

# DIET PROTOCOL FOR PROTOZOAN PARASITES BLASTOCYSTIS HOMINIS GIARDIA CRYPTOSPORIDIOSIS AND OTHERS

Help Yourself Back to Health



**This is simply a short guide** to what to eat if you are having treatment for a protozoan parasite. The links and suggestions I hope will help you support gut. If you are taking antibiotics it is a good idea to replenish the gut flora at the same time.

# BLASTOCYSTIS AND OTHER ONE CELL PARASITES

What is Blastocysts

Causes

Symptoms

Natural Treatment

## Blastocystis hominis

Blastocystis hominis, as with all protozoan parasites are microscopic and are normally detected from a stool sample analysis. Blastocystis hominis may cause no symptoms, or symptoms such as diarrhoea, abdominal pain or other gastrointestinal problems. It is not fully understood the role that protozoan parasites have in causing infection. Often Blastocystis hominis quietly lives and survives in a person's digestive tract without causing any problems.

Your doctor will tell you that Blastocystis hominis infection can clear up without medical intervention. In the medical world there are no proven treatments for these infections, not even antibiotics are reliable in eliminating them, as they become resistance to the different strains of antibiotics. Symptoms of Blastocystis Homminis include:

- Diarrhoea
- Nausea
- Abdominal cramps
- Bloating Excessive gas (flatulence)
- Enlarged liver/spleen
- Loss of appetite Fatigue
- Anal itching
- Feeling generally unwell

**Blastocysts are nasty little single celled microscopic parasite (protozoan). We have lots of protozoans that live in our gastrointestinal tract which are helpful, while others are harmless and can cause diseases.**



## Protocol for eliminating Blastocystis Hominis

B. H. is one of the most common human intestinal organisms.

1. Start with a colon cleanse to clear out the mucus in the digestive track. We make up several to choose from they can be found and ordered on our website. We suggest a [Charcoal based colon cleanse](#).

2. [Blasto Parasite Herbal Cleanse](#)

3. Zinc: Colloidal. Fulhealth (purchase online, one capful daily)

**Fulhealth Organic Colloidal Minerals Purchase Online, one cap full daily. Candida: Free eBook. This is the eBook link:**

[Candida eBook](#)

Suggest [Candida Capsules](#) these for one month after cleansing.

If you are taking prescribed antibiotics please call us for a chat about how to protect your digestive system while taking antibiotics.

Customer Support +61 (0) 423 644 495 We do not charge for information or advise. Call between 10am-4pm weekdays.





Candida Blend Capsules

A Blend of Certified Organic Herbs

## Herbal Digestive Support

For 1 month after treatment take 1 scoop of the following [digestive support](#) at night.

**Certified Organic INULIN Powder take a tea spoon daily in tepid water, first thing in the morning.**

You can [purchase online from Morlife](#)

Drink plenty of water add a pinch of Himalayan pink salt to water to help electrolytes. Drink only high-quality filtered water.

## Diet

Plenty of vegetables, greens, carrots, beetroots,  
Only buy organic if possible, or soak veggies in apple cider vinegar for 20 mins before washing thoroughly. Steam rather than boil vegetables.

## Fruit in moderation

Eat only fruits you peel yourself: avocados, bananas, and melons etc, where cutting open or peeling fruit ensures no direct contact with contaminants. Wash your fruit before cutting.

## MSM (methyl sulfonyl methane)

MSM significantly reduces inflammation in the body that can be caused by parasites infection, especially the gut.

MSM is a totally natural supplement. [You can purchase MSM Here.](#)

For a more comprehensive diet see our article <https://organicherbalcoloncleanse.com/parasite-cleanse-diet-what-to-eat-and-what-not-to-eat/>





## Sugar

**Manuka honey** (just a small amount). Avoid any natural sugars, such as coconut sugar, raw sugar or refined sugars, etc., they will feed parasites and irritate your intestinal lining.

**Hot Meals** Cooked foods destroy contaminants and are easier for the body to digest. Make lots of warming veggie soup. If your stomach is too painful blend the to a drinkable soup.

## Food to Avoid

All processed food or packaged foods, sodas should be completely cut out. Organic pasta, later but not too much.

## Carbohydrates

These are found in refined and processed foods, juices, fruits, and dairy products, these are foods parasites and yeast love.

**Do not eat undercooked meats:** Fish, shellfish, and all animal sources, if they are not well-done, there is a risk of contaminants.

## Unpasteurised Ingredients

Juices and dairy products that are unpasteurised are usually good for purity, however, they also risk having contaminants.

Don't leave leftovers in the fridge or on the bench are prone to becoming contaminated or developing mould.

Stay away from foods you can peel, for example: grapes, tomatoes, and berries.





**Alcohol:** Causes inflammation in the intestinal lining, and slows down immune function, it also turns to sugar and parasites love sugar.

**Clean all surfaced well** after preparing food and do not prepare meats and vegetables on the same cutting board or surface.

If you are rain water tanks you need to install high quality water filters or use pottery water filters.

<https://www.southerncrosspottery.com.au/>

Heavy metal in the body can be a concern and can be part of the problem. **We offer a free Heavy Metal Test.**

If you need further information please contact us.

OHCC Team.

[List of Human Parasites](#)

Wishing you health and happiness,

Sarah Chambers and the OHCC Team



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<https://organicherbalcoloncleanse.com>

Tel 0423 644495 Customer Support

