



ANNE-LISE MILLER

HEALTH-STYLE FOR LIFE

PARASITE CLEANSE

[Using the Kroeger Herb Co, 5 Piece Wormwood Kit available from iHerbs*](#)

This is a 30-day broad-spectrum anti-parasitic, antimicrobial, and antifungal herbal cleansing program.

It contains herbs and extracts that are widely used to eradicate nematode (visible parasites) and microbe (microscopic parasites). It also contains antifungal herbs and extracts that are known to eliminate yeast/fungal organisms from the body.

This herbal programme rids the body of parasites in 2 different ways; One group of herbs works by paralysing the organisms that are lurking in the gut, allowing the body to remove it through the bowel. Another group of herbs works by directly destroying the organism and can act beyond the gut itself.



The formulation is designed for cleansing parasites from the gut, but also has an action against yeasts and fungi (such as Candida); Candida overgrowth often co-exists with parasites in the gut as they both can suppress gut immunity.

PROTOCOL FOR TAKING THE HERBS

STEP 1 Three times per day, preferably on an empty stomach (30 minutes before eating), for 30 days, take with a glass of water:

- X 2 capsules of Wormwood Combination
- X 15 drops of Black Walnut Tincture
- X 1 capsule of Clove

Note: if you have a "sensitive gut" or often react to supplements, it is best to build those amounts gradually over a week to 10 days.

STEP 2 Three times a day, one day a week (for instance on Sundays) for a further 3 months, take with a glass of water:

- 2 capsules of Clove Capsules
- 30 drops of Black Walnut Tincture

For best results, a parasite cleanse is best followed in combinations with a weekly colonic for the 4 weeks duration of the programme

*iHerbs: <https://uk.iherb.com/>