

THE ULTIMATE GUIDE TO PARASITES

ASSESSMENT
DRAINAGE & DETOX
PARASITE TESTING
FOOD GUIDE
SHOPPING LIST AND
CLEANSING PROTOCOLS



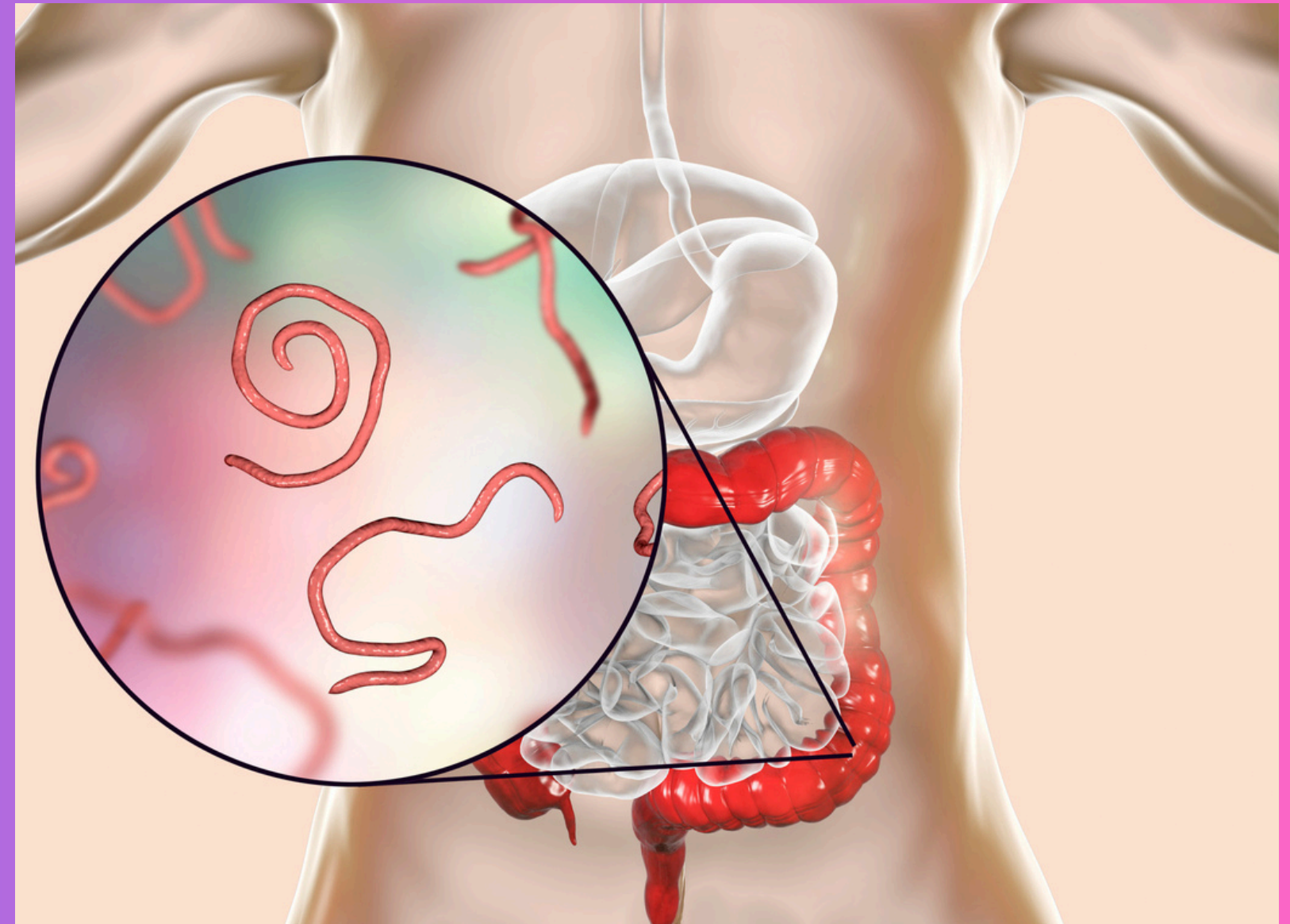
WWW.VENUSHEALTHACADEMY.COM

INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY



THE ULTIMATE GUIDE TO PARASITES

ASSESSMENT
DRAINAGE & DETOX
PARASITE TESTING
FOOD GUIDE
SHOPPING LIST AND
PARASITE CLEANSING PROTOCOLS



WWW.VENUSHEALTHACADEMY.COM

INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

Parasite Protocol Health Disclaimer:

General Information - We are not medical professionals and cannot predict or guarantee results. The information provided regarding parasite protocols is intended for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment.

No Doctor-Patient Relationship - Utilising this information does not establish a doctor-patient relationship between you and any healthcare provider. The content shared here should not be relied upon as a sole source of guidance for managing health issues related to parasites.

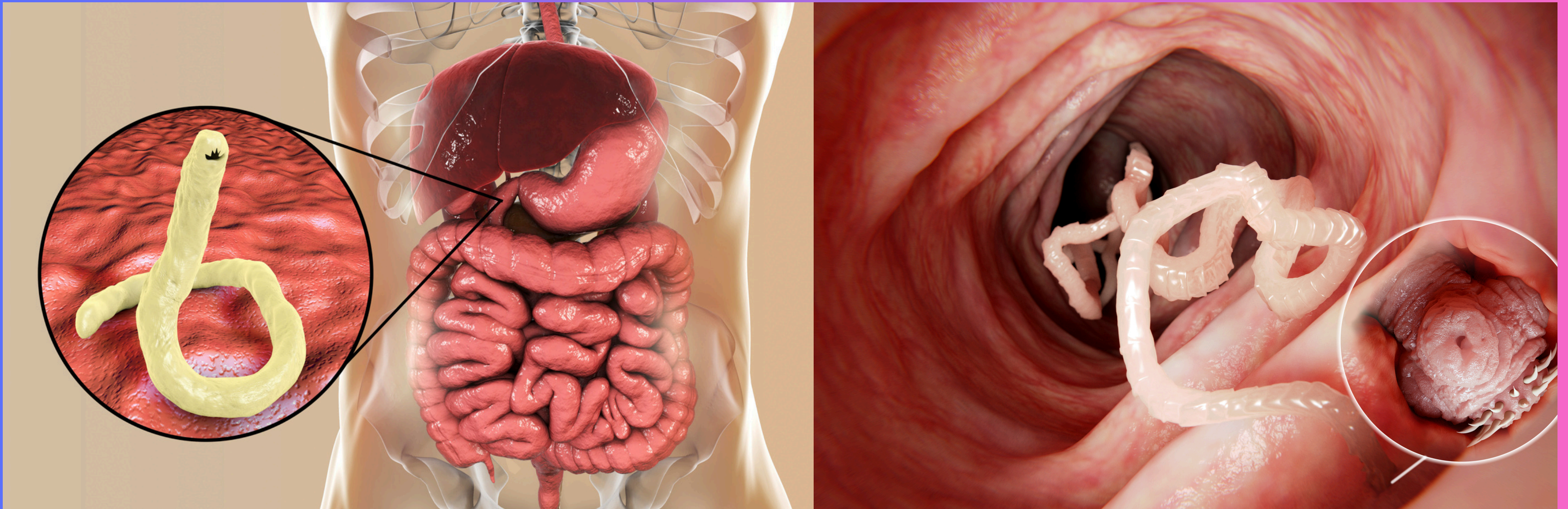
Consult Healthcare Professionals - Before starting any parasite protocol or treatment, it is crucial to consult with a licensed healthcare professional. They can provide personalised recommendations based on your individual health needs and conditions.

Risks and Limitations - While some protocols may be beneficial, there are potential risks involved in self-treating parasitic infections without proper medical supervision.

Personal Responsibility - You acknowledge that any reliance on the information provided is at your own risk. The authors and publishers of this content disclaim any liability for adverse outcomes resulting from the use of the information presented here. The approach is broad spectrum to target most types of parasites. The presented information is compiled from various client protocols and health research. If you choose to try any of the listed ingredients, be sure to check for interactions with existing medications and seek medical advice from a professional.

THE ULTIMATE GUIDE TO PARASITES

INTRODUCTION TO PARASITES



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

THE ULTIMATE GUIDE TO PARASITES

INTRODUCTION TO PARASITES

- What Are Parasites?
- Ancient Knowledge - Why Are Parasites Over-Active During The Full Moon?
- Understanding Melatonin And Serotonin
- The Lunar Cycle And Hormonal Regulation
- Parasite Activity And Hormonal Fluctuations
- Food And Parasite Activity On A Full Moon



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

What Are Parasites?

Parasites are organisms that live on or in a host organism and drain the nutrients from their hosts.

Parasites can cause various health issues ranging from mild discomfort to severe diseases. While some people may associate parasitic infections with tropical regions or developing countries, parasites can also occur in more temperate climates, including the United States. The fact is parasites exist within all of us, and are causing chronic health issues on a global scale, with the most prominent being digestive issues, cancer, auto-immune diseases, and chronic fatigue. This is turning in to a world wide silent crisis, as people continue to be in denial of the existence of parasites in their bodies.

While some parasites may not be harmful, their increasing numbers necessitate periodic cleansing to maintain health. Traditional practices, including those found in India and among indigenous tribes in South America, often involve purging methods to eliminate these parasites from the body. Did you know that parasites are more active during a full moon?

Ancient Knowledge - Why Are Parasites Over-Active During The Full Moon?

The full moon has long been a subject of fascination for humanity, influencing various aspects of life from agriculture to folklore. However, beyond its cultural significance, there are intriguing connections between lunar cycles, human biology, and parasitic activity within our bodies. Before we delve into the parasite assessment, it is worth exploring what our ancestors might have understood about melatonin and serotonin in relation to the full moon and how these hormones can impact parasite activity.

Understanding Melatonin And Serotonin

Melatonin - The Sleep Hormone

Melatonin is a hormone produced by the pineal gland in response to darkness. Its primary function is to regulate sleep-wake cycles or circadian rhythms. Levels of melatonin typically rise in the evening as it gets dark, peaking during the night, and fall with exposure to light in the morning.

What Our Ancestors Knew: Ancient cultures often observed that certain phases of the moon influenced their sleep patterns. They may not have had a scientific understanding of melatonin but recognised that nights illuminated by a full moon could disrupt sleep due to increased brightness. This disruption could lead to a reduction in melatonin production during these times.

Serotonin - The Mood Stabiliser

Serotonin is another crucial neurotransmitter that plays a significant role in mood regulation, appetite control, and digestion. It is primarily found in the gastrointestinal tract but also affects brain function. Sunlight exposure increases serotonin levels, which can enhance mood and promote feelings of well-being.

What Our Ancestors Knew: Our ancestors likely understood intuitively that changes in light, such as those caused by the full moon, could affect their emotional states and behaviours. They may have associated brighter nights with heightened energy or restlessness, potentially leading to social gatherings or nocturnal activities.

The Lunar Cycle And Hormonal Regulation:

Impact on Melatonin Production

Research indicates that light exposure can significantly influence melatonin secretion. During a full moon, when natural light is at its peak at night, individuals may experience lower levels of melatonin production due to increased brightness. This reduction can lead to difficulties falling asleep or maintaining deep sleep.

Impact on Serotonin Levels

Conversely, serotonin levels may be affected by both sunlight exposure during the day and night-time conditions influenced by lunar phases. The interplay between serotonin during daylight hours and melatonin at night creates a delicate balance that regulates mood and behaviour.

Parasite Activity And Hormonal Fluctuations:

Influence of Hormones on Parasite Activity Research suggests that hormonal fluctuations can impact immune responses within the body, which may alter susceptibility to parasitic infections. Melatonin has been shown to possess immunomodulatory properties; it helps regulate immune responses against parasites like malaria or helminths (worms). Lower levels of melatonin during full moons could potentially weaken this immune defence.

Some studies indicate that serotonin might influence gut motility and microbiota composition. These factors are critical for maintaining gut health against parasitic infections. Changes in serotonin levels due to lunar phases could thus indirectly affect parasite activity within the gastrointestinal tract. More serotonin stimulates our muscles, which allows the parasites to move about more freely in the body, blood, cells, glands, tissues and organs. It also feeds the parasites, helping them to reproduce, communicate with each other and create biofilms within the gut where they can easily evade your immune system from getting rid of them.

Food And Parasite Activity On A Full Moon:

Another consideration when it comes to the gut, in most Indian cultures, it is advised not to eat at all on the day of the full moon. Instead people are encouraged to fast for at least 24 hours. People that have jobs that are physically demanding and require energy to successfully do their work are encouraged to eat small amounts of food, preferably raw foods that are quick to digest through the stomach.

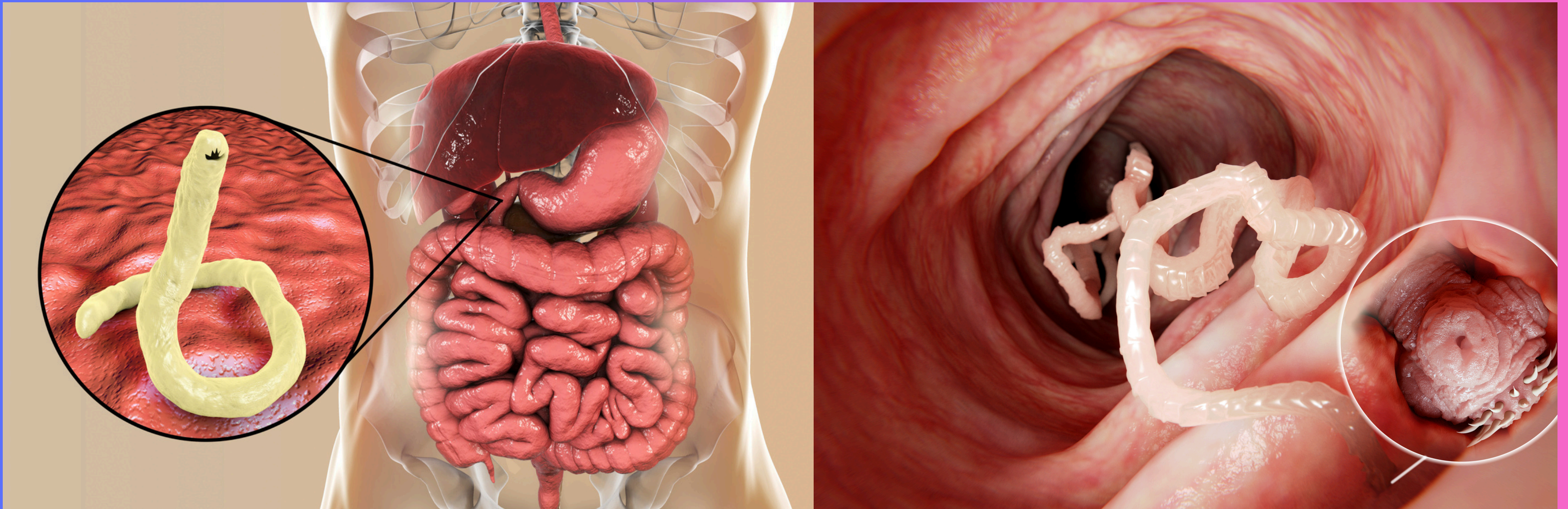
Our ancestors understood that the rise of the tides at sea during a full moon would also result in the rise of fluid in our bodies, thereby somewhat raising our core body temperature as well. Due to the rise in body temperature at this time, the ancestors understood that it would not be a good idea to consume large meals on full moon days, or eat red meat which takes up to 72 hours to process through the digestive tract. This is because of the expedited fermentation process that takes place in our gut during the full moon. Sadhguru has referred to eating red meat on a full moon to placing meat in the hot sun for 2-3 days, by which time it will rot and produce parasites. So this is why eating small amounts of food or fasting and staying away from eating meat is advisable, because whatever food you consume during a full moon day is quickly fermenting and rotting in your gut, thereby inevitably producing parasites. Sadhguru points out that cooked food undergoes rapid deterioration during these lunar and eclipse phases. He asserts that what may be nourishing at one moment can turn toxic when consumed during a full moon or an eclipse. This is attributed to the accelerated aging process of energies in the body; consuming cooked food can cause one's energies to age significantly faster than usual.

While our ancestors may not have had access to modern science, their observations about nature's rhythms provided them with valuable insights into human biology's connection with celestial events like the full moon. Understanding how melatonin and serotonin interact with these lunar cycles offers a fascinating glimpse into how ancient wisdom aligns with contemporary research regarding hormonal regulation and parasite activity.

While we continue exploring these relationships through scientific inquiry, it is essential to acknowledge how historical perspectives shaped early understandings of health influenced by natural phenomena such as the full moon.

THE ULTIMATE GUIDE TO PARASITES

PARASITES - AWARENESS, UNDERSTANDING & ADJUSTMENT



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

THE ULTIMATE GUIDE TO PARASITES

PARASITES - AWARENESS, UNDERSTANDING & ADJUSTMENT

- Awareness: Why We Need To Do A Parasite Assessment
- Understanding: Parasitic Infections
- Adjustment: Why Conduct A Parasite Assessment?
- Parasite Assessment



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

Awareness: Why We Need To Do A Parasite Assessment

In this section, we are going to explore the importance of conducting parasite assessments, particularly through ova and parasite (O&P) tests, to ensure timely diagnosis and treatment.

Understanding: Parasitic Infections

Parasitic infections can lead to a range of gastrointestinal symptoms, including diarrhea, IBS, abdominal pain, nausea, and vomiting, as well as inflammation, excess mucus, heavy periods, persistent headaches and migraines, amongst many other health issues. These symptoms can significantly impact your quality of life and may lead to severe complications if left untreated. Common intestinal parasites include:

- Giardia
- Cryptosporidium
- Entamoeba histolytica (causing amebiasis)
- Various types of helminths (worms), such as hookworms and tapeworms

Given the potential severity of these infections, it is important to identify their presence early through appropriate testing.

Adjustment: Why Conduct A Parasite Assessment?

1. Identifying Symptoms

Many gastrointestinal symptoms are nonspecific and can be attributed to various causes, including viral or bacterial infections. When people present with prolonged diarrhea or other related symptoms lasting more than a few days, in which case your healthcare provider may suspect a parasitic infection. An O&P test will help to confirm or rule out this possibility.

2. Risk Factors for Infection

People who may have a higher risk for parasitic infections:

- People who have never done a thorough parasite cleanse
- People that regularly consume red meat
- People that consume processed un-natural sugars and sweeteners
- Individuals that regularly consume junk and processed foods
- Individuals with weakened immune systems (e.g., those with HIV/AIDS or undergoing chemotherapy)
- Travellers returning from areas where parasites are endemic
- People who consume tap water, and untreated water from lakes or streams
- People who allow dogs to lick their mouth and face
- Those who have close contact with infected individuals

For these groups of people, timely assessment is vital to prevent further parasitic and health complications.

Adjustment: Why Conduct A Parasite Assessment?

3. Treatment Decisions

A positive result from an O&P test allows you and your healthcare provider to tailor treatment based on the specific type of parasite identified. Different parasites require different treatments; for example:

- Giardia infections may be treated with metronidazole, or an equivalent
- Tapeworms might necessitate praziquantel, or an equivalent

Without proper identification through testing, you may receive ineffective treatments that do not address the underlying cause of your symptoms.

4. Monitoring Treatment Efficacy

After initiating treatment for a parasitic infection, follow-up assessments are essential to determine whether the therapy is effective. A repeat O&P test can confirm whether the parasites have been eradicated from your system.

Parasite Assessment:

Your Name _____

Your Total Score _____

High Score 20+ = Intense Parasite Cleanse

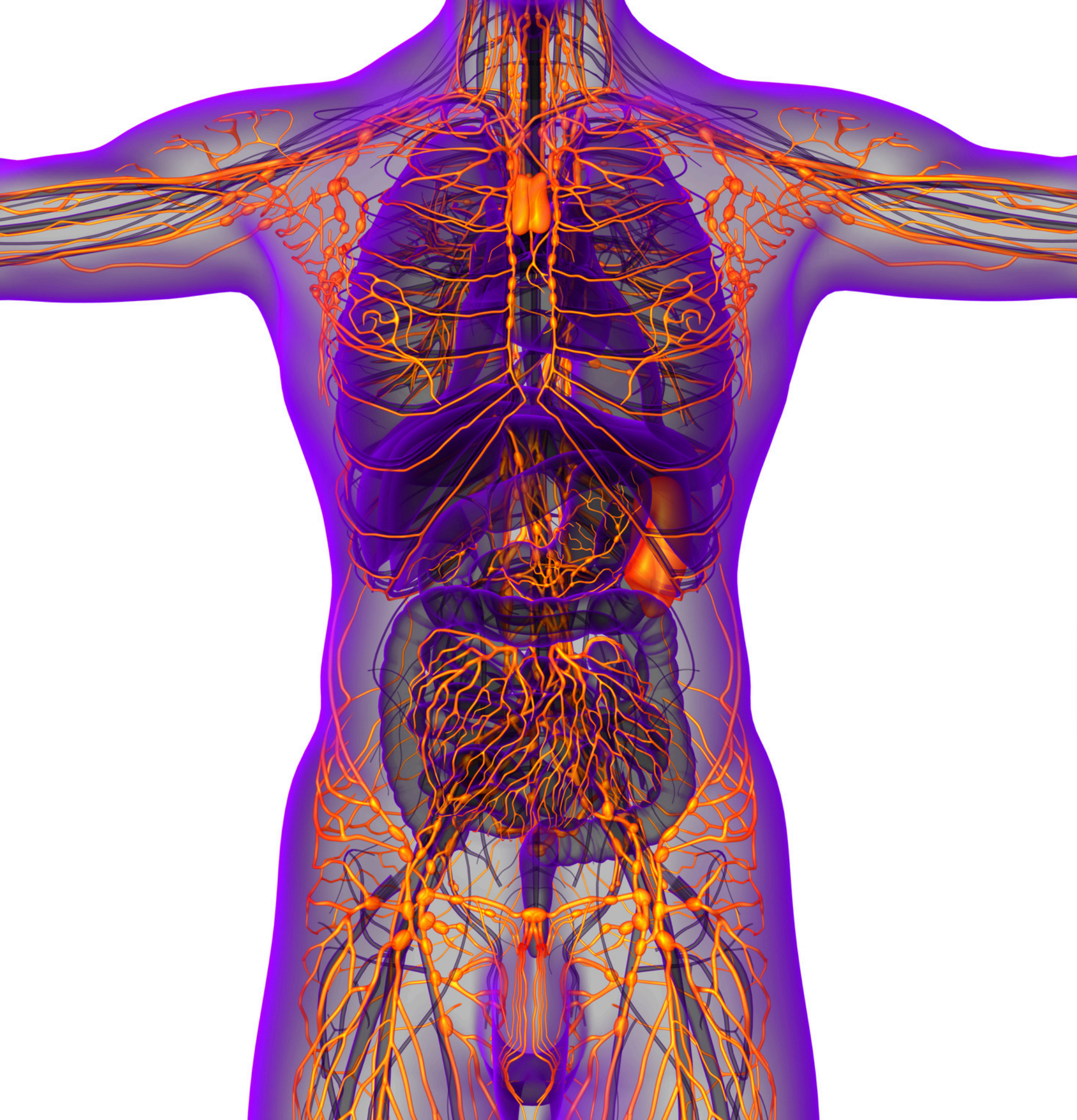
Medium Score 0-20 = Moderate Parasite Cleanse

Low Score 0-9 = Gentle Parasite Cleanse

Never = 0 Occasionally = 1 Sometimes = 2 Regularly = 3

DO YOU REGULARLY EXPERIENCE THE FOLLOWING?

| | | | | |
|---|--|--|--|---|
| <input type="checkbox"/> Abdominal pains, cramps, or burning sensation | <input type="checkbox"/> Skin issues, rashes, itches, hives, eczema, or acne | <input type="checkbox"/> SIBO - small intestinal bacterial growth, feel bloated or gassy | <input type="checkbox"/> Alternating constipation or diarrhea | <input type="checkbox"/> Frequent diarrhea or loose stools |
| <input type="checkbox"/> Mood disorder, depression, anxiety, suicidal thoughts | <input type="checkbox"/> Stomach or small intestinal ulcers or lesions | <input type="checkbox"/> Brain degenerative disease, alzheimer's, parkinson's etc. | <input type="checkbox"/> Hyperactive tendency of nervousness | <input type="checkbox"/> Bowel urgency, occasional accidents |
| <input type="checkbox"/> Allergies and/or food sensitivities | <input type="checkbox"/> Do you live with someone that has a parasite infection? | <input type="checkbox"/> Frequent colds, flu, sore throats, drippy nose | <input type="checkbox"/> Regular Random Fevers | <input type="checkbox"/> Irritable (no apparent reason) |
| <input type="checkbox"/> Biting you fingernails | <input type="checkbox"/> Regular night sweats that are not related to menopause | <input type="checkbox"/> Eat pork products | <input type="checkbox"/> Problems with your menstrual cycle | <input type="checkbox"/> Need for extra sleep, wake unrefreshed |
| <input type="checkbox"/> Bed wetting | <input type="checkbox"/> Lethargy, apathy, or disinterest in lifes | <input type="checkbox"/> Constant dry Lips | <input type="checkbox"/> Frequent nausea or vomiting | <input type="checkbox"/> Sleep with pets on bed |
| <input type="checkbox"/> Drooling /dribbling while you are asleep | <input type="checkbox"/> Pain in belly button area (umbilicus) | <input type="checkbox"/> Do you eat processed foods | <input type="checkbox"/> Blood or mucus in stool | <input type="checkbox"/> Blurry, unclear |
| <input type="checkbox"/> History of cancer, or currently have cancer | <input type="checkbox"/> Kiss pets, allow pets to lick your face or hands | <input type="checkbox"/> Anal fissures - small, painful tears or cracks | <input type="checkbox"/> Do you work in childcare? | <input type="checkbox"/> Anemia (low iron/hemoglobin on blood test) |
| <input type="checkbox"/> Excess boogers in your nose and scab-like boogers | <input type="checkbox"/> Do you drink tap water? | <input type="checkbox"/> Habitually picking your nose, boring nose with finger | <input type="checkbox"/> Vitamin B6 deficiency | <input type="checkbox"/> Loss of appetite |
| <input type="checkbox"/> Zinc deficiency, white spots or ridged lines on your nails | <input type="checkbox"/> Iron deficiency | <input type="checkbox"/> Regular headaches or Migraines | <input type="checkbox"/> Eat sushi, or other raw fish | <input type="checkbox"/> Dark circles under eyes |
| <input type="checkbox"/> ADHD | <input type="checkbox"/> Autism | <input type="checkbox"/> Brain Fog/SAD - Seasonal Attention Disorder | <input type="checkbox"/> Do you swim in creeks, rivers, lakes? | <input type="checkbox"/> History of Giardia, pinworms, or other parasites |
| <input type="checkbox"/> Persistent eye floaters | <input type="checkbox"/> Recently returned from a malaria zone | <input type="checkbox"/> Hungry all the time, bottomless pit, hungry after meals | <input type="checkbox"/> Do you regularly have rectal or anal Itching? | <input type="checkbox"/> Do you have breathing problems, or asthma? |
| <input type="checkbox"/> Regularly eat Processed meat | <input type="checkbox"/> Uncontrollable sugar Cravings | <input type="checkbox"/> Do you have a vitamin and, or mineral deficiency? | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Do your symptoms worsen during a full moon? |



VHA
VENUS HEALTH
ACADEMY

DRAINAGE VS DETOXIFICATION

THE ULTIMATE GUIDE TO PARASITES

PARASITES - DRAINAGE AND DETOXIFICATION

- Introduction To Parasite Drainage
- Some Examples of Drainage
- Examples of A Detox
- An Ancient Japanese Method of Lymphatic Drainage



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

Introduction To Parasite Drainage

Drainage - A multi-organ dependent process of allowing the release of substances such as waste and toxins

Detox - The process of removing toxins from the body

Detox uses drainage pathways to fulfil its purpose of physically pulling out specific, harmful chemicals, pathogens and toxins from the body. This is why it is important to have your colon, organs and tissue functioning properly before starting a detox protocol.

The drainage funnel includes the colon, liver and bile ducts, lymphatic system, other organs and tissues, such as the kidneys, and the cells. If one part of this funnel is not functioning optimally, other parts will clog and back up, and the toxins that your body is attempting to clear are pushed back into the bloodstream. Detoxing without proper drainage will result in toxic reabsorption.

Drainage is an important step in the process of any parasite cleanse. Prior to beginning any protocol, focusing on drainage will ensure you have the smoothest experience and prepare your body to avoid extreme Herxheimer reactions, or otherwise known as a healing crisis. A Herxheimer reaction, or herx, means that you need to slow down, back off, focus on drainage and binders, and support your body.

When it comes to detoxing the body, it is really important to know the difference between Drainage and Detox. Drainage can be considered as a pre-detox, and as mentioned above, drainage is one of the most important steps towards detoxification. If the body's drainage pathways are blocked or clogged up, this can cause numerous issues such as infections and toxins accumulating in the body, resulting in various ill health symptoms such as headaches, fevers, auto-immune diseases, cancers, skin issues, allergies and hormone imbalances. If the colon is congested, this will negatively impact the rest of your body's functionalities including your brain, due to the gut brain connection.

Introduction To Parasite Drainage

Key Pathways Involved

- **Drainage Examples:**

- **Colon Health:** Regular bowel movements are crucial for drainage. If someone is not pooping daily, their colon is not effectively draining waste.
- **Kidneys:** Adequate hydration supports kidney function, allowing for proper urination and toxin elimination.
- **Lymphatic System:** This system helps filter out toxins from tissues and transports them to the bloodstream for elimination.
- **Skin:** Sweating through exercise or sauna use helps release toxins via the skin.

- **Detox Examples:**

- **Juice Cleanses:** Consuming only juices for a period to flush out toxins from the body.
- **Herbal Detox Teas:** Using specific herbs known for their detoxifying properties to support liver function and toxin removal.
- **Infrared Saunas:** Utilizing heat to promote sweating and enhance detoxification processes in the body.
- **Liver Flush Protocols:** Specific regimens aimed at stimulating bile production and enhancing liver detoxification functions.

Introduction To Parasite Drainage

3. Timing in Health Protocols

- **Drainage First:** Before initiating any detox program, it's essential to ensure that the drainage pathways are open. For instance, if someone plans on doing a liver detox but has constipation issues, they should address their bowel health first.
- **Detox After Ensuring Drainage:** Once drainage pathways are functioning optimally, then one can safely engage in detoxification practices without risking toxin recirculation in the body.

4. Symptoms Associated with Each Process

- **Drainage Issues:**
 - Constipation leading to bloating or discomfort.
 - Swelling in lymph nodes indicating lymphatic congestion.
 - Skin breakouts due to inadequate toxin elimination through sweat.
- **Detox Symptoms:**
 - "Die-off" symptoms such as fatigue, headaches, or flu-like symptoms when toxins are mobilized but not adequately eliminated.
 - Nausea or digestive upset during aggressive detox protocols if drainage isn't supported.

By understanding these distinctions between drainage and detoxification, you are able to better navigate your health journey and ensure you are supporting your body effectively.

Some Examples of Drainage

- ☒ Sunlight
- ☒ Hydration with clean water
- ☒ Healin emotional traumas
- ☒ Dry brushing
- ☒ Regular bowl movements
- ☒ Enemas
- ☒ HCL strong stomach acid
- ☒ Magnesium
- ☒ Castor oil packs
- ☒ Lymphatic massage
- ☒ Cupping

- ☒ Intentional movement
- ☒ Deep stretching
- ☒ Fascia release work
- ☒ Coherence breathing
- ☒ Breath work
- ☒ Yoga
- ☒ Dance
- ☒ Lymph support and stretching
- ☒ Grounded bare feet
- ☒ Tree hugging
- ☒ Forrest bathing

EXAMPLES OF A DETOX



☒ Juice Cleanses

☒ Water Fasting

☒ Herbal Detox Teas

☒ Colon Cleansing

☒ Elimination Diets

☒ Sauna Therapy

☒ Intermittent Fasting

☒ Anti-Inflammatory Diets

☒ Enemas

☒ Herbal Supplementation

An Ancient Japanese Method of Lymphatic Drainage

Introduction

In Japan, a traditional practice known as “morning water therapy” or “water cleansing” has been embraced for centuries. This method involves drinking water first thing in the morning, often before brushing teeth or consuming any food. The origins of this practice can be traced back to ancient Japanese beliefs about health and wellness, emphasising the importance of hydration and detoxification.

Morning Water Therapy As A Path To Lymphatic Drainage

Morning water therapy, a practice rooted in ancient Japanese traditions, has gained attention for its potential health benefits, particularly concerning lymphatic drainage. This article delves into the principles of morning water therapy, its historical context, and how it may contribute to improved lymphatic function.

Historical Context

The roots of morning water therapy are deeply embedded in Japanese culture, where natural remedies and holistic approaches to health have long been valued. Ancient texts and teachings suggest that water is not only essential for life but also plays a crucial role in maintaining bodily functions. The Japanese have historically viewed water as a purifying element, capable of cleansing both the body and mind.

How Practice Morning Water Therapy

First thing in the morning within 10 minutes of waking up. Immediately drink 2 pints of water one after the other, and leave 45 minutes before brushing your teeth or eating breakfast. This will help to open up your lymphatic system and drainage pathways.



PARASITE TESTING

THE ULTIMATE GUIDE TO PARASITES

PARASITES - AWARENESS, UNDERSTANDING & ADJUSTMENT

- Parasite Testing
- What Other Labs Can You Use To Check For Parasites?
- Blood Test - Parasite Examination - Whole Blood
- Best Labs For Parasite Testing



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY

Testing For Parasites

It is becoming increasingly obvious that parasites are the root cause of many diseases in the human body, yet some doctors are still reluctant to provide their patients with full spectrum parasite tests. Unless you specifically ask your doctor for a parasite test, you are not likely to be provided with one. Some doctors will only give you a parasite test if you have recently travelled to a malaria zone. Therefore it is important for you to do your own research and find independent laboratories that will provide you with a full spectrum parasite test.

The most common method of testing for parasites is through blood work, and whilst this is good, a hair sample test would be even better, as it provides a lot more information than blood works.

What Other Labs Can You Use To Check For Parasites?

- A fecal (stool) exam, also called an ova and parasite test (O&P) ...
- Endoscopy/Colonoscopy. ...
- Blood tests. ...
- X-ray, Magnetic Resonance Imaging (MRI) scan, Computerized Axial Tomography scan (CAT)

<https://www.cdc.gov/parasites/testing-diagnosis/index.html>

Blood Test - Parasite Examination - Whole Blood

Blood test...what blood test shows parasites

- Loa loa Smear
- Plasmodium Smear
- Wuchereria Smear
- Blood Smear for Parasites
- Microfilarial Smear
- Parasitology Examination for Malaria

<https://www.labcorp.com/tests/008185/parasite-examination-whole-blood>

Best Labs For Parasite Testing

When testing is indicated, we recommend the gastrointestinal pathogens panel (Mayo ID: GIP), as it provides the most efficient, rapid, and cost-effective approach for detecting parasites, viruses, and bacteria that cause diarrhea.

<https://news.mayocliniclabs.com/infectious-disease/gi-parasitic-disease/ova-and-parasite-testing/#:~:text=When%20testing%20is%20indicated%2C%20we,and%20bacteria%20that%20cause%20diarrhea.>

"Gastrointestinal panels test for the pathogens that cause infections. All GI infections present similar symptoms, but the pathogen causing the infection will influence the treatment a person receives. For example, bacteria and parasites can be killed with a course of antibiotics, but viruses cannot. A gastrointestinal pathogen panel will test for multiple disease-causing microbes in a sample. These panels do so by detecting the RNA or DNA of the common pathogens that can cause infections. Since the panel can detect more than one target, it can also identify co-infections caused by more than one pathogen."

Applied Bio Code



THE PARASITE PROTOCOL

THE ULTIMATE GUIDE TO PARASITES

PARASITES - AWARENESS, UNDERSTANDING & ADJUSTMENT

- Papaya Leaf and Papaya Seeds
- Nutritional Profile of Papaya Seeds
- Health Benefits of Papaya Leaf and Seeds
- Cautionary Notes For Papaya Leaf and Seeds
- Foods To Avoid
- Foods To Eat
- 2-4 Weeks Health Papaya Leaf Protocol For Parasites



INSPIRING AND EMPOWERING YOUR HOLISTIC HEALTH JOURNEY



PaPaya Leaf & Seeds

PARASITE PROTOCOL



Parasite Protocol - Papaya Leaf and Papaya Seeds

Papaya leaf, derived from the *Carica papaya* plant, has been traditionally used in various cultures for its medicinal properties. Among its many purported benefits, one of the most intriguing is its potential role in combating intestinal parasites. This article explores the health benefits of papaya leaf specifically related to parasites, examining the scientific evidence and traditional uses. Papaya seeds, often discarded as waste, are gaining attention for their potential health benefits, particularly in combating intestinal parasites. Papaya seeds are rich in essential nutrients and bioactive compounds that contribute to their health benefits.



Nutritional Profile of Papaya Seeds

- **Fiber:** Aids digestion and helps maintain gut health
- **Antioxidants:** Such as polyphenols and flavonoids, which combat oxidative stress
- **Carpaine:** An alkaloid believed to have antimicrobial and antiparasitic properties

These components work synergistically to promote overall digestive health, which is crucial when addressing parasitic infections.

1. Evidence from Studies

Research indicates that papaya seeds may help eliminate certain intestinal parasites. For instance:

- A study conducted in Kenya found that children consuming corn flour fortified with ground papaya seeds showed a significant reduction (63.9%) in intestinal parasites after two months. This suggests that papaya seeds can positively impact parasitic infections, particularly in vulnerable populations like children.
- Another study highlighted the effectiveness of papaya seed extracts against various parasites in animal models, although human studies remain limited.

2. Mechanism of Action

The antiparasitic effects of papaya seeds are attributed to several mechanisms:

- **Direct Antiparasitic Activity:** Compounds like carpaine may directly kill or inhibit the growth of parasites within the intestines.
- **Digestive Health Support:** The high fiber content promotes regular bowel movements, which can help expel parasites from the digestive tract more effectively.
- **Immune System Boosting:** The antioxidants present in papaya seeds may enhance immune function, helping the body fight off infections more efficiently.

Health Benefits of Papaya Leaf and Seeds

Antiparasitic Properties

Research suggests that papaya leaf may possess antiparasitic effects. The leaves contain several bioactive compounds, including alkaloids and flavonoids, which are believed to contribute to their ability to combat parasites. One notable compound is carpain, which has shown promise in laboratory studies for its potential to inhibit the growth of certain parasitic organisms.

Studies on Efficacy

A study published in 2018 examined the effects of corn flour fortified with ground papaya seeds on children in Kenya who were infected with intestinal parasites. The results indicated that after two months of consuming this fortified porridge, there was a significant reduction (63.9%) in the presence of intestinal parasites among the participants. While this study primarily focused on seeds, it highlights the potential antiparasitic properties associated with different parts of the papaya plant.

Health Benefits of Papaya Leaf and Seeds

Nutritional Content Supporting Immune Function

Papaya leaves are rich in essential nutrients that can support overall health and enhance immune function. They contain vitamins A, C, and E, as well as various antioxidants that help protect cells from oxidative stress. A robust immune system is crucial for fighting off infections, including those caused by parasites.

Antioxidant Properties

The antioxidants found in papaya leaves can help reduce inflammation and boost immune responses. This is particularly important when dealing with parasitic infections, as a strong immune response can aid in eliminating these invaders from the body more effectively.

Traditional Uses and Preparation of Papaya For Parasites

Traditional Uses and Folk Medicine

In many cultures, especially within traditional medicine practices in Africa and Asia, papaya leaves have been used as a natural remedy for digestive issues and parasitic infections. Herbal teas made from papaya leaves are commonly consumed to promote digestive health and potentially expel intestinal worms.

Preparation Methods

To harness the benefits of papaya leaves for parasite management:

Tea: Boil fresh or dried papaya leaves in water to make a tea that can be consumed regularly.

Juice: Extract juice from fresh leaves and mix it with other juices for better palatability.

Powdered Form: Dried and powdered papaya leaves can be added to smoothies or taken as a supplement.

Cautionary Notes For Papaya Leaf and Seeds

Safety Considerations

While papaya leaf is generally considered safe for most people when consumed in moderation, it's essential to consult healthcare professionals before starting any new treatment regiment—especially for pregnant women or individuals with specific health conditions.

Potential Side Effects

Excessive consumption of papaya leaf extracts may lead to gastrointestinal discomfort or allergic reactions in some individuals. Therefore, moderation is key when incorporating this herbal remedy into your diet.

While more extensive clinical research is needed to fully validate the efficacy of papaya leaf against parasites definitively, preliminary studies and traditional uses suggest it may offer beneficial properties worth considering as part of a holistic approach to managing parasitic infections.

Cautionary Notes For Papaya Leaf and Seeds

While eating papaya seeds is generally safe for most people, moderation is key:

- It is recommended not to exceed one teaspoon of dried or crushed papaya seeds per day to avoid potential side effects such as gastrointestinal discomfort or adverse effects on fertility observed in some animal studies.
- Individuals with specific health conditions or those who are pregnant should consult a healthcare provider before incorporating papaya seeds into their diet.

Another cautionary note involves the potential side effects associated with consuming papaya leaf extract. Some individuals may experience gastrointestinal discomfort, nausea, or allergic reactions after ingesting papaya leaf products. Moreover, there is a possibility of interactions with other medications. For instance, papaya leaf has been reported to affect blood sugar levels; therefore, individuals on diabetes medication should exercise caution when considering its use.

Given these concerns, it is crucial for individuals considering the use of papaya leaf for parasitic infections to consult healthcare professionals first. A qualified practitioner can provide guidance based on individual health conditions and current medications. It is always advisable to seek professional medical advice before starting any new treatment regimen involving herbal remedies.

Example Foods To Avoid On A Parasite Cleanse

- Acidic foods and drinks
- Soya based products
- Coffee/Caffeine
- Alcohol
- Fizzy drinks
- All Processed foods with additives
- Un-natural sugars
- White sugar
- Regular white table salt
- All dairy products (with exceptions in your additional notes)
- Gluten
- MSG
- Butter
- Yogurt

- Milk Chocolate
- Flour
- Wheat
- Peanuts
- Bread
- Biscuits
- All Cereals
- All meat (red meat)
- Foods containing pesticides
- Avoid refined and hydrogenated oils

*Avoid all processed foods and take-aways

*Whenever possible, use stainless steel pans for cooking instead of coated pans

Example Foods To Eat On A Parasite Cleanse



Sample Anti-Inflammatory Shopping List

VEGETABLES:

| | | | | |
|-------------------|------------------|----------------|----------------|-----------------|
| Artichokes | Cassava | Leeks | Red Radish | Tomatoes |
| Asparagus | Cauliflower | Lettuce | Savoy Cabbage | Turnip |
| Barley Grass | Celery | Mustard Greens | Sea Vegetables | White Radish |
| Bell Peppers | Cucumber | Parsnips | Seaweed | Yam |
| Bok Choy | Egg Plants | Fresh Peas | Spinach | Zucchini |
| Brussels Sprouts | Horseradish Root | Pumpkin | Squash | Carrots |
| Cabbage Red/White | Kale | Red Beets | Sweet Potato | Plantain banana |

CONDIMENTS AND OILS:

| | | |
|--------------------------|-------------|-----------------|
| Almond Butter | Garlic | Tumeric |
| Basil | Ginger | Clove Oil |
| Black Radish | Onions | MCT Oil |
| Cayenne Pepper | Oregano | Ghee |
| Chives | Oregano Oil | Avocado Oil |
| Cilantro/Fresh Coriander | Olive Oil | Sesame Seed Oil |
| Coconut Oil | Spices | |

SUPPLEMENTS:

| | | | |
|------------|-------------|------------------|-----------|
| Chlorella | Wheatgrass | Remag | Clove |
| Buckwheat | Moringa | Remyte | Berberine |
| Bee Pollen | Ashwagandha | Colloidal Silver | Iodine |
| Matcha | Wormwood | Moringa | Copper |
| Spirulina | Hemp | Seamoss | |

FISH:

| |
|---------------|
| Fatty Fish |
| Mackerel Fish |
| Salmon |
| Tuna Fish |

FRUIT:

| | | |
|-------------|-----------|--------------|
| Apples | Lemon | Strawberries |
| Avocado | Limes | Watermelon |
| Blueberries | Oranges | Bananas |
| Cherries | Papaya | Mangoes |
| Guava | Pineapple | Blackberries |
| Grapefruit | Soursop | Kiwi |

MISCELLANEOUS:

| | | | | |
|---------------|---------------|-----------------|----------------------|-----------------------|
| Green Tea | Wormwood Tea | Chaga Tea | Sour Sop Tea | Buckwheat flour |
| Herbal Teas | Lionsmane Tea | Turkey Tail Tea | Mullein Tea | cassava Tortillas |
| Dandelion Tea | Reishi Tea | Cordeyceps Tea | Moringa & Ginger Tea | Cauliflower Tortillas |

NUTS, SEEDS AND LEGUMES:

| | | | |
|-----------------|-------------|--------------|----------------|
| Apricot Kernels | Coconut | Fennel Seeds | Navy Beans |
| Almonds | Cumin Seeds | Flaxseeds | Sesame Seeds |
| Cacao | Chia Seeds | Lentils | Sprouted Seeds |
| Caraway Seeds | | Edame | Walnuts |



Anti-Inflammatory Shopping List Template

VEGETABLES:

CONDIMENTS AND OILS:

SUPPLEMENTS:


FISH:

FRUIT:

MISCELLANEOUS:

NUTS, SEEDS AND LEGUMES:

2-4 Weeks Papaya Leaf Protocol For Parasites

| DAYS | WHEN YOU WAKEUP | LUNCH 12pm -2pm | DINNER 5pm - 7pm | BEDTIME |
|-----------|---|---|---|---|
| MONDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. |  <p>Drink Papaya leaf tea at least 2-3 hours before bed. Do this every night before bed for at least a month.</p> |
| TUESDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |
| WEDNESDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |
| THURSDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |
| FRIDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |
| SATURDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |
| SUNDAY | Have 1 to 2 pints of water within 10 minutes of waking up and 45 minutes before brushing your teeth or eating food. Then drink a cup of papaya leaf tea, with x2 papaya seeds and x1 black seed oil capsules. | For lunch eat a vegetable and carb based meal. Add fish or chicken if preferable. After one hour, add a teaspoon of zeolite/bentonite clay to 150-200ml of clean water stir and drink with 2 moringa capsules or chew x2 moringa seeds. | Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup . After one hour, have x1 papaya seed, x2 black seed oil capsules /x1 tablespoon of BS oil. Add 1 teaspoon of zeolite/bentonite clay to 150-200ml & drink. | |

Disclaimer: Please make sure that you consult your health practitioner before using this protocol. This protocol is not intended as medical guidance and it should not replace the advice of your health care provider. If you are taking any form of medication, prenanant, or planning to get pregnant, or are suffering from an ill health condition you should seek guidance and advice from a health expert before doing this protocol. If you need to speak to a holistic health coach you can find more information by clicking this link: [Get More Information About This Protocol](https://www.venushealthacademy.com)

[WWW.VENUSHEALTHACADEMY.COM](https://www.venushealthacademy.com)

2-4 Weeks Protocol For Parasites

| DAYS | WHEN YOU WAKEUP | LUNCH 12pm -2pm | DINNER 5pm - 7pm | BEDTIME |
|-----------|---|---|--|---|
| MONDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | Drink Papaya leaf tea at least 1-2 hours before bed. Do this every night before bed for for the next 2 weeks. |
| TUESDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | Baking Soda and Sea Salt Bath at least 4 or 5 times a week, for 2 weeks. |
| WEDNESDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | |
| THURSDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | |
| FRIDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | |
| SATURDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | |
| SUNDAY | Prepare 1 litre of distilled water in a drinking bottle, add Remag and Remyte solutions as per the instructions on the bottle, and sip this solution throughout the day. Take one ParaGuard capsule. Wait 15-20minutes then have breakfast. | 30 minutes before lunch take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable and carb based meal, add fish or chicken. One hour after food take one ParaGuard capsule. | 30 minutes before dinner take a teaspoon of zeolite and add to 300ml of distilled water. Eat a vegetable based meal. No Carbs. This can be a salad, or cooked vegetables, with fish or soup. One hour after food take one ParaGuard capsule. | |



Disclaimer: Please make sure that you consult your health practitioner before using this protocol. This protocol is not intended as medical guidance and it should not replace the advice of your health care provider. If you are taking any form of medication, preganant, or planning to get pregnant, or are suffering from an ill health condition you should seek guidance and advice from a health expert before doing this protocol. If you need to speak to a holistic health coach you can find more information by clicking this link: [Get More Information About This Protocol](https://www.venushealthacademy.com)

[WWW.VENUSHEALTHACADEMY.COM](https://www.venushealthacademy.com)