

PARASITE CLEANSE PROTOCOL

Your Clean Gut Protocol will provide you with

- Detailed information, guidelines, and instructions on how to use your Clean Gut Protocol
- 1 x Shaker bottle
- 1 x Ultimate Fibre (500g)
- 1 x VitaKlenz (90 tablets)
- 1 x Sea Mineral Super Boost (150ml)
- Email and text message support.
- Additional VitaKlenz, Ultimate Fibre, Sea Minerals or VitaKlenz Recharge may be purchased to enhance your protocol**

Treatment Protocol (1-6 months)

Time frame is independent to the individual

- 1: Do the Candida Spit Test to determine an optimal time frame to follow the protocol.
 - If your spit floats you may treat for 1 month
 - If your spit develops treacle like fingers downwards you follow protocol for 2 months
 - If your spit sinks to the bottom you will need to follow protocol for 3 months.
 - Retest with the Candida spit test to determine if you need to continue following the protocol
 - Repeat protocol until spit floats on top of water.



2. VitaKlenz:

10-15 minutes before food.

One month minimum to break the life-cycle of parasites.

- Begin by taking one capsule in the morning before food.
- If you feel ok then the next day take one capsule in the morning and another one at night.
- If you still feel ok, then take two capsules in the morning and one at night.
- If still ok, take two in the morning and two at night.

Four capsules per day is your limit.

- If at any point you feel queasy or upset by taking more capsules, then back off the dosage and work your way up over the next week.
 - If still unsettled, please reach out and ask me for help.
 - A second bottle may be required at 1 capsule 3 x day for a second month.
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3. Qenda Ultimate Fibre:

Begin taking once you have reached four capsules of Vita-Klenz a day.

- 2 scoops daily until stools become normal consistency @ 3 x movements per day.
- Take two scoops per day in the morning before eating.
- Wait between 10-30 minutes before you eat.
- Mix with cold water and drink immediately.
- If you leave it to sit or mix with warm water it will become very thick and hard to drink. It is bitter and so drinking this fast is the best option and then wash it down with fresh water.



4. Sea Minerals:

2 mls x 3 times per/day.

OR

5mls 1 x day on a full stomach taken after your evening meal.

- Everyone can benefit with sea minerals. Our body function relies on adequate mineral and trace elements from our foods. Plants cannot produce minerals. They obtain them from the environment they grow in. This makes sea minerals the richest source of complete minerals we can find.
- This product is extremely bitter. Best option is to place the dose onto a spoon and wash it down with fresh water/juice. Swallow quickly and wash it down with another glass of water/juice.

5. VitaKlenz Recharge:

1 teaspoon per day until complete.

You can choose to rebuild with diet or product.

- This is an additional product that you may choose to incorporate into your protocol once you have completed your VitaKlenz stage.
- This is a powerful Probiotic with additional Prebiotic ingredients.

NB: Everyone will experience variations of similar cleanse symptoms.

You may have some level of cramping and you will have an increase in number of bowel movements every day.

This is from movement of old matter that is being released from the sides of your bowel wall. It is normal to inspect what is moving out.

You will notice some strange things.

If you are concerned please contact me.



6: Enhance your natural defences:

- **High fibre diet** – especially insoluble fibre, Ground flaxseeds, rice bran, psyllium husk/seeds, slippery elm, fresh grated beetroot, fennel, radish, artichokes, brown rice, all vegetables, legumes
 - **Green tea** (decaffeinated preferably) to promote healthy bacteria & help create an acidic environment, 5-6 cups daily,
 - **Other herbal teas:** Fenugreek tea, peppermint tea
 - **Probiotics** – when our guts are thriving with good bacteria there is no room for the badies to take hold, a high-quality probiotic may discourage and inhibit the growth of gastrointestinal pathogens whilst repairing and protecting the intestinal mucosa
 - **(Not to be used in the first month of VitaKlenz treatment)**
 - **Ask me which probiotic is most suitable for you**
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7: General Diet:

- Begin with the Hair 500+ Intolerance Analysis. This is the fastest most accurate way to know what foods and products to use.
- Wholefoods, high-fibre lactose free diet, high Vitamin C
- Avoid dairy, sugar & processed carbohydrates such as bread, pasta, rice, biscuits and cake. Also avoid vinegar, soy sauce, cheese, mushrooms, vegemite, wine and beer.
- Correct nutritional insufficiencies – A high potency quality multi-multivitamin. Parasites will use up the bodies nutrients and drain the host over time.
- Ensure adequate protein intake at each meal
- Freshly crushed garlic – 1 clove 3 times per day (you can encapsulate it)



8. Prevention of Re-Infection:

- **Use of water filters/purifiers** – effective at 1 micron screening
 - **Hand-washing** – after toilet, changing nappies, handling animals, before handling food/drink
 - Possibly treating **pets** with garlic & probiotics
 - **Bath in Epsom salts** with a few drops of Tea tree and Lavender
 - **If sexually active**, you may need to treat your partner as well
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- Remember it is also about the energetic state and health of the host (ie YOU). – **Living by self-loving choices** and rhythms that allow health and harmony, you are not likely to be re- infected even if you come into contact with the pathogen because your body is strong and healthy.
 - **A stressful lifestyle** can lower immunity and lead to a decreased level of beneficial gut flora.
 - **Reduce alcohol**
 - **Increase stomach acid** – A lack of stomach acid (hydrochloric acid) may cause undigested food to putrefy in the gut. Have lemon in water or apple cider vinegar before food.
 - **Minimise certain drugs** such as antibiotic use and contraceptive pill, use, they eliminate beneficial gut flora. Unsure? Ask me directly



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