

Nurse To
Nature



Natural health for real
families.

Parasites, Heavy Metals, and Detox

A guide to get you started.

Introduction

Prior to doing any parasite cleanse or Detox it is imperative you are eliminating waste properly. This means that you should be pooping 1-2 times a day! If you are not pooping 1-2 times a day you WILL become very sick when detoxing. Your body has to have effective ways to remove the toxins you are trying to get out of your body. Sweating is also a great way to remove toxins.

Parasites are organisms that live in or on another organism (host) and benefit by deriving nutrients at the host's expense. They can range in size from microscopic to visible worms. While often associated with developing countries, parasites are more common than many people realize, even in developed nations. Why is it that we deworm our animals, but not ourselves?

Heavy metals are accumulated in your body through environmental and industrial factors. The food you eat, air you breathe, and products that touch your skin can expose you to high levels of heavy metals every day. Because we live in a toxic environment, we need to detox from heavy metals on a continual basis. We can do this in a variety of different ways.

The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Pillar 1: Parasites and Detox

- **Why Detox?**

Detoxification is the process of removing toxins from the body. Our bodies have natural detoxification pathways (liver, kidneys, skin, etc.), but these can become overburdened by modern environmental stressors, poor diet, and chronic stress.

Benefits of Detoxification:

- Improved energy levels
- Enhanced digestion
- Stronger immune system
- Clearer skin
- Reduced inflammation

Supporting Your Body's Natural Detox Pathways:

A healthy diet, adequate hydration, regular exercise, and stress management are essential for supporting the body's natural detoxification processes. Specific detox protocols, such as parasite cleanses/heavy metal detoxes, can further assist in removing targeted toxins.

Common Types of parasites:

- Protozoa (e.g., Giardia, Cryptosporidium, **Toxoplasma gondii**)
- Helminths (worms like roundworms, tapeworms, **flukes**)

Toxoplasma gondii: Most people don't have symptoms when they get infected. But as your **immune system** attacks the parasite, it creates cysts in your body. The parasite can live inactive (dormant) in these cysts and make you sick when it reactivates at a later time. Worldwide, it's estimated that up to 1 in 3 people are infected with (*T. gondii*). *The following are a few examples of how one can contract Toxoplasma Gondii:*

- Gardening in areas frequented by cats.
- Consuming water that has not been boiled or treated.
- Eating unwashed fruits or vegetables.
- Ingesting undercooked or improperly refrigerated meat.

Sources of Exposure for other parasites:

- Contaminated food and water
- Pork
- Contact with infected individuals or animals (dog parks)
- Water sources (think swimming, drinking)

Why Understanding Them Matters:

Parasites can cause a wide range of health problems, from digestive issues to **neurological/mental problems**. Recognizing the potential for parasitic infection is the first step toward addressing it.

Pillar 2: Steps For Effective Parasite Cleansing

Consult with your medical provider prior to taking any new supplements

A parasite cleanse involves using specific herbs, supplements, and dietary changes to eliminate parasites from the body. **It's important to approach cleansing safely and effectively.**

Important Considerations:

- **Start Slowly:** Whenever you are starting something new, start very slow. I am sensitive to everything and usually start at ¼ of the recommended dose and work my way up.
- **Listen to Your Body:** Pay attention to any changes in your body. Stop or change your protocol if needed.

Key Steps:

1. Dietary Changes:

- **Eliminate:** Sugar, processed foods, refined carbohydrates, and alcohol. These feed parasites.
- **Increase:** Fiber-rich foods (vegetables, fruits, seeds), garlic, onions, pumpkin seeds, and probiotic-rich foods.

2. Herbal Support:

- **Common Anti-Parasitic Herbs:** Black walnut hull, wormwood, cloves, raw pumpkin seeds, oregano oil, and ginger. Use these herbs under the guidance of a healthcare professional.

3. Hydration:

- Drink plenty of filtered water to help flush out toxins.

4. Support Detoxification Pathways:

- Consider adding liver support supplements like milk thistle.
- Ensure regular bowel movements to eliminate parasites and toxins (2-3/day). You can do this by adding increased fiber, I started eating 3 prunes each night before bed. I would then eat 3 prunes in the morning. I then tapered back once I became more regular.
- Sweat! This is a great way to detox.
- Epsom salt and baking soda detox bath. Make sure to get up slowly to avoid falls. You can also do a foot soak using these ingredients.

5. Probiotics:

- Replenish beneficial gut bacteria with high-quality probiotics. Kombucha, Kimchi, Sauerkraut, Kefir, and other fermented items are great choices.

Supplements

Begin by implementing **a minor adjustment** from *each pillar* this week. **Avoid attempting to completely transform your lifestyle all at once.** Consistency is crucial! Keep track of your progress, acknowledge your achievements, and give yourself grace. Embracing a healthier lifestyle is a journey, not a destination. Download this guide, personalize it, and make it your own!

Don't forget to seek advice from healthcare professionals for tailored guidance. Best of luck!