



Do you experience any of these symptoms? Craving sugar or sweets, easily provoked, irritated skin, anemic, digestive issues, muscle pain, or memory blank? You may have parasites and don't know it! Here is a program that not only rid your body of harmful toxins, but will also remove parasites, mucous and yeast.

Ecclesiasticus 30:15
“Health and good state of body are above all gold, and a strong body above infinite wealth”

14 DAY PARASITE CLEANSE

The following step by step instructions are for those who are ready serious about getting rid of mucous, parasites, yeast and other foreign toxins from your body.

Survival tips to do before starting this cleanse: 1. Drink at least half of your body weight in ounces or up to a gallon of water every day. This habit helps prepare the body organs and stomach to receive a larger amount of liquids. 2. Start adding bitter herbs to your salads such as and not limited to fresh dandelion, mints, parsley, cilantro, chicory, coriander, arugula, watercress, etc. This will make it so much easier when you start drinking the herbal tea. **DO NOT ADD SUGAR OR HONEY TO HERB TEA**

Disclaimer: This protocol is not suggested for women who are pregnant, trying to get pregnant, or breastfeeding. If you are diabetic or on any medications, please consult with your physician prior to starting this cleanse. This protocol is not intended to diagnose, treat, cure or prevent any disease.

14 day program is designed to eliminate yeast, mucous and parasites out of your body. For the best results remove pasta, sugar, meats, dairy, and foods from your menu except for food items notated in the program during the next 14 days.

This cleanse begins 3 days prior to the new moon and continues 4 days after the new moon which starts eliminating the parasite eggs before they hatch.

BENEFITS OF CONTINUING THE CLEANSE FOR 14 DAYS

Your kidneys, lungs, spleen, blood, gallbladder and liver will be happy.

OVERALL BENEFITS: MENTAL CLARITY, MORE ENERGY, WEIGHT LOSS, LESS IRRITABLE, POSTIVE ATTITUDE, ALKALINE THE BODY, HYDRATED CELLS, AND CLEANSE THE MUCOUS MEMBRANES, REPAIRING THE CELL MEMBRANES, LESS BLOUTED AND MANY MORE.



“THE REWARD IS GREATER THAN THE SACRIFICE”



THINGS YOU WILL NEED

MACHINE: JUICER - BLENDER

OTHER ITEMS: WASHCLOTH, SPONGE, FOOT TUB OR BASIN AND TOWEL

GLASS JAR, GALLONS OF WATER(PURE, ALKALINE OR DISTILLED WATER), EPSOM SALT, OLIVE OIL, CASTOR OIL, ORANGE JUICE, GRAPEFRUIT JUICE, GINGER, , CAYANNE PEPPER, LEMON JUICE, GARLIC CLOVES, SWEET POTATOES WITH SKIN, PUMPKIN WITH SKIN, TURMERIC POWDER, TURMERIC, PAPAYA, CLOVE & PEPPERMINT ESSENTIAL OILS, 20 BILLION PRO-BIOTICS, GI FLORA, CANDIDA CLEANSE AND HERBAL TEA MADE WITH THESE HERBS : BLACK WALNUTS, ELECAMPANE, BLESSED THISTLE, MARIGOLD, PAU D’ARCO, WORMWOOD LEAF, CLOVES (HERBS AND SUPPLEMENTS CAN BE PURCHASED FROM AMBROSIA HEALTH FOODS 718-469-0985, OR email request to -WWW.NATURALHEALINGSALES.COM

TIP: select organic fruits and vegetables for optimum health. You must wash your fruits and vegetables properly if you are not able to obtain organic.

DAY 1 - STARTING AT 9 :00 PM – DISOLVE 3 TBS EPSOM SALT IN ¼ CUP OF HOT WATER AND ADD A TEASPOON OF LEMON & ORANGE JUICE, . **DRINK 30 MINUTES PRIOR TO BEDTIME. SLEEP ON YOUR RIGHT SIDE THEN ON YOUR BACK**

DAY 2 - STARTING AT 8:00 AM – SQUEEZE 1 LEMON INTO 8 OZ OF WARM WATER ADD A PINCH OF CAYENNE PEPPER, PIECE OF GINGER OR POWDER, 20 BILLION PRO-BIOTICS PILLS OR POWDER SHAKE. DRINK DURING THE DAY TO AKALINE THE BODY AND REMOVE DEBRIS FROM THE DIGESTIVE SYSTEM.

IN ADDITION, DRINK HERBAL TEA AND ONE GALLON OF DISTILLED, SPRING OR ALKALINE WATER THROUGHOUT THE DAY.

DAY 3 – DRINK 5 CUPS OF TEA AND WATER FOR THE DAY. YOU MAY ALSO JUICE THE FOLLOWING ITEMS: PUMPKIN, SWEET POTATOES, TURMERIC, GINGER, 2 CLOVES OF GARLIC. DRINK AT LEAST 8 OZ . USE CLOVE ESSENTIAL OIL ALL OVER THE BODY TO UPROOT ANY FLUKES IN THE SKIN -

TIP – DO NOT OVER COOK YOUR VEGETABLES. – SHOULD HAVE A CRUNCHY FEEL

STAY FAITHFUL YOU CAN DO THIS!!

DAY 4 - DRINK HERBAL TEA AND WATER FOR THE DAY. YOU MAY ALSO JUICE THE FOLLOWING ITEMS: CUCUMBER, 2 CLOVES OF GARLIC, PUMPKIN, TURMERIC, GINGER, GREEN , RED, YELLOW PEPPERS OR 1 TEASPOON OF **PRO-GREENS POWDER** IN 8 OZ WATER. BLEND IN A BLENDER PUMPKIN SEEDS AND PAPAYA SEEDS IN 8 OZ HERBAL TEA AND DRINK RIGHT AWAY. TWICE A DAY

BEFORE BEDTIME YOU MAY HAVE A BOWL OF CABBAGE SOUP. TAKE A HOT SHOWER OR BATH - USE SPONGE OR BRUSH TO EXFOLIATE THE SKIN ESPECIALLY IN THE FOLLOWING AREA: NECK, ARMBITS, GROIN, IN A CIRCULAR MOTION. FOLLOWED WITH A COLD RINSE TO CLOSE PORES AND CONCLUDE WITH RUBBING SOME CLOVE ESSENTIAL OIL ALL OVER YOUR SKIN. YOU MAY ADD COCONUT OIL TO DILUTE THE STRENGTH OF THE CLOVE OIL.

DAY 5 TO DAY 7 - REPEAT DAY 4

DAY 8 - DRINK HERBAL TEA AND WATER THROUGHOUT THE DAY. YOU MAY HAVE VEGETABLE SOUP SUCH AS PUMPKIN, CALALO, OR LENTILS SOUP WITH LOTS OF GARLIC AND ONIONS, OR YOU MAY JUICED VEGETABLES, BLEND PAPAYA SEEDS, PUMPKIN SEEDS AND ADD 1 TEASPOON PRO-BIOTICS.

TAKE A SHOWER OR A BATH AND USE A SPONGE TO EXFOLIATE THE SKIN IN A CIRCULAR MOTION FOLLOWED WITH A COLD RINSE TO CLOSE POURS AND CONCLUDE WITH RUBBING SOME CLOVE ESSENTIAL OIL ALL OVER YOUR SKIN. YOU MAY ADD COCONUT OIL TO DILUTE THE STRENGTH OF THE CLOVE OIL.

BEFORE YOU GO TO BED SOAK FEET IN WARM WATER MIXED WITH ONE CUP OF EPSOM SALT AND SLICED GINGER. THIS WILL EXTRACT ALL THE TOXINS IN THE LEGS AND LYMPHATIC SYSTEM CREATING PROPER CIRCULATION.

RACE IS NOT GIVEN TO THE SWIFT BUT THOSE WHO ENDURETH TILL THE END

DAY 9 TO 13 REPEAT DAY 8

TAKE A DEEP BREATH AND TAKE CONTROL OVER YOUR GOAL. ON YOUR MARK, GET SET, GO!

DAY 14 - DRINK A LOT OF WATER, HERBAL TEAS, DRINK VEGETABLE BROTH SOUP AND 40 BILLION PRO-BIOTICS TODAY. DON'T COOK YOU FOOD FOR LONG TIME.

YOU MAY ALSO HAVE JUICED VEGETABLES, SOUPS WITH OKRA, LOTS OF ONIONS AND PUMPKIN.

Tip: cut up the pumpkin and onion into small pieces for quicker cooking time and for easy digestion. Do not over cook.



GALLBLADDER FLUSH INGREDIENTS

You will need 1 glass grapefruit juice, ¼ cup orange juice, ¼ cup olive oil, ¼ cup castor oil (Clear not Black), ¼ cup of Epsom salt **SET A REMINDER FOR EACH SESSION**

AT 8:30 PM START MIXING THE GALLBLADDER INGREDIENTS TOGETHER – SHAKE WELL

AT 9:00 PM – DRINK ¼ CUP OF THE MIXTURE

AT 9:15 PM – DRINK ¼ CUP OF THE MIXTURE

AT 9:30 PM – DRINK ¼ CUP OF THE MIXTURE

AT 9:45 PM – DRINK ¼ CUP OF THE MIXTURE

AT 10:00 PM – DRINK ¼ CUP OF THE MIXTURE

AT 10:15 PM – DRINK ¼ CUP OF THE MIXTURE

GO STRAIGHT TO BED AND LAY DOWN ON YOUR RIGHT SIDE AND THEN ON YOUR BACK

Early in the morning you will rise with the a sensation to go the bathroom. You will witness many shades of green, tan or white pebbles which are gallstones. You may also find a layer of white or tan-colored chaff, or ‘foam’, floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals, which can easily rupture small bile ducts.

DAY 15 – EAT AS YOU WOULD FOR DAY 14

DRINK A LOT OF WATER, HERBAL TEAS AND 40 BILLION PRO-BIOTICS TODAY.

YOU MAY ALSO HAVE JUICED VEGETABLES, SOUPS WITH OKRA, LOTS OF ONIONS & GARLIC AND PUMPKIN.



To maintain a healthy diet abstain from fried foods, cheese, dairy, daily restaurant meals, white sugar, sodas, mucous forming foods, etc. Add more fruits, vegetables, water, fresh air and exercise to your lifestyle.

“Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth”. Jeremiah 33:6

ADOPTED FROM HERBALIST PATRICK DELVES, GRANADA – 2018

