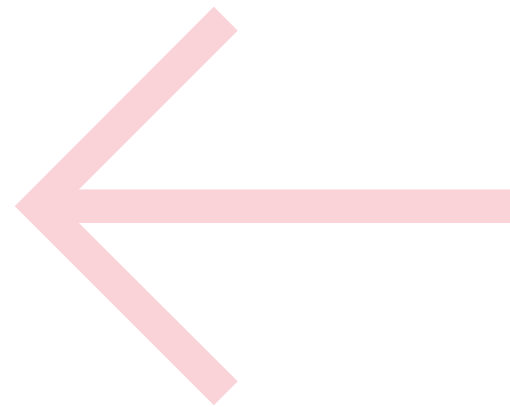


# Full-moon: Time for a parasite cleanse



# What are parasites?

Parasites are living organisms such as tapeworms, roundworms, pin-worms, whip worms, and hookworms.

Parasites may be consuming your food leading to increased hunger, or intestinal discomfort. Parasites also love feeding off your red blood cells which further can cause anemia.

# SYMPTOMS OF EXCESS PARASITES:

- Anal itching
- Moodiness
- Irritability
- Low iron levels
- Insomnia
- Joint pains
- Digestive issue
- They may even contribute to irregular periods

# WHAT YOU NEED FOR YOUR 3 DAY CLEANSE

- Vermox tablets (3 day course) OR a natural parasite cleanse you buy at your local health shop.
- Fresh papaya
- Coconut oil (preferably organic)
- Whole cloves / clove powder
- Pumpkin seeds
- Raw honey (optional)

## Parasite cleanse



# PAPAYA SEED PASTE

- 1 tablespoon of fresh papaya seeds
- 1 tablespoon of virgin coconut oil
- 6 whole cloves or  $\frac{1}{4}$  teaspoon ground clove powder
- $\frac{1}{2}$  - 1 teaspoon of honey to taste - OPTIONAL

(Makes one day's paste)

### Instructions:

- Remove the seeds from the papaya the night before and allow to dry overnight.
- Add the seeds and whole cloves into the blender and chop them finely, or crush them well with a pestle and mortar.
- Add tablespoon of organic virgin coconut oil and honey to taste.
- Blend all ingredients together.

Make a fresh batch daily: Eat for two days

# 3 DAY CLEANSE



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**1** Eat the Papaya seed paste first thing in the morning, followed by three glasses of water over the next two hours.

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**2** Drink your Vermox or natural natural parasite cleanse as per the product instructions.

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**3** Snack on raw pumpkin seeds during the cleanse.

# CLEANSE NOTES:

- Stay hydrated to make sure toxins are removed from your body.
- Eat light soups / salads / stews during the cleanse to allow for easy digestion. Don't consume sugar as this will feed the parasites.
- You might experience 'detox' symptoms such as fatigue, moodiness and headaches as the parasites are removed. This is only temporary.
- If you experience nausea, drink warm water with fresh ginger.
- This cleanse can be done every 6 months or every 3 months if you have pets, eat pork or sushi.