

Parasite Cleansing

Alissa K. Hess:

Okay I have to have a Ted Talk Rant for a second ... parasite cleansing has gotten way too trendy and way too reckless, and honestly, it drives me nuts watching people jump straight into it without even understanding what they are doing first. People are out here taking all these “parasite killing” herbs, trying to go hard, trying to kill everything off, and they have not prepped their body, have not supported drainage, have not remineralized; and half the time are not even using a binder ... or if they are, they are [only] using a gut binder and acting like that is enough. That makes no sense to me. Parasites do not just exist in your gut. They can affect the body systemically, and when things start dying off and releasing waste, toxins, and debris, why would you only focus on binding what is in the gut? What about everything happening deeper in the body? What about what is being circulated, stirred up, and pushed around when your body does not even have the support to move it out properly? Then people wonder why they feel like absolute trash, why they get headaches, feel weak, anxious, nauseous, backed up, toxic, and completely off. And some people will proudly say they are not even using a binder at all ... and I’m just sitting here thinking, “So you are parasite cleansing without even understanding the aftermath of what happens when things die? You are killing without a plan for cleanup?” That is exactly how people overwhelm themselves and make themselves feel worse. This is why I will keep saying over and over that parasite cleansing is not just about killing, it is about **prep, minerals, hydration, drainage, support, and using a binder that actually works on a deeper level instead of just sitting in the gut and calling it a day**. Because way too many people are jumping into this stuff with absolutely no clue what they are doing and then calling the crash “healing.”

I do group parasite cleanses, and I really need people to understand that just because something is natural does NOT mean you should go into it blindly. The cleanse I recommend uses medicinal grade herbs, and yes, they absolutely work, but that is exactly why **preparation** matters so much. You cannot just jump into a deep parasite cleanse because it is trending online and assume your body is ready for it. This is not something to treat casually. If you are going to stir things up in the body, you need to understand what happens when parasites die, what gets released, how the body clears it, why drainage matters, why remineralizing matters, and why using the right kind of binder matters. I’m not saying this to be dramatic, I’m saying it because I genuinely want people to be SAFE. That is important to me. Yes, some detox symptoms can absolutely happen, but feeling like absolute death is not normal and should not be glorified as “part of healing.” There is a huge difference between the body adjusting and the body being completely overwhelmed. I care deeply about people doing this the right way, not just doing what is trendy, jumping on a cleanse, and then crashing because they were never taught how to prepare their body first. Natural healing still requires wisdom, preparation, and understanding. Here is a list of some common binders that help to remove toxins and die-off compounds from the body:

- ☞ Activated Charcoal
- ☞ Bentonite Clay
- ☞ Zeolite (PureBody Extra)
- ☞ Diatomaceous Earth
- ☞ Chlorella
- ☞ Pectin
- ☞ Psyllium Husk
- ☞ Modified Citrus Pectin
- ☞ Ceylon Cinnamon

These are mostly gut focused, meaning they work primarily inside the digestive tract and support what is happening in the gut. That does NOT mean they are useless. They absolutely have a place.

BUT ... parasites and toxins are not always just a “gut issue.”

That is where people get confused. If you are doing a deeper cleanse and stirring things up in the body, there is a difference between supporting what is in the digestive tract and supporting what is happening on a more cellular / whole-body level.

Fulvic is different. Fulvic is not just gut-focused. It works on a much deeper level and is known for supporting the body more cellularly, which is exactly why I talk about it so much **before and during** deeper cleansing protocols.

A gut binder and a cellular binder are not the same thing, and this is one of the biggest things people misunderstand when they start parasite cleansing. A gut binder mainly works inside the digestive tract, meaning it binds to what is sitting in the gut and helps carry it out through the bowels. That can absolutely be helpful, but parasites and the waste they leave behind are not always just sitting in the gut. Parasites can affect the body far beyond digestion. They can impact the muscles, tissues, organs, lymphatic system, sinuses, ears, skin, lungs, reproductive system, and more. So, if you are doing a deeper cleanse and stirring things up systemically, why would you only focus on binding what is in the gut? That is where cellular support comes in. A cellular binder works on a deeper level by supporting the body beyond just the digestive tract, which is why that distinction matters so much. If you are only thinking “gut” during a deeper parasite cleanse, you are missing a huge part of the picture.

At the end of the day, this is about being responsible with your body. You don't just jump into something this deep without understanding what you're doing and what your body actually needs to handle it. There is a right way to do this that supports your system and a wrong way that overloads it, and I care way too much about people to stay quiet while I watch them learn the hard way. Slow down, learn what you're doing, and respect the process. Your body is not something to experiment on blindly.

“Natural” does not automatically mean “safe without understanding.” I really wish more people would grasp that before jumping into deep cleansing. There are so many people who assume that if something comes from a plant, root, seed, bark, resin, or herb, then it must be harmless no matter how they use it, how much they take, or what condition their body is already in. That is just not true. Nature is powerful. Herbs are powerful. Medicinal grade herbs are powerful. That is exactly why they can help people so much, but it is also exactly why they should be respected. **If something has the ability to kill parasites, stir up toxins, push drainage, move lymph, stimulate bile, support elimination, or shift what is happening in the body, then common sense should tell people that it can also absolutely overwhelm a body that was not prepared for it.** Natural does not mean weak. Natural does not mean “safe no matter what.” Natural means you still need knowledge, timing, preparation, and an understanding of what your body is capable of handling. That is why I will always keep being vocal about prepping the body first.

Start with fulvic. Always. Prep your body the right way, PLEASE. I am not just saying that, it IS the truth.

👉👉👉 9 Things To Do BEFORE Starting a Parasite Cleanse 👉👉👉

1. Start with fulvic first. This is where I tell people to begin because fulvic helps with remineralization and offers cellular binding support, which matters way more than people realize before a deeper cleanse. A lot of people want to jump straight into killing herbs, but if your body is already depleted and struggling, that can backfire fast. Fulvic helps lay the foundation by supporting the body on a deeper level first instead of just going straight into attack mode.

2. Remineralize your body. **Drink fulvic everyday as well as a weekly bath/footbath using fulvic.** 5 to 6 scoops. Hot water. Exfoliate before and during. 20 minutes. Do not exceed 20 minutes otherwise the body starts to reabsorb toxins and you don't want to reabsorb what you just expelled. Most people are way more mineral deficient than they realize. Your body cannot detox, drain, eliminate, regulate stress, support hormones, or function properly if it does not have the raw materials to do so. Minerals are what help the body actually run. **If you are low in minerals and then go into a parasite cleanse, you are often adding more stress to a body that was already hanging on by a thread.**

3. Hydrate deeply. I do not just mean casually sipping random water all day. Your body needs proper hydration so your kidneys, lymph, bowels, and cells can actually move waste out. A dehydrated body is already stagnant. If you start stirring things up without enough hydration, that can make the whole process hit much harder and leave you feeling backed up and awful.

4. Make sure you are pooping daily. This one is huge and people overlook it all the time. If you are not having regular bowel movements, you should not be trying to stir up more toxins, waste, and die-off in the body yet. Things need a way OUT. If they are not leaving through the bowels, then you are creating a traffic jam and making the body hold onto what it is trying to clear.

5. Support drainage pathways. Your body has multiple ways it clears waste, not just one. Your liver, kidneys, bowels, lymphatic system, skin, and lungs all play a role in detox and elimination. If those pathways are sluggish, stagnant, or overwhelmed, then cleansing can hit way harder because the body is trying to move things without the exits being fully open. Supporting drainage before cleansing can make a huge difference in how your body handles the process.

6. Understand the difference between gut binders and cellular support. This is one of the biggest things people do not understand before a parasite cleanse. A lot of people use things that work mainly in the digestive tract and think that covers everything. But parasites and the waste they leave behind are not always just a gut issue. The body is much more complex than that. You need to understand the difference between supporting what is happening in the gut versus what is happening deeper in the body.

7. Clean up your diet. You cannot keep feeding the exact terrain you are trying to clean up and then expect amazing results. If you are loading up on sugar, processed foods, inflammatory oils, junk snacks, and foods that throw off the gut and immune system, you are making the body work even harder. Cleaning up the diet before a cleanse gives your body way less to fight against and much more room to actually focus on healing.

8. Focus on mineral-rich and anti-parasitic foods

Food matters more than people think. Before and during a cleanse, your body needs support through actual nourishment too, not just herbs and supplements. Mineral-rich foods help build the body up, and anti-parasitic foods can support the process naturally. This is about creating an internal environment that supports cleansing instead of only relying on one part of the protocol.

9. Understand what detox symptoms actually are

Yes, some detox symptoms can absolutely happen. You might feel a little more tired than normal, have a mild headache, or feel some shifts as the body starts moving things. But there is a very real difference between the body adjusting and the body being completely overwhelmed. Feeling like absolute death should not be normalized or glorified as “part of healing.” If your body is crashing, that is a sign to pay attention, not just push harder.

If you need guidance, follow these I've put together. 🧑🏻‍🦲

Want to learn more? Join my 185 thousand member community:

The Holistic Hippy Non-Toxic Healthy Living (: this was an active link on Facebook).

After the fulvic prep, use the Core Cleanse. That is the next step once you have actually taken the time to prepare your body first. Fulvic comes first because it helps lay the foundation through remineralization, hydration support [which, by the way, can also be helped along by “structuring” your drinking water], and deeper binding support before you start stirring things up more aggressively. Once you have done that prep work and your body is handling it well, then the Core Cleanse is what I recommend moving into next. Too many people want to skip straight to the “killing” phase, and that is exactly where people get themselves into trouble. Prep first with fulvic. Then do Core Cleanse. Then continue supporting your body properly through hydration, bowel movements, drainage, mineral support, and food.

■ Fulvic Powder - <https://zilara.com/fulvicpowder.asp?site=holistichippymama>

■ Fulvic Liquid - <https://zilara.com/fulvicacid.asp?site=holistichippymama>

If you've done this step already here are the parasite cleanse kits:

⌘ Core Cleanse

The Core Cleanse Pack combines ParaCleanse and Heavy Metal & Toxin Binder- a powerful duo that helps sweep out parasites, toxins, and build-up while restoring energy, balance, and digestive health. It's everything your body needs to reset and renew - plus two bonus products that take your cleanse to the next level. This system works in harmony with your body's natural detox rhythm, helping release what doesn't belong and replenish what does. Together, these botanically powered formulas support gentle elimination, mineral balance, and ongoing protection so you can feel lighter, clearer, and fully recharged.

<https://zilara.com/corecleanse.asp?site=holistichippymama>

⌘ Deep Core Cleanse VIP

Unlock a deeper level of detox with the Deep Cleanse Kit, and enjoy FREE Liver Support Extract, HepaDetox Essential Oil Blend, Colon Support, and Purge Tonic with your order. This expanded system combines ParaCleanse, Heavy Metal & Toxin Binder, VitaliTEA, Gut Check, and targeted botanicals that work together to clear parasites, bind toxins, strengthen digestion, and support a complete internal reset. It's a whole-body approach designed to help you feel lighter, cleaner, and more balanced, with four bonus products that elevate your results even further. Each formula in this kit supports a specific phase of detox, helping your body release what it no longer needs while restoring what it does. Binders latch onto impurities, herbal blends keep things moving, and supportive oils and tonics encourage healthy liver, gut, and metabolic function. Working together, these botanically powered tools create a steady, guided detox that supports clearer energy, smoother digestion, and consistent elimination, all while helping your system maintain the mineral balance needed for a comfortable cleanse.

<https://zilara.com/deepcleanse.asp?site=holistichippymama>

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Fulvic Mineral Drops

\$34.99 {48 Servings}

Buy 3 Get 1 Free | \$104.97 {\$34.99 Savings!}



Deep Cleanse

179.95 (\$164.82 Total Savings)

Unlock a deeper level of detox with the Deep Cleanse Kit, and enjoy **FREE** Liver Support Extract, HepaDetox Essential Oil Blend, Colon Support, and Purge Tonic with your order. This expanded system combines ParaCleanse, Heavy Metal & Toxin Binder, VitaliTEA, Gut Check, and targeted botanicals that work together to clear parasites, bind toxins, strengthen digestion, and support a complete internal reset. It's a whole-body approach designed to help you feel lighter, cleaner, and more balanced, with four bonus products that elevate your results even further.

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