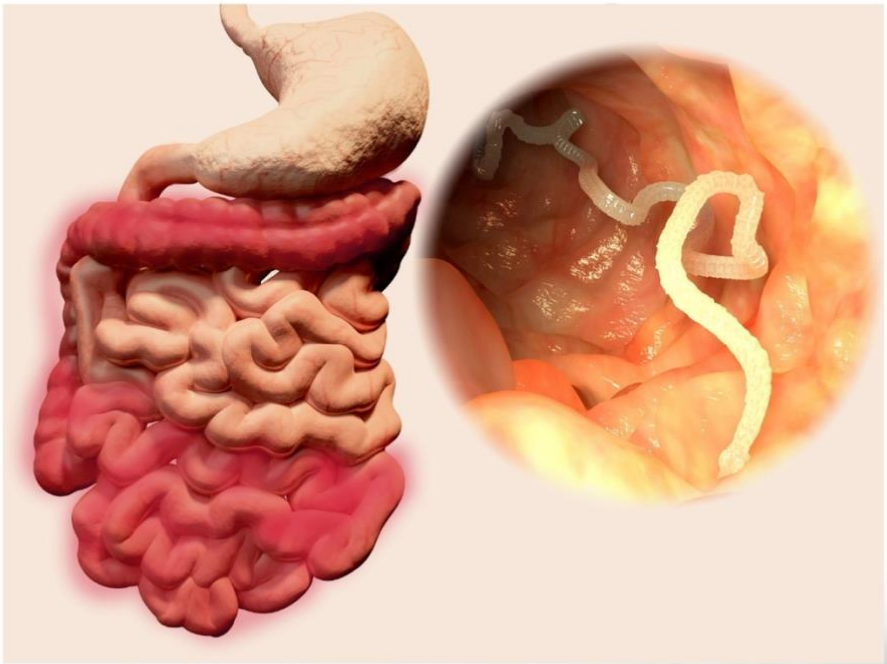




BRETT ELLIOTT
Ultimate Herbal Health

PARACLENZ

The Ultimate Parasite Cleansing Program



by Brett Elliott - Medical Herbalist
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Welcome to the Ultimate Parasite Cleanse Program eBook. What I will give you in this eBook includes:

- What are the main types of human intestinal parasites?
- What are the best herbs and foods to eradicate parasites?
- The Full ParaClenz Herbal Program suggestion for Intestinal Parasites.
- See [ParaClenz Liquid Here](#)
- See The Full [ParaClenz Combo Program Here](#)

What Is The Best Parasite Cleanse?

There are many things that can disrupt that connection to energy and power within, including stress, toxicity, overload, fatigue, and long-term health issues, but today I want to talk specifically about parasites, parasite

symptoms, and how to get rid of pinworms, tapeworms, and other common parasites. Choosing your friends wisely and learning to say “NO” in certain situations are important parts of this energy exchange, but what goes on internally, as a result, is where the penny drops. Parasitism examples can be seen as addictive things, negative people, or actual parasitic organisms living off our energy internally. Parasites!



They do enjoy living in our bodies and they are pretty annoying if you have them. The problem is that you

may not even know they are there. In this book, I will share with you 15 key signs that you may have Parasites plus the foods and herbs that can help keep them at bay. If you have continuous food cravings, itchy skin, foggy brain, struggle to sleep deeply, have a short fuse, or feel irritated, anxious, or depressed then parasites could be affecting you. The first step to claiming your energy is to rid yourself of such parasites and this should be done at least once a year. The best parasite cleanse program is natural, safe, and promotes the long-term health of the intestine. If we cleanse our intestine of build-up and glutinous residue we can eliminate the environment that parasites love. This approach not only wards off and will kill parasites helps prevent re-infestation.

Roundworm, hookworm, tapeworm, and pinworm infection are the most common worms in humans, and Tapeworm infection in humans can be incredibly hard to treat.

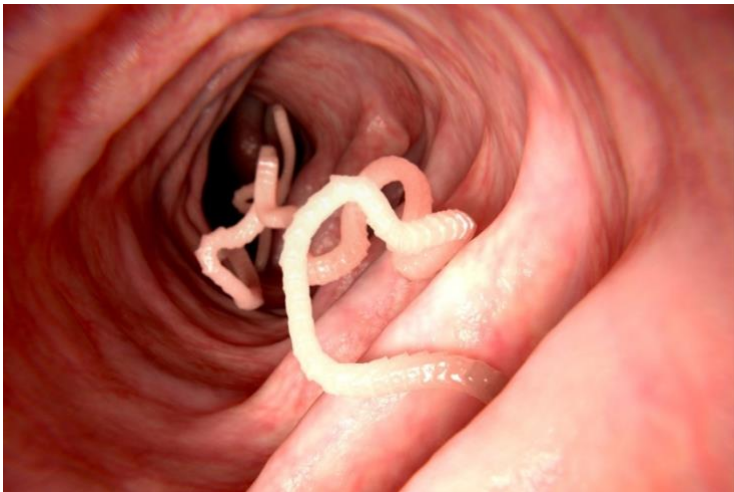
What Are Parasites?

A parasite is an organism that lives on or in a host organism and is dependent on the host for nourishment, growth, or shelter. Parasites come in many forms. The main types of human intestinal parasites are helminths, protozoa, and fungi. Certain bacteria and viruses can also be parasitic.

Helminths are worms; multi-celled organisms that can be a few millimeters to several meters in length. Tapeworms, pinworms, hookworms, and roundworms are common intestinal worms. Liver flukes are also a type of Helminth. As adults, they cannot multiply in the human body but continue to grow and subtract nutrients and blood from the intestines where they reside.

Protozoa are single-celled organisms. These can multiply within the body and create severe symptoms of infestation.

Fungi are plant-like organisms some of which are beneficial in our intestines but others cause symptoms of disease when populations grow out of balance with our beneficial intestinal microorganisms. This is a condition called intestinal dysbiosis. A commonly occurring yeast-like fungus, *Candida* (also called 'Thrush') causes many symptoms of illness.



Worms in Humans

Intestinal parasite infections affect 50% of the human population worldwide and cause great morbidity as well as hundreds of thousands of deaths. Despite modern medical practices, the proportion of the population infected with intestinal parasites is not falling. (15) Of the 342 helminth species that infect humans (Crompton 1999), the species of greatest medical importance are *Ascaris lumbricoides* (roundworm), *Ancylostoma duodenale*, and *Necator americanus* (hookworms), *Trichuris trichiura* (whipworm), *Enterobius vermicularis* (pinworm), and *Strongyloides stercoralis* (threadworm). For more than 50 years, the number of cases of intestinal parasite infections has increased with the global population, such that over 50% of the world's population is affected by the six major intestinal parasite species. (15) Gastrointestinal (GI) nematode (soil-transmitted helminth) infections are among the most prevalent worldwide, although this is largely acknowledged only by those working in this field. It is

estimated that there are 3.5 billion cases worldwide, of which 450 million are individuals who are seriously ill as a result, the majority of whom are children, and of which 44 million are pregnant women infected with hookworms. Approximately 125,000 deaths occur per year, and these are mainly due to infections with hookworms, *Ancylostoma duodenale*, and *Necator americanus*, or the roundworm, *Ascaris lumbricoides*. (15) It is the Helminths (Tapeworms, pinworms, hookworms, roundworms, and liver flukes) we will focus on in this book.

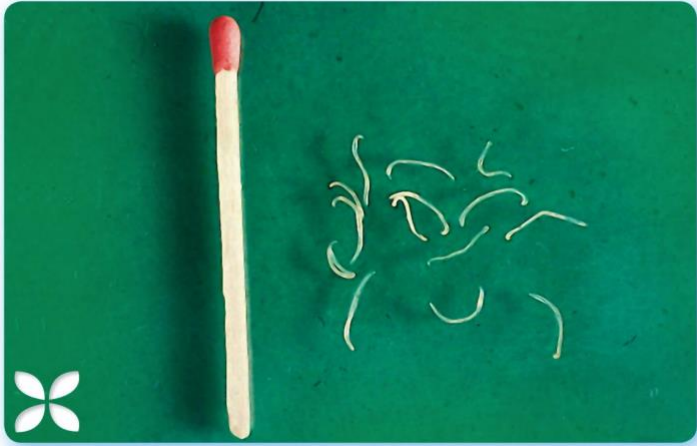


Exposure to Parasites

Helminths can invade the body via food contaminated with feces or undercooked meats. Intestinal parasites are a widespread problem in underdeveloped countries. The accepted reason is poor sanitation. However, perhaps it could be considered that malnourishment creates a body poorly equipped to ward off infections and infestations in the first place. In developed countries (even in a recession) people are far more able to nourish their bodies adequately for it to have the ability to kill off any invaders. However, there is a general lack of public knowledge on this subject. Poor personal hygiene and lazy food habits are our most common mistakes in the developed world including, leaving the toilet without proper hand-washing, long fingernails, petting animals, and reckless outdoor behaviors. Leaving food scraps out, eating unclean meats or fish, especially home caught.

Hookworm (*Ascaris lumbricoides*)

An estimated 807-1,221 million people in the world are infected with *Ascaris lumbricoides*. Hookworm and whipworm are known as soil-transmitted helminths (parasitic worms). Together, they account for a major burden of disease worldwide. *Ascaris* lives in the intestine and *Ascaris* eggs are passed in the feces of infected persons. If the infected person defecates outside (near bushes, in a garden, or field) or if the feces of an infected person are used as fertilizer, eggs are deposited on soil. They can then mature into a form that is infective. Ascariasis is caused by ingesting eggs. This can happen when hands or fingers that have contaminated dirt on them are put in the mouth or by consuming vegetables or fruits that have not been carefully cooked, washed, or peeled.



Tapeworm (Taenia)

Taenia saginata and *Taenia solium* are found worldwide. Infections with *T. saginata* occur wherever contaminated raw beef is eaten, particularly in Eastern Europe, Russia, eastern Africa, and Latin America. Taeniasis due to *T. saginata* is rare in the United States, except in places where cattle and people are concentrated and sanitation is poor, such as around feedlots where cattle can be exposed to human feces.

(13) Taeniasis is under-reported in a significant portion of the world because the diagnosis is difficult in resource-poor settings. The number of new cases in the U.S. each year is probably less than 1000, but an exact number is not known. (13) A 6.2-meter-long (20ft) tapeworm was found by doctors attached to a man's small intestine after he ate raw meat. (11)



Tapeworm in Humans

Roundworm

Roundworms can infest the human gut, where they live, feed, and reproduce. They don't often cause any symptoms but are more likely to in large numbers.

Roundworm infection is also sometimes known as ascariasis. Because roundworms are parasites, they use the human body to stay alive, feed, and reproduce. A roundworm infection doesn't usually cause any noticeable symptoms. People usually see their GP because they've seen a worm in their stools (feces). (18)



Roundworm in humans

Pinworm

(*Enterobius vermicularis*)

Pinworm disease is a relatively common infection of the intestines by a parasitic worm called *Enterobius vermicularis*. Pinworms are about the length of a staple. The disease occurs most frequently in preschool-age and school-age children, and in mothers of infected children. (16)

Pinworm Symptoms

Anal itching, especially at night, restless sleep, itching of the vaginal area — if adult worms move to the vagina, feeling irritable, Abdominal pain that comes and goes. If you want to be certain then it could be worth performing the pinworm tape test. Simply take a clear piece of tape and press the sticky side to the skin around the anus. Do this as soon as you or your child wake up — before you use the bathroom, shower, or

get dressed. The pinworm eggs will stick to the tape. You'll need to repeat this test three days in a row, then take all the pieces of tape to your doctor. He'll view them under a microscope.



Liver Flukes

Liver fluke disease is a chronic parasitic inflammatory disease of the bile ducts. Infection occurs through the ingestion of fluke-infested, fresh-water raw fish. The

most well-known species that cause human infection are *Clonorchis sinensis*, *Opisthorchis viverrini*, and *Opisthorchis felinus*. Approximately 35 million people are infected with liver flukes throughout the world and the exceptionally high incidence of gallbladder cancer in some endemic areas is closely related to a high prevalence of liver fluke infection. (17)



Liver fluke infestation

Other Forgotten Parasites

Parasitic infections affect millions of people in the United States every year, and these are often overlooked. (14)

Cryptosporidium infects 4.3% of humans, 16.0% of non-human primates, and 9.6% of livestock. It spreads in waterways via contaminated fecal matter and can go between species. It is among the top four causes of moderate-to-severe diarrheal disease in young children in developing nations. (20)

More than 300,000 persons living are infected with **Trypanosoma cruzi**, the cause of Chagas disease. At least 1,000 people are hospitalized with **neurocysticercosis** every year.

Each year at least 70 people, most of them children, are blinded by the parasite that causes **Toxocariasis**.

More than 60 million persons are chronically infected with **Toxoplasma gondii**.

General Signs and Symptoms of Intestinal Parasites

Any or several of the following symptoms can be caused by intestinal parasites. Often there may be no obvious symptoms, but these are the most common.

Other intestinal disturbance including:

- bloating and flatulence
 - Mucus or blood in bowel movements
 - Pallor and tingling of the skin
 - Itching anus
 - Fatigue and a general sense of malaise, chronic fatigue
 - Decreased appetite then insatiable food cravings
 - Nausea, vomiting (eg: with giardia)
 - Sore mouth and gums
 - Excessive nose picking
 - Grinding teeth
 - Headaches & muscular aches
 - Depression anxiety and memory disturbances
- Worms in stool



The Invitation to Stay

Another cause of intestinal parasites is a failure of wholesome living. The eggs of intestinal worms will readily multiply and infest the intestines only if the environment is right for their survival. You may even start to see worms in poop or pinworms in a stool. This is a sure sign that parasite infection has occurred. It takes little to realize that the over-processed and nutrient impoverished foods, refined sugars that create

a web of chemical imbalance, and hydrogenated fats are all toxic to our tissues. All of this leads to faulty digestion and a build-up in the intestines.

This build-up of undigested matter (we call food) forms a plush mansion for parasites. Providing the body with important nutrients – minerals, fats, whole live vegetables, and some fruit creates a human organism that is armed with the ability to grow, function, and defend itself against the occasional parasitic organism. Take two pot plants, feed one in nutrient-rich soil, and water it well. Place the other in poor soil, never feed it, and water it sporadically. The ill-fed plant is the one that will be more prone to insect attack and fungal infestation.



Likewise, if we feed our bodies with refined sugar, refined grains, processed foods, trans fatty acids (damaged fats), overcooked meats (denatured protein) at the expense of nutrient-dense foods as close to nature as we can get them, at least the large proportion of our daily intake, then we will suffer from not only a failure of tissue and organs leading to degenerative disease but lowered immune system function leaving the door open to disease-causing organisms including intestinal parasites.

HEALING WITH FOOD

Certain foods will add to our anti-parasite arsenal. Such foods even overlap with the list of herbs that kill parasites...such as garlic, turmeric, and chilies. Others that we think of as 'healthy' such as carrots, pumpkin seeds, and papaya have anthelmintic (meaning anti-worm) properties too. Good personal hygiene including

short nails, hair, and a clean digestive system all help. Consume only fresh unprocessed foods, especially meats, and avoid over-consumption of sweets and starches. Choose to stay positive. This has been shown to reduce parasitic infestation. It is natural for parasites to invade an organism that is already low in energy or even in a sick or negative state, as defenses are down.

- **Garlic** (*Allium sativum*): A great medicinal food to have in your diet on a regular basis. Normal doses of garlic are not harmful to beneficial intestinal bacteria. Garlic has a wide range of actions, including antibacterial, antiviral, antifungal, antiprotozoal, and anthelmintic actions. This antiparasitic activity has been attributed to allicin, which is the main constituent of garlic. (3) Take up to 6 raw cloves daily for 6 days and repeat after 6 weeks.

- **Pumpkin seeds** (*Cucurbita maxima*): Studies have shown the seeds of *cucurbita maxima* (Pumpkin) to kill worms and their eggs. (1,2)



HEALING WITH HERBS



ParaClenz Combo Program

Get Everything in one amazing Combo Program and
Save 30% (up to \$110.00)

You get all of these items:

500g of Herbal **BodiClenz Drink Powder** with 28 Herbs

100g of **ParaClenz Tea** with 3 Herbs

500ml of **ParaClenz Liquid Formulation** with 7 Herbs

120 Capsules of **Colonaid Anti-parasitic** with 8 Herbs

[Click Here to See the Parasite Combo Deal](#)

Herbs that help kill worms are called Anthelmintics and are Anti-Parasitic. If you are asking how to get rid of tapeworms or what are some home remedies for pinworms then here are a few suggestions. Each herb has an affinity for specific parasites, but when used in combination the effect can be broad-spectrum and very effective.

- **Wormwood** (*Artemisia absinthium*): Take in conjunction with other antiparasitic herbs. The results of one study suggest that *Artemisia absinthium* extracts are a promising alternative to the commercially available anthelmintics for the treatment of Gastrointestinal roundworms.

- **Clove** (*Syzygium aromaticum*): Cloves are 'death' to harmful microorganisms and parasites. They kill bacteria, fungi, and viruses as well as protozoa and nematodes. Suspension of clove powder was 7.3 times more active than the anthelmintic drug piperazine, whereas the water extract of clove was of similar potency. (6)
- **Goldenseal** (*Hydrastis Canadensis*): This herb is more preventative than curative. Regular use should discourage parasite infestation. Multiple bacteria and fungi, along with selected protozoa and chlamydia are susceptible to Golden Seal. (7)
- **Black Walnut** (*Juglans nigra*): It is used to expel tapeworms and other internal and external parasites. (8)
- **Papaya extract** (papain): from papaya (*Carica papaya*) possess anthelmintic properties against human soil-transmitted helminths (STH, *Ascaris lumbricoides*, *Trichuris trichiura*, and hookworm). (9) results demonstrate that the

fatty acids identified in the seed extracts of papaya are able to reduce the number of the protozoan parasite *Trypanosoma Cruzi* from both parasite stages, blood trypomastigote and amastigote (intracellular stage). (10)

- **Turmeric** (*Curcuma longa*): One study showed turmeric extract in vitro significantly proved paralytic and fatal against worms (4)
- **Horopito** compounds isolated from leaves of this New Zealand tree *have* shown to possess strong antifungal activity.
- **Thyme** has shown showed antimicrobial activity against certain bacteria.
- **Olive Leaf** and its isolated components have shown a wide spectrum of pharmacological activities like anti-inflammatory, immunomodulatory, analgesic, antimicrobial, antiviral.

Herbal BodiClenz 500g

Powder Pot – Full Colon Cleanse Treatment

Contains all the colon cleansing, anti-parasitic, and intestinal healing herbs in one convenient 500g smoothie powder pot. [Learn more here](#)



Take 2 scoops daily for 12 days and repeat in six weeks' time. [Buy BodiClenz Here](#)



ParaClenz Tea Blend

A blend of herbs to support the elimination of parasites and unwanted microbes from the stomach and intestines. Great to help reduce general stomach bugs. Ideal when combined with the Ultimate Herbal Detox program.

Contains Equal parts of the following herbs:

- Manuka Leaf – Broad-spectrum antimicrobial against pathogenic bacteria

- Cloves Bud – Direct anti-parasitic, also helps relieve bloating, gas, and pain.
- Chamomile – Mild laxative and intestinal relaxant

Add your own: Ginger root another diuretic, which enhances the effect of other herbs. Add some honey or stevia for flavour.

Take 2-3 cups daily for 12 days and repeat in six weeks time

[Click here to buy ParaClenz tea Blend](#)



Colonaid Anti-Parasitic (120 capsules)

Colonaid provides bulking fiber, soothing mucilage and digestive herbs to support healthy peristalsis and regular bowel elimination. Great for improving colon health when used over the long term. It also provides the herbs Wormwood, Black Walnut, and Cloves to help rid the colon of parasites.

Ingredients:

- **Psyllium** (Plantago ovata) seed husk
- **Cascara** (Rhamnus purshiana) bark
- **Wormwood** (Artemisia absinthium) bark
- **Black Walnut** (Juglans nigra) green hulls
- **Fennel** (Foeniculum vulgare) seed
- **Turkish rhubarb** (Rheum palmatum) root
- **Slippery Elm** (Ulmus rubra) bark
- **Cloves** (Syzigium aromaticum) bud

Take 10 Capsules Daily for 12 Days and repeat after six weeks

[Click here to buy Colonaid](#)



ParaClenz Anti-Parasitic

Anti-Microbial 500ml Liquid Formulation

Get all the herbs you need in one bottle of anti-parasitic liquid including, Licorice, Pau D 'arco, Horopito, Goldenseal, Thyme, Black Walnut, Olive Leaf.

Take 15ml at Bedtime for 30 days and repeat six weeks later only one bottle is required.

[Buy the Anti-parasitic Liquid Formulation Here](#)

HEALING WITH ENERGY

A crucial part of any holistic treatment plan is addressing the body-mind link to any ailment. In other words, how is the energetic link between the body and the mind contributing to the condition? When it comes to parasites I have seen a consistent pattern. People who have ongoing problems with parasites, either worms, bacteria, viruses, or fungal problems always have a similar history of parasitic encounters with people. They are people pleasers and don't like to say no. People will take advantage of them and use their energy. This is exactly what a parasite likes to encounter.

Parasitic people will hang around and talk incessantly, they will get you to pay for them, use you in any way possible without returning the favor. Even when you try to help these people help themselves they won't take your advice and keep coming back for more help. They could be friends, workmates, family, or even your own children. It is hard to fail, but sometimes we need to cut

the negative energy exchange relationship and draw the line. In order to claim back your energy, it is important to identify those parasitic energy exchanges and stop supplying them with your energy. This is key to your long-term physical health when it comes to recurring parasitic problems. Remember this applies to all parasites, including worms, bacteria, viruses, or fungal problems.

[Learn more about Healing with Energy Here](#)



Thanks for Reading!

Many Blessings, *Brett*

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About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other



private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book **'CLEANSED & CURED'** which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)