

## PARASITE CLEANSE

[Using the Kroeger Herb Co, 5 Piece Wormwood Kit](#)

This is a 30-day broad-spectrum anti-parasitic herbal cleansing program.

# WORMWOOD KIT

Products for a clean, healthy lifestyle.

### Contains:

- **Wormwood Combination**  
*2 bottles, 100 caps. each*
- **Cloves**  
*2 bottles, 100 caps. each*
- **Black Walnut Tincture Extra Strength**  
*1 bottle, 2 oz. (60 ml)*

**F**or centuries, herbalists have been attuned to using herbs in order to maintain optimal health. These time-proven herbs have been an excellent way to take action in keeping this tradition alive.

Hanna Kroeger designed the Wormwood Combination in the 1970's, drawing upon her extensive experience of using herbs for people's health needs. This perfect combination of herbs is balanced in a way only possible from Hanna herself.

Also included in this program are extra Cloves and Black Walnut tincture.



*The Heart of Herbal Health®*

It contains herbs and extracts that are widely used to eradicate nematodes (visible parasites) and protozoa (microscopic parasites). It also contains antifungal herbs and extracts that are known to eliminate yeast/fungal organisms from the body (such as Candida). Candida overgrowth often co-exists with parasites in the gut as they both can suppress gut immunity.

The herbs complement each other and have two distinct modes of action:

1. One group of herbs works by paralysing the organisms that are lurking in the gut, allowing safe elimination through the bowel.
2. Another group of herbs specifically kill parasitic organisms and can act beyond the gut itself.

## **PROTOCOL FOR TAKING THE HERBS**

### **STEP 1 for 30 Days**

Three times per day, preferably on an empty stomach (30 minutes before eating), take with a glass of water:

- 2 capsules of Wormwood Combination (x1 capsule if you have a sensitive gut or get a strong reaction)
- 15 drops of Black Walnut Tincture (x10 drops as above)
- 1 capsule of Clove

#### **Note:**

If you weigh less than 48kg take only take 1 capsule of wormwood three times per day throughout the cleanse.

If you have a "sensitive gut" or often react to supplements, it is best to build those amounts gradually over a week to 10 days (e.g. only take the herbs once per day for 5 days, then twice for 5 days, then three times for the remaining 20 days)

If at any point in the programme you get severe brain fog or diarrhoea reduce the amount of herbs you are taking to just once per day until symptoms reduce then gradually go back to the recommended dose.

### **STEP 2 for a further 12 weeks**

Three times a day, one day a week (for instance on Sundays), take with a glass of water:

- 2 capsules of Clove Capsules
- 30 drops of Black Walnut Tincture

**For best results, a parasite cleanse should be undertaken in combination with a weekly colonic during Step 1 of the programme.**

## MEASURES TO TAKE DURING YOUR CLEANSE TO MAXIMISE RESULTS

When the presence of parasites has not resulted from traveling to a **high-risk area such as tropical or subtropical regions** with poor water sanitation, it tends to be from **contaminated water** (such as swimming in lakes, river or ponds) or **contact with a contaminated person or pet**.

For this reason **checking that your family including your pet(s) are also free from parasites** might be a good precautionary measure.

Regardless, **strict hygiene is recommended to avoid recontamination**. Wash your hands regularly, don't share towels with anyone else, change underwear daily and wash once or twice a day (especially after a bowel movement) with a gentle intimate wash.

Maintaining strong gut immunity that will be resistant to parasitic infections is also the aim of a parasite cleanse. This is supported by **eating fresh, organic, non-processed foods** that include healthy fibres and colourful antioxidants and polyphenols. Good stomach acid is essential to prevent infections. If you suffer from recurring parasitic infections supplement with your meals with a broad-spectrum **digestive enzymes supplement which includes Betaine Hydrochloride**.

There are known specific **natural compounds with strong vermicide (deworming) activities** that can be useful when looking to keep the gut healthy and parasite-free, in particular:

- Allicin in **garlic**
- Cucurbitacin found in **pumpkin seeds**
- Carpaine and Papain in **papaya** (mostly the **seeds and leaves**). Papaya seeds can be dried and used instead of black pepper in a grinder, and have a similar peppery taste
- Thymol found in pungent herbs such as **oregano, thyme** and especially in **black seed oil** (Nigella oil)
- Polyphenols and Punicalagin found in **pomegranate** fruits and peel