

## Worms or stomach block consultation 2:

1. Check up on the patient how the symptoms are and what they have or have not been following of the diet prescribed to them in consultation 1
2. Go over the things that they did not use or could not find like  
• Pau D'arco Tea or wormwood as (garlic + taking out meats + adding greens + adding vegetables + smoothies + walnut should have been very achievable)  
wormwood is called worm wood. For a reason. Also the tea may taste better mixed with hibiscus flower or a sweeter non processed sugar tea.

## Boost your immune system:

1. 5 Vegetables + 3 Fruits per day
2. Leafy Greens
3. Smoothies
4. Supplements (may include going surfing and getting vitamin D and orme's for real..)

## \*\*\*Herbal Parasite Detox 2:

( <http://www.naturesalternatives.com/herbs/herbal-formulas/bwxp-black-walnut-wormwood-plus-extract.html> )

**Black Walnut Hull** (*Juglans nigra*)

**Actions:** Tonic, adaptogen, aphrodisiac, mild stimulant, deep immune activator, antioxidant.

**Common Use:** Fresh black walnut hulls have long been considered a powerful remedy for expelling worms and parasites from the body, it contains rich organic iodine and tannins which contain strong antiseptic properties. Also shown to have oxygenating abilities which may help burn up excess toxins and fatty materials and cleanse the blood. Indicated in a variety of skin problems. This herb is included in Hulda Clark's anti-parasite program.

**Wormwood Herb** (*Artemesia absinthum*)

**Actions:** Anthelmintic, vermifuge, bitter tonic, carminative, anti-inflammatory, parasiticide.

**Common Use:** The bitter action of this herb stimulates the digestive system, helping indigestion, especially when caused by gastric juice problems. Also one of the best herbs available for treating worm infestations and parasites. Due to the general tonic action it will be of benefit in many diverse conditions because it benefits the body in general. This herb is also included in Hulda Clark's anti-parasite program.

**Sheep Sorrel Herb** (*Rumex acetosella*)

**Actions:** Alterative, diuretic, anthelmintic, antineoplastic, antilithic, antiseptic, astringent, carminative, parasiticide, stomachic, tonic.

**Common Use:** In the 1868 Canadian Pharmacy Journal, the leaves of both the sheep sorrel and the taller common sorrel (*Rumex acetosa*) were included in the list of Canadian medicinal plants. Sorrel contains a high amount of nutrients including chlorophyll. Chlorophyll closely resembles hemoglobin, the red pigment in human blood, but has at its center a magnesium atom, whereas hemoglobin has an iron atom, and both carry oxygen to every cell of the organism. The chlorophyll molecules that carry oxygen through the bloodstream may do the following: inhibit chromosome damage, reduce the damage of radiation burns, kill germs and prevent the growth of harmful bacteria, strengthen the cell walls which may improve the vascular system, heart function, intestines, lungs and uterus, aid in the removal of foreign deposits from the walls of blood vessels, remove inflammation of the pancreas, purify the liver and increase the body's ability to utilize oxygen by raising the oxygen level in the tissue cells. Sheep sorrel is also high in oxalic acid. Dr. N.W. Walker tells us that the human body produces a small amount of oxalic acid every 24 hours and it is excreted through the kidneys. Dr. Edward E. Shook believes that oxalic acid is a powerful oxidizing acid that rouses the human system into activity. It readily combines with calcium to aid in its digestive assimilation and stimulates the peristaltic action of the intestines, thus helping sluggish, prolapsed intestines to regain their normal functions. Oxalic acid also seems to promote faster blood coagulation time, which makes it valuable for hemorrhages. Sheep sorrel has been known to prevent the spread of contagious diseases such as the plague and has overcome fevers caused by cholera and malaria. Its most important healing elements may be chlorophyll and oxalic acid, there is however, much research still to be done to discover the hidden mysteries that make this ubiquitous little plant so vital. This herb is also included in Rene Caisse's Essiac formula.

**Quassia Wood Chips** (*Picraena exselsa v. sp.*)

**Actions:** Bitter tonic, anthelmintic, sialagogue, parasiticide.

**Common Use:** Quassia is an excellent remedy in dyspeptic conditions due to lack of tone. The quassinoid bitter principles stimulate the taste receptors, causing a reflex increase in the secretion of saliva and gastric juices and thus stimulating the appetite. They also strengthen the contractility of smooth muscle such as the gall bladder, promoting bile flow. It has also been used in the expulsion of threadworms, and is included in Hulda Clark's anti-parasite program.

**Cloves** (*Syzygium aromaticum*) freshly ground

**Actions:** Stimulant, carminative, aromatic, antibacterial, antiseptic, stomachic, parasiticide, rubefacient.

**Common Use:** Cloves are said to have a positive effect on stomach ulcers, it may be used to lessen nausea, vomiting and flatulence and to stimulate the digestive system. It has powerful local antiseptic and mild anaesthetic actions. Cloves contain sesquiterpenes, these have been shown to have significant activity in inducing the detoxifying enzyme glutathione S-transferase in mouse liver and small intestine; the ability of natural anticarcinogens to induce such detoxifying enzymes correlates well with their ability to inhibit chemical carcinogenesis. Hulda Regehr Clark, Ph.D., N.D., in her book "The Cure for all Cancers", says, "[cloves have a great parasite killing ability], nothing else known can kill the eggs of parasites in the body.

**Ginger Root** (*Zingiber officinale*)

**Actions:** Stimulant, carminative, rubefacient, diaphoretic, stomachic, sialagogue, antioxidant.

**Common Use:** Ginger may be helpful as a stimulant of the peripheral circulation in cases of bad circulation, chilblains and cramps. It is also used as a remedy for digestive problems, sore throats and as a promoter of perspiration in treating fevers. Japanese researchers have discovered cardiac-tonic principles in ginger root. It is also said to be used with other herbs to enhance their effectiveness.

**Alfalfa Whole Herb and Leaf** (*Medicago sativa*)

**Actions:** Nutritive, tonic, alterative, depurative.

**Common Uses:** Alfalfa leaves are a very rich source of many valuable nutrients including protein, calcium, magnesium, phosphorus, potassium, all the known vitamins, trace minerals, carotene, chlorophyll and more. It is helpful for every condition of the body whether it be maintaining or regaining health.