatoprotective properties. While not directly antiparasitic, it protects the liver from damage caused by parasite toxins and enhances glutathione production.
- Evidence: Studies show silymarin helps reduce liver inflammation and oxidative stress during parasitic infections such as *Schistosoma mansoni*.



7. Jergón Sacha (*Dracontium lorentense*)

- Traditional Use: A powerful Amazonian plant traditionally used by shamans to treat snake bites, viruses, and parasitic infections.
- Scientific Mechanism: Contains lectins and protease inhibitors that may interfere with parasite attachment and replication. Its immunomodulatory properties may enhance the host's ability to clear parasitic infections.
- Evidence: Though formal clinical studies are limited, in vitro and ethnopharmacological research points to antiviral and antiparasitic effects. Preliminary studies suggest activity against *Leishmania* species and other intracellular parasites.

8. Ginger (*Zingiber officinale*)

- Traditional Use: Widely used in Ayurvedic and Chinese medicine for digestive complaints, nausea, and intestinal parasites.
- Scientific Mechanism: Contains gingerols and shogaols, which have antimicrobial and anti-inflammatory properties. They disrupt parasite cell walls and modulate gut immunity.
- Evidence: Experimental studies show ginger inhibits *Giardia lamblia* and *Entamoeba histolytica*, and reduces parasite load in animal models.



WHAT TO EXPECT:

During detoxification, the body redirects energy—normally used for digestion—toward healing and restoration. To support this process, we recommend a diet centered on easily digestible, high-vibrational foods that are rich in hydration, minerals, and plant compounds known to help clear parasites and support elimination pathways.

For optimal results, avoid inflammatory and mucus-forming foods such as meat, dairy, gluten, refined sugars, processed foods, nuts, and seeds throughout the cleanse. These foods tend to be harder to digest and may interfere with the body's ability to expel parasites and toxins effectively.

Focus on whole, organic, plant-based nourishment:

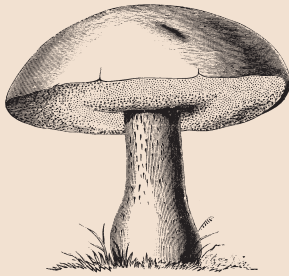
- Fruits (especially those high in astringency and hydration like papaya, pineapple, pomegranate, and dark berries)
- Lightly steamed vegetables (non-starchy and easy on the gut)
- Smooth, puréed vegan soups (recipes included in this guide)
- High-fiber bulking agents like psyllium husk and flax (as recommended)

ADDITIONAL THINGS TO AVOID DURING YOUR CLEANSE



SUGAR IN ALL FORMS

Parasites thrive on sugar. This includes: table sugar, honey, agave, maple syrup, natural sweeteners, hidden sugars in sauces, dressings, nut milks, yogurts, protein bars & smoothies.



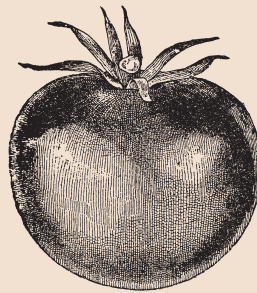
CULINARY MUSHROOMS

Edible mushrooms like portobello or button are fungal and may aggravate fungal overgrowth, which often co-exists with parasites. Medicinal mushrooms (like reishi + chaga) are ok.



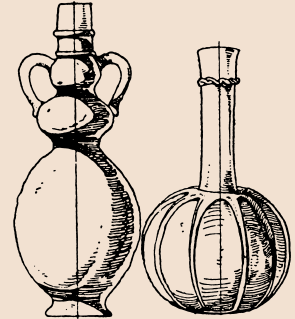
ALCOHOL

Alcohol weakens liver function and may suppress immune activity—two things you want operating optimally during a cleanse.



HIGH-HISTAMINE FOODS

For those prone to bloating, rashes, or brain fog, consider avoiding: aged cheeses, fermented meats, vinegars, soy sauce, canned or smoked fish, tomatoes, spinach, and eggplant.



VINEGAR (EXCEPT ACV)

Most vinegar (especially white or balsamic) may irritate the gut lining and alter stomach acid levels. Apple cider vinegar is generally supportive and can stay in.



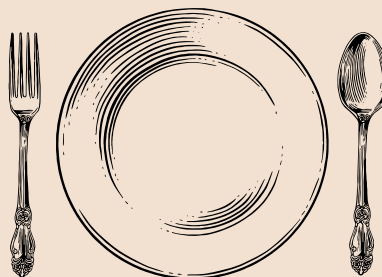
COLD, RAW, & ICY FOODS

Especially in traditional systems like Ayurveda and TCM, these can weaken digestion. Focus on warm, lightly cooked meals.



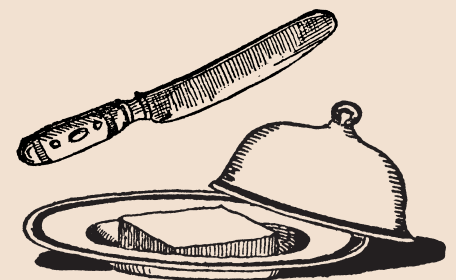
PROCESSED PLANT MILKS

Even "healthy" brands can include gums, oils, sweeteners, and preservatives.



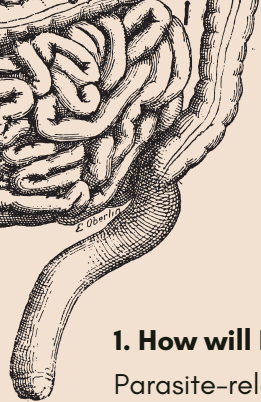
EXCESS SNACKING

Give your digestion time to rest between meals. Parasites love a constantly fed system.



HIGHLY REFINED FATS

This includes canola oil, vegetable oil, margarine, and hydrogenated oils which can create inflammation.



FREQUENTLY ASKED QUESTIONS

1. How will I know if I have a parasite?

Parasite-related symptoms are often vague and easy to miss. Here are some common signs that may point to an imbalance worth exploring:

- Digestive issues – Bloating, gas, diarrhea, or constipation that comes and goes.
- Fatigue – Ongoing tiredness with no clear cause.
- Skin flare-ups – Rashes, itchiness, or allergic-like reactions.
- Teeth grinding – Jaw tension or bruxism, especially at night.
- Hunger + cravings – Constant hunger, sugar cravings, or unexplained weight changes.

Keep in mind that these signs can also have other causes. They're just hints that you may want to investigate further. If you've tried changing your diet or treating symptoms and nothing helps, a targeted parasite cleanse (along with professional guidance) can be a good next step.

2. How long does it take?

Parasites have complex life cycles, often lasting weeks to months. For example, roundworms like *Ascaris lumbricoides* can live for 1-2 years in the human body and take several weeks to mature. Most effective cleanses last 12-60 days, with some protocols repeating in phases to target adults, larvae, and eggs.

That's why your [Parasite Defense Herbal Kit](#) comes with a comprehensive PDF guide, providing support and guidance throughout the process and ensuring we are with you every step of the journey. Additionally, our team is always available for herbal consultations via chat, text, email, and [one-on-one sessions](#).

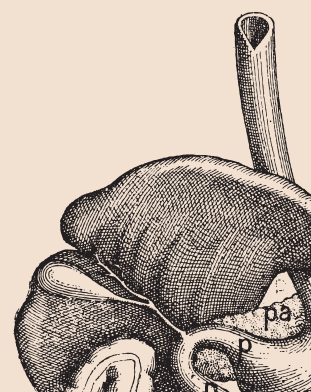
Is it safe? Who should not do this?

Parasite cleansing can generally be very safe when done correctly, but it's important to take precautions. Always follow instructions on dosages and duration. Certain individuals should consult a healthcare provider first, including:

- Pregnant or nursing women
- Children
- People with chronic illness or autoimmune disease
- Those on prescription medications

Herbs like wormwood and black walnut are potent antiparasitics but can be too strong for certain populations or in high doses. Always follow dosing instructions and don't exceed the recommended duration without guidance + consult with a professional health care provider.

[CLICK HERE FOR OUR FULL FREQUENTLY ASKED QUESTIONS GUIDE!](#)





As you move through this protocol, we invite you to approach the process with gentleness, presence, and curiosity. Our Parasite Defense Kit was formulated to support the body's innate cleansing rhythms, offering herbal allies that have been traditionally used to encourage balance in the digestive system and vitality throughout the body. While each person's experience is unique, staying connected to your breath, your hydration, and your body's signals can make a powerful difference in how you integrate this work.

We know that cleansing is not just physical — it can also bring emotional, energetic, and mental shifts. You're not expected to move through this alone. Our team of herbalists is here to support you — whether you have questions about timing, adjustments, or simply want to check in. You can connect with us directly through our herbalist chat or request one-on-one guidance at any time during your cleanse.

Happy Cleansing,

Anima Mundi

**The parasite cleanse is for informational and educational purposes only. It is not medical advice and should not be relied upon as a substitute for professional services.*