



# the Parasite Elimination Kit™

**USER'S GUIDE**

# Welcome to the **Parasite Elimination Kit™**



step 1



step 2



accessories



user's guide



dosage calendar

## THIS IS YOUR KIT

Congratulations on purchasing one of the finest Parasite Elimination Programs available today.

Every effort has been put into this Kit to make using it as simple as possible.

This **User's Guide** gives detailed instructions and tips for every step of the

program. It also has a large section of common questions and answers to help you along the way.

The **Dosage Calendar** is your daily companion. It has a page for each day of your parasite cleansing with complete dosage instructions.

Enjoy your cleanse!

# A brief **Introduction**

## MORE COMMON THAN MANY REALIZE

Up to 50% of the population may carry at least one form of parasite and possibly more. They often produce 'vague' symptoms of digestive distress, allergies, or unexplained fatigue.

Even after a thorough general cleansing, if they are not specifically targeted and eliminated, they may remain within the body as a hidden, persistent, unending source of toxic waste.

Parasites are good at what they do. They usually survive without detection and often mimic symptoms of other diseases. Living within our digestive tracts, they can rob us of our nutrition and burden our body with their toxic secretions.

Parasites range from microscopic amoebas to large intestinal worms up to several feet long. Over 100 common types can inhabit the human body,

some with a lifespan of over 30 years. Parasites can be picked up almost anywhere: your pets, gardening, international travel, food, water, soil, and even air, to name just a few.

**The Parasite Elimination Kit** has 3 formulas to kill and eliminate these negative parasites, as well as two additional formulas to help expel them from your digestive system.

## CAUTION

Please note who should **not** use this **Kit**:

Pregnant or nursing mothers

Anyone with an active, acute infection

Anyone recovering from a medical procedure, surgery, or therapy

Anyone with a bowel obstruction.



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## QUICK START

### QuickStart

Look for the “QuickStart” pointers. These indicate the least you need to know to get started.

## BEFORE YOU START

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## Q & A

In this section you will find a large number of common questions related to taking this **Kit**, and our answers.

All of the questions and their exact page numbers are listed here so you can easily find the answers that you need.

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## QUESTIONS & ANSWERS (continued)

### FOR YOUR INFORMATION

By choosing to follow the recommendations of this program, you are exercising your right to take control of your own health. However, the information in this guide should not be used as the basis for treating a particular symptom or disease, or to replace any treatment that you are currently undergoing. All guidelines for the use of the **Parasite Elimination Kit** or any of the individual formulations presented in this guide are for educational purposes only. If you have a serious health problem or have questions, you should always consult with your health care professional.

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## Some words on **Water**

6=8

Be sure to drink at least 6–8 glasses of **pure water** every day of your pre-cleanse and parasite elimination

### WATER IS VERY IMPORTANT

During this parasite cleanse it is vitally important that you are sure to drink plenty of pure water.

The main formula of this cleanse is **Toxin Absorber**. As the name implies, it absorbs toxins,

cleanses your intestines and carries parasites out of your system. However, if you do not drink plenty of water, **Toxin Absorber** will clog and constipate your intestinal system, totally defeating the purpose of this parasite cleanse.

### BE ASSURED OF CLEAN WATER

It is also important to be assured of clean water. To do so you can install a **carbon based water filter** or buy a **known pure source** of bottled water. You can also buy distilled or filtered water. However, do not buy generic,

non-descript brands which may have no guarantee of the water's purity.

Remember, when you go to work or are on the road, take your bottled or filtered water with you.

# All about **Apple Juice**



## WHY USE APPLE JUICE?

Apple juice makes the main formula of this cleanse, **Toxin Absorber**, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice.

Apple juice also has its own cleansing powers and helps with the rejuvenation process.

## HOW MUCH DO I NEED?

It will take 4 quarts of apple juice to take all of your packets of **Toxin Absorber**. When you buy your juice, be sure it is from **organically** grown apples so as to not introduce new toxins while cleansing.

You should be able to get your juice at the local health food store, supermarket, or by mail order from Diamond Organics, at: 1.888.674.2642

Best of all, make your own fresh juice using four organically grown apples.



# Dietary Considerations

## YOU DON'T HAVE TO CHANGE YOUR DIET, BUT...

Diet is a major factor in determining how mild or strong your parasite cleansing will be.

If this is your first time going through any type of natural cleansing program, you may want to just enjoy the power of the **Parasite Elimination Kit** without changing anything about your diet. This is perfectly fine. You will still experience wonderful and

positive benefits.

However, if you are familiar with cleansing and would like to get more out of the **Parasite Elimination Kit**, you can use the information below to alter your diet in several different ways.


You can stop eating one or more of the foods listed under “Specific Foods to Eliminate”, or you can go even more in

depth and use the chart, “Controlling the Strength of Your Cleanse”, and change the type of diet you eat. By making your diet lighter, the same energy that your body would normally use to break down food can now be used to help kill and eliminate the parasites that are living in your body.

The most important thing to remember is to

listen to your own body. Even small changes in diet can vary the strength of your cleanse.

## CONTROLLING THE STRENGTH OF YOUR CLEANSE

	type of diet	organic or not	meals per day	raw or cooked
<p><b>easiest for body to process</b> (strongest cleanse)</p>  <p><b>hardest for body to process</b> (mildest cleanse)</p>	raw juices*	100% organically grown food	freshly made juice* only	100% raw*
	raw food*		1 meal plus juice*	80% raw* 20% cooked
	vegan* (no eggs or dairy)	80% organic 20% non-organic	2 meals plus juice*	
	macrobiotic*		2 1/2 meals plus juice*	50% raw* 50% cooked
	vegetarian* (with eggs and dairy)	50% organic 50% non-organic	3 meals plus juice*	
	meat eater no processed foods	20% organic 80% non-organic	3 meals only	20% raw* 80% cooked
	meat eater plus packaged processed foods	all non-organically grown food	3 meals plus snacks	100% cooked

**NOTE:** all juices should be raw and organic only, and can be taken any time  
 \* see page 29 of Q&A for a list of **recommended books** on each diet type

This chart gives a more in-depth look at what types of diets are easier or harder for your body to process.

To use this chart, locate your current diet type in each column.

You can make your diet easier on your body by moving up in any column or in any combination of columns. This will free up more energy giving you a stronger cleanse.

Likewise, if your cleanse becomes too strong, you can move down in any column to soften the effects.

Remember to go slowly when changing your diet, as large jumps can have a strong impact on your body.

## SPECIFIC FOODS TO ELIMINATE

**Dairy Products** including cheese, ice cream, milk, and yogurt: clog and congest, thus slowing down the elimination of toxins.

**Fried Foods** especially pan fried with oil or deep fried: clog and congest

**Sugar** in candy, soft drinks, or added to food: depresses the immune system

**Salt:** constricts and holds in toxins

**Meat:** takes the most energy to digest and slows cleansing



# The facts on **Parasites**

## COMMON PROBLEM

Up to 50% of the population carry at least one form of parasite and possibly more. No matter how good a job you may do cleansing your organs, you must be sure to get rid of these parasites and any “bad” bacteria in your intestines. These can be hidden, ongoing, and daily sources of new toxins introduced to your body from the inside.

## WHAT IF I HAVE PARASITES?

The formulas in this parasite cleansing program will begin the process of their complete removal. If you already know you have parasites, or observe them, or experience uncomfortable symptoms while taking the **Parasite Elimination Kit**, then you should suspect you have them and repeat the entire **Parasite Elimination Kit** three weeks after you finish this kit. You will also need to do the **Parasite Elimination Kit** again three weeks later for a total of three times. One must do this kit three times to be sure of breaking the life cycle of parasites.

# How do I know if I have **Parasites?**

## OBSERVE YOURSELF CLOSELY

If there are large parasites present, you may see them in your bowel movement. Be sure to observe every time you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

Sometimes you may see what is obviously the shape of a whole worm. It can be from one quarter of an inch to several feet long. If it moves, you know for sure you

are looking at a life form. Microscopic parasites, however, are invisible to the naked eye and you can never actually see them in your bowel movements.

If you have any of the “cleansing reaction” symptoms (see page 27 of Q&A) while taking your parasite formulas, this is a good indicator of either large or small parasites present in your body.

It is also possible that you will not see anything, or experience any symptoms. This is quite common. You still may be a host to parasites.

These are creatures that specialize in living “below your radar” to ensure their survival. That is why it is so important to do a parasite cleanse at least yearly, and take nothing for granted.



# step 1

## About your **Pre-Cleanse**

### QUICK LOOK AT YOUR PRE-CLEANSE

There are two reasons this kit begins with a pre-cleanse.

First, you need to find your personal dosage of **Digestive Stimulator**, which will be different for everyone.

(see pages 15–16)

Secondly, by taking one packet of **Toxin Absorber** and your number of **Digestive Stimulator** capsules, you will begin to clean out your intestines, and keep your

bowels moving three times a day. This pre-cleanse will expose the parasites more readily to the formulas for elimination and quick removal.

It is also extremely important to keep your body hydrated by drinking a glass of water every hour during the entire course of this pre-cleanse and parasite cleanse. If your body does not get

enough water you can become constipated and greatly diminish the effectiveness of this Kit.

# Things you'll need to start **Step One**



Digestive Stimulator



Toxin Absorber



The Shaker



Organic Apple Juice



Pure Water



Dosage Calendar

## THE LEAST YOU NEED TO KNOW

Every night of Step One you will take **Digestive Stimulator** capsule(s) before dinner. You will also take **Toxin Absorber** with Apple juice and water before bed.

Once you find your number of **Digestive Stimulator** you will take that number every night for the rest of the cleanse.

# step 1

## Finding your number of **Digestive Stimulator**



Your personal dosage of **Digestive Stimulator** capsules will vary according to the current condition of your intestines. The purpose of Step One is to find “your number”

### SELF RATE YOUR COLON'S CURRENT HEALTH

How often are your bowel movements?	Colon Health	Suggested Starting Dosage
2–3 times every day	fairly healthy colon	1 capsule
once every day	slightly constipated	2 capsules
once every 2 days	constipated	3 capsules
once every 3–4 days	very constipated	4 capsules
once every 5–7 days	extremely constipated	5 capsules

Use this chart to find a dosage of **Digestive Stimulator** to take the first night of your pre-cleanse before dinner.

Your goal will be to have 3–4 soft bowel movements the next day. You will judge the results of your first dosage on the following day to determine whether you need to take more or less capsules. It may

take a couple days to find the exact number that is right for you. (see below for an example of this)

After you find your personal dosage you will continue to take it for the duration of this program.

Throughout this guide we will refer to this dosage as “your number”.

## FINDING “YOUR NUMBER”

### Day One (pre-cleanse)

Begin by taking your “Suggested Starting Dosage” of **Digestive Stimulator** before dinner. (see chart above)

The following day observe the number of **soft bowel movements\*** that you have.

\*A soft bowel movement is just that, a movement that is soft, but still formed. It should come out easily and without effort. You should have at least three soft bowel movements every day of your parasite elimination program.

Your movements should not be loose, watery and without shape, like diarrhea. One movement of diarrhea followed by soft movements, however, is OK. If, at some point, you find you have taken too many capsules and have developed diarrhea, then decrease your dosage by one capsule that evening and the next day should be perfect for you.

### Day Two (pre-cleanse)

Did your "Suggested Starting Dosage" give you three or more soft bowel movements today?

**If yes**, you have found “your number” and should continue to take this dosage, before dinner, during the duration of this program.

**If not**, then take the next higher "Suggested Starting Dosage" from the chart above, tonight before dinner.

The following day observe the number of soft bowel movements.

**NOTE:** Some have taken upwards of 10 or more capsules; this is OK. The number is not important, it is the result that matters. Listen to you body and trust your intuition.

### Day Three (pre-cleanse)

If you had three or more soft bowel movements today, you have found “your number” and should continue to take this dosage, before bed, for the duration of this program.

**If not...** Increase your dosage tonight before dinner by one capsule, if you started with one; by two capsules, if you started with two or more.

The following day observe the number of soft bowel movements.

If you have not found out exactly what “your number” is, after finishing the 3-day pre-cleanse, continue to increase your dosage each evening before dinner. When you find a number that gives you 3+ bowel movements, move on to step two.

# step 1

## Taking your **Toxin Absorber** packets

When mixed with liquid, **Toxin Absorber** swells and has extremely high absorptive powers. It helps to draw toxins and mucoid plaque to itself and out of your intestinal system. Take one packet every night with apple juice and water.



### FILL

Before bed, start by filling the **Shaker** about half full with organic apple juice. At anytime you may add more water to thin the drink and make it easier to swallow. You may use other fruit juices if you prefer, but avoid citrus.



### RIP & POUR

Next tear open one packet of your **Toxin Absorber** and add it to your apple juice.

*Note: Some people are sensitive to the dust of the powder and may experience an uncomfortable sensation in their nose or lungs. To allow the dust to dissipate, you can have another person open the packet, pour it into your apple juice, shake it, and uncap it before bringing it back to you.*



### SHAKE & DRINK

Shake vigorously for 15–20 seconds.

Drink immediately and follow with at least half a jar of pure, distilled, or filtered water.

# Using your **Dosage Calendar**

STEP 2		DAY 6 of 9			
Before Breakfast	Large Parasite Eliminator 1 2 capsules	Large Parasite Eliminator 2 1 dose (3ml)	Small Parasite Eliminator 1 dose (3ml)		
Before Lunch	Large Parasite Eliminator 1 2 capsules	Large Parasite Eliminator 2 1 dose (3ml)	Small Parasite Eliminator 1 dose (3ml)		
Before Dinner	Large Parasite Eliminator 1 2 capsules	Large Parasite Eliminator 2 1 dose (3ml)	Small Parasite Eliminator 1 dose (3ml)	Digestive Stimulator your number	
Before Bed	Toxin Absorber 1 packet				
toxic fact	65 diseases are transmitted by dogs to humans and 39 from cats. — Louise Gittleman			DON T FORGET!	
				6—8 glasses of water today	

## A QUICK OVERVIEW

In the **Dosage Calendar**, you will find complete day-by-day dosages for the entire program.

To keep track, you may check off each formula on the page as you take it out of the bottle.

Each day is broken down into its own page with dosage amounts before breakfast, lunch, dinner, and bed.

After finishing a day you may tear off that page or simply turn it over to the next one.



step  
2

## Parasite Elimination

# Starting **Step Two**

*eliminating parasites*

### A QUICK LOOK AT STEP TWO

As we begin to eliminate the waste that has accumulated in our intestines, we are helping to expose the parasites more readily to the herbal formulas we are about to introduce and to quickly move them out of our system.

Three new formulas **Large Parasite Eliminator 1**, **Large Parasite Eliminator 2**, and **Small Parasite Eliminator** are introduced to help kill and eliminate both visible and microscopic parasites, a problem more common than most of us would like to imagine.

If we let these unwanted guests stay alive in our guts, we can never achieve optimal health.

# Things you'll need for **Step Two**

## CONTINUED FROM STEP ONE



Digestive  
Stimulator



Toxin  
Absorber

## NEW FOR STEP TWO



Large Parasite  
Eliminator 1



Large Parasite  
Eliminator 2



Small Parasite  
Eliminator

## THE LEAST YOU NEED TO KNOW

Each evening before dinner you will continue with **Digestive Stimulator** and before bed, **Toxin Absorber** throughout Step 2.

Introduced for the first time are three new formulas; one in capsules and two in liquid. These will be taken before Breakfast, Lunch, and Dinner for the next nine days.

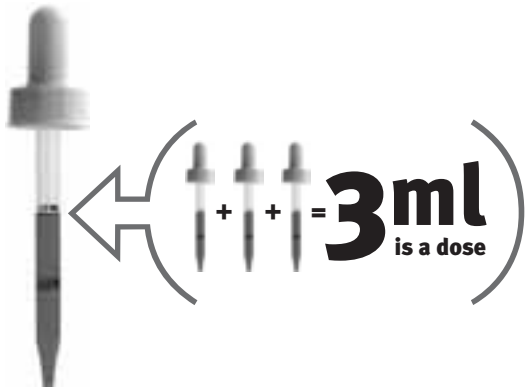
The liquid formulas can be easily taken together with a little water in your **Mixing Glass**. One dose of each formula is three ml or three droppers filled to the one ml mark on the dropper.

Your **Dosage Calendar** will give you day-by-day directions of what to take, when, and how much.

# step 2

## Taking your **Liquid Formulas**

During this program you will be taking two different liquid formulas. Each formula will be taken in 3 ml doses, this is equivalent to 3 droppers filled to the 1.0



### HOW TO MEASURE A DOSE

You will find that the droppers have markings on them. The top marking is 1.0 ml. You will need 3 of these to equal 1 dose. Before measuring out your dose, shake your bottle well. Unscrew cap and squeeze the white bulb; this will draw up the liquid. Do not worry

if it does not come up exactly to the 1.0 ml line, but get as close as you can.

Squirt your droppers into the **Mixing Glass**.

You can mix all of your formulas in this glass. This will allow you to take them all at once.

# Using your personal **Accessories**



## MIXING GLASS

We have found this glass makes taking your liquids very easy.

You may choose to mix a little water with your dose or you may take it straight.

You may also take your liquid formulas all together at one time.



## TRAVEL VIALS

These vials are provided so that you can take a lunch and/or dinner dose with you.

Up to 7 capsules fit in each of the larger vials.

Each small vial holds two doses of liquid. Mix the formulas together.



# Common **questions** & their **answers**

## A QUICK LOOK

This section has a large number of the most frequently asked questions and their answers.

Even if you do not have any questions at this time, you may still find this section to be very informative and worth your time to read through.

If you are looking for a specific answer and cannot find it here, we suggest you contact your health practitioner, as he/she will be most familiar with your individual situation.

If your practitioner is unavailable or unable to answer your questions, you may call us directly at: **800.489.4372** or you may email us at: ***thekit@blessedherbs.com***

### **What are parasites?**

Parasites are organisms that live on or in another living creature. They can be so small as to not be seen by the naked eye and are called microscopic, or they can be large enough to be seen, sometimes up to two feet long and are called macroscopic.

Some common microscopic parasites are amoeba and giardia found in water supplies, and some common macroscopic parasites are pinworms, roundworms, tapeworms and flukes found in meat and fish. There are over

100 common varieties of parasites that can live in the human being and we can be host to more than one kind at a time.

### **Where do you find parasites in the body?**

One third of the parasites live in the digestive tract and the other two thirds live somewhere else in the body; it might be your blood, muscles, heart, lungs, liver, or brain. Those that live in the intestines especially like sugar or simple starches. They eat your digested food before you do, often robbing you of important nutrition.

Other parasites are able to get their food directly from the body cells by attaching directly to that cell and feeding off of it.

### **How do I know if I have parasites?**

Only about 25% of those with parasites will actually develop an active infection with observable symptoms. Most parasite infestations go unnoticed, which is just what a parasite hopes will occur – you will not notice that it is there, so that it can thrive.

Often called the “great masquerader”, parasites can mimic many other

conditions thus making it very easy to misdiagnose. If you have a health problem that just won't go away, assume parasites are there and cleanse and take herbs to get rid of them.

Even if you were to have medical tests, only 20% of the average medical laboratories are able to identify your problem correctly.

### **What are the symptoms of parasite infection?**

Parasites do two things to you. They rob you of your nutrition and they excrete their own toxic waste products which you absorb into your body.

*(continued on next page)*

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The most common symptoms are diarrhea and abdominal pain, but nausea, bloating, excessive gas, alternating bouts of diarrhea and constipation, bad breath, food allergies, headaches, irritability, or unexplained fatigue might also be present.

Some of the classic symptoms if worms are present: you may find you are losing weight even though you have a great appetite and eat a lot, and/or itching around the anus, or grinding your teeth, especially at night.

### **How do we get parasites?**

Parasites are everywhere in our food, water, air and earth. They are carried by insects, animals and sea-life.

We can be bitten by an insect, or licked by a worm-infested dog. We can pick them up walking barefoot, eating undercooked meats and fish, unwashed raw fruits and vegetables. They can be passed on to us by food handlers or preparers, who are infected or have handled infected food and have not washed their hands after going to the bathroom or handling that food. We can share

drinks, kiss or have sexual contact and transmit the parasites. We can inhale dust laden with parasite eggs, drink water from a lake, river, stream, or creek, or wash our dishes in it while camping.

Maybe we allow our pets to sleep with us. Maybe we have traveled outside the country recently or share our home with someone else who has. Children are even more exposed than adults since they stay closer to the earth and pets, and frequently put their hands to their mouths. It is estimated that 55 million children in the

United States have some type of worm infestation. This does not take into account the adults that live with them who are thus exposed.

### **During this program how will I recognize parasites?**

If there are large parasites present, you may see them in your bowel movement. Be sure to observe every time you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

*(continued on next page)*

*(continued from previous page)*

Sometimes you may see what is obviously the shape of a whole worm. If it moves, you know for sure you are looking at a life form.

Microscopic parasites, however, are invisible to the naked eye and you can never actually see them in your bowel movements. If you have any of the “cleansing reaction” symptoms while taking your parasite formulas, this is a good indicator of either large or small parasites present in your body.

It is also possible that you will not see anything, or experience any symptoms. This is quite common. You still may be a host to parasites. These are creatures that specialize in living “below your radar” to ensure their survival. That is why it is so important to do a parasite cleanse, at least yearly, and take nothing for granted.

### **How often can and should I do the Parasite Elimination Kit?**

Once a year is fine. Your health professional, who is more familiar with your situation, can make the best

recommendation for you. If you know you have parasites you should do this kit a total of three times. Each time should have three weeks between them.

### **How will I feel during the cleanse?**

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

The more closely you eat an all raw diet of fruits

and vegetables the more likely you will experience strong cleansing reactions.

There may be occasional discomforts called “cleansing reactions”. If the body is ready, some will even experience a “healing crisis”. This can happen during the cleanse, but more likely will occur some time later when you have built up your strength. All these experiences are the body’s wisdom at work focusing on the areas that need to reach optimal health.

*(continued on next page)*

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Unlike disease processes, which lead to continued degeneration and loss of energy, any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.

### **What is a “cleansing reaction”?**

Whenever the body releases toxins or kills off parasites faster than it can eliminate them, and/or the liver is functioning weakly, you may experience some discomfort until you regain your balance. This usually

lasts anywhere from an hour to one or two days. The common symptoms that signal a cleansing reaction might be any of the following: headache, itching, rashes, aching muscles and/or joints, fever, sweating, body odor, bad breath, mouth sores, appetite loss, nausea, vomiting, diarrhea, insomnia, tiredness or exhaustion. Don't worry.

The cleansing reaction usually passes quickly and does not harm your body. It is only a sign that soon you will be feeling better than ever.

### **What is a “healing crisis”?**

A healing crisis is more than a cleansing reaction.

Most all of us have absorbed toxins from our polluted environments, but not all of us have suffered with trauma or disease.

A cleansing reaction shows itself in generalized body symptoms while releasing toxins. A healing crisis shows itself in the reappearance of old symptoms associated within specific areas that have undergone injury or disease.

You may also experience

the cleansing reaction symptoms while undergoing this repair work. The body's wisdom is such that as you clean out and regain energy, the body directs that energy to heal these old injuries or diseases. The body only does this when it knows it can handle it. Once again, the symptoms may be mild to severe, but only as much as your body can sustain at that time. It can last for a few hours, to a few days, and more rarely, for a few weeks.

The healing crisis mimics the symptoms of your particular past trauma,

*(continued on next page)*

chronic illness, degenerative condition, or disease, but in a much shortened version. It is always preceded the day before by feeling “on top of the world” rather than by feeling “out of sorts”.

The healing crisis passes quickly, while the disease process lasts much longer. You will come out of the healing crisis feeling better than ever, having successfully rejuvenated the weakened areas of your body.

### **How do diet changes affect my cleansing?**

If you elect to make

healthy changes to your diet, it will release more energy for cleansing and intensify the strength of your cleanse.

If you choose not to make any changes, and that is OK, you will still experience benefits. It will just take a little longer to get completely cleaned out, but you will be proceeding at a pace comfortable for you.

You may note that a diet of raw, organic fruit juices has the strongest cleansing effect on the body. You would be advised, however, to not jump to the top level of

“juices only” unless you are already a raw foodist. However, it would be beneficial to add freshly made, organic fruit and vegetable juices to your present diet.

The important point to keep in mind is that while diet changes do effect your cleansing, there is no need to move up more than one step at a time on the chart. It is best to proceed gradually and observe how your body reacts. That way you can stay in control and comfortable.

If you ever find that the rate of cleansing is too much for you, have

a bowl of homemade vegetable soup and/or drop back a step in your diet and notice how it calms the process.

### **Vegetable Soup**

Use organically grown vegetables:

- 1 potato, *scrubbed not peeled*
- 3 carrots, *scrubbed not peeled*
- 3 stalks of celery
- 1 onion

Chop all ingredients into small chunks, add to 2 quarts of boiling water and simmer covered for 40 minutes. Add 3 tablespoons of Miso and stir in.

### **What if I don't change my diet, will I still benefit?**

If this is your first experience with a natural health program, you will find the **Parasite Elimination Kit** fun to take and notice an immediate increase in energy.

Once you have experienced the positive changes of a cleanse, you may be ready to go deeper. If so, try cleansing the next time with healthier diet modifications for an even more powerful cleanse.

### **What books can I read to learn more about different types of diets?**

#### **Vegetarian**

*The New Moosewood Cookbook*

— Mollie Katzen

#### **Macrobiotic**

*The Self-Healing Cookbook*

— Kristina Turner

#### **Vegan**

*Everyday Vegan*

— Jeani-Rose Atchison

#### **Raw Foodist**

*Hooked on Raw*

— Rhio

#### **Raw Juices**

*The Juiceman's Power of Juicing*

— Jay Kordich

### **Why are some formulas liquids and others capsules?**

Some formulas perform more effectively as liquids, while others are better suited as capsules. The purpose of the formula determines what form would be most beneficial.

The most bitter tasting herbs have been encapsulated to make them easier to take.

In some of the capsule formulas, the main active ingredients have already been extracted and condensed into powder form for increased strength and better absorption.

### **What if my bowels just won't move?**

Often this could be associated with a difficulty of letting go at an emotional level. Stress, pressure, and sudden changes can easily affect bowel movements.

If one is paying "too much" attention to their bowel movements this can cause "emotional" constipation. Often times, simply letting go at the emotional level will release the bowels. Once a person with this challenge, has released for the first time, they should not experience any more difficulties throughout the program.

*(continued from previous page)*

### **What if that doesn't work?**

You may change the way you take **Digestive Stimulator** and **Toxin Absorber**.

Continue to take **Toxin Absorber** before bed.

However, split up your dosages of **Digestive Stimulator** before breakfast, lunch, and dinner.

### **What if I still can't go?**

It is a must to move your bowels! If you have gone a whole day without a bowel movement, take an enema.

During a cleanse it is essential to have consis-

tent bowel movements.

An enema is a simple and healthy way to assure a bowel movement. Use only distilled water or herb tea (see page 31) to take your enema.

Consult your health care practitioner or call Blessed Herbs immediately if bowel problems arise during your cleanse.

### **What if I miss a dose?**

We're all human and that happens sometimes. Just pick up again with the next scheduled dose, and continue taking that formula until you have completely finished the bottle.

### **What if I skip a day?**

This would not be recommended. The process of cleansing is a gradual one. Each day builds on the one before it. As your body begins to "get into it", you want to continue to give it the support it needs.

However, that said, if you still miss a day, just pick up where you left off and the whole program will take one day longer.

### **Do I have to be in the bathroom all the time?**

While you will be going to the bathroom more

often, you will not experience it as an overwhelming, uncontrollable or urgent need. The **Digestive Stimulator** has been formulated to act very gently, but surely, with your body. You will find it quick, easy, and comfortable to have three plus bowel movements a day.

### **I need more than 4 Digestive Stimulator capsules to have daily bowel movements.**

#### **Is that OK?**

That is perfectly OK, because you have discovered what your body needs. The average dose is 1–3 capsules for people who

*(continued on next page)*

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naturally have frequent bowel movements on their own. Those with severe constipation, that is, they usually only go once a week, will find they may need upwards of 10 or more capsules a night.

The number that works for you, no matter how many or how few, is the correct number.

### **If I use up my Digestive Stimulator, can I get more?**

Yes, if you use up any of the products in the **Parasite Elimination Kit**, you can purchase them

individually from your health care professional or directly from Blessed Herbs.

### **I feel bloated after drinking my Toxin Absorber. Why and is this OK?**

The **Toxin Absorber** is a bulk fiber formula that draws liquids and toxins to itself. You have seen how it begins to swell up after mixing with juice in your **Shaker Jar**. It continues this expansion in your stomach and intestines, drawing up to 40 times its weight in toxins to itself. This produces a “full”

sensation after drinking it.

Because we have added a large, therapeutic dose of ginger root to the formula, this feeling dissipates quickly. Most do not experience any discomfort at all.

You will find that the ginger also greatly enhances the flavor of the drink, making it pleasant to taste and swallow.

### **How should I handle headaches, physical discomforts, pain, or emotional swings while doing the Colon Cleansing Kit?**

At anytime and as often as necessary, you may

take an enema, colema, or colonic.

Prepare a tea for your enema or colema liquid.

Use **Peppermint tea**, if you feel congested, depressed, or backed up.

Use **Chamomile tea**, if you feel overexcited, overemotional, or overly nervous.

Boil a quart of water. Pour over eight tea bags of your choice. Let steep for 20 minutes. Remove tea bags. **Be sure to cool** to body temperature before using. You may add more pure cold water if needed. Now add your liquid tea to enema bag or colema bucket.

### **I am taking various supplements or medications now, should I stop them?**

It is important to consult with your health care professional. While it is more beneficial to do the program without added supplements, it is not always wise to discontinue.

If you are taking prescription drugs, it is better to wait until you have finished the course of your prescription before beginning your cleanse. If your prescription is needed for an ongoing, daily basis, please continue as directed. Check the list below to

see which drugs may be effected by this program.

If you are taking dietary supplements or other herbal formulas, as long as they are not needed for critical life support, discontinue while cleansing.

#### **The Parasite Elimination Kit may have the following effects.**

- May interfere with tetracycline absorption.
- May increase effect of blood thinner and diuretic drugs.
- May interfere with skin grafts and organ transplants.

enjoy life

# about the **Formulas**



## ABOUT OUR HERBALIST

Martha Volchok, AHG is the co-founder and Master Herbalist of Blessed Herbs. Martha's unique formulating style relies on her intuition as much as her 30 years of herbal knowledge and experience.

The combination of her vast knowledge and great intuition has allowed her to produce what is perhaps the most comprehensive and powerful internal cleansing program available today.

## WORKING IN HARMONY

The five formulas in this program have been put together by Martha Volchok and are the culmination of years of research and experience.

Taken together, the combination of these formulas does more than either one could do on its own.

The formulas in the **Parasite Elimination Kit** have been synergistically formulated to deliver the most powerful effect and support possible.

In this section you will find information about both formulas, and what every herb in the **Kit** does.

The statements in this section have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Digestive Stimulator

A natural herbal stimulant that tones, cleanses, and purifies the entire digestive system. It helps to eliminate the stored toxins or parasites released during this program as well as those that have been trapped in your body's intestinal walls.



90 caps 450 mg/cap

## **Cape Aloe leaf & Aloe Vera leaf**

laxative, stomach & liver tonic, blood cleanser

## **Cascara Sagrada bark**

laxative, bitter tonic, stimulates digestive secretions of liver, gallbladder, stomach and pancreas

## **Ginger root<sup>†</sup>**

reduces gas, bloating and nausea

## **Chinese Rhubarb root<sup>†</sup>**

stimulating tonic for liver and gallbladder ducts and mucus membranes, promotes removal of toxins from bowels and blood

## **Barberry root**

antimicrobial, stimulates stagnant liver, gallbladder and spleen

## **Dandelion root<sup>†</sup>**

decongests liver, stimulates bile flow, help release and absorb toxins

## **Fringe Tree root bark**

tonic action on spleen and pancreas, liver stimulant

## **Meadowsweet aerial parts**

antacid, calms overactive digestive system

## **Plantain aerial parts<sup>†</sup>**

reduces inflammations, helps remove congestion in the intestines, breaks up mucoid plaque

## **Ginger root<sup>†</sup>**

reduces gas, bloating and nausea

## **Fennel seed<sup>†</sup>**

reduces gas and cramping

## **Peppermint leaf<sup>†</sup>**

stimulates liver and gallbladder, cleanses colon, improves digestion

## **Fenugreek seed<sup>†</sup>**

reduces intestinal inflammation, normalizes bowel activity

## **Licorice root<sup>†</sup>**

harmonizes formula

## **Triphala (Amla fruit, Chebulic Myrobalan fruit, Belleric Myrobalan fruit)**

ayurvedic formula:

- 1) laxative
- 2) supports nerves & brain
- 3) vitamin C for liver detox

<sup>†</sup>certified organically grown

# Toxin Absorber

A gentle, bulk-forming stimulant that helps to draw mucoid plaque off the intestinal walls. It also absorbs more than forty times its own weight in toxins, heavy metals, and excess cholesterol in your intestinal tract.



14 packets 10 gm each

## **Psyllium seed husks**

an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon

## **Apple pectin**

binds cholesterol, triglycerides and blocks their absorption from the gut

## **Ginger root<sup>†</sup>**

reduces digestive discomfort and bloating from Psyllium

## **Bentonite clay**

absorbent that draws toxins to itself, absorbs more than 40 times its weight in toxins

<sup>†</sup>certified organically grown

# Small Parasite Eliminator

Eliminates the microscopic parasites such as “bad” bacteria, fungi, yeast, viruses, one celled protozoas such as amoeba and giardia, and other parasites too small to be seen by the naked eye.



2 fl oz (59.2 ml)

**Green Black Walnut hulls**

microbial parasite killer and worm killer

**Olive Leaf extract 6% Oleuropein**

kills 100's of species of bacteria, fungi, viruses, and protozoa

**Pau d' Arco bark**

especially for use against Candida

**Shiitake mycelia L E M extract 6:1**

anti-viral

**Licorice root<sup>†</sup>**

harmonizes formula

**Cat's Claw bark**

stimulates immune system, indirect killer of parasites

**Barberry root**

kills small organisms in the intestines

**Echinacea Angustifolia root**

strengthens immune system

**Shiitake mushroom extract 8:1**

fightes bacterial and parasitic infections

**Southern Prickly Ash bark**

circulatory stimulant

**Grapefruit seed extract<sup>†</sup>**

kills 100's of bacteria, fungi, viruses and protozoa

<sup>†</sup> certified organically grown

# Large Parasite Eliminator 1

Eliminates parasites including pinworms, roundworms, hookworms, tapeworms, flukes, and other large parasites that are visible to the naked eye. While many believe parasites are a problem limited to third world countries, this is far from the truth.



52 caps 450 mg/cap

## **Quisqualis fruit<sup>†</sup>**

kills worms—especially roundworms

## **Wormwood aerial parts<sup>†</sup>**

bitter digestive tonic, eliminates worms

## **Clove flower bud<sup>†</sup>**

anti bacterial, anti fungal, kills worms

## **Ginger root<sup>†</sup>**

calms the digestive system

## **Licorice root<sup>†</sup>**

harmonizes formula

<sup>†</sup> certified organically grown

# Large Parasite Eliminator 2

Helps eliminate worms and has additional herbs to expel them, calm the digestive system, and boost the body's defenses.



2 fl oz (59.2 ml)

#### **Torreya Grandis nut**

kills intestinal parasites; including tapeworms, pinworms, hookworms and roundworms

#### **Ginger root<sup>†</sup>**

reduces gas, bloat, nausea, and digestive disturbance

#### **Astragalus root<sup>†</sup>**

boosts immune system

#### **Elecampane root<sup>†</sup>**

helps expel parasites

#### **Butternut bark**

mild laxative

#### **Wild Yam root**

stops cramping

#### **Fennel seed<sup>†</sup>**

reduces gas and cramping

#### **Licorice root<sup>†</sup>**

harmonizes formula

# about **Blessed Herbs**

Blessed Herbs is a family owned and operated medicinal herb business in the Upland Region of Massachusetts. For almost 20 years, we have been providing over 600 premium quality bulk herbs and herbal products to herbalists, health professionals, herbal manufacturers, health food stores, and individuals in the United States and abroad.

Our herbs come from our own network of wildcrafters and organic growers whom we personally know. Our wildcrafters gather the herbs from the wilds of

nature in areas free from pollution, at the height of their potency and with an awareness as to correct species and ecological balance. Our certified

organic growers cultivate without the use of synthetic fertilizers, herbicides, or pesticides and take care to enrich the soil naturally. All our herbs and herbal products are free of any fumigation, irradiation, or synthetic chemicals.

Recognizing that herbs are a gift from our Creator intended to nourish, heal, and soothe us, we strive to bring that blessing to you.

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## **BLESSED HERBS**

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