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Below are three protocols. One is using anti-parasitic herbs, the second is a Turpentine protocol with castor oil and the third is for nursing, pregnant moms and children - more gentle using foods. The later is for infants, pregnancy and nursing mothers. It is quite normal for parasites to cycle through our bodies and it is very important to eliminate them on a regular basis. Parasites weaken our immune system and monopolize nutrition intake.

We also recommend a using the amino acids ornithine and arginine and/or chlorella or spirulina with this protocols. Dying parasites release their toxins such as ammonia. Ornithine and arginine are two natural amino acids that remove ammonia from the body. Chlorella and Spirulina help to clean up the debris. All help from the body from the excess nitrogen and protect the liver from the damage. All also strengthen the immune system creating more active and effective white blood cells.

It is important to also reduce all foods that the parasites and bacteria enjoy...sugar, gluten, dairy, MSG. Eat organic!

AND, alkalinize!

Our Medicinal Alkalinize!

Vitamin C as Ascorbic acid(1/4 tspn or 1000 mgs)

Add Sodium Bicarbonate (Baking Soda) until the fizzing stops

Add 8 oz water and drink 2-3 times daily on protocol days.

Protocol One

BLACK WALNUT HULL TINCTURE EXTRA STRENGTH

The herbs are:

BLACK WALNUT HULLS (from the black walnut tree - *juglans nigra*) - used by the Indians of America as an anti-parasite, anti-bacterial, anti-viral and anti-fungal remedy. Its active ingredients are juglone, tannin and iodine. The tincture of the green hulls of the black walnut kills the adult stages of the parasites.

WORMWOOD (from the Artemisia shrub - *artemisia absinthum*) and/or Sweet Annie Known for its vermifugal properties and helps those with a weak and under-active digestion. It increases the acidity of the stomach and the production of bile. The wormwood capsules kills the larval stages of the parasites

COMMON CLOVES (from the clove tree - *eugenia caryophyllata*) Anti-parasitical, anti-fungal, antiviral and anti-inflammatory properties. It also removes pain. The cloves capsules removes the parasite eggs.

These three herbs aim at all stages of the parasite's life cycle and must be used together. They must be used together as a single treatment.

Dosage once a day for seven days on an empty Stomach) ake the recommended amount in 1/2 cup of water. Sip it on an empty stomach such as before a meal. Sip it, don't gulp it. Add sweetening and flavouring to help it go down if you have a hard time swallowing it, or you may stir it into fruit sauce. Get it down within 15 minutes.

WORMWOOD CAPSULES

(200-300mg of wormwood per capsule or tincture)

Dosage once a day for 14 days on an empty stomach

Pregnant or breastfeeding women and infants should not take wormwood.

CLOVES CAPSULES (500MG)

Dosage take in evening for 14 days

ADD

Arginine (500mg per capsule)

Ornithine (500mg per capsule)

OR

1 oz sesame seed and 1 oz pumpkin seed

Dosage: Begin Day 3 of the protocol and each day until the end (day 14)

Protocol Two

THE TURPENTINE/CASTOR OIL PROTOCOL

Using Turpentine and Castor Oil mixed together. Turpentine is taken with sugar. Put sugar on the teaspoon and add the Turpentine. Ingest. Castor oil immediately following.

Age Range	Castor Oil	Turpentine
1-5 years of age	up to 3 tsp	1/4 tsp to 1/2 tsp
5-12 years of age	4-5 tsp	1/2 tsp to one tsp
16 years and older	up to 3 tablespoons	1 tablespoon or more.

Once a week or two or three times a week as required (see below)

Can be taken with or without food. It is best to work up to the full dosage slowly. If there is little or no Herx (detox) reaction to the turpentine/CO protocol then you should perhaps increase the dosages. If you have severe die-off and detox issues when you first start this protocol then you should reduce dosages of turpentine and castor oil accordingly. In other words, regarding dosages and frequencies, you will have to find a happy balance between the protocol's Herx or die-off and detox effects and the successful and rapid elimination of candida, parasites and biofilms from your own body.

NOTE: Chlorella (or Kelp or Spirulina) can also be supplemented 1 hour after taking his protocol to help remove and mop up the heavy metals and poisons that will be released into the intestines from destroyed biofilms when you take this protocol.

Turpentine activity: anti fungal -- antibacterial -- anti-viral -- anti-parasitic (both large and small parasites) -- laxative -- energizing, calming -- It's anti-pathogen and laxative effects are used to rapidly clear out bad pathogens and poisons from the gut and is also used at lower dosage for intestinal health maintenance -- Does not kill good gut microbiota.

Comment: If you decide to use this protocol on an every day basis, then you should take it consecutively for no more than 5 days without having a few days rest from the protocol. Taking this protocol every day without a break might be too taxing with all the Herx and detox side effects. A better way would perhaps be to take this protocol every other day. Then at least you will have a much needed regular break from the protocol and it wouldn't be so taxing for your liver.

There are two ways to take the turpentine/CO protocol:

Maintenance Adult Dose: For adults -- 1 tsp Gum Turpentine, 1 tablespoon Castor Oil.

Can be taken once every other day. You should not get a full laxative effect with this dosage. If you do then reduce the dosage of castor so that it just helps to loosen your stools. This lower dosage can be taken every day up to maximum of 5 days or it can be taken safely on a day on, day off basis.

Strong Acting Adult Full Laxative Dose: For adults at full laxative strength -- 1 tsp Gum Turpentine, 3 to 4 tablespoons Castor Oil. Take this once a week only.

Toxicity: Low

Source and availability: Use any form of pure gum spirit turpentine that has a distillation boiling point of between 150 – 200 Degrees C. Use cold pressed organic castor oil.

Caveats & Warnings: If you are going to use the turpentine/CO protocol over a longer period of time then be sure to hydrate your body properly with water and ensure that you take a good mineral supplement every day as well. Use the turpentine/CO protocol on a 5 days on 2 days off basis.

Protocol Three

BELOW IS A CLEANSE FOR INFANTS (OVER 12 MONTHS), NURSING OR PREGNANT WOMEN

This is a safe alternative

2 week protocol

Do ALL of the following over a two week period.

COCONUT

Drink Coconut water 3 to 4 times a day.

OR : Consume 2 tablespoons of Extra Virgin Coconut Oil, once a day.

All of below can be made into a paste (blended) and added (rolled) in honey balls. This maybe a little easier for children to handle. The honey acts as “bait” for the parasites.

GARLIC

2 raw Garlic cloves daily in the morning on an empty stomach (may need to be creative with children

NEEM

Chew 5 Neem leaves in the morning on an empty stomach daily.

PUMPKIN

Chew 1 teaspoon of pumpkin seeds in the morning on an empty stomach with 2 glasses of water.

TURMERIC

Extract the juice of raw Turmeric. Mix a pinch of salt in 1 teaspoon of Turmeric juice. Have it on an empty stomach daily for one week.

CLOVE

Steep 1 teaspoon of powdered Cloves in one cup of hot water for 15 minutes. Drink it, twice daily for one week.

Add The Following:

Squeeze the juice of one Lemon and add 2-3 drops of Oregano Oil with one glass of water in it. Drink it up to 3 x daily.

Take one glass of lukewarm water. Add 1 tablespoon each of raw unfiltered Apple Cider Vinegar, Honey and Lemon juice in it. Stir and drink it twice daily.

It is good to do the pumpkin seeds and sesame seed (1oz) each day with this protocol).

Final Note:

While we love to help people at Seeds of Wellness, you kindly ask you do not share our protocols with others. We are most happy to make recommendations to them. Please ask them to contact us. Thank you for you integrity!