



The Natra-Heal Parasite Cleanse Program

NOT TO BE TAKEN BY PREGNANT WOMEN

The Parasite program contains:

- Black Walnut Hull Tincture (50ml)
- Wormwood Capsules (70 capsules)
- Cloves Capsules (85 Capsules)

1. Black Walnut Hull Tincture

Take the recommended amount in ½ glass of water. Sip it on an empty stomach before a meal. Sip it, don't gulp it down! Add honey to help it go down if you battle to swallow it or you may stir in into fruit juice. Finish it within in 15 minutes.

The maximum dose kills any remaining parasite stages throughout the body, including the bowel contents, a location unreachable by a smaller dose. The alcohol in the tincture can make you slightly woozy for several minutes. Lie back until you are comfortable again. You may put the tincture in lukewarm water to help evaporate some of the alcohol, but **do not use hot water** because that may damage the parasitic power. You could also feel slightly nauseous for a few minutes. Walk in the fresh air or rest until it passes.

For a year: Take 4 tsp of Black Walnut Hull Tincture every week or until your illness is just a memory. This is to kill any parasite stages you pick up from your family, friends or pets.

Family members and friends should take 4 tsp every other week to avoid re-infecting you. They may be harbouring a few parasite stages in their intestinal tract without having symptoms. When these stages are transmitted to someone who has had cancer or another serious condition, they immediately seek out the unhealed organ to continue multiplying.

You may be wondering why you should wait for 5 days before taking the large dose. It is for your comfort only. You may have a sensitive stomach or be worried about toxicity or side effects. By the 6th day you will have convinced yourself there is no toxicity or side effect. You may take the large dose on the 1st day if you prefer to. On the other hand you may go slower if you feel more comfortable doing that.

2. Wormwood capsules

Take according to the chart. You take the capsules all in a single dose (you may take a few at a time until they are all gone). Take 7 capsules once a week forever, as it states in the Maintenance Parasite Program. Try not to get interrupted before the 6th day, so you know the adult intestinal flukes are dead. After this, you may proceed more slowly if you wish. Many people with sensitive stomachs prefer to stay longer on each dose instead of increasing according to this schedule. You may choose the pace after the 6th day.

Pregnant or breastfeeding women and infants should not take wormwood!



3. Cloves

Take the Cloves according to the **Parasite Cleanse Program Chart** below:

PARASITE CLEANSE PROGRAM CHART

	Black Walnut Hull Tincture	Wormwood Capsule Dose (400mg)	Clove Capsule Dose (500mg)
<u>DAY</u>	Once daily, before a meal in ½ glass of water	Once daily, on an empty stomach (before a meal)	3 x daily on an empty stomach (before a meal)
1	2 Drops	1	1, 1, 1
2	4 Drops	1	2, 2, 2
3	6 Drops	2	3, 3, 3
4	8 Drops	2	3, 3, 3
5	10 Drops	3	3, 3, 3
6	4 tsp	3	3, 3, 3
7	Now 4 tsp once a week	4	3, 3, 3
8		4	3, 3, 3
9		5	3, 3, 3
10		5	3, 3, 3
11		6	3
12		6	Now 3 once a week
13	4 tsp	7	
14		7	
15		7	
16		7	
17		Now 7 once a week	
18			
Weekly	4 tsp	7 capsules	3 capsules

At this point you do not need to keep a strict schedule, but instead may choose any day of the week to take all the parasite program ingredients.

Continue with the Maintenance Parasite Program, indefinitely, to prevent re-infection.

It is very important to undertake the Liver Cleanse within 2 weeks of completing the Parasite Cleanse.