

parasite cleansing with organic herbs



Green Black Walnut Hulls
(*Juglans nigra*)



Wormwood
(*Artemisia Absinthum*)



Cloves
(*Eugenia caryophyllata*)

Pregnant and Lactating Women

If you are pregnant, could be pregnant or are trying to conceive, do not take black walnut or wormwood for any reason. The effects of these herbs on a developing fetus are not well-documented and may harm the baby. Do not take these herbs if you are breast feeding.

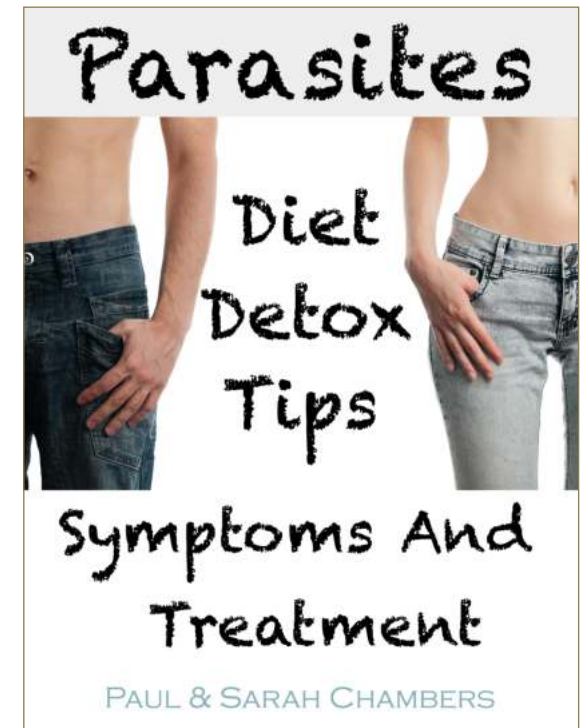


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PARASITES

HERBAL PARASITE CLEANSE eBook



BECAUSE YOUR
BODY IS WORTH IT

disclaimer

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It is imperative to use good judgment when consuming herbs and supplements. The author claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused, directly or indirectly, as a result of the use, application, or interpretation of any information provided in this eBook. We offer a **free email consultation** with a qualified herbalist, or nutritionist should you feel you need to talk to someone regarding this parasite cleanse. Otherwise, if in any doubt please consult with your GP or health practitioner before taking any herbs especially if in conjunction with medication.

Having Parasites Is Normal

It is normal for parasites to cycle through our bodies, but it is also important to get rid of the parasites that do harm on a regular basis.

Eliminating all parasites is hard using clinical medicines because this method kills only a very limited amount and does not consider the life cycle of the parasite. Medication for parasites can also cause unpleasant side effects. Another factor is that taking antibiotics only kills certain parasites.

Taking antibiotics will kill any good bacteria, so if the parasite infestation you are experiencing can't be killed by antibiotics, by taking them you are simply creating an environment even more friendly for the parasites. This can lead to other unwelcome gut problems such as Candida and other yeast infections.

Choosing The Right Parasite Cleanse

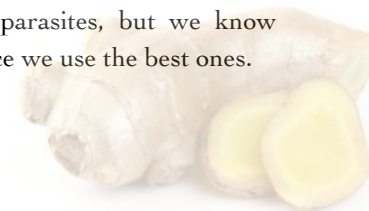
Making the decision to do a parasite cleanse finding the right one, then starting and finishing it can be a challenge to some people. If you are one of those people let me assure you, cleansing yourself of parasites is one of the best things you can do for your whole body-mind system.

Parasites can be responsible for a wide variety of illnesses. Parasites dictate your food cravings and different parasites feed on different foods to develop, grow and thrive.

When choosing a Parasite Cleanse it is always best to know your herbs. Always do research and make sure that the herbs you are buying are certified organic, fresh ground and made up fresh rather than sitting on a shelf for months.

What herbs you consume can make the difference between a successful cleanse and an unsuccessful cleanse. There are many excellent herbs for eliminating parasites, but we know from years of experience we use the best ones.

Consuming the right foods on a parasite cleanse is important. It is best to eat the foods that parasites don't thrive on, rather than the foods they do.



Parasites Cause Chaos In The Body



Cloves kill the eggs. If only eliminate the adults (flukes), the eggs will soon grow into new adults.



Black walnut kills the adult and development stage of the parasites. Black walnut contains several potent chemicals, strong herbicides, fungicides and vermicides, including Juglon.



Wormwood kills the adult stage of the parasites. Wormwood is also highly valued, especially for its tonic effect on the liver, gallbladder and digestive system. Wormwood does a great job of increasing

stomach acid naturally, improving digestion and the absorption of nutrients. Do not drink hot fluids with, or after taking wormwood.



Parasite's And The Uncomfortable Symptoms They CREATE

Intestinal parasites survive by living in the small and large intestines.

- Tapeworms
- Roundworms (or nematodes)
- Protozoal

Some parasites prefer to stay put in the intestines and some move on to other organs. Most parasites can only be seen under a microscope, while tapeworms can grow to a foot long. Tapeworms and roundworms mature into adults from eggs and they maintain a healthy egg laying process. Some eggs are expelled through stools and go on to infect other people.

If you have a mild infection of parasites symptoms can be overlooked or there are none. The consequences of this is that most people are infested with parasites and don't know it. In the Western world liver flukes roundworm and threadworm are the most common of parasites. If your body is acid you are likely to be hosting unhealthy parasites of some sort.

Symptoms of Human Parasite Infection

Intestinal Worms and Flukes

Symptoms include bloating stomach, feeling tired (fatigue) slightly darker skin tone, malnutrition if the server infestation, a craving for sugar and fatty foods.

Protozoa Parasites

Protozoa are tiny microscopic single-celled organisms. Protozoan parasites reside in the tissue, bloodstream or the intestinal tract. They can be sexually transmitted.

Symptoms include diarrhea or constipation, abdominal pain, tiredness (fatigue), either weight gain or weight loss weight intestinal bleeding, itching anywhere in the body including rectal. You can suffer with anemia and headaches.

Spirochetes or Lyme Parasite

Can create a rash that fades, the advanced symptoms of Lyme parasites are joint aches and pain, neck pain, off and on headaches, foggy brain. More symptoms develop as the parasite gets into the organs. These symptoms go undiagnosed by most doctors.

Fungus Infection

Candida albicans and other yeast organisms' cause symptoms such as:

- Sensitivity food sensitivity
- Rashes or itching around genitals
- Recurrent bladder infections
- Cravings for sweet foods
- Intestinal cramps
- Endometriosis
- Psoriasis or eczema
- Over use of antibiotic
- Foggy Brain
- Menstrual irregularities
- Anxiety or depression
- Black floaters or spots in the eyes
- Muscle and joint aches
- Constipation or diarrhea
- High sugar/carbohydrate consumption
- Bloating
- Stomach gas

- Confusion
- Tiredness
- Weight gain
- Foggy brain
- Sugar cravings
- Low immune
- Rectal itching
- Vaginal yeast infection
- Insomnia
- Difficulty getting up
- Toe/nail fungus
- Allergies

Getting Rid Of Parasites and Balancing Your Body

Parasite Cleanse Treatment

When considering a parasite treatment you need to consider a few things because what goes on in your intestines is so crucial to your health. There is nothing better, or quicker to eliminate parasites than a quality parasite-cleansing program and the first step in is to make sure you choose the right parasite cleanse. Parasites have a life cycle so need to be eliminated at every stage. Therefore a parasite cleanser that is less than 16 days is not going to work successfully, no matter what the advertising maintains.

Natural parasite cleansing is by far the best way. Nature offers all we need to get rid of parasites and the best parasite cleanse is made up of cloves, wormwood and black (green) walnut hull, in very specific doses. Parasite love alcohol so tincture made with ethanol may not work so well as pure fresh organic herbs.

how do you pick up parasites?



PETTING PETS CAN PASS ON PARASITES



There are several ways parasites hitch a lift into your body.

- Through contaminated food and water.
- Undercooked meat
- Contaminated water lakes, ponds, or creeks.
- Unwashed fruits and vegetables
- Some parasites enter the body through the bottom of your foot.

Passing Parasites on

If you have parasites you can pass them onto others by not washing your hands after going to the toilet passing microscopic eggs onto anything you happen to touch.

You can contract parasites through animals. If you travel overseas you can pick up parasites by unknowingly drinking contaminated water.

More Signs Of Parasite Infestation

- Constipation, diarrhea, gas, symptoms of IBS
- Food poisoning leaving you digestion system upset
- Problem with falling asleep, or you wake up during the night.
- You get skin irritations or unexplained rashes, hives, rosacea or eczema.

- Teeth grinding in your sleep.
- Aches and pains in muscles or joints.
- Feeling fatigue, exhausted, depressed or apathy.
- Always hungry.
- Diagnosed with iron-deficiency anemia.

Combining An Organic Parasite Cleansing And A Detox Diet

Parasites have low-energy and thrive in high acid levels, or unwell hosts. If you are feeling ill try to increase your energy with exercise, or some other form of vitality improvement methods while doing a parasite cleanse detox and diet; nurturing your body and balancing your pH to 7.5 to 8 will undoubtedly create a good parasite free zone.

If you have an acid body (Yin) you are more prone to parasite infection than people who keep their bodies alkaline (Yang). A poor diet lacking in vegetables and too much sugar, meat, wheat and processed foods promote the perfect environment for parasites to successfully thrive. Such diets leave you open to Candida and different types of fungal and yeast infections.

Allergies to food can cause IBS and an unknown intolerance to milk and dairy products can be the cause of digestive upsets and bowel problems. A lack of water leads to constipation and dehydration making symptom worse. What you are creating (within your body) is a great living area for parasites.

Taking Sugar Out Of Your Diet While Doing A Parasite Cleanse

Parasites Love Sugar and Yeast

If you suffer with Candida we recommend you take out all sugars from your diet, this includes fruit. Sugar is the main food parasites live on, that's why you crave sugar. Avoid milk and dairy, as parasites simply love fat.

The balancing and repair of your intestinal tract is high on the to do list. If you want a totally successful parasite cleansing experience eliminate all fruit, all juices accept carrot juice, all wheat products, and all processed and refined foods. Try it for a month and see just how well balance and strong your digestive system can become.

If you creating an alkaline body you will feel so much better and in a sugar free alkaline environment parasites cannot thrive.

Colon Cleanse And Digestive System Detox

There is no better present you can give yourself than a [colon cleanse](#) after doing a parasite cleanse. This will further promote weight loss and leave you with more energy and a healthier colon and digestive system.

Herbal colon cleansing also increases bile flow and parasites don't like bile. Doing a parasite cleanse and a colon cleanse twice a year will certainly keep your body parasite free. Colon cleansing with organic herbs assists the digestive system in removing toxins and years of mucus build-up. So a natural colon cleanser made with organic herbs and spices is a great addition to any detox program.

Clear Your Body Of Heavy Metals With A Detox

It is also a good to clear your body of heavy metals and toxic environmental chemicals. **Fulhealth Industries** do a great chelation called Heavy Metal D-Tox, you simply put the said amount in a litre of water and drink throughout the day, could not be easier. Fulhealth also make heavy metal test kits so you can test yourself at home.

Coffee Enemas

Coffee enemas. I cannot praise coffee enemas enough. They are an incredibly powerful way to help balance your body. Coffee enemas do this by stimulates bile flow, literally cleans out your colon, helping to create an environment unpleasant for parasites. Customers comment that they see parasites in their stool after doing a coffee enema. Coffee enemas are great for the liver as they reduce liver toxicity and have a positive effect on your the whole body. You can find ample information on the Internet.

Colonic Irrigation

After a parasite cleanse and colon cleanse try a colonic irrigation. If you are not keen on a home enema experience then find a qualified clinic. The experience will leave you feeling light and clean, walking on air! Check with your health practitioner before you have a colonic if you are unsure or have if you bowel disease.

Food to add to your parasite and colon cleanse diet:

- Garlic
- Mixed raw and steamed vegetables
- Herbs Parsley, lemongrass, basil, rosemary, thyme, oregano

- Vegetable soup

Teas and Fluids

- Lemons and lime
- Ginger tea
- Green tea
- Carbonated water plain or with fresh lime or lemon juice



Drink plenty of water to keep your body hydrated and help to flush out toxins.



Best foods to eat while detoxing

Raw unsalted organic nuts

- Brazil nuts
- Almonds
- Cashews nuts
- Walnuts
- Hazel nuts
- Ground flax seed (keep flax seed in the fridge)
- Hemp seeds mega source of protein (keep in fridge)
- Chia seeds Great soaked in coconut milk overnight
- Pumpkin seeds

You can grind up seeds if needed for easier digestion. Best place to buy online is [Bulk Food Source](#), excellent quality, great service and cheap shipping.

- Tahini and hummus are good for digestion and a source of calcium.

Salad dressings

- Macadamia Oil
- Organic Apple Cider vinegar
- Fresh Lemon or lime juice
- Organic Mustard
- Pressed Garlic

Put into a clean jam-jar shake, store in the fridge.

Raw salads

Make with all kinds of lettuce

- Cabbage
- Rocket,
- Cucumber
- Capsicums
- Celery
- Walnuts
- Pineapple
- Hemp seeds
- Apples
- Olives
- Avocado
- Tomatoes
- Carrots
- Garlic



- Red radish (excellent raw for bowel cleaning)
- Onions brown, red, white and spring onions (excellent raw for bowel cleaning)
- Garlic, ginger, oregano, parsley basil these herbs are natural antibiotics.

If you grate all the hard veggies they are more easily digested.

You can cook any vegetable by steaming, roasting, baking, or in a stir-fry cook with organic virgin coconut oil. Use Himalayan salt or sea salt to flavour, or a little tahini sauce.

Oils

- Virgin Organic coconut Oil
- Macadamia cold pressed oil
- Milk: Rice – Coconut – Almond Make sure there is no added sugar

Lauric acid, is found in coconut products. Coconut oil is about 50% comprised of this saturated fat which after being converted by the body creates a substance that parasites, yeasts, viruses don't like, including pathogenic bacteria in the gut.

Best To Avoid Eating

- Sugars and food containing added sugar
- Deep fried foods
- All meat including smoked/smoked fish
- All alcohol
- Coffee and black tea (except herbal teas)

Green Smoothies

It is important to remember you do not need to fast on this parasite cleanse or any of our cleanses. If you want to fast and feel your body is up for it that is your choice. You can get the same health benefits from eating the right food. People who are feeling unwell because of an over toxic body can get daily nutrients from smoothies or juicing.



Salads Galore

Eat plenty of salad with many different vegetables, throw in raw garlic, coconut oil, nuts, seeds, spices, and herbs.

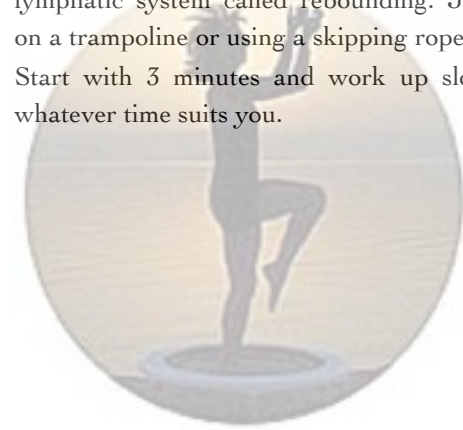
Fresh Herbs Are Great In A Salad



Please Note: There is some confusion about whether a parasite cleanse should be done before a colon cleanse. Please do your own research. If you suffer with constipation clear that first before starting a parasite cleanse. If you feel you would like to fast for a couple of days prior to starting the parasite cleanse this would be beneficial.

Rebounding

There is one exercise that will help your lymphatic system called rebounding. Jumping on a trampoline or using a skipping rope is best. Start with 3 minutes and work up slowly to whatever time suits you.



Rebounding For Detoxification And Immune System Benefits

The rebounding motion stimulates all internal organs, moves the cerebral-spinal fluid and the aqueous fluid within the eyes (many people claim improved eyesight), and does wonders for the intestines. Many immune cells such as T-lymphocytes and macrophages are self-propelled by amoebic action. These cells contain molecules identical to those in muscle tissue. All cells in the body become stronger in response to the increased G-force during rebounding, and this cellular exercise results in the self-propelled immune cells being up to five times more active. The job description of these cells includes eating viruses, bacteria and even cancer cells, so it is good that they be active. This exercise directly strengthens the immune system, and its fun! eBay have them for sale for the best price. Search rebounder Australia.

<http://www.ebay.com.au>



Braggs Apple Cider Vinegar

A very affective remedy for Candida and parasites, as well as a general health boost. Braggs Apple Cider Vinegar is full of B-vitamins, it is nourishing, helps the body to balance pH levels and improves digestion. Apple cider vinegar is known for killing

yeast and parasites hate it. Braggs cider vinegar does not feed yeast as it is made in a totally different fermentation process. It is not unpleasant to take in 300 mls of filtered water and if you want to up your Ph levels fast and maintain it add 1/4 teaspoon of Organic Bicarbonate of soda to 300mls of water and stir, then add 1 teaspoon of cider vinegar and wait until it stops fizzing. You will soon find it comes very palatable. You will become more tolerant of the taste, and your body will love it. Take twice a day approximately an hour before or an an after eating, morning and night. Your kidneys will also love you for the extra help. **Note: Do not take bicarbonate long term.**

Methyl Sulfonyl Methane

Use of MSM has the following benefits:

- Detoxifies the body
- Allows better absorption of nutrients from food
- Increases circulation
- Reduces inflammation
- Makes hair and nails grow faster



Bicarbonate and Lime Juice

Helps to balance an acid body, or reflux. 1/4 teaspoon in a glass of water an hour before or after eating. Best quality: from [Miracle Products Australia](http://www.miracleproductsaustralia.com)

If you buy somewhere else make sure there is no aluminum in the bicarb and it is certified organic. Please note that heartburn can also be a sign of lack of acid in the stomach. If in doubt ask your GP. or health practitioner.

Apple cider vinegar fungus infections and Candida yeast do not mix. Raw apple cider vinegar (especially Braggs) is a really good addition to your diet but only if you can tolerate vinegar. Should you experience a burning stomach or become too acidic, then stop taking it and replace with 2 teaspoon of fresh lime or lemon juice in a glass of water.

- Relief from allergies through scavenging free radicals
- Reduces lactic acid build-up (less muscle soreness and cramping after exercise
- Helps chronic fatigue and much more
- Helps Arthritic Pain and Fibermyalgia aches and pains

For more information about distilled MSM download the free eBook from our website: www.organicherbalcoloncleanse.com

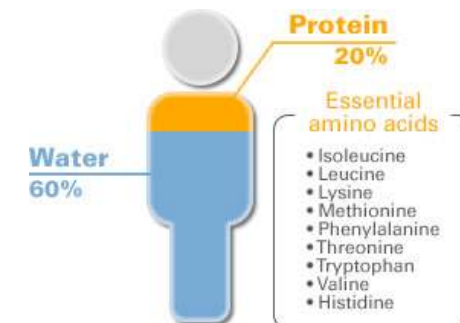


Cacao is one of the richest sources of antioxidants of any food. The presence of the high amounts of antioxidants can protect against damage by free radicals. Cacao stimulates the release of endorphins and serotonin, the two chemicals that naturally boost our happiness and energy levels. Sugar free and totally yummy. Add a teaspoonful to a smoothie, add to soaked Chia seeds for a great energy boost.

<http://thesourcebulkfoods.com.au/shop/cooking/raw-organic-cacao-powder/>

AMINO ACIDS

You can also give your body a boost with some extra amino acids. Best way is powder form. I recommend the following. For colon and digestive support L-Glutamine. A good complex is Essential Amino Acids. N Acetyl Cysteine and L-Arginine. The best quality is from [Bulk Nutrients](http://www.bulknutrients.com). Please research yourself on theses amino acids .before you buy them to make sure you they are right for you to take. If in doubt ask your health practitioner or doctor.



Probiotic

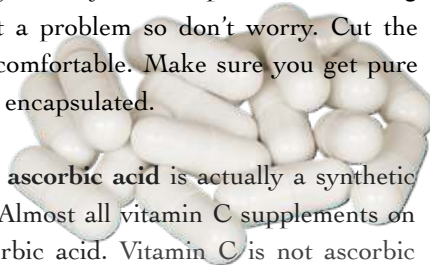
Key Health Benefits:

- Aids and assists with the symptoms of lactose intolerance
- Restores a healthy digestive function after use of antibiotics
- Strengthens the immune system
- May reduce symptoms of eczema
- Promotes healthy bowel movements
- Relieves constipation
- Improves IBS symptoms
- Supports optimal health and well-being

Probiotics restore good gut bacteria that is compromised by yeast infections and parasites . Probiotics restore proper intestinal flora. Your body can get addicted to probiotic in supplement form so best not to use long term. Buy a high quality supplement, but **Do not take probiotics within an hour of Apple Cider Vinegar or Diatomaceous Earth**. Drinks such as Kombucha or Water Kefir will help to build up probiotic levels, or organic plain full-fat yogurt, if you prefer, which are more natural and you can take long term. Best shop here:

Vitamin C - Ascorbic Acid Is not vitamin C

Is an excellent antioxidant and will support your immune system while you detox. take 5,000 mg (5 grams) per day spread out in 2-3 doses. Do not take vitamin C at the same time as calcium/magnesium as they will neutralise each other. High doses of vitamin C can cause loose bowel movements, especially when yeast and parasites are being removed. This is not a problem so don't worry. Cut the doses until you feel comfortable. Make sure you get pure Vitamin C powder or encapsulated.



Did you know that ascorbic acid is actually a synthetic form of vitamin C? Almost all vitamin C supplements on the market use ascorbic acid. Vitamin C is not ascorbic acid. Ascorbic acid is the outer skin of vitamin C, much like the skin of an orange. Vitamin C also contains bioflavonoid complexes, tyrosinase, and several other factors.

Further information

<http://www.thedoctorwithin.com/vitaminc/ascorbic-acid-is-not-vitamin-c/>

Excellent alternative to other vitamin C supplements.

<http://www.swansonaustralia.com/en/home/512-swanson-buffered-magnesium-ascorbate-113-g-4-oz-.html>

Nurture and support your body

During a parasite cleanse, you must support your body as much as possible. Eating a balanced diet takes regular exercise, in whatever form you can, and making sure you sleep well each night and your whole body will respond positively. You may experience detox symptoms, or you may not. If you remember, only the herbs kill the parasites and know that any symptoms are temporary.

Balancing your body may be challenging; we know as we have walked that path. It is a state of mind, and although challenging, it is worth the initial effort. You will feel the benefit within a very short time. This healthy life change can become the foundation of a happier life, inspiring you to continue past the parasite cleanse. Once you achieve a level of balance, you won't go back to eating and drinking foods that make you feel unwell or unsuitable for your health. Cutting out sugar long term from your diet is the best thing you can do for your body. Suppose you look at your body as your car, your vehicle through life. Feed it good fuel, service it regularly and clean it out, and you won't have any problems maintaining it.

Organic Herbal Colon Cleanse Australia

ABOUT US

It all began in Scotland UK back in 2003. Paul and I ran a holistic health centre where we integrating mainstream and complementary **medicines**, working along side doctors and other health practitioners. In 2005 we emigrated to Australia, and have been here ever since.

In 2006 we opened a health clinic just out side Newcastle NSW where we focused on helping people with physical, mental and emotions health problems.

In 2013 we moved to Stroud NSW. We no longer treat people one to one. Our online store offers freshly made to order parasite cleanse and several colon cleanses and we are very happy to offer educational advise should you have any questions.

WHAT IS NATUROPATHY?

Naturopathy is a relatively new term used to describe alternative healthcare practitioners who uses Herbalism, Nutrition, Homeopathy & Iridology to nurture and support you towards optimal health.

Please tell us know if any links are not working, thank you. [Contact Us](#)

"LET FOOD BE THY MEDICINE AND LET THEY MEDICINE BE FOOD."

HIPPOCRATES (460-377BC)

Naturopaths believe that the body has an innate ability to heal itself and if nurtured correctly can rebalance itself and re-achieve balance with the body-mind system. Our aim is to help people **identify and removing toxins, parasites and pollutants from the body**. To help **educate** people to take responsibility for their ongoing health.

Many conditions may benefit from a naturopathic approach, but we now focus on digestive issues and the symptoms that go with them and offer a selection of colon cleanses and a parasite cleanse, together with information within our eBooks pertaining to each cleanse. If you have ongoing gut issues that simply won't clear up please contact Kate Greenaway info@kulturedwellness.com

OUR TEAM

We are a cottage industry with a staff of five people.

1. Paul Chambers Dip.N (Naturopath)
2. Sarah Chambers D.C.H.P.
3. Melissa Nash Dip Herbalist Medicine. B.Sc.
4. Kelly Richards Cleanse Herb Room Manager
5. Natalie Williams - Customer Support

We all muck in to help which makes it a great team and we really enjoy what we do.

Please feel free to contact us either via our website www.organicherbalcoloncleanse.com contact form, or call 0423 644 495 or email customersupport@organicherbalcoloncleanse.com

[We offer a free phone consultation](#)

"To give real service we added something that cannot be bought or measured with money, that is good quality, good service and integrity. Our customers may forget what we say but they will never forget how good we made them feel"



Possible Side Effects & Drug Interaction

We feel we should give you as much information as we can about the herbs in our organic parasite cleanse. We have not come across one person who has had adverse side effects from taking our cleanse, and we have been making this cleanse for almost 20 years. However, from the information that follows you must make up your own mind about whether doing a parasite cleanse from Cloves -Wormwood and Black Walnut is right for you. Please read and research yourself to gain a better understanding of what each herb does and what the potential side effects may be.

wormwood

Wormwood, in large and excessive doses **may have adverse side effects**, symptom show as diarrhea, nerve damage and moderate to heavy sedation. Stop consumption of the herb if you experience any of these side effects. Wormwood is commonly associated with the French spirit, Absinthe (due to its active ingredient of absinthol), and it from this variety you are more likely to experience any effects adverse effects.

Wormwood contains thujone, which is a powerful convulsant when ***used in large amounts**. Thujone is the ingredient in absinthe believed to have neurotoxic ***effects with long-term use**, including addiction, seizures, hallucinations and possible death from renal or liver failure. People with seizure disorders should avoid using wormwood.

Dosage: Wormwood should not be taken for more than four weeks at a time and only the recommended dosage should be taken to avoid side effects.

Black Walnut Hull

Gastrointestinal Discomfort

The tannins in black walnut can cause nausea and upper abdominal pain, especially **if you take it in** larger dosages than is recommended and over a longer period. It is advised not to be consumed if you have liver, kidney or a stomach ulcer.

Allergies

Black walnut may cause an allergic reactions in some people. If you suffer with a nut allergy it would be better not to take the risk of any product containing black walnut until you know it would be safe for you to do so. If you have a reaction to nuts, such as difficulty breathing, chest pain and hives, best not to take black walnut. If you have a sensitivity to daisies or ragweed then you may experience the same reactions taking wormwood.

Interactions With Medications

Black walnut and wormwood can interfere with some medications. These drugs are: **acetaminophen, antacids and proton pump inhibitors**. If you use phenobarbital to prevent

seizures, wormwood can weaken the drug and make seizures more likely.

CLOVES

Cloves contain gallotannins, triterpenes, flavonoids, and phenolic acids.

Side Effects

Limitations of Use

Clove's contain anti-clotting properties and should not be taken with any other medicinal blood thinner or medication which prevents clotting. Cloves should also not be taken if you have a condition that inhibits your blood from clotting.

Medicinal-dose If you are planning surgery do not take cloves two weeks prior to your procedure. Clove should not be orally given to children 12 or under without medical advise.

*The amount of herbs in our parasite cleanse is not classed as excessive or is the 16 days a long term.

Do not take any herbs if you are pregnant, breast feeding or trying to conceive.

www.organicherbalcoloncleanse.com