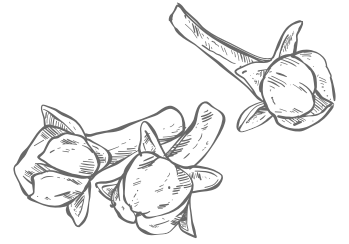


-ZEALLY HERBS-

PARASITE CLEANSE



BACKGROUND INFORMATION

A parasite is an organism that lives in or on an organism of another species. Three main classes of parasites can cause disease in humans: protozoa (single celled organisms), helminths (ie worms), and ectoparasites (lice/mites). Protozoa and helminths largely affect the gut. The majority of protozoa and helminths tend to be non-pathogenic (meaning they don't cause disease), however, some can cause severe disease in humans. Some parasites can lie dormant for extended periods of time. This can make the diagnosis of parasitic infestation challenging as there may be no symptoms, or symptoms can be vague and non-specific.

DO I HAVE PARASITES?

Well, amazingly almost all people have Parasites! It is currently said that up to 80% of the population home a parasite. Parasites can enter the body as a result of consuming contaminated food such as raw fish or undercooked meat, from soil, from touching surfaces in public restrooms, having contact with faecal matter, or by simply being around animals or young children. Some parasites can live inside a host for over a decade, growing up to 60 feet long without revealing any signs or symptoms. Other parasites are cellular in nature and harder to detect. Many studies are now claiming that parasites have the potential to be the most under- diagnosed health condition today.

COMMON SYMPTOMS

Common symptoms include bloating, digestive discomfort, mood changes, low iron, anal itching, teeth grinding, seasonal allergies, anxiety, sugar cravings in the evenings, excessive hunger, nutrient deficiencies, anaemia, fatigue and unclear thinking. Symptoms however vary depending on the parasite and of course some can be asymptomatic.

WHEN TO CLEANSE

While parasite cleansing can be done at any time of the year, the prime time to cleanse is around the full moon as this is the period when parasitic eggs typically hatch and is also when parasites are most active, which allows them to be most vulnerable to anti-parasitic herbs. For best results, we suggest beginning the cleanse 5 days prior to the full moon, and continue on to complete 10 full days. Cleanse window dates can be viewed on our instagram page or website.

THE CLEANSE

During the 10 or 20 day cleanse we encourage following our diet suggestions on the next page.

Parasite Formula: Take 2 capsules 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.

Fulvic Humic Acid: Drop 1-2ml (roughly a good squeeze into the vial) into 250ml of filtered water. Use 1-3 times per day.

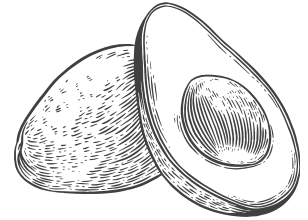
Colon Formula: Regular bowel motions are an important element of cleansing. Take 1-2 capsules per day before bed. If you have elected not to take the colon formula, its critical to ensure you increase fibre intake during the cleanse to ensure you are having 1-2 bowel motions per day.

Diet: (*See overleaf*) During the cleanse restrict the consumption of processed and sugary foods, starches and alcohol as these foods feed parasitic activity. Try to include whole, unprocessed food with lots of greens. Increase your water consumption.

POST-CLEANSE

Post cleanse, slowly introduce restricted food groups and take note of how you feel. We suggest to start with Sweet Potato and Legumes and add from there.

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CLEANSE PROTOCOL

Parasites are best removed on a diet of anti-parasitic fruits, low-starch vegetables, lean proteins, raw nuts and seeds, moderate healthy fats and pure spices and herbs. Following a predominantly plant based and low starch/sugar diet, will not only starve the parasites, but help to flush the organs of retained waste, thin the lymph, and allow for elimination.

You may find yourself eating more food and more often than typical Eat as long as you are hungry but note the difference between hunger and cravings. Incorporating pomegranate, wheatgrass, garlic, cloves, papaya (incl seeds), pineapple and pumpkin seeds will also support in the elimination as these foods naturally contain anti-parasitic properties. For a thorough breakdown and for recipes that coincide with this diet, such as seed crackers, dips, cleanse friendly bread, snack ideas, salads, low sugar smoothies and zucchini pastas, see the *Parasite Cleanse Recipe e-Book* available on our website or our instagram page.

For many people, a plant based 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 symptoms are distracting or uncomfortable, incorporate more cooked foods or some cooked oats, quinoa, millet or buckwheat. Allow yourself to rest, stretch, move, and sweat during your cleanse, and double your daily intake of spring or filtered water.

IN MODERATION

- Coffee - if you must, limit to 1 per day with just a dash DF milk
- Oats - If you are feeling fatigued/ headachy/ need fibre, consume 1 bowl per day (no sweetener).
- The ideal diet is a starch & sugar free plant based/ vegan diet. If this is not workable, incorporate some organic chicken, eggs and fish.
- Substitute buckwheat, millet, amaranth and quinoa for grains. These are cleanse friendly.

AVOID

All starches:	All Sweets:	Also:
Potatoes	Bananas	Pork
Pumpkin	Sweet Fresh Fruits	Red Meat
Sweet Potatoes	Dried Fruit	Legumes/Beans
Corn	Chocolate	Dairy Products
Wheat/ Gluten	Honey & Syrups	Peas
Rice	Sugar Free Drinks	Peanuts
Couscous	Alcohol	Pistachios
Polenta	Kombucha	

CONSUME MOSTLY

All non-starchy Vegetables: e.g. Tomato, celery, cucumber, greens, beets, sprouts, zucchini, eggplant, cauliflower, broccoli, brussel sprouts, salad etc. Avocado, Olives, Nuts and Seeds. Pineapple, Papaya, Berries. Coconut (milk, water, yoghurt), Tofu, Quinoa, Millet, Buckwheat, chia seeds, Tempeh, wild-caught fish, ACV, Lemon, Herbal teas