ITSTHEPARASITES.COM · FIELD GUIDE

The Parasite *Detox.*

Straight to it. Open the exits, break the shield, kill what's hiding, and bind what's released. In that order.

01	02	03	04
Drain	**Biofilm**	**Kill**	**Bind**
Open the exits first	Break their shield	Herbs that clear them	Carry the waste out

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00

READ THIS FIRST

Six rules that make or break a cleanse

Most bad cleanse experiences come from doing the steps out of order. Follow these and the rest gets easy.

1. Poop before you kill

Aim for 1 to 3 bowel movements a day before you start any killing herbs. If waste can't leave, what you kill stays inside and makes you feel sick.

2. Shield, then sword

Break the biofilm first in the morning, then take the kill herbs. Herbs work better on targets that can't hide.

3. Bind two hours apart

Binders soak up everything nearby, including your herbs, vitamins and medications. Take them 2 hours away from all of it.

4. Go in rounds

Herbs hit adults better than eggs. Running the kill phase in rounds, with a rest week in between, catches the ones that hatch later.

5. Starve them while you fight

Cut sugar, white flour, alcohol and processed food for the whole protocol. Eat fruit, greens, seeds, cooked grains and lots of water.

6. Go slow if it hits hard

Headache, tiredness, bloating or a rash can mean you're clearing faster than you can drain. Lower the herbs, raise the binder and water, and rest.

DON'T DO THIS PROTOCOL WITHOUT A DOCTOR IF

You're pregnant or breastfeeding, it's for a child, you have liver, kidney or seizure conditions, you take blood thinners or prescription medications, or you have surgery coming up. If tests confirm a parasite, prescription antiparasitics are fast and effective and can be used alongside this approach.

24h

THE DAILY RHYTHM

One day on the protocol

This is the order to take things on a full protocol day. Use the dose on your product's label. If your herbs say twice a day, skip the dinner dose.

ON WAKING	●	**Warm water with lemon** A full glass to wake up digestion and start the day hydrated.
EMPTY STOMACH	●	**Biofilm breaker** Enzymes or NAC. Wait 30 to 60 minutes before eating.
BREAKFAST	●	**Kill herbs · dose 1** Take with food to go easy on your stomach.
MID-MORNING	●	**Binder + 2 glasses of water** At least 2 hours after breakfast and herbs, 1 hour before lunch.
LUNCH	●	**Kill herbs · dose 2** With the meal.
MID-AFTERNOON	●	**Binder + 2 glasses of water** 2 hours after lunch.
DINNER	●	**Kill herbs · dose 3** Only if your label says three times a day.
BEDTIME	●	**Drainage support** Magnesium citrate if you need help going. A castor oil pack over the liver is optional.

01

PHASE 01 · WEEK 1, THEN ALL THE WAY THROUGH

Drain: *open the exits*

Your colon, liver, kidneys, lymph and skin are the doors that waste leaves through. Open them before you start killing anything, and keep them open the whole time.

IN PLAIN WORDS

If the trash can't go out, don't start cleaning the house.

SUPPORT	WHAT IT DOES	HOW	WATCH OUT	WHERE TO BUY
Water Colon, kidneys	Moves waste through the bowels and kidneys	Half your body weight in ounces a day, more on binder days	Add a pinch of sea salt or electrolytes if you drink a lot	Filtered tap or spring
Fiber Colon	Bulks and sweeps the bowel	Fruit, greens and ground flax daily	Raise slowly to avoid gas	Grocery store
Magnesium citrate Colon	Draws water into the bowel to keep you regular	At bedtime, follow label	Loose stools mean the dose is too high. Kidney disease: ask a doctor	iHerb
Dandelion root Liver, kidneys	Traditional liver and bile support	Tea once or twice a day	Ragweed allergy, gallbladder problems	iHerb
Milk thistle Liver	Traditional liver protection while you clear	Follow label	Can interact with some medications	iHerb
Movement & sweat Lymph, skin	Lymph only moves when you move	Walk daily. Sauna or hot bath a few times a week	Hydrate before and after	Free

You're ready for Phase 02 when

- You go to the bathroom at least once a day, easily.
- You've been off sugar and processed food for about a week.
- You're drinking enough water that your urine is pale.

02

PHASE 02 · EVERY MORNING OF A ROUND

Biofilm: *break the shield*

A biofilm is a slimy shield that microbes build on the gut wall out of sugars, proteins and minerals. Bacteria and yeast hide under it, protected from your immune system and from anything you take.

IN PLAIN WORDS

Think of plaque on your teeth. That's a biofilm. Your gut can have its own.

EVIDENCE

Biofilms are well proven for bacteria and yeast like candida. The idea that parasites hide in or behind gut biofilms comes from holistic practice and hasn't been well studied. It's still the logic behind doing this step first.

BIOFILM BREAKER	WHAT IT DOES	HOW TO TAKE	WATCH OUT	WHERE TO BUY
NAC N-acetyl cysteine	Thins mucus and slime. Lab studies show it breaks down bacterial biofilms.	Empty stomach in the morning, follow label	Can upset the stomach. Asthma: start low	iHerb
Biofilm enzyme blend e.g. Interfase Plus	Enzymes made to digest the biofilm matrix	Empty stomach, 30–60 min before food	Some blends include EDTA. Ask a doctor if you're on medications	iHerb
Serrapeptase	Enzyme that breaks down proteins in biofilm and mucus	Empty stomach, follow label	**Thins blood.** Not with blood thinners or before surgery	iHerb
Nattokinase or lumbrokinase	Enzymes that break down fibrin, a building block of biofilm	Empty stomach, follow label. Pick one enzyme, not all three	**Thins blood.** Same warning as serrapeptase	Nattokinase · Lumbrokinase
Mimosa pudica seed	Seed that turns into a gel in the gut. Holistic use: scrubs the lining and pulls out debris	Morning, empty stomach, lots of water, follow label	Constipation if you don't drink enough water	Codeage · iHerb

KEEP IT SIMPLE

Pick one or two biofilm breakers, not all of them. NAC plus mimosa pudica is a simple combination with no blood-thinning effect.

03

PHASE 03 · WITH MEALS DURING A ROUND

Kill: *clear what's hiding*

The classic holistic combination is black walnut hull, wormwood and clove. Each one is said to target a different stage of the parasite's life. The others on this list are add-ons or swaps.

ADULTS

Black walnut hull

The green hull, high in juglone and tannins. Traditionally used against adult worms.

LARVAE

Wormwood

One of the oldest worm herbs, named for it. Its compounds are the base of real antimalarial drugs.

EGGS

Clove

Rich in eugenol. Holistic protocols use it to target eggs so the cycle doesn't restart.

HERB	EVIDENCE	HOW TO TAKE	WATCH OUT	WHERE TO BUY
Black walnut hull	Traditional use, lab studies	Capsule or tincture of the green hull with meals, follow label	Tree nut allergy. Not for pregnancy	Mountain Rose · iHerb
Wormwood Artemisia absinthium	Traditional use, lab studies	With meals, follow label. Keep courses short	Contains thujone, which is toxic to nerves and kidneys in high doses or long use. Not with seizure conditions or pregnancy	Mountain Rose · Starwest
Clove	Traditional use, lab studies	Ground clove in capsules with meals, follow label	Thins blood a little. Not with blood thinners	Mountain Rose · Frontier
Berberine Goldenseal, Oregon grape	Human studies against Giardia	With meals, follow label	Lowers blood sugar. Interacts with many medications. Not for pregnancy	iHerb
Papaya seed	One small human trial	Ground, mixed with honey or a smoothie	Not for pregnancy	iHerb or fresh papaya
Pumpkin seed	Animal studies	A handful of raw seeds daily, or ground	Very safe as food	Grocery store
Oregano oil	Lab studies, one small human study	Enteric-coated softgels with meals	Strong. Can burn if taken as raw oil	iHerb
Mustard seed Brown or black	Lab and animal studies	Freshly ground, mixed with cool water for 10 min before adding to food. Food amounts	Mustard allergy. Large amounts irritate the stomach	iHerb or grocery store
Garlic	Lab studies	Raw crushed cloves with food, or allicin capsules	Thins blood a little	Grocery store

DIE-OFF ("HERX")

Headache, tiredness, bloating, achy joints, a rash or bad mood in the first days. Lower the kill herbs, raise water and binders, and make sure you're going to the bathroom.

STOP AND GET MEDICAL HELP FOR

Fever, severe belly pain, blood in your stool, yellow skin or eyes, confusion, a seizure, or vomiting you can't keep water down through.

04

PHASE 04 · TWICE A DAY, 2 HOURS APART FROM EVERYTHING

Bind: *carry it out*

When parasites and microbes die, they release waste and toxins. Binders grab that waste in your gut so it leaves in your stool instead of getting reabsorbed.

IN PLAIN WORDS

Binders are the garbage bags. Without them, the trash spills back in.

BINDER	BEST FOR	HOW TO TAKE	WATCH OUT	WHERE TO BUY
Activated charcoal	Wide range of toxins and gas. Hospitals use it for poisoning	With a big glass of water, follow label	Constipating. Blocks medications and birth control if taken too close. Turns stool black	iHerb
Bentonite clay Food grade	Binds toxins and heavy metals in the gut	Stirred into water, follow label	Must say food or internal grade. Constipating	iHerb
Zeolite Clinoptilolite	Binds metals and ammonia	Powder in water, follow label	Buy purified, tested products	iHerb
Chlorella	Gentle everyday binder, also a food	Tablets with water	Start low. Can cause gas. Iodine sensitivity	iHerb
Psyllium husk	Fiber that sweeps and binds. Helps the other binders move	In a full glass of water, drink right away	Too little water causes blockage	iHerb

Simple binder stack

Charcoal or clay in the mid-morning slot, chlorella or psyllium in the afternoon. Rotating binders spreads out what they grab and keeps you from getting backed up.

THE 2-HOUR RULE

Binders don't pick and choose. Taken too close, they soak up your herbs, vitamins and medications, including birth control. Keep 2 hours on both sides.

9wk

THE FULL PLAN

Nine weeks, start to finish

Two rounds with a rest week between them. Eggs that survive round one hatch during the rest week, and round two catches them.

WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9+
Prep	Round 1	Round 1	Round 1	Rest	Round 2	Round 2	Round 2	Rebuild

Prep
Clean diet, drainage, one binder a day. No kill herbs yet.

Round
Full daily rhythm: biofilm, kill, bind, drain.

Rest
Stop the biofilm breakers and kill herbs. Keep the binders, drainage and clean food.

Rebuild
Fermented vegetables, prebiotic fiber and a probiotic to reseed healthy gut flora.

SHOPPING LIST

Everything in one place

The minimum you need to run the full protocol.

THE EASY WAY

The itstheparasites *Detox Kit*

- Black walnut hull, wormwood & clove blend
- Biofilm breaker
- Binder
- This guide, printed

COMING SOON

Pre-measured herbs for both rounds, packed to match this guide.

PHASE	ITEM	PICK	WHERE TO BUY
Drain	Magnesium citrate	One	iHerb
Drain	Dandelion root tea or milk thistle	One	Dandelion · Milk thistle
Biofilm	NAC and/or mimosa pudica seed	One or two	NAC · Mimosa pudica
Kill	Black walnut hull	Core	Mountain Rose
Kill	Wormwood	Core	Mountain Rose
Kill	Clove	Core	Mountain Rose
Kill	Empty capsules, size 00	If using powders	iHerb
Bind	Activated charcoal or bentonite clay	One	Charcoal · Clay
Bind	Chlorella or psyllium husk	One	Chlorella · Psyllium
Rebuild	Probiotic	One	iHerb

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