

How to remove Parasites from your body

Dr. Jesse Morse, MD, CAQSM

This protocol focuses on eliminating parasites while supporting gut health, detox pathways, and immune function. It includes antiparasitic herbs, dietary interventions, and lifestyle strategies for effective parasite cleansing.

Dietary & Gut Health Support

- Eliminate sugar & processed carbs – Parasites thrive on sugar.
- Increase fiber intake – Helps sweep out dead parasites.
- Hydration & Detox Support – Stay well-hydrated and support liver detox with **dandelion or milk thistle**.

Lifestyle & Prevention Tips

- Wash hands thoroughly** (especially after handling pets or raw foods).
- Cook meat thoroughly** to kill parasites (avoid raw pork and fish unless sushi-grade).
- Filter drinking water** – Avoid drinking untreated water from lakes, rivers, or questionable sources.
- Rotate antiparasitic foods** like **pumpkin seeds, papaya seeds, garlic, & coconut oil**
- Test if symptoms persist – Consider a stool test (GI-MAP, OAT, or PCR stool analysis)

Phase 1: Preparation (7-14 Days) – Strengthen the Terrain

Goal: Create an environment where parasites struggle to survive by improving digestion, bile flow, and detoxification.

1. Diet for Gut Health

- ✓ Anti-inflammatory, low-sugar diet – Avoid processed foods, refined carbs, and excess sugar.
- ✓ Increase fiber intake – Supports bowel movements and toxin elimination (flaxseeds, chia seeds, leafy greens).
- ✓ Add gut-healing foods – Bone broth, fermented foods (kimchi, sauerkraut), and prebiotics.

2. Improve Bile Flow & Stomach Acid

- ✓ Digestive enzymes + **Betaine HCl** (1-2 caps with meals) – Supports digestion and parasite elimination.
- ✓ Ox bile or bitter herbs – Milk thistle, dandelion root, and artichoke extract to enhance bile flow.

3. Support Detox Pathways

- ✓ Hydration – At least 2-3L of filtered water daily.
- ✓ Binders – Activated charcoal or bentonite clay (1-2x/day away from food) to trap toxins.
- ✓ Dry brushing & sauna therapy – Encourages lymphatic drainage.

Phase 2: Parasite Kill Protocol (4-6 Weeks)

Goal: Directly target parasites with antiparasitic herbs and supplements while maintaining detox support.

1. Antiparasitic Herbs & Supplements (*Rotate every 2 weeks to prevent resistance*)

- ✓ **Wormwood (*Artemisia annua*)** (300-500 mg/day) – Potent antiparasitic against intestinal and bloodborne parasites.
 - ✓ **Black Walnut Hull** (500-1000 mg/day) – Disrupts the life cycle of parasites.
 - ✓ **Clove** (500-1000 mg/day) – Targets parasite eggs and prevents reinfection.
 - ✓ **Berberine** (500 mg 2-3x/day) – Antimicrobial, antifungal, and supports gut health. (Brand = Solaray)
 - ✓ **Mimosa Pudica** (500 mg 2x/day on an empty stomach) – Helps eliminate biofilms and parasites from the intestines.
 - ✓ **Pau D'Arco** (250-500 mg/day) – Antifungal and antiparasitic.
 - ✓ **Oregano Oil** (2-3 drops in water 2x/day or 200 mg capsules) – Broad-spectrum antimicrobial.
- Optional: **Diatomaceous Earth** (1 tsp in water daily) – Helps dehydrate & remove parasites from the gut.

How to remove Parasites from your body

Dr. Jesse Morse, MD, CAQSM

Phase 3: Flush & Replenish (2-4 Weeks Post-Cleanse)

Goal: Restore gut microbiome, repair intestinal lining, and prevent reinfection.

1. Restore Gut Microbiome

- ✓ **Probiotics** (Lactobacillus + Bifidobacterium blend, 50-100 billion CFUs/day) – Restores beneficial bacteria. (Brand = Megaspore or Seed)
- ✓ **Prebiotic fibers** (Inulin, resistant starch, psyllium husk) – Feeds good bacteria.

2. Heal the Gut Lining

- ✓ **L-Glutamine** (5-10 g/day) – Supports gut barrier repair.
- ✓ **Collagen or Bone Broth** – Strengthens intestinal walls.
- ✓ **Aloe Vera & Slippery Elm** – Reduces inflammation and soothes the gut lining.

3. Foods that Help Kill Parasites

- ✓ **Pumpkin Seeds** – Contain cucurbitacin, which paralyzes and expels worms.
- ✓ **Papaya Seeds** – Shown to be effective against intestinal worms.
- ✓ **Garlic & Onion** – Natural antiparasitic properties.
- ✓ **Oregano Oil** – Antimicrobial and antifungal properties.
- ✓ **Zinc & Vitamin C** – Boost immune function to fight off infections.

Pharmaceutical Anti-parasitics

If herbal protocols aren't enough, a doctor may prescribe:

- **Ivermectin** (for strongyloides, scabies, and some protozoa)
- **Fenbendazole** or **Mebendazole** (for tapeworms and roundworms)
- **Nitazoxanide** (Alinia) – Used for Cryptosporidium and Giardia.
- **Tinidazole** – Alternative to metronidazole for amoebiasis and giardiasis.
- **Praziquantel** (Biltricide) – Effective for tapeworms and flukes.
- **Metronidazole** (Flagyl) (for protozoal infections like Giardia)
- **Permethrin** – Topical treatment for lice and scabies.

Conclusion

This three-phase parasite cleanse effectively eliminates unwanted organisms while supporting gut health, detox pathways, and immune function. Regular maintenance with a healthy diet, probiotics, and periodic herbal cycles can prevent reinfection.

Removing parasites from the body requires a comprehensive approach that includes antiparasitic medications, dietary adjustments, herbal treatments, and lifestyle changes. The best method depends on the type of parasite (protozoa, helminths, or ectoparasites) and the individual's health status.

Brands I've had good luck with:

BulkSupplements.com (Wormwood, L-Glutamine, Aloe Vera)
Solaray (Berberine, Pau D'Arco)
Microbiome Labs (MegaSporeBiotic)
Piping Rock (Black Walnut Hulls)
Double Wood (Mimosa Pudica)
Designs for Health (Oil of Oregano)

I have no affiliations with any of these companies.