Herbs and a Protocol that Eliminates Parasites from the Body

Parasites are more common than most people realize. There are many different kinds. Internally, there’s a pretty good chance that you and a third of the people you know have them. If we consider the possibility that there are many common parasites that we are as of yet unaware of, most of us could be suffering from them. If you want to take it a step further and consider candida a parasite (most don’t group them together, but candida does fit the description), then it could be argued that most people in the world suffer from adverse health effects due to parasites.

Because I come in contact with raw meat regularly (I feed my dog raw meat, vegetables, and some supplements), I do a parasite cleanse every other month. I also eat well most of the time. I eat lots of salads with lots of vegetables and garlic, which parasites don’t much care for.

We use the word herb loosely here, it should really read “Foods, herbs, other things you can eat to kill parasites.” But that’s not a very good title.

Herbs that Parasites Hate

Garlic

Garlic is anti-bad-stuff. Viruses, fungi, bacteria, parasites, cancer, and vampires all hate garlic. It’s an absolutely amazing herb and the best in the business at killing bad stuff. It even chelates heavy metals (removes them from the body). Garlic is also a very powerful deterrent for blood

sucking parasites like mosquitoes, ticks, and fleas.

Black Walnut-Nuts & Hull

The nuts and green hulls of black walnut (Juglans nigra) are loved by herbalists for their ability to cleanse the blood and the intestines. Black walnut hull is used to cure fungal infections. The juice from the green hulls are used to kill parasites. Only green hulls should be used.

Wormwood

Wormwood (Artemisia absinthium) is a perennial herb with tiny yellow-green flowers. Leaves and flowers are used to treat stomach problems and wormwood is a powerful remedy for intestinal worms. Wormwood should be avoided by women who or nursing. Wormwood has strong antimicrobial properties and is used for other infections as well.

Cloves

Clove essential oil is used to dissolve eggs found in the intestines that have been left behind by worms. It’s believed to be the only herb that actually does destroy almost all parasite eggs. When used in conjunction with black walnut and wormwood, the trio break the parasite’s lifecycles. Clove is also antibacterial, antiviral, and antifungal. Clove oil has powerful broad-spectrum antimicrobial properties.

Thyme

Thyme is one of the best herbs for stimulating the thymus, a major gland of the immune system. Thyme helps stimulate the body’s natural defenses and works very well with echinacea to boost the ability of our immune system. Oil of thyme can eliminate growth of many parasites, and it kills them in the intestinal tract.

Oil of Oregano

Oil of oregano is infused with extremely high levels of free-radical-crushing antioxidants, and it is antiparasitic, antiviral, antibacterial, and antifungal. It is a powerful, indiscriminate killer that can reset the microbial environment in the intestines. Many studies show the effectiveness of oil of oregano with everything from parasitical infections to cancer.

Chinese Goldthread

Goldthread (Coptis chinensis) has been used in traditional Chinese medicine for centuries to treat all types of infections, including bacterial, parasitic, yeast, and protozoan. It contains a substance called berberine, which is responsible for the broad-spectrum antimicrobial properties.

Diatomaceous Earth

Food grade diatomaceous earth absorbs methyl mercury, E. coli, endotoxins, viruses, organophosphate pesticide residues, and drug residues. Its positive effects include killing intestinal parasites, balancing the intestinal flora, killing viruses, and absorbing toxins. It’s great for intestinal cleanses. The only side effect known is its ability to irritate the lungs if inhaled; it is a very fine powder.

Capsaicin /Cayenne

Cayenne by itself is not going to kill parasites well enough to be on this list, but it has other properties making cayenne worthy of mentioning here. It deters parasites from setting up home (or biting, burrowing), and capsaicin has tons of other beneficial properties, plus, it makes other herbal treatments much more powerful.

Goldenseal

Goldenseal (Hydrastis Canadensis) is a natural remedy for many internal parasites. It’s also a good ingredient to look for in mouthwash and eyewash formulas and recipes. It’s also a topical treatment of eczema and psoriasis. Goldenseal is not only antiparasitic; it’s also antibacterial, and antiviral. It’s also great for detoxifying the blood. It is a good supplement to have in any detox regimen.

Echinacea

Echinacea supports the body’s immune system. Clinical trials determined that there was a 70% reduction in the winter incidences of infections when Echinacea was taken routinely throughout the winter. Echinacea increases white blood cell count. Use Echinacea for anything involving the immune system. Echinacea is also helpful with acute infections including urinary and intestinal tract infections.

Oregon Grape Root

The active chemical found in Oregon grape root is berberine. Herbalists sometimes substitute Oregon grape root for goldenseal or the Chinese herb coptis. The herb is used for constipation, bloating, intestinal issues, psoriasis, and other skin diseases. It kills parasites, bacteria, viruses, and fungi.

Berberine

Berberine is a major immune-enhancing alkaloid found in many plants, including goldenseal, Coptis chinensis, Oregon grape, barberry, Indian barberry, and turmeric. Berberine provides broad-spectrum immune support, promotes healthy respiratory mucus membranes, maintains healthy immune response, and it also helps maintain the body’s normal intestinal flora.

Reishi

Reishi mushrooms grow wild on decaying logs and tree stumps in the coastal provinces of China. Reishi mushrooms are anti-tumor and anti-oxidative. They lower blood pressure, glucose levels and LDL-cholesterol. They treat hepatitis B, glomerulosclerosis, cancer, and ulcers, and are antifungal and antiparasitic.

Systemic Enzymes

Systemic enzymes take apart foreign proteins, so it kills viruses, bacteria, yeasts, parasites, and any other pathogen.

Yellow Dock Root

Yellow Dock Root is a powerful blood purifier and a lymphatic cleanser. It improves colon and liver function and it’s used to treat many skin ailments, intestinal parasites, inflammation, and more.

Pumpkin Seed

Pumpkin seeds and pumpkin seed oil are rich in fatty acids, zinc, copper, sterols, anti-inflammatory agents, and amino acids. Pumpkin seeds are used to treat worms, especially tapeworms. It’s not the fastest parasite killer; the recommendation is to eat raw pumpkin seeds every day for several weeks.

Pomegranate Seed

Pomegranate has been touted as a superfood with many health benefits and for years it has also been used to treat infections from the most common parasites found in humans: roundworms, pinworms and tapeworms.

Precautions with Herbal Remedies

Not every herb or herbal remedy should be taken with another one. Use caution when working with herbal remedies. Do your research. Though the good news is that any side effects are less likely to bother you than anything on the warning label of every single pharmaceutical. Do plenty of research and/or ask a knowledgeable herbal practitioner before taking any of the above while pregnant or nursing.

A healthy diet should be followed whenever attempting to restore health, but especially when taking broad-spectrum antimicrobial supplements. You will kill off some of your beneficial flora, and it is vital to feed the body healthy foods in order to rebuild a healthy ecosystem.

As I mentioned, I detoxify from parasites once a year. Here's how I do it:

Michael's Parasite Detoxification Regimen

I normally eat lots of salad with many different vegetables, as well as lots of raw garlic, coconut oil, nuts, seeds, spices, and herbs. I take my salads very seriously. For more on that, check out *Detox Cheap and Easy Without Fasting – Recipes Included.* I also generally drink lots of cranberry stevia lemonade, and with a parasite cleanse it's a good time to step up your fluid intake. That article has the recipe for cranberry lemonade as well. It's great for the liver, the kidneys, the lymph's, etc. Also, see *Stop Eating Like That and Start Eating Like This.*

Whenever I do a parasite cleanse, or any detox, I always clean up my gut and eliminate excess candida, too. Check out *How To Heal Your Gut* for more on that.

Antiparasite Supplement Stack – Heal the Gut & Kill Pathogens

This list below is in order from what I think is most important to the least important. The first four supplements should be plenty for most people, and I usually do the first seve for my detox protocal. There is a little bit of overlap, Abzorb and Syntol AMD are both probiotics and Microdefense has Berberine and it has Wormwood which the intestinal detox also has. Taking the recommended dosages shouldn't be a problem even with the overlap. You could take all of them within the same protocol, or just pick and choose based on your needs.

- Berberine 500mg – Thorne Research (read more about berberine here)
- Formula SF722 – Thorne Research (the best for any and all fungal/yeast/mold)
- MicroDefense – Pure Encapsulations (well-rounded antimicrobial, preserves microbiome)
- Syntol AMD – Arthur Andrew Medical (Extremely well made probiotic)
- Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas (probitoic and systemic enzyme)
- Shillington's Intestinal Cleanse Formula (contains wormwood, makes bowel movements more regular)
- Shillington's Intestinal Detox (goes very well with the Intestinal Cleanse Formula, together they make a great intestinal detox)
- Shillington's Blood Detox Tea (will help keep pathogens from traveling throughout the body, and helps detoxify the whole body)
- MycoCeutics MycoPhyto Complex – EcoNugenics (beneficial mushrooms!)
- Diatomaceous Earth • Food Grade DE (read more about DE here)
- Mother Earth Organic Root Cider – Barrier Island Organics (here's our review on this product)

- Oil of Oregano
- Shillington’s Echinacea+ (keep the immune system strong while detoxing)
- Shillington’s Blood Detox Formula (goes well with the tea, easier to do than the tea)

If you believe you have (or know you have) a parasite infection, diet is critical. No refined foods, no sugar, no artificial crap, no junk food! Junk feeds them. Don’t skimp on the diet! No amount of supplementation will make up for a poor diet.

Related Reading:

- *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*
- *How To Heal Your Gut*
- *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*
- *Best Supplements To Kill Lyme and Everything Else You Ever Wanted To Know About Lyme Disease*

Sources:

- *Goldenseal, Natural Remedy For A Wide Range Of Internal Parasites*
- *Cayenne and Capsaicin, Natures Miracle Medicine*
- *Garlic – The Most Amazing Herb On The Planet*
- *How Echinacea Boosts the Immune System*
- *8 Anti Parasite Herbs That Kill Parasites*
- *Yellow Dock Root*
- *Oregon grape root excites dermatologists for the treatment of psoriasis and other skin diseases*
- Ingrid Pincott’s Volume 13, No. 2 • Apr-Jun 2007 *NATUROPATHIC WISDOM NOTES* (PDF)
- *Food Grade Diatomaceous Earth – Health Benefits*

Foods that Help Get Rid of Parasites


Thyme


Black Walnut


Cloves


Green Onion


Oregeno

Dried oregano and especially essential oil of oregano are extremely anti-parasitic. Use two to three drops of oregano oil in water with fresh squeezed lemon and drink this three times a day.


Cayenne


Cinnamon

Clove works just as well, so you could substitute or use clove oil with oregano oil.


Kombucha


Papaya


Garlic


Coconut


Red Onion


Horseradish


Ginger

Eat six tablespoons of raw, extra virgin coconut oil, one whole clove of garlic, and one large red onion daily to help parasite proof your body.


Lemons

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