

Worms or stomach blocks:

If food is going in and not much coming out, and you have a pronounced belly it is very possible you are clogged with worms and parasites.

My Tinctures you can take for this?

1. Cinnamon 2. Moringa 3. Dandelion

Symptoms that show the cleanse and diet are working can include:

- Impaired brain function
- Headache
- Fatigue
- Dizziness
- Intestinal distress, including bloating, gas, constipation and nausea
- Sweating and fever
- Sinus infection
- Skin breakouts (not limited to face)
- Typical flu-like symptoms

The Parasite Problem (<http://superfoodprofiles.com/black-walnut-parasites-intestinal-worms>) :

- Parasites like tapeworms, roundworms, pinworms and many others are a serious, if often neglected and undiagnosed health problem. Even in developed countries like the United States, [millions of people](#) have some form of parasitic infection.
- These [harmful organisms may enter our bodies](#) through contaminated water or food (particularly under cooked pork, beef and fish), mosquito bites, touching pets and other animals or any infected surface and then touching your nose or mouth.
- Once they find a suitable environment, they start to breed and through various lifecycles can survive in our intestinal tract for many years. Common parasitic worms like pinworms, hookworms and tapeworms are found in the intestines, though other kinds of parasites have been detected in just about all parts of the human body, including the liver, blood and even the brain.

- It is often difficult for doctors to diagnose a parasite problem due to the wide variety of them, poor testing methods, lack of knowledge and especially the many and often confusing symptoms. These can include, but are not limited to, intestinal pain, alternating bouts of diarrhea and constipation, bloating, excessive flatulence, irritable bowel syndrome, constant tiredness and fatigue, increasing allergies and a general decrease in immunity.
- Black walnut is recognized as a powerful vermifuge (kills parasites). It contains high concentrations of astringent tannins, natural iodine (one of the best land-based sources) and compounds like juglone that are believed to have anthelmintic (worm killing) properties.
- Coming up ahead is a black walnut pesto recipe that I like to make up with other anti-parasitic ingredients like garlic, papaya seeds and pumpkin seeds. It tastes great as well as being designed to help clear out your digestive tract, remove parasites and improve intestinal health.
- There is however a combination of two other herbs, taken with green black walnut hulls, that are considered especially effective against a range of human parasites and intestinal worms.
- **Black Walnut, Wormwood and Clove Parasite Treatment**
- Dr. Hulda Clark popularized the protocol of using wormwood, green black walnut hulls and cloves together as a powerful anti-parasitic treatment.



- While there are many positive reports of using this combination for parasites, there is some question as to the potency of a lot of the products out there. Despite having the Clark name on many of these preparations, as far as I can find, Dr. Clark herself didn't personally supervise the formulation of any of them and the strengths can vary greatly.

- Of course no one treatment can be guaranteed to work for everyone. Additionally, it can be difficult to always tell when parasites are being expelled, without the type of detailed examination most people would not be interested in doing.
- Dr Clark was very clear though that predominantly green black walnut hulls were more effective than hulls that were darker in color. The best black walnut tincture I've found that is guaranteed to be made from [fresh green hulls is this one](#). They are inexpensive but at least two, probably more would be best for a proper parasite cleanse. There are also [freeze dried capsules](#) available with good potency and without the usual fillers.
- Wormwood is a bitter herb with a long history of medicinal use. It contains many powerful active compounds including sesquiterpene lactones, tannins and thujone and, as the name suggests, is particularly good for treating intestinal worms.
- Herb Pharm make this [certified organic extract with hand harvested wormwood](#) from their farm. Potent wormwood capsules are difficult to find but these [wormwood, black walnut and clove capsules](#) with quassia and male fern root are highly rated and could replace individual tinctures. I'd recommend getting a good supply and taking a higher dose if you suspect a parasite problem.
- Cloves are a tricky one as they can't be irradiated or they lose their potency and they should also be organic and ideally as fresh as possible.
- One option is to get a bag of these [fresh, non-irradiated organic cloves](#) and grind them up in a spice mill or pestle and mortar just before using them. This would be best but if you know you're unlikely to go to that much trouble each morning then this [organic clove extract](#) is non-irradiated and still potent.

- **Dosage and Treatment**

- The suggested dosage and treatment for using these three preparations for parasites would be to start with the cloves first in the morning. Compounds in the clove like eugenol, caryophyllene and tannins attack parasite eggs, making them more vulnerable to the black walnut hull and wormwood to come.
- If you were using the fresh cloves you could grind half a dozen of them up, stir them into a small glass of water and then quickly drink them down. Follow this with another glass of water or two as we want them out of the stomach and into the small intestine as soon as possible. Perhaps try half this amount for the first day if you have a sensitive stomach.
- For the clove extract add double the suggested dose as larger amounts are generally needed for intestinal worm treatment. You'll go through the smaller bottles fairly quickly at this rate but the extracts listed above are quite inexpensive so it's worth getting a few.
- Black walnut and wormwood extracts or capsules would then be taken half an hour afterwards, also with a large glass of water and well before any food. You can start at the

suggested dose on the bottle but to be most effective it can be worth building up to double the lower suggested dose over the course of a weeks treatment as long as it remains well tolerated.

- You should be prepared for a temporary worsening of any symptoms, usually referred to as a [healing crisis](#), when you first begin a parasite cleanse. The signs of this can include feeling tired and rundown and even a little nauseous as toxins are expelled from your body.
- Usually you'll feel better after visiting the bathroom and reducing the dosage by half the next day can lessen these kind of problems. Regardless, trust what your body is telling you and consult a knowledgeable healthcare professional if these kind of symptoms are prolonged and worsening.

- **Black Walnut Parasite Treatment Timing**

- First thing in the morning is the best time for parasite killing treatments as there's less digesting food to interrupt their passage through the gastrointestinal system.
- You can also improve the effectiveness of any antiparasitic by cleaning out your colon of the old compacted waste that intestinal worms thrive in for a few nights before starting a treatment. The two best preparations I've found for this are [Triphala](#), which is an ayurvedic combination of herbs for intestinal cleansing, and [Oxypowder](#) which is an oxygenated magnesium-based cleanser.
- By using one of these you will be very likely to visit the bathroom when you first wake up to properly clean out your colon. The cloves taken first thing in the morning will then weaken the worm's eggs protective coating and the black walnut hull and wormwood will follow to kill as many parasites and eggs as possible. Black Walnut itself has a mild laxative effect which can help to evacuate the affected parasites as well.
- Ideally, this treatment would be repeated again in the evening before bed. It would be better to have an early and lighter dinner if possible and wait till several hours after eating before using the extracts or capsules.
- While the evening treatment is recommended, if you are using the black walnut, wormwood and cloves more as a preventative or have a limited supply of the herbs then the morning parasite cleanse is the more important one.
- It's also advisable to repeat this treatment for a week, at least every morning. You can then take two weeks off from the last day you used it and repeat it again for another week.
- Intestinal worms and other human parasites are tenacious little critters. While I'd like to be able to tell you that one or two treatments will clear them out completely, it's recommended to do a weekly treatment every two weeks for two months to deal with the

breeding cycle. Once again, using the colon cleansing Oxypowder or Triphala the night before each treatment will greatly assist with this.

- **Other Parasite Treatments**

- The [Paratrax parasite treatment](#) made by Dr. Group contains black walnut hulls, wormwood and clove along with diatomaceous earth, bromelain, American wormseed, male fern root and several other organic or wildcrafted herbs.
- Another treatment that I and many other people have had success with is [this parasite killing papaya seed smoothie](#).
- If I ever suspected parasites again (I travel regularly and it does happen, even when you're careful), I'd use both the Paratrax and the green black walnut hull, wormwood and organic cloves treatment mentioned above and alternate it weekly with the papaya seed smoothie.
- There are many positive comments about the effectiveness of this recipe, so if you haven't yet I'd recommend reading about it in the link above and people's (sometimes graphic but ultimately relieving) results with using it.
- Hopefully this page is provided some insights into using black walnut for parasites and intestinal worms. Please share this information with your friends. It's almost guaranteed that some of them are affected by parasites, whether they know it or not.
- This is an important health issue worth the time to look into. The Global Healing Center has a lot of articles on [harmful organisms and their effect on your body](#) and would be a good place to start for further reading. There's also more on [the unusual health benefits of black walnuts here](#).
-

Diet Step 1: Remove the Problem Foods:

(taken from candida diet foods for consultation1 general guidance alignment)

1. Apple Cider Vinegar

The acid and enzymes in [apple cider vinegar](#) help to kill and [get rid of excess yeast](#) in the body. (1)

2. Sauerkraut & Fermented Foods

[Fermented foods](#) like sauerkraut and kimchi contain microflora that help protect the intestines. Regular consumption can help improve the immune system, making the body less hospitable for candida. (2)

3. Green Veggies & Green Drinks

Leafy green vegetables help alkalize the body, which fights against the acidic nature of yeast overgrowth. Greens contain no sugars but high amounts of magnesium that naturally detox the body, vitamin C to build the immune system, [chlorophyll](#) to cleanse the body, B vitamins to energize the body and iron to give the body full support. (3)

4. Coconut Oil

[Coconut oil](#) has antimicrobial properties and the combination of [lauric acid](#) and [caprylic acid](#) found in coconut oil kills off harmful candida through ingestion and topical application. (4)

5. Stevia

We know that sugar feeds candida. That's why it's important to use different sweeteners, and [stevia](#) is the perfect choice for those on a candida diet. Not only is stevia an antifungal, anti-inflammatory and antibiotic agent, but also helps balance the pancreas, which is often comprised when someone has candida. (5)

6. Garlic

Garlic contains a large number of sulphur-containing compounds that have extremely potent, broad-spectrum antifungal properties. [Raw garlic benefits](#) the fight against candida specifically. (6)

7. Ground Flaxseeds & Chia Seeds

Polyphenols found in flaxseeds and [chia seeds](#) support the growth of probiotics in the gut and may also help eliminate yeast and candida in the body. (7)

8. Unsweetened Cranberry Juice

Cranberry juice without added sugar helps to correct the pH levels of urine, helping to prevent the overgrowth of fungi like candida. (8)

9. Cultured Dairy

Having cultured dairy, preferably [goat milk](#) kefir, for healthy [probiotic foods](#) can effectively kill the candida in your system and increase your healthy flora. (9)

10. Spices like Turmeric & Cinnamon

Turmeric contains an active component called [curcumin](#) that has been shown to completely inhibit the growth of *Candida Albicans* (as well as lots of other fungal strains). (10) Cinnamon can heal [oral thrush](#) because studies have shown that people who supplement with cinnamon generally suffer from less candida overgrowth than those who don't.

11. Cooked Vegetables

Non-starchy, cooked vegetables such as broccoli, cauliflower and asparagus provide valuable nutrients that fight candida. (11)

12. Organic Meat

Protein plays a key role in candida. If you get your protein from [factory farmed meats](#), you could actually feed candida, while foods high in [healthy fats](#) and protein protect against candida. (12) That's why it's so important to consume only organic, free-range meat.

13. Bone Broth

[Bone broth benefits](#) so many different aspects of our health, and you can add treating candida to the list. In fact it's one of the best food sources to destroy candida due to its positive effects on gut health.

14. Pau D'arco Tea

[Pau d'arco tea](#) is probably the No. 1 thing to add to your candida diet. It helps the body [fight candida the natural way](#). That's because it has antifungal compounds like lapachol, which has been shown to combat candida. (13)

Foods to Avoid on the Candida Diet Here are the foods to avoid on the candida diet. (14)

1. Sugar & Sugar Alternatives

These sweet items feed yeast, so you should avoid them at all costs.

2. Fruit & Fruit Juice

Even though fruit is generally healthy, it's high in sugar and can make candida worse.

3. Alcohol

Most alcohol contains yeast so it's not surprising that it produces more of it when consumed and should be avoided.

4. Grains

Grains break down into sugar and can feed candida, yeast and bad bacteria.

5. Vinegar

All types of vinegar should be avoided with candida overgrowth, except for apple cider vinegar. Apple cider vinegar is the only vinegar that provides an alkalizing benefit for the body and actually causes candida to die.

6. Peanuts

Peanuts can often carry mold, which only encourages the growth of candida. Plus, the [peanut allergy](#) is one of the most common food allergies on the planet, providing another reason to avoid peanuts.

7. Dairy

Unless it's fermented, you ideally want to avoid dairy at least in the early stages of your cleansing. Milk contains lactose, which is a sugar.

In this specific case, against worms not as much candida;

1. Stay off all processed meats, sandwich meats and any meat products. Only chicken for the next 6 months when needed (so not even once every week)
2. Cut down all processed foods altogether; any packaged store bought goods, swap for farmers market vegetables, leafy greens and fruits.

Diet Step 2: Up the Intake of parasite Killers & Boost Your Immune System:

1. (Killer1) Wormwood

2. (Killer2)Mugwort (almost the same plant as wormwood)

3. (Killer3)Wormwood and black walnut recipe.

4. (Killer4) Black walnut

Black walnut is a tree. People use the outer covering of the nut (the hull) to make medicine. Black walnut is used to treat parasitic worm infections and certain other infections including diphtheria and [syphilis](#). It is also used for [leukemia](#).

Some people use black walnut as a gargle, apply it to the scalp as [hair](#) dye, or put it on the [skin](#) to treat wounds.

How does it work?

Black walnut contains high concentrations of chemicals called tannins, which can reduce pain and swelling and dry up body fluids such as mucous.

(Special Precautions & Warnings:

[Pregnancy](#) and [breast](#)-feeding: Don't apply black walnut to the skin if you are pregnant or [breast](#)-feeding. This topical use is **POSSIBLY UNSAFE**. There is not enough reliable information about the safety of black walnut taken by [mouth](#) if you are pregnant or breast-feeding. Stay on the safe side and avoid use.)

—

What is Juglone? (in black walnut)

Juglone is found in nearly all parts of the tree and is a powerful defensive characteristic of black walnut. How? Well, juglone is toxic to many plant species which is why you will not find many plants growing within several yards of a black walnut tree. This defensive action has been redirected into healing powers and juglone is believed to be effective against harmful organisms. Many natural health practitioners recommend juglone as an important part of harmful organism cleansing. ^[1] ^[2]

What are Tannins? (in black walnut)

Plants produce natural compounds to help defend against insects and other harmful organisms. These compounds are called tannins. Tannins are believed to support harmful organism cleansing and even help with blood disorders and stress.

What is Iodine? (in black walnut)

Iodine is one of the most appreciated substances in both traditional and conventional medicine. Required to produce thyroid hormones, iodine also supports harmful organism cleansing by affixing itself to harmful organisms and annihilating them. Black walnut hull is an excellent source of iodine.

+ read general health benefits of walnuts here: <http://superfoodprofiles.com/black-walnut-benefits-health>

10. Anti-Cancer Black Walnuts

Numerous studies have found juglone, a cytotoxic compound found in walnuts, and most predominately in black walnuts, to have anticancer properties. Juglone has been demonstrated to lead to cancer cell death by both apoptosis and necrosis ([Juglone, a naphthoquinone from walnut, exerts cytotoxic and genotoxic effects...](#)).



10 Health Benefits of Black Walnuts

1. Parasites

Black walnuts, and in particular black walnut hulls that are harvested green, are a well known vermifuge and are considered a premier treatment for pinworms, tapeworms, hookworms and other intestinal parasites.

Much more on how to use [black walnut hulls for parasites here](#), along with two other effect anti-parasitic herbs to use in conjunction with it.

2. Candida

Like intestinal worms, candida overgrowth is another common, yet rarely diagnosed and debilitating health problem affecting many people

Most people have some of the candida albicans yeast in their digestive systems and other areas of the body. Problems start though when intestinal conditions deteriorate with a diet high in simple sugars, drinking chlorinated water, prolonged stress and especially antibiotic use.

Intestinal candidiasis is an overgrowth of the candida fungus, which can actually weaken the walls of your intestines and release toxins into your bloodstream. This plays havoc with your immune system and can manifest in a whole range of baffling symptoms which can be very difficult for your doctor to diagnose.

Unfortunately, the common prescription of more antibiotics will often make things much worse. What is needed is a significant change of diet and a [treatment plan](#), followed by effective probiotics to help normalize the intestinal environment and bring the overgrowth under control.

Studies on compounds found in black walnut extract have shown it to be as [effective against candida](#) as commercial antifungal treatments like selenium sulfide and zinc undecylenate.

It is believed that the naphthoquinone juglone, high levels of astringent tannins and other compounds in black walnut treatments change the intestinal environment to make it unfavorable for the candida albicans fungus and other harmful parasites.

3. Antifungal



These same antifungal properties make [black walnut hull tincture](#) a popular treatment for athlete's foot, ringworm, jock itch and other fungal infections of the skin.

To treat these fungal skin conditions the black walnut tincture can be applied externally to the affected areas and is often reported in online forums to be more effective for those who try them than pharmaceutical preparations.

Always patch test any preparations like this on the skin of your inner arm for several hours before using them to test for allergic reaction.

4. Skin Conditions

Black walnut benefits may include helping to treat many other skin conditions and problems like acne, eczema and psoriasis.

For acne, the tincture is taken both internally and sometimes apply diluted externally as a skin treatment. If applying it to your skin, it would once again be best to test it first for your own sensitivity.

To do this, mix a few drops in warm water and dab a small area in an inconspicuous part of your face with a cotton ball and leave it for an hour or two to see if you have any reaction.

While there are reports online of success with using black walnut extract internally for eczema and psoriasis, the tinctures extracted in alcohol could be too harsh for these skin conditions.

It may be gentler and more effective to mix a small amount of black walnut hull powder with these [avocado oil treatments for psoriasis](#) and [eczema](#). Especially with these conditions, make sure you patch test well first, perhaps even overnight, before using them on potentially sensitive areas.

5. Warts, Cold Sores and Herpes

Warts are growths on the skin caused by a viral infection. Black walnut hull extract is often reported to make warts shrivel up and die.

It is applied directly to the wart daily and covered with tape. This may take several weeks but many people find their warts starts shrinking and eventually die and fall off with this treatment.

There have also been cases discussed in online forums of multiple warts shrinking and disappearing after [regularly taking these black walnut powder capsules](#). The suggested dosage was 2500 mg of capsules for breakfast and again with dinner.

Cold sores are also treated and their healing speeded up with black walnut hull tincture by painting them with a cotton wool bud several times a day. Due to the high natural iodine content, this would be visible so may be best done on a day off or before bed.

Herpes simplex type 2 is a more virulent outbreak of the HSV virus around the genitals. While the tincture or powder made into a paste may help speed up the healing of herpes blisters, it is reported that regularly taking black walnut as a supplement can greatly reduce the frequency of outbreaks.

6. Stop Sweating

In one of the more unusual benefits of black walnut, it is known to help reduce excessive sweating. The high levels of astringent tannins contained in the hulls are believed to have an effect on overactive sweat glands and decrease the amount of sweat they produce.

7. Digestive Benefits

Alongside its powerful anti-parasitic and anti-fungal properties for your gastrointestinal tract, black walnut has other beneficial effects on your digestive system.

Black walnut hull is said to tone and heal inflamed intestinal tissue, as well as improving the environment of the digestive tract for more effective assimilation and elimination.

It is for this reason that black walnut is unusually considered a treatment for both constipation and diarrhea.

8. Sore Throat Treatment

You can gargle with [black walnut extract](#) diluted in water to treat a sore throat, tonsillitis and mouth sores. Once again, the astringent tannins and naturally antiseptic iodine provide the health benefits.

9. Cardiovascular and Diabetes Benefits of Black Walnuts

In a study entitled [The Effects of Daily Black Walnut Consumption on Blood Lipid Levels](#), black walnuts were shown to reduce LDL cholesterol (the dangerous kind) for men by over 4%, even further than the more common English walnuts in the same study. The researchers also noted that no weight gain was associated with their consumption.

Black walnuts have a similar nutritional profile to English walnuts and the same diabetes and cardiovascular benefits for lowering high blood pressure and reducing blood sugar levels can be gained from eating them.

10. Anti-Cancer Black Walnuts

Numerous studies have found juglone, a cytotoxic compound found in walnuts, and most predominately in black walnuts, to have anticancer properties. Juglone has been demonstrated to lead to cancer cell death by both apoptosis and necrosis ([Juglone, a naphthoquinone from walnut, exerts cytotoxic and genotoxic effects...](#)).

As usual, the cancer industry seems uninterested in natural treatments that can't be patented and real human studies are unlikely. While it's not the place of a website like this to give advice on life-threatening diseases like cancer, I'd personally thoroughly researched all the available options, including those that can't be patented.

Black walnuts are also rich in powerful polyphenols, omega-3 fats and melatonin. All of which have properties that may help protect you from developing cancer.

Eating Black Walnuts

While English walnuts are a very healthy food that can be eaten in moderation every day, black walnuts appear to be a more high-powered version and are perhaps better viewed as a medicine to have occasionally, rather than a snack food to be eaten in great quantities.

Coming up is a recipe for black walnut pesto that is one of the more enjoyable ways to add this powerful medicinal and cleansing superfood into your diet.

I hope this page has provided an overview of the many health benefits of black walnuts, as well as shared some good options if you'd like to [give them a try](#). I'd especially appreciate hearing about your experiences in using black walnuts for any health conditions or any other beneficial effects you're aware of with eating them or using the concentrated extract or [green hull capsules](#).

Next is a look at the most common reason why people use black walnuts –[parasites and intestinal worms](#).

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 Detox1: with Wormwood, Black Walnut(green hulls), Garlic, Cloves, Pau D'arco:**

Traditionally Used for Intestinal Health

- *The green hulls of the Black Walnut* were used by the ancient Greeks and Romans for intestinal ailments
- *Wormwood* has been traditionally used for removing parasites
- *Garlic and Cloves* make an inhospitable environment for parasites to proliferate