

Parasite and Liver Cleanse

Parasite Cleanse:

wormwood leaves

black walnut hulls

whole cloves

tanzy (flowers)

hibiscus flowers

garlic powder

~~black pepper corns (only used medicinally not recommended as part of normal diet)~~

00 size capsules

This is a one day cleanse following the completion of the parasite cleanse above.

Mix above in equal amounts, blending well in blender. Place in capsules.

Take a total of 10--15 capsules daily for 30 days. Take before meals.

After 30 days, proceed with liver cleanse next day.

Liver Cleanse:

3:00 pm 1 Tbsp. Epsom salt in 8 oz cold water. Drink.

5:00 pm 1 Tbsp. Epsom salt in 8 oz cold water. Drink

7:00 pm 1 Tbsp. Epsom salt in 8 oz cold water. Drink

8:00 pm 3/4 cup extra virgin cold pressed olive oil

1 cup fresh pressed grapefruit juice (hand squeezed)

a little grated ginger (helps keep nausea at bay)

Combine above and shake well. Do not blend in blender as this will destroy nutrients. Drink. Go to bed and lay on right side.

If feeling pressure next morning, drink another Epsom salt and water solution to open "doors" of liver to cleanse (dump) parasites.