HOW TO DO A CORRECT

Heavy metal & Parasite cleanse

STEP BY STEP TIPS FOR BEGINNERS



https://allforthecrunchy.vip

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Helping you detox, heal and thrive naturally

HOME | HOW TO DEWORM | OUR SONS STORY | PROTOCOL | HERBAL FACE FOOD



STEP 1: DETOX PACK FOR KIDS & ADULTS

The detox i use for my son & myself. Recommended for 6 months minimum for best results! ON SALE RIGHT NOW!

(see page 3)

THE DETOX PACK SAFELY REMOVES:



PASSING PARASITES WHILE USING IS NOT UNCOMMON AS PARASITES USE HEAVY METALS TO CONSUME

- TOXIC HEAVY METALS
- MYCOTOXINS FROM MOLD
- PESTICIDES/HERBICIDES
- MICROPLASTICS
- RADIATION
- ENVIRONMENTAL TOXINS
- IMMUNE SYSTEM BOOSTER

DETOX PACK IS PET FRIENDLY



Also works as the binder

Note: A "binder" is a substance that is ingested in order to bind with the toxins released by parasites that are dying off in order to safely remove those toxins from the body.

DETOX DOSAGE CHART



Pure Body | PBX

	4 DROPS 3X PER DAY	4 SPRAYS 3X PER DAY
ADULTS		
KIDS 6+	2 DROPS 3X PER DAY	2 SPRAYS 3X PER DAY
KIDS 3-6	2 DROPS 3X PER DAY	2 SPRAYS 3X PER DAY
KIDS 1-3	1 DROP 3X PER DAY	1 SPRAY 3X PER DAY
KIDS 1-3	1 DROP 3X PER DAY	1 SPRAY 3X PER DAY

STEP 1
HEAVY METAL DETOX





Parasites coat themselves in **biofilm and feed on heavy metals, toxins, & hide from the immune system.**

Removing toxins from the **body** (organs, tissues & gut) is an **essential FIRST step** in the cleansing process. This is how we prep the body.

I take the heavy metal detox pack for 6 to 8 weeks before incorporating the parasite cleanse.

Many people pass parasites on **just this detox pack alone** due to clearing out what **parasites hide and feed on.**

Step 2

HERBAL PARASITE CLEANSE



Para-Shield

Children (3+):
Take 5 drops 2x a day for 21 days

Adults (12+):
Take 10 drops 3x a day for 21 day

After 3 weeks, take a break for **one week before** returning. Each bottle has a 21 day supply based on adult servings

Multiple rounds may be necessary to ensure all the **eggs & larva** are fully eradicated.

Can also be used as a preventative.

I deworm 3 consecutive months once or twice a year.

Herbal parasite cleansing should ideally be done 2x per year (ages 3+).

Para-Shield Herbal Blend Includes:



- **Wormwood & Sweet Wormwood:** contain compounds that damage parasites protein, lipids, DNA, and disrupt parasites energy pathways.
- **Black Walnut Hull:** historically used to combat intestinal worms (pinworms, tapeworms) as well as candida (yeast infections).
- **Clove:** contains active compounds known to destroy the **eggs** left behind by worms. Crucial for preventing a recurrence of infection.
- **Ginger:** Helps to expel gastrointestinal parasites & stimulates digestive secretions.
- **Barberry root:** contains berberine, a known antimicrobial and antiprotozoal, also supporting the body's immune response.

Detox Pathways

As with any cleanse you want to support your body, make sure you are taking in adequate water. Having normal bowel movements as excretion is the way these pass.

Things to help support your detox pathways:

- Castor oil packs on the upper right quadrant of the abdomen
- Epsom salt baths
- Drink filtered water (a minimum of 1/2 your body weight in oz/daily)
- Dry skin brushing
- Infrared sauna
- Exercise

BREAKDOWN OF THE CLEANSE

WEEK BY WEEK

1 STEP 1:

6–8 WEEKS OF THE DETOX PACK TO CLEAR OUT THE TOXINS/HEAVY METALS **PARASITES THRIVE OFF**

2 STEP 2:

AFTER GETTING YOUR BODY READY WITH **6–8 WEEKS** OF THE DETOX PACK, **ADD IN THE PARA-SHIELD** **(DIRECT PARASITE HERBS)** WHILE STILL TAKING THE DETOX PACK CONTINUE ALL 3 NOW, FOR 3 MORE WEEKS.

3 STEP 3:

AFTER **3 WEEKS** of the **PARASHIELD** and **DETOX PACK**, GIVE YOURSELF A **7-10 DAY BREAK** FROM THE **PARASHIELD.** (you can continue taking the binders)

- THEN **DO ONE MORE 3 WEEK ROUND** OF ALL THREE BOTTLES.
- ParaShield has a 21 day supply for adult
- The Detox Pack has a one month supply for an adult dose.
- I do annual parasite cleanses twice yearly for checks & balances.
- The detox pack can still be used daily even after your parasite cleanse is over to help combar\t environmental toxicity.



: Be sure to watch this video on the website!

