



New Moon Cleanse

The following information is a general overview of how to support the body during a parasitic cleanse. The most success I have seen with myself and those I work with is during the week of the Full Moon. This is when they come out to mate, just as they would in the environment, but instead they are within us. At this time, they are most vulnerable and not hidden within organs, tissues as well as behind biofilm.

As you are preparing to navigate on your own cleanse some helpful tips to remember:

1. Herxing only occurs when your pathways are closed. Herxing and or “natural healing” are all considered to be acceptable, I however disagree. These pathways are drainage, liver, lymphatic system, brain lymphatic system, kidneys and colon. So, if you feel unwell during this process you need to address those areas to have the best results.
2. Make sure you remove all food triggers, or you can feel unwell.
3. Stay hydrated and keep your bowels moving. Shoot for 1 to 3 bowel movements a day.
4. Modify your exercise at this time, as your body will be working hard to support your elimination of toxins.
5. Get rest, please prioritize sleep. If at any time you can not manage the protocol, be sure to take a break and attempt it again the next month.

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What Diet to Follow While Eliminating Parasites

Parasites are an extremely common health issue that is often overlooked. They are so common, in fact, that it is estimated that 3.5 billion people suffer from some kind of parasitic infection. That's nearly half the global population!

Parasites can come in many forms, and most of them are microscopic. Nevertheless, the effect that they can have on our health is significant. Many health issues and diseases can have parasitic infections as their underlying cause. If these are left untreated, they can get worse and can linger for years.

First, a Few Notes on Getting Rid of Parasites

It is recommended to seek medical advice if you have severe parasitic infection symptoms. Treatment of a parasitic infection depends on what kind of infection you have. However, there are some general guidelines for treatment.

Like most forms of illness, the best way to treat a parasite infection and prevent recurring infections is to address the underlying cause. The foods you eat play a critical role in maintaining the balance of "good" and "bad" bacteria in your gut. A diet high in refined sugars, processed foods, and pasteurized dairy products can encourage parasites and other "bad" microorganisms to grow in the body.



What is the Parasite Detox Diet?

While undergoing a parasite detox cleanse, it is important to use herbal support which through the Cell Core line is addressed paired with a proper anti parasite diet supports you at a cellular level. Many resources are available on how to get rid of parasites with herbs, but not as many people discuss what to eat when consuming these anti-parasitic herbs—and what you eat makes a big difference.

In reality, there is no universal diet for everyone, as diet varies with age, lifestyle, environment, allergies, genetic history, and so many other factors. Therefore, we will not say exactly what anti parasite diet to eat, but rather will share some of the most beneficial dietary tips and meal plan examples that you can consider when doing a parasite diet and parasite cleanse. We'll also include some parasite cleanse diet recipes. Keep in mind that these are not strict rules, and you need to use your own judgment based on your personal dietary preferences when following the parasites diet. The main focus for an anti parasite diet is including anti-parasitic foods, and avoiding foods that contribute to a parasitic environment. It is also important to avoid certain negative food habits (like overeating) as a part of an anti parasites diet.

How Do You Follow the Mastering Histamine Parasite Detox Diet?

To follow the Mastering Histamine Parasite Detox Diet, the most important thing to do is to adhere to these principles intended to help support the elimination of parasites.



Eat Anti-Parasitic Foods

The most important tip to follow on a Mastering Histamine Parasite Detox Diet is to include anti-parasitic foods in your meals. If you have Mast Cell Activation and or Histamine Intolerance or SIBO be sure to review your food list, choose from the list that best supports your underlying health issue. These are foods that have anti-parasitic properties and can help eliminate parasites from your body. Ideally, you will include at least one of these foods in each of your meals:

- Garlic
- Onion
- Honey
- Pumpkin seeds
- Dates
- Pomegranate
- Papaya seeds
- Dandelion greens
- Lettuce
- Broccoli
- Kale
- Pineapple
- Coconut
- Carrots
- Sunflower seeds
- Fermented foods
- Stone ground mustard
- Coconut Oil
- Apple Cider Vinegar
- Turmeric
- Ginger
- Cinnamon
- Cayenne Pepper
- Chili spices
- Curry spices
- Cloves
- Thyme
- Oregano

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When doing a parasite cleanse, aim to include more of the foods in this anti parasite diet foods list than you usually would eat. This will help to support the effective detoxification and elimination of intestinal parasites, provided that other aspects of the diet and protocol are also adhered to.

Avoid Added Sugars

One of the most important things to do when following a Parasite Detox Diet is to avoid all added sugars. Many microorganisms, including various types of parasites, feed on sugar as a primary source of energy. Keeping your sugar intake at a minimum can help to starve these organisms and weaken them, making them more vulnerable to anti-parasitic herbs and foods.

Added sugars are in many foods, and we often consume them without realizing it. Because of this, it is essential that you read the labels on foods and check the ingredients for added sugar. Some common foods that often have added sugar include:

- soda
- energy drinks
- sports drinks
- sauces
- condiments
- salad dressings
- fruit juices
- teas
- cereals
- yeast bread
- candy
- grain-based desserts
- dairy desserts
- syrups
- toppings



- packaged and processed foods

If you are following a Mastering Histamine Parasite Detox Diet, it is best to focus on whole foods in their natural form and avoid added sugars. We recommend limiting your sugar intake to the morning when you can eat a small amount of low glycemic fruit. It is recommended to limit fruit intake on the Mastering Histamine Parasite Detox Diet to starve the parasites of their major fuel source. We also recommend avoiding stevia, xylitol, erythritol and other sweeteners on the Parasite Detox Diet.

Make Sure to Consume Plenty of Fiber

It is important to eat fiber-rich foods during your parasite cleanse, as these really help with elimination. Fiber provides the lubrication the colon requires to function properly and helps to support natural and smooth elimination. Fiber falls into two categories: soluble and insoluble. Soluble fiber serves many functions, which include providing a conducive environment for friendly bacteria, slowing the absorption rate of sugars, lowering serum cholesterol levels, and binding to heavy metals dumped by the bloodstream into the colon. Examples of soluble fiber foods include apples, prunes, figs, raspberries, carrots, oat bran, kidney beans, lima beans or (supplemental) psyllium husks.

Insoluble fiber complements soluble fiber by increasing bulk in the waste, preventing impacted bowel pockets (diverticuli), reducing the length of time waste stays in the body and absorbing bile acid released during digestion. Examples of insoluble fiber are brown rice, quinoa, millet rice, whole wheat, raw spinach, Brussels sprouts and flaxseed.

Foods that are naturally high in fiber:

- Chia seeds
- Chickpeas



- Figs
- Prunes
- Psyllium husks
- Beans
- Broccoli
- Flaxseed
- Berries
- Lentils
- Avocados
- Apples
- Carrots
- Brown rice
- Oatmeal
- Pears
- Bananas
- Beets
- Artichoke
- Brussels Sprouts
- Quinoa
- Almonds
- Sweet potatoes

Eat Low-Starch Vegetables

While vegetables are an essential food group for any healthy diet, including the Mastering Histamine Parasite Detox Diet, try to minimize starchy vegetables while following this diet.

Examples of high starch vegetables to reduce during this diet include:

- white potatoes
- yams
- sweet potatoes
- corn
- peas



- beans

You do not have to remove these vegetables from your diet completely. However, don't eat too many of them and favor mostly green, low-starch vegetables. Focus on eating nutrient-dense vegetables that have lower calories.

Here are some examples of low starch vegetables to include in your diet during this cleanse:

- arugula
- spinach
- dandelion greens
- kale
- bell peppers
- zucchini
- cucumber
- cauliflower
- brussels sprouts
- broccoli

When shopping for these vegetables, buy organic and cook them with good oils! Bad oils can make any healthy meal into an inflammatory nightmare.

Eat Fruits That Are Low in Sugar

While it is recommended to avoid fruits that are high in sugar, it is okay to include some low-sugar fruits in the diet. In fact, some low-sugar fruits like lemons, limes, and coconuts actually contain powerful anti-parasitic properties.

It is recommended to remove these high-sugar fruits from the diet entirely during the 3-5-7-day cleanse:



- bananas
- mangos
- cantaloupe
- grapes
- figs

These fruits can be included during your cleanse daily:

- lemons (high histamine)
- limes (high histamine)
- coconut
- pineapple (High/histamine but has strong antiparasitic properties)
- papaya seeds (high histamine but has strong antiparasitic properties)
- pomegranate
- avocados

These fruits should be eaten in moderation in the morning before any proteins:

- blueberries
- raspberries (high histamine)
- strawberries (high histamine)
- blackberries
- cherries
- apples
- dates (while dates are high in natural sugar, they also contain antiparasitic properties)

I recommend eating before a protein because protein requires some time to digest, which simple sugars can make more difficult. In the morning you are in a fasted state, which is ideal for consuming simple sugars.



Include Prebiotic Foods in Your Diet

Prebiotic foods are indigestible carbs that help feed beneficial bacteria in the gastrointestinal tract.

Prebiotic foods are very beneficial for gut health. While some prebiotic foods contain sugar, the list of foods below contains beneficial prebiotic foods that are low in sugar.

Try to include these prebiotic foods while following this diet:

- oats
- garlic
- onions
- leeks
- dandelion greens
- asparagus
- chicory root
- Jerusalem artichoke
- barley
- flax seeds
- jicama root
- burdock root
- cacao

It is recommended to eat plenty of vegetables on the Mastering Histamine Parasite Detox Diet as they often contain prebiotic fibers that support gut health.



Include Probiotic Foods in Your Diet

Probiotics are beneficial bacteria that support a healthy balance in your gut microbiome. Having a healthy gut terrain is essential for preventing parasitic infections. It also contributes to your overall health and immunity in numerous ways. Bio K vegan probiotics are something can be used if needed.

Examples of probiotic-rich fermented foods include:

Note: these foods are high histamine, and it is better to use these sparingly.

- Yogurt (coconut yogurt)
- kimchi
- sauerkraut
- kombucha
- kefir
- pickles
- miso
- kvass
- olives
- apple cider vinegar

If you can tolerate these foods, be sure the foods contain live cultures, as the pasteurization process can kill these beneficial bacteria. Labels that have terms like "*live cultures*," "*probiotic*," "*raw*," and "*unpasteurized*" are good signs that the product contains live bacteria.

Avoid Gluten

Gluten is a general name for the proteins found in wheat, rye, barley, and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. It is well-known as an



allergen for those with Celiac disease. Still, increasing evidence shows that gluten affects the health of more than just people with Celiac disease.

New research shows that gluten triggers the production of zonulin. This pro-inflammatory protein can be hard on the gut and can contribute to gut inflammation, which may interfere with healing the gut. While following our Mastering Histamine Parasite Detox Diet, try to avoid gluten. If you need to include bread, opt for freshly made sourdough bread, which is fermented and easier to digest. If possible, eliminate gluten entirely to support health as it is linked to activating a gene.

Cut Back on Alcohol

Alcohol may be one of the most commonly used intoxicants. Still, it also has many adverse health effects, including harming your gut health.

Numerous very clear studies show that alcohol leads to numerous gut health issues. Alcohol can harm the beneficial bacteria in your gut. It can also negatively affect your immune system and can contribute to gut inflammation.

You want your body to be as healthy as possible while cleansing parasites. Cutting back on alcohol, or removing it from your diet completely, is a great way to support your health and ensure a more effective parasite cleanse.

Make Sure You Are Getting These Key Nutrients

Parasites are organisms that feed on the nutrients inside us, which means that they compete with our bodies for the nutrients we consume. Over time, they can cause nutrient deficiencies if we do not get rid of them and replenish the important nutrients that we've lost.

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Some parasites may block the absorption of certain nutrients. Roundworms and giardia, for example, may interfere with the absorption of Vitamin A. Fish tapeworms compete with their host for vitamin B12. It is therefore important to focus on including certain nutrients in your diet to make up for possible deficiencies, namely:

Vitamin A

Healthy Food Sources of Vitamin a Include:

- Organic Red Bell Pepper
- Organic Carrots
- Organic Kale
- Organic Spinach
- Organic Broccoli
- Organic Brussel Sprouts
- Pasture-Raised Eggs
- Ruminant Animal Organ Meats
- Grass-Fed Butter
- Ghee

B Vitamins

Healthy Food Sources of B Vitamins include:

- Grass-Fed Beef Liver
- Organic Chlorella
- Organic Spirulina
- Organic Kale
- Organic Parsley
- Organic Kelp
- Grass-Fed Beef
- Grass-Fed Lamb
- Pasture-Raised Chicken
- Wild-Caught Fish



- Ruminant Animal Organ Meats
- Organic Nuts and Seeds

Vitamin B12

Healthy Food Sources of B12 include:

- Ruminant Animal Organ Meats
- Grass-Fed Beef
- Wild Caught Fish (be careful with heavy metals)
- Pasture-Raised Eggs

It is also recommended to consume sufficient unprocessed oils, such as 100 percent expeller pressed olive, hemp, sesame and flax oils, as these lubricate the gastrointestinal tract and serve as carriers for fat-soluble vitamin A.

In addition, it is encouraged to focus on boosting immune system health with beneficial nutrients to fight off parasitic infections and to support your body during cleansing. Aim to include in your diet supplements or foods rich in:

Vitamin C

Healthy Food Sources of Vitamin C Include:

- Organic Citrus Fruits
- Organic Amla Berries
- Organic Rose Hips
- Organic Kakadu Plum
- Organic Guavas
- Organic Guava Leaves
- Organic Bell Peppers
- Organic Acerola Cherries

Vitamin D

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Healthy Food Sources of Vitamin D include:

- Cod Liver Oil
- Wild Caught Salmon
- Grass-Fed Beef Liver
- Wild Caught Tuna
- Pasture-Raised Egg Yolks
- Wild Mushrooms

It is recommend making sure you are not deficient in any essential vitamins, nutrients, or minerals and making sure you are getting ample sunlight before taking vitamin D supplements.

Vitamin E

Healthy Sources of Vitamin E Include:

- Pasture-Raised Eggs (if tolerated)
- Organic Pine Nuts
- Wild Caught Salmon
- Organic Brazil Nuts
- Organic Red Bell Pepper
- Organic Avocado
- Organic Spinach
- Organic Sunflower Seeds

Vitamin K2

Healthy Food Sources of Vitamin K2 include:

- Organic Kale
- Organic Mustard Greens
- Organic Swiss chard



- Organic Spinach
- Organic Broccoli
- Grass-Fed Beef Liver
- Organic Kiwi
- Organic Avocado
- Organic Beet Greens
- Organic Parsley
- Organic Cabbage

Zinc

Healthy sources of Zinc include:

- Guava leaves
- Legumes
- Nuts
- Seeds
- Eggs
- Shellfish (especially oysters)
- Whole grains
- Naturally raised meat.

Selenium

Healthy sources of Selenium include:

- Brazil nuts
- Eggs
- Seafood
- Organ meats
- Poultry

Aside from getting the key nutrients mentioned above, it is recommended to focus on eating a nutrient-dense diet overall. This will support your body during the cleanse and help prevent nutrient deficiencies.



Eat Foods That Improve Gut Health

An important part of the Mastering Histamine Parasite Detox Diet is to eat less of the foods that lead to inflammation and more of the foods that reduce inflammation and promote healing.

Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and fats, and fermented foods is essential for reducing inflammation and restoring gut health.

Here are some gut nourishing foods to include in your diet daily:

- Organic Low Glycemic Fruits (See Above)
- Organic Celery Juice
- Organic Cabbage Juice
- Coconut Oil
- Onion
- Garlic
- Asparagus
- Sauerkraut
- Ginger

Focus on Nutrition

If your diet has included processed foods, soft drinks, chips, desserts, and other junk foods, the Mastering Histamine Parasite Detox Diet will dramatically improve your nutrition. Foods like vegetables, fruits, and healthy proteins are more nutritious and help improve your health and well-being.



As you follow the Mastering Histamine Parasite Detox Diet, reflect on your dietary choices and commit to making food choices that improve your quality of health. Some ways you can do this include:

- Eat whole foods and foods in their natural form whenever possible.
- Eat more produce (fruits and vegetables)
- Buy organic whenever possible.
- Strive to buy local and in-season foods, when possible, as they are generally fresher and more nutritious.
- Learn about the foods you eat and focus on foods that are rich in nutrients.

Drink Mineral Rich Water

Drinking sufficient quantities of water and staying hydrated are essential to your health. It's also crucial for helping your body eliminate parasitic infections. Your body needs water to function, and when you don't get enough water, it can impair your health.

We recommend drinking reverse osmosis filtered water that contains the trace minerals. These minerals are added to the water after being filtered. If you can get spring water from a pure natural spring or can obtain it from your local market, this is another great option for high-quality drinking water.

Aim to drink 3-5 liters of water per day during this cleanse protocol.

Supplement with Magnesium Daily

Magnesium is an essential mineral needed for over 300 enzyme reactions in the body. The average person is extremely deficient in magnesium. If you are often stressed-out, your magnesium burn rate is likely very high. We

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recommend diluting magnesium malate or bisglycinate into your drinking water a few times a day.

Space Out Your Meals to Allow for Proper Digestion

Aim to space out your meals to allow for about three hours between each meal. Spacing out your meals allows the full digestive process to take place. Try not to snack every time you are hungry and instead make herbal tea or drink mineral-rich water. Your hunger could also be coming from dehydration or from your body cleansing itself.

Balance Blood Sugar

Blood sugar is a complex subject, but here are a few essential tips. Eat protein, fat, and carbohydrates with each meal. Eat lower glycemic vegetables, and only have your fruit on an empty stomach in the morning.

Focus on Digestion

Digestion is a process that breaks food down to a size that is small enough for it to be absorbed in the small intestine. This process is complex and takes hours, depending on what you have eaten. Therefore, focusing on digestive health is extremely important for improving gut health long term.

Here are some tips to improve digestion:



- eat slowly and mindfully.
- eat fruit on an empty stomach only (usually in the morning in a fasted state)
- avoid sugar other than fructose.
- take digestive support.

Summarizing Your Good Foods List

In summary, here is a list of foods that have been mentioned in this article as good foods to eat to get rid of parasitic infection. Later in this article, we will use this food list to build out your hypothetical Parasite Detox Diet meal plan. It is important to try to buy organic foods whenever possible, as inorganic pesticides in food can be very harmful to your health and can interfere with the cleansing process.

Here are good foods and herbs to eat on the Parasite Detox Diet:

- Garlic
- Onion
- Honey
- Pumpkin seeds
- Dates
- Pomegranate
- Papaya seeds
- Dandelion greens
- Lettuce
- Broccoli
- Kale
- Pineapple
- Coconut
- Carrots
- Sunflower seeds
- Fermented foods
- Stone ground mustard

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- Coconut oil
- Apple cider vinegar
- Flaxseed
- Turmeric
- Ginger
- Cinnamon
- Cayenne pepper
- Chili spices
- Curry spices
- Thyme
- Oregano
- Neem
- Aloe vera
- Celery
- Cabbage
- High-quality bone broth
- Asparagus
- Sauerkraut
- Kale
- Mustard Greens
- Swiss chard
- Spinach
- Broccoli
- Grass-Fed Beef Liver
- Kiwi
- Avocado
- Beet Greens
- Parsley
- Cod Liver Oil
- Pasture-Raised Eggs
- Pine Nuts
- Wild Caught Salmon
- Brazil Nuts
- Red Bell Pepper
- Sweet Potatoes
- Sunflower Seeds
- Wild Caught Tuna
- Citrus Fruits
- Amla Berries



- Rose Hips
- Guavas
- Cherry Tomatoes
- Guava Leaves
- Acerola Cherries
- Ruminant Animal Organ Meats
- Grass-Fed Beef
- Bee Pollen
- Stabilized Rice Bran
- Chlorella
- Spirulina
- Kelp
- Grass-Fed Lamb
- Pasture-Raised Chicken
- Nuts and Seeds
- Carrots
- Manuka Honey
- Brussel Sprouts
- Grass-Fed Butter
- Ghee
- Psyllium husks
- Quinoa
- Green, Black Walnut Hulls
- Cloves
- Sweet Wormwood

Foods to Avoid with A Parasite Infection

Once again, in summary, here are the foods and substances we recommend avoiding while following the Mastering Histamine Parasite Detox Diet.

- Sugar especially processed sugar
- Simple carbohydrates (raw sugar, corn syrup, fruit juice concentrate)
- Antibiotics

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- Alcohol
- Cigarette smoke
- Junk food and processed foods

Foods with Parasites

Additionally, it is best to stay away from foods that can be a potential source of parasites, especially while on a cleanse. Some possible foods with parasites include:

- Raw fish (sushi)
- Raw meat
- Undercooked meat
- Unwashed fruits and vegetables
- Contaminated water

Avoid Overeating

One of the most important things to do while on a parasite detox (or really any cleanse for that matter) is to avoid overeating. Eating large amounts of food may strain your digestive system and lead to indigestion of food.

Overeating can lead to buildup of waste in the colon, and this buildup of waste creates the perfect environment for parasites and other toxic organisms. When we do a cleanse, we want to eliminate this waste—not add to it! Therefore, it is essential not to overeat, but to only eat moderate amounts of food and to stop as soon as you start to feel full (or even before).



Meal Plan Examples

To get a sense of how you can include these anti-parasitic foods and high-fiber foods in your diet, we wanted to provide some parasite diet cleanse recipes and meal plan examples. Keep in mind that these are just simple ideas of what you could eat during your cleanse. The main point is to try to include as many anti-parasitic foods and high-fiber foods into your meals as possible to support detoxification of parasites and the elimination of waste in your colon. In addition, it is essential to cut out problem foods and foods or substances that may contain toxins or chemicals that can interfere with your health. These are general ideas, make sure to adhere to your personal nutritional needs.

Breakfast foods:

- Oatmeal with chia seeds, coconut flakes, blue berries and protein powder
- Pasture Raised Eggs, Avocado GF Sourdough Bread and Grilled Zucchini

Lunch foods:

- Salad with lettuce, dandelion greens, baked chickpeas, sunflower seeds, quinoa, and a stone-ground mustard and lemon dressing, with a side of duck eggs
- Pasture Raised Chicken Stir Fry Bowl on Brown Rice, with Green Onions and Yellow Squash
- Quinoa bowl with garlic, onion, spinach, and chili spices, Topped with Wild Caught Halibut

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Dinner foods:

- Brown rice and vegetable stir fry with broccoli, kale, carrot, pineapple, ginger topped with Pasture Raised Chicken
- Grass Fed Lamb, with a Side of Grilled Zucchini and Brown Rice
- Curry Bowl with Grilled Bell Peppers, Coconut Milk, and Wild Caught Salmon

Mastering Histamine Parasite Supports

The herbs in this products include:

- Green, Black Walnut Hulls
- Clove Bud
- Fulvic and Humic acid
- Holy Basil
- Neem
- Mimosa pudica seed
- Sweet Wormwood

Taking these herbs along with an anti parasite diet can help you get rid of parasites and can provide an effective parasite detox.

Parasite Die Off What to Expect (should it happen)

The goal of a healthy parasitic cleanse is to never experience any adverse

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issues health wise. One reason why it is so important to make sure the lymphatic system is supported so toxins can be cleared.

In terms of what to expect from parasite die-off, it depends on several factors, such as:

- the severity of the parasitic infection
- how well your detoxification pathways are working (mainly digestion, colon, lymph (brain lymph), liver, and kidneys)
- dosage of dietary supplements
- the diet you are eating.
- the amount of movement or exercise you are doing.

If you follow the instructions, then when it comes to parasite die-off, what to expect will be:

- possible more frequent bowel movements (especially in the beginning)
- large bowel movements (also pronounced at the beginning of the cleanse)
- reduction of symptoms (such as digestive discomfort, bloating)
- more energy and mental clarity

Keep in mind. However, everyone's body and the situation are unique, so your experience will also be different from another's. In general, however, you can expect that as parasites die off, your symptoms will also begin to reduce, and you will regain your energy and health.



What Does Parasite Die-Off Look Like in Stool?

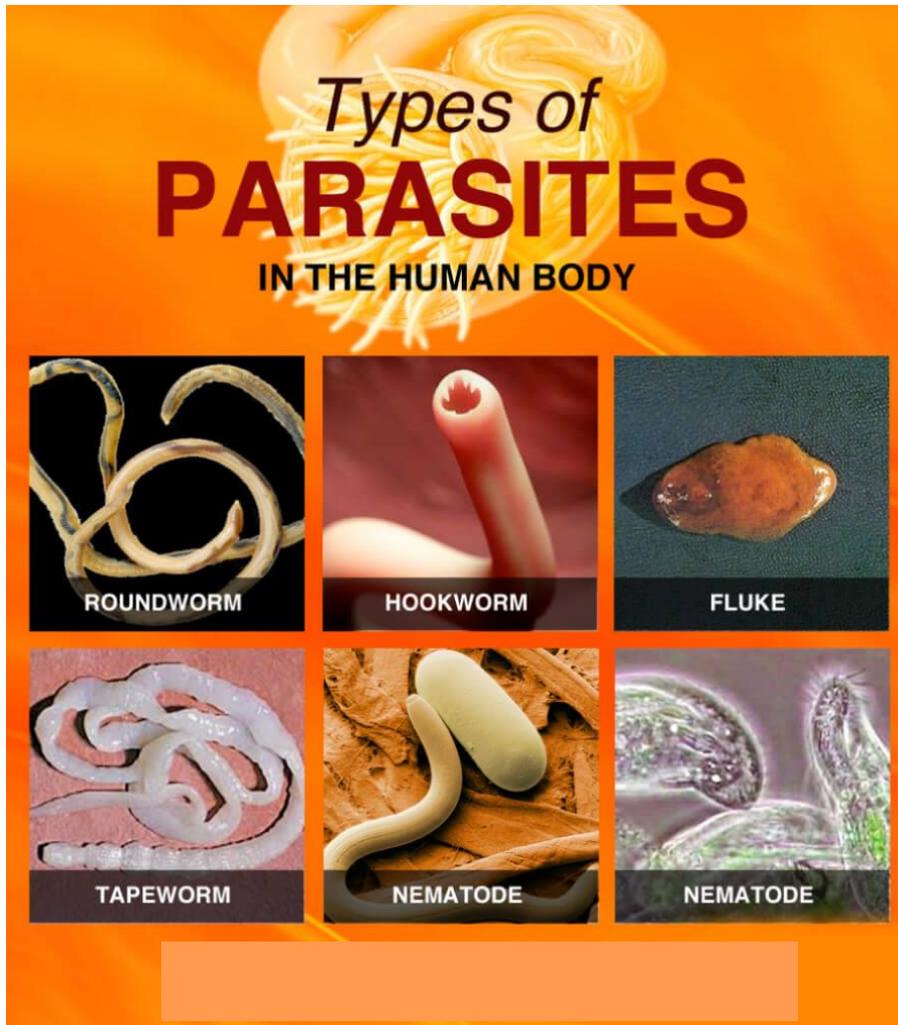
The most common questions I get regarding parasite cleansing are: "*What do parasites look like in stool? What does it look like seeing parasite die-off in stool? Can you see parasites in stool?*"

I want to answer these questions so you can be more precise on what to expect when you do a parasite cleanse and know what to expect in terms of seeing a parasite die-off in stool.

For the first question, "*what do parasites look like in stool?*" it's worth noting that many parasites are not visible to the human eye but are microscopic and require scientific instruments to see. So, you won't see these dead parasites in stool.

Helminths, or worms, are parasites that one can often see in stool, but many will say it is not very common. Saying it is not very common does not mean it does not happen. I have had clients pass many of the following as well as nests which look like a handful of spaghetti. So as you are doing your own cleanse the way to assess what you are passing, for those who are brave 😊 be sure to rake through your stool during the 3 to 7 day cleanse to be able to see what is hiding within your stool. They typically are wrapped up within the stool. When you take the time to investigate your stool it is amazing what you will find. Below are some of the possibilities of what you might see in your stool when passing a parasite:





Roundworms

Roundworms (ascariasis) are among the larger types of parasites. Roundworms in stool look similar to spaghetti and maybe several inches long. They resemble the typical earthworms one might find in a garden. You can become infected with roundworms by contacting infected poop of people or animals. You can also get them by touching infected surfaces, like contaminated soil.

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Hookworm

Hookworms are parasites that live in the intestines of infected people. Hookworm eggs (larvae) spread in people with hookworm disease's feces (poop). Many people have no symptoms, but signs of a hookworm infection include skin rash, fever, stomach pain, and diarrhea. You can become infected with hookworm by walking barefoot on dirt mixed with infected poop. Both hookworm and roundworm are "*soil-transmitted helminths*." Adult hookworms are tiny white worms that are difficult to see with the naked eye. Typically, these are identified by taking a stool sample and using a microscope to look for the presence of hookworm eggs.

Tapeworms

Tapeworms are by far the largest parasites that affect humans. Adult tapeworms can measure more than 80 feet (25 meters) long and survive as long as 30 years in a host! They are flat and thin and can coil their bodies along the intestinal tract to fit inside their host. Once inside the body, the tapeworm head attaches to the inner wall of the intestines and feeds off digested food. Pieces of the tapeworm break off and come out of the body in feces (poop) and the eggs they contain. These segments look like grains of white rice or cucumber seeds.

Pinworm

Pinworms are tiny, narrow worms. They're white in color and less than a half-inch long. Pinworm infections are also known as enterobiasis or oxyuriasis. Pinworms in stool look like small pieces of white cotton thread. Because of their size and white color, pinworms are challenging to see. In addition, the male worm is rare to see because it remains inside the intestine. Therefore, it is best to search for pinworms at night when the female comes out to lay her eggs.



Rope worm

Interestingly, "rope worm" is a controversial discussion. Experts have not conclusively decided whether a rope worm is a parasitic worm or merely threads of mucus that look like worms. They tend to be in stool during cleanses, especially enemas and colonics. They look like long thin rope-like strands of mucus in stool.

As mentioned earlier, helminths (worms) are the only parasites in stool that we can see with our naked eye. However, the majority of parasites are microscopic protozoa. Therefore, you may see worms pass in your stool (though this is usually a rare occurrence and most likely only the case with more severe infections). Seeing dead parasites in stool can be alarming, but if it happens, know it is a good sign you are eliminating and should be all the inspiration you need to go the distance in your parasite cleanse. From personal experience, this has occurred and is very satisfying to see them expelled.

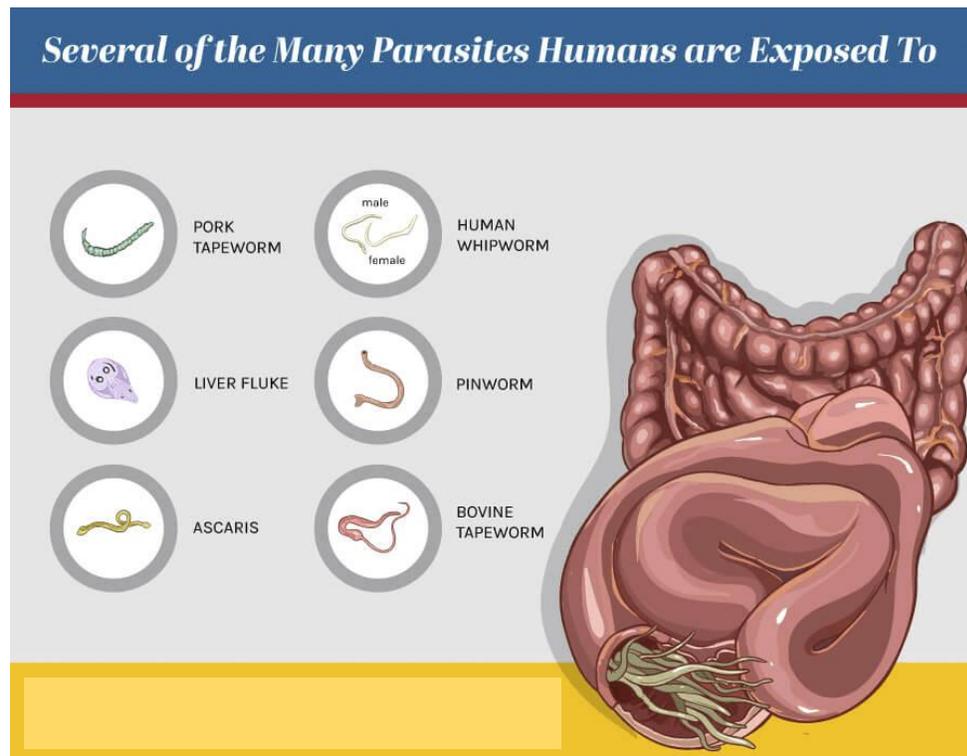
Protozoa on the other hand can not be seen in stool with our own eyes, a fecal examination done by a healthcare provider can identify protozoa parasites in stool. In this case, collect stool samples before you take any anti-diarrhea drugs or antibiotics. Several stool samples may be needed to find the parasite, and there is also a great likelihood that no parasites will be found in the stool, even if you have a parasitic infection. The inaccuracy of parasite testing is due to parasites often hiding in biofilms which is why using a biofilm support during this process is important. The biofilm acting as a forcefield is perhaps the most significant limitation of parasite testing.

The second question, "*what does parasite die-off look like in stool?*" is a bit more complex. You may see some parasites like those mentioned above, but "*die-off*" is not a single substance you can find; instead, it refers to the death of parasites and the toxins that they release back into the system. Most of these are microscopic.



You might see or notice a change in your bowel movements when a die-off happens. Diarrhea is a common die-off symptom, and as mentioned, in some cases, you may even see small worms or pieces of worms released in the stool. So "*what does parasite die-off look like in stool?*" isn't a definitive answer. However, there is a possibility of changes in bowel movements.

Each person has individual health challenges, you know your body. When in doubt, take a break and be sure to then retry the next month.



Summary

Parasites are organisms that live in a host organism and get food from or at the expense of their host. In humans, parasites inside us use up our vitamins, proteins, and other nutrients, depriving us of optimal nutrition.

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Parasitic infection is much more common than most people think, and it is not limited to poor and developing countries. For example, in the United States, millions of people suffer from parasites and do not even know it. In addition, the symptoms of parasites are diverse and can make it hard to diagnose them.

Many choose to undergo a parasite detox cleanse to eliminate parasites from the body. Unfortunately, while doing a parasite cleanse is an effective way to kill parasites, parasite cleanses typically bring uncomfortable parasite die-off symptoms.

People have a common question when detoxing parasites is "*how long does parasite die-off last?*" but there isn't a one-size-fits-all answer. To add, this type of symptom occurs when the pathways above are not open, as if the body is prepped well, there should be n, noticeable signs. It depends on how severe the parasite infection is. However, for those without open pathways, the symptoms of parasite die-off usually lasts from a few days to a few weeks.

Taking a holistic approach is essential to managing die-off symptoms. Getting plenty of rest, eating well, drinking adequate water, and getting regular massages, adding red light therapy as well as infrared sauna support are helpful and supportive ways of managing die-off symptoms.

If you're choosing to rid your body of parasite infestation intentionally, make sure you're also giving it the detoxification, nutritional, and emotional support it needs to process the toxins. Parasites are a common health issue, but you can eliminate them. Always consult a doctor before doing any cleanse or taking dietary supplements.

Summary

Thank you for reading the Mastering Histamine Parasite Detox Protocol diet guide. Dietary changes are foundational for improving gut health during your cleanse and beyond into the future. If you have done a GI MAP have additional knowledge regarding your internal terrain be sure to modify these



supports to meet the needs of your intestinal lining, as that is a major indicator of how you will tolerate the protocol.

Be patient with yourself and your body during this protocol, and always give yourself some leniency around the recommendations. It takes time to adopt new habits and to take full responsibility for our health. I want to encourage you to always be kind to yourself as you go through these changes and not to beat yourself up if you don't do it perfectly.

Healing from a place of self-love, self-forgiveness and self-compassion will always be more effective than trying to heal from a place of self-judgment, self-hatred, or self-blame.

It is important to have a good understanding of parasites and parasite infections, and to know the proper protocol for eliminating parasites. But we understand that it is not always as easy to apply this information, as changing our dietary and lifestyle habits can be challenging.

Just remember why you've decided to follow this protocol. Keep your health goals in mind and do your best each day to reach them. The more you stick to it, the easier it will become.

As the health of your gut microbiome returns, you'll begin to see relief from your symptoms and experience a newfound sense of health and vitality. Those with mast cell activation and histamine issues when this area is addressed see their health issues improve by almost 70 percent. It is an amazing feat, to expel these pathogens and be able to regain your health!!

Enjoy the process, take it one day at a time, and reach out to us if you have any questions. We are here to support you on your health journey!

Mastering Histamine Parasite Protocol

As I have shared above the protocol, I use is from **Cell Core**. The reason is they are organic, filler free, non-gmo and they work!! Anyone who uses their

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protocol's will pass parasites as well as other pathogens.

They are the cleanest I have found, and they do not increase inflammation when pathways are open!!

For those interested I am sharing my practitioners access below. You can set up an account and order direct from them. The Kit used for this protocol is called **PARA Kit**, see on the next page.

[Cell core Biosciences](#)

1. You need to create a customer account
2. Here is my practitioners number **nsK8AvkB**

Should you need more support and are looking for support, please be sure to click here for a complementary **Full Moon Protocol Is It for You???** Call <https://p.bttr.to/3KaEkeS> 20 minutes where you can ask me the questions to see which stage would best suit you.

Would love to hear from you!!

Mastering Histamine Parasite Protocol (Stages)

The beauty of this protocol is to go at your own pace, be sure to honor the needs of your body. This process is not a race but a marathon.

Beginners (3 Day) – 2 options

1 – PARA 1 and 2 –before bed
10 am and 3pm – 5 drops PARA 3 and 1 Biotoxin

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2 – PARA 1 and 2 – upon waking and before bed
10 am and 3pm – 8pm – 5 Drops PARA 3 and 2 Biotoxin

Intermediate (5 Day) –

4 – PARA 1 and 2 – upon waking and before bed
10 am and 3pm and 8pm – 10 drops of PARA 3 and 2 Capsules of Biotoxin
Binder

Advanced (7 Day) –

6 – PARA 1 and 2 – upon waking and before bed
10 am and 3pm – 8pm – 20 drops of PARA 3 and 2 Capsules of Biotoxin
Binder



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