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PARASITIC INFECTIONS – KEY NUTRITION GUIDELINES

- **On rising** - drink 1-2 glasses of warm water with juice of half lemon to increase energy levels, alkalise the body, enhance liver and gut detox and reduce inflammation. You can have another lemon water in the afternoon when starting to feel tired. Make sure that you rinse the mouth with water afterwards as lemon juice can damage tooth enamel with a regular intake
- **Low inflammatory, preferably organic foods diet** rich in vegetables, quality protein and good fats. Eliminate the following (before, during and after treatment for a period of time as indicated by your symptoms and health status):
 - All gluten (oats are OK for most people, if desired)
 - Processed sugar (present in all processed foods, fruit juices, cakes, pastries etc)
 - Dairy - small amounts of fermented dairy only e.g. plain organic yoghurt or homemade kefir (using kefir grains). Click on this link for more information on how to make kefir <http://www.naturimedita.com/kefir-how-to-make-milk-kefir-and-its-health-benefits/>. Good quality organic whey protein powder is OK, if desired.
 - Alcohol, soft drinks, commercial fruit juices
 - Coffee
 - All processed foods (all packaged foods) with added chemicals, colours and preservatives
 - Any foods you are sensitive or intolerant to
- **Eat foods that are easier to digest** and cook from scratch, where possible. Have mostly cooked/ steamed foods, soups, casseroles, stews etc. Limit raw foods at this stage as they need stronger digestion and more energy to process. Minimum/ no processed foods especially fried and/or BBQ ones.
- **Bee products (if not allergic)** - enzymes in bee products help to inhibit and even eradicate some parasites. Chose 1 option at a time, have daily.
 - **Raw honey (Manuka honey with UMF of 10+ is best)** – mix 1 tsp in water left to ferment overnight, drink first thing in the morning with lemon juice.
 - **Bee pollen** – 2 tbs per day on an empty stomach before breakfast. Start from 1tsp and build-up to 2 tbs over 3-4 weeks.
- **Garlic** – raw garlic either eaten or swallowed with water (cut it into small pieces and swallow same as tablets). Garlic is a strong anti-parasitic herb and will greatly help with inhibiting or eradicating parasites. Dose: 1-3 cloves per day. Start with less and increase.



- **Cayenne** (if tolerated) –add to soups, casseroles, steamed vegetables etc.
- **Coconut oil** (daily, if tolerated) – 1-2 tablespoons per day with meals (breakfast and dinner) or in warm water 30-40 minutes before bed to help with sleep as well.
- **Good fats** (daily) – choose from ghee, butter, extra virgin olive oil, fish oil, flaxseed (freshly ground), sesame seeds (freshly ground). Dose: 2 tablespoons per day.
- **Cumin seeds** (ground) – buy whole cumin seeds, not the powder. Grind what is needed in a coffee grinder and place the powder into pre-made capsules that you can buy from any health food store (these will come in different sizes like 500mg etc.). Take up to 1000 mg a day (for adults, half dose for children).
- **Aromatic herbs in the diet** (daily) – oregano, rosemary, cloves, turmeric, ginger.
- **Meat or bone broths** (use organic bones, important for healing the gut lining) – daily with meals, dose: ½ cup with each meal (ideally). Bone broth recipes samples: <http://www.naturimedica.com/healing-bone-broth-recipes/>
- **Raw pepitas (pumpkin seeds) daily** – 1 handful 2xday as a snack. Pumpkin seeds are traditionally used to help with eradicating parasites and worms. High in zinc and vitamin A which are important for the gut wall integrity.
- **Bitter foods (daily)** – to stimulate bile flow, gallbladder and liver detox. Liver is always affected when there are parasites present. Bitter foods include lemon juice, rocket, pineapple, endive, kale, olives, grapefruit, dandelion coffee, dandelion greens (young leaves) in salads.
- **Fermented foods (homemade)** – rich in beneficial bacteria to re-populate the gut other and gut healing nutrients. Sauerkraut and fermented vegetables eaten on a daily basis, ideally a small amount (1-2 tablespoons) with each meal. See recipes here: <http://www.naturimedica.com/fermented-foods-beetroot-kvass-vegetable-mix-recipes/>
<http://www.naturimedica.com/sauerkraut-how-to-make-your-own-plus-sauerkraut-recipe/>
- **Dandelion root tea/ coffee** – it stimulates liver detox which helps clear toxins and increases secretion of digestive juices and enzymes. The tea is very beneficial to sip throughout the day, best diluted in water (for a 1 litre bottle – fill it to ¼ to 1/3 with dandelion tea and then add water). It's important to steep the tea for around 10 minutes to release the bitter goodness/ medicine from the root. Add a few pieces of crushed cinnamon stick and 2-4 cloves in the beginning of brewing to enhance the flavour.

Caution: all doses mentioned in this guide apply to adults only. Decrease the dose of all foods/ supplements mentioned above by at least 50% for children 5-12 years old. Exclude any foods you are sensitive or intolerant to. Consult with a Nutritionist for more specific nutrition strategies specific to your circumstances.