

CLEANSE & RENEW

# The Ultimate 30-Day Parasite Detox Plan



[www.parasitefreeme.com](http://www.parasitefreeme.com)



# Overview and Guidelines

(Please Read)

This **30-Day Parasite Cleanse Plan** is designed to support your body's natural detoxification processes, eliminate unwanted parasites, and restore balance in the digestive system. This holistic approach combines powerful anti-parasitic herbs and supplements, nutrient-dense foods, and healthy lifestyle adjustments to help you achieve optimal health and vitality.

This cleanse is carefully structured in four progressive phases to support your body through preparation, active cleansing, and recovery. You'll find clear instructions on what to take, how and when to take it, and how to support your body during each stage. Tracking your progress and tuning into your body's responses are essential parts of this journey.

Before you begin, take some time to read through the entire plan and prepare your kitchen, supplements, and daily schedule for success.

**Important Notes:** Always consult a healthcare provider before beginning a cleanse, especially if you have health conditions, are pregnant, or are breastfeeding. Ensure you stay well-hydrated throughout the cleanse, as detoxification requires adequate water intake.

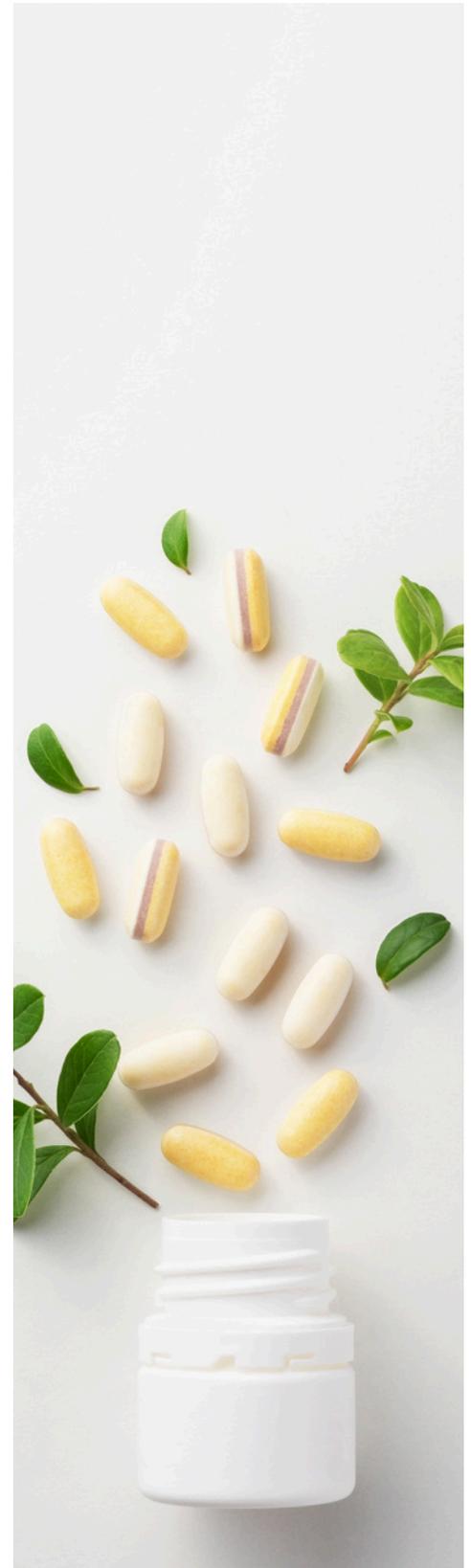
# How to Use This Plan

## 01 UNDERSTAND THE FOUR PHASES

- **Preparation Phase (Days 1–7):** This phase gently prepares your body for detoxification by focusing on hydration, digestion, and nutrient-rich foods.
- **Active Cleansing Phase (Days 8–21):** This stage introduces targeted anti-parasitic supplements and foods that work to flush out parasites.
- **Intensified Cleansing Phase (Days 15–21):** This stage increases the dosage of key supplements for maximum cleansing effects, followed by monitoring your body's responses.
- **Maintenance and Recovery Phase (Days 22–30):** Gradually tapers off supplements while focusing on gut restoration and overall wellness.

## 02 TRACK YOUR PROGRESS

- Use a journal or tracking sheet to record daily observations about your digestion, energy, cravings, sleep quality, and any other symptoms. Tracking allows you to stay connected to the process and make adjustments as needed.
- Set aside 5-10 minutes each day to reflect on any changes you notice, both positive and challenging.



### 03 FOLLOW DOSAGES AND TIMING CAREFULLY

- Each supplement and herb has a specific dosage and recommended time of day to take for best results. The plan is structured to ease you into these supplements and gradually build up their intensity.
- Start with a half-dose when beginning new supplements to gauge your body's tolerance. If you experience discomfort, pause and consult a healthcare provider before continuing.

### 04 INCORPORATE THE SUPPLEMENTS IN FOOD OR BEVERAGES

- Some herbs and supplements can be mixed into smoothies, teas, or meals to make them easier to consume.
- Suggestions for incorporating these supplements into foods are provided in each phase. Use them to simplify your routine and make the process more enjoyable.

### 05 STAY HYDRATED

- Water is crucial during any cleanse, as it helps flush out toxins and support kidney and liver function. Aim for 8–10 glasses of purified water daily. For added support, herbal teas like ginger, peppermint, and chamomile are beneficial for digestion and relaxation.
- If you experience strong detox symptoms, increase your water intake and rest as needed.

### 06 EAT A BALANCED, CLEAN DIET

- A high-fiber, low-sugar diet aids the cleanse by promoting healthy digestion and reducing inflammation. Focus on whole foods like fresh vegetables, fruits, lean proteins, and healthy fats.
- Avoid processed foods, added sugars, and refined carbohydrates. These can interfere with the cleansing process by feeding unwanted organisms in the gut.

### 07 PRACTICE SELF-CARE AND LISTEN TO YOUR BODY

- This plan is not about forcing results; it's about supporting your body through a natural cleansing process. Take rest days, engage in gentle movement, and manage stress levels.
- If at any time the cleanse feels overwhelming, scale back supplement dosages, and prioritize hydration and nutrient-rich foods.



# What to Expect During the Cleanse

## 1. INITIAL ADJUSTMENTS (DAYS 1–7)

You may experience mild symptoms as your body begins to adjust to dietary changes and initial detox. These might include slight digestive discomfort, mild headaches, or fatigue, which typically subside as your body adjusts.

## 2. DIE-OFF REACTIONS (DAYS 8–21)

- Some people experience what's known as a "die-off" reaction (Herxheimer reaction) when parasites start to be eliminated. Symptoms like fatigue, temporary nausea, muscle aches, or skin breakouts may occur.
- These symptoms are a normal part of the process, though they can be managed by adjusting your water intake, resting, and easing back on the supplement dosage if needed.

## 3. STEADY IMPROVEMENT AND RECOVERY (DAYS 22–30)

By the end of the cleanse, you should feel lighter, more energized, and experience improved digestion. Any die-off symptoms should subside, leaving you with more clarity, improved energy, and an overall sense of well-being.

# Key Reminders for Success

- **Prepare Ahead of Time:** Stock up on recommended supplements, grocery items, and meal ingredients before starting each week. This preparation will help you stay on track and minimize stress.
- **Take it Slow and Steady:** If you're new to cleanses, remember that this isn't about rushing or being overly restrictive. Pace yourself and adjust according to how your body responds.
- **Avoid Major Diet or Lifestyle Changes:** Focus on the cleanse and try not to introduce new supplements or exercise routines, as too many changes can overwhelm your system.

# Week 1: Preparation Phase (Days 1–7)

**Goal:** Prime the digestive system and support gentle detoxification with diet and hydration.

## DAILY ROUTINE

### 1. Upon Waking:

- **Warm Lemon Water:** 1 cup of warm water with the juice of half a lemon. This helps kickstart digestion and liver function.
- **Probiotic Supplement:** Choose a high-quality probiotic (15–50 billion CFUs) to support gut health.

### 2. Throughout the Day:

- **Dietary Adjustments:** Follow a low-sugar, high-fiber, and low-processed-food diet to starve parasites of their primary food source.
- **Anti-Parasitic Foods:** Start incorporating foods known for their anti-parasitic properties, such as:
  - Garlic (1–2 raw cloves daily, minced and added to meals)
  - Pumpkin Seeds (1–2 tbsp as a snack)
  - Papaya Seeds (1 tsp, ground, mixed in smoothies)
- **Stay Hydrated:** Drink at least 8–10 cups of water daily to help flush toxins.

### 3. Evening:

- **Milk Thistle Supplement (200 mg):** Supports liver function as the body prepares to detox.



# Week 2: Active Cleansing Phase (Days 8–14)

**Goal:** Introduce anti-parasitic herbs and foods to start eliminating parasites while continuing digestive support.

## DAILY ROUTINE

### 1. Upon Waking:

- Lemon Water and Probiotic as per Week 1.

### 2. Mid-Morning (Empty Stomach):

- **Herbal Anti-Parasitic Supplement:** Start with a combination formula containing wormwood, black walnut hull, and clove (recommended dosages are usually on the supplement label; adjust according to your tolerance).
- **Start Low:** Begin with half the recommended dose and increase over the next few days to allow your body to adapt.

### 3. Throughout the Day:

- **Fiber Supplement:** Add psyllium husk or chia seeds (1 tbsp in water) once daily to support elimination.
- **Anti-Parasitic Foods:** Continue garlic, pumpkin seeds, and papaya seeds from Week 1, and add raw carrots or carrot juice (rich in anti-parasitic enzymes).

### 4. Evening:

- **Activated Charcoal Supplement (500 mg, twice weekly):** Take this 2 hours after meals or other supplements to bind and remove toxins. Avoid overuse, as it can interfere with nutrient absorption.



# Week 3: Intensified Cleansing Phase (Days 15–21)

**Goal:** Maximize parasite cleansing with increased doses of herbs and supportive supplements.

## DAILY ROUTINE

### 1. Upon Waking:

- Warm Lemon Water, followed by probiotics.

### 2. Mid-Morning (Empty Stomach):

- **Increase Anti-Parasitic Supplement Dosage:** If tolerated well, increase to the full recommended dose. This phase targets lingering parasites and eggs that may have hatched.
- **Pumpkin Seed Powder (1 tbsp):** Acts as a natural vermifuge; mix in a smoothie or water.

### 3. Throughout the Day:

- **Daily Fiber and Hydration:** Continue with psyllium or chia seeds to ensure regular elimination.
- **Bone Broth or Vegetable Broth:** Incorporate for added gut healing and immune support.
- **Anti-Parasitic Teas:** Drink 1–2 cups daily of teas made from ginger, turmeric, and peppermint to reduce inflammation and support digestion.

### 4. Evening:

- Milk Thistle Supplement and Activated Charcoal (as in Week 2, twice weekly).



# Week 4: Maintenance and Recovery Phase (Days 22–30)

**Goal:** Gradually ease off herbs while focusing on restoring gut balance and supporting liver health.

## DAILY ROUTINE

### 1. Upon Waking:

- Lemon Water and Probiotic.

### 2. Mid-Morning (Empty Stomach):

- **Gradually Decrease Anti-Parasitic Supplement:** Reduce dosage every few days until tapering off completely by Day 30.
- **Pumpkin Seed Oil (1 tsp):** Acts as a gentle anti-parasitic, helping to maintain cleanse effects.

### 3. Throughout the Day:

- **Gut-Rebuilding Foods:** Focus on foods like sauerkraut, kimchi, kefir, and prebiotic-rich vegetables (asparagus, onions) to support gut flora recovery.
- **Fiber and Anti-Parasitic Foods:** Continue fiber and some anti-parasitic foods (garlic, pumpkin seeds), as they also support general gut health.

### 4. Evening:

- **Milk Thistle or Dandelion Root Tea:** To further support liver health and detoxification.



# Post-Cleanse (Days 31–35)



After completing the cleanse, give your body a rest period with a focus on nourishing, whole foods and maintaining a balanced, low-sugar diet. You can consider repeating a parasite cleanse every six months for maintenance, depending on lifestyle and exposure.

**HAPPY  
CLEANSING!!!**

## ADDITIONAL RECOMMENDATIONS

✓ **Physical Activity:** Light exercise can help stimulate lymphatic circulation, supporting detox. Walking, yoga, or light stretching is recommended.

✓ **Mindfulness and Stress Management:** Detoxification can be physically taxing. Practices like meditation, deep breathing, or journaling can support mental clarity and relaxation.