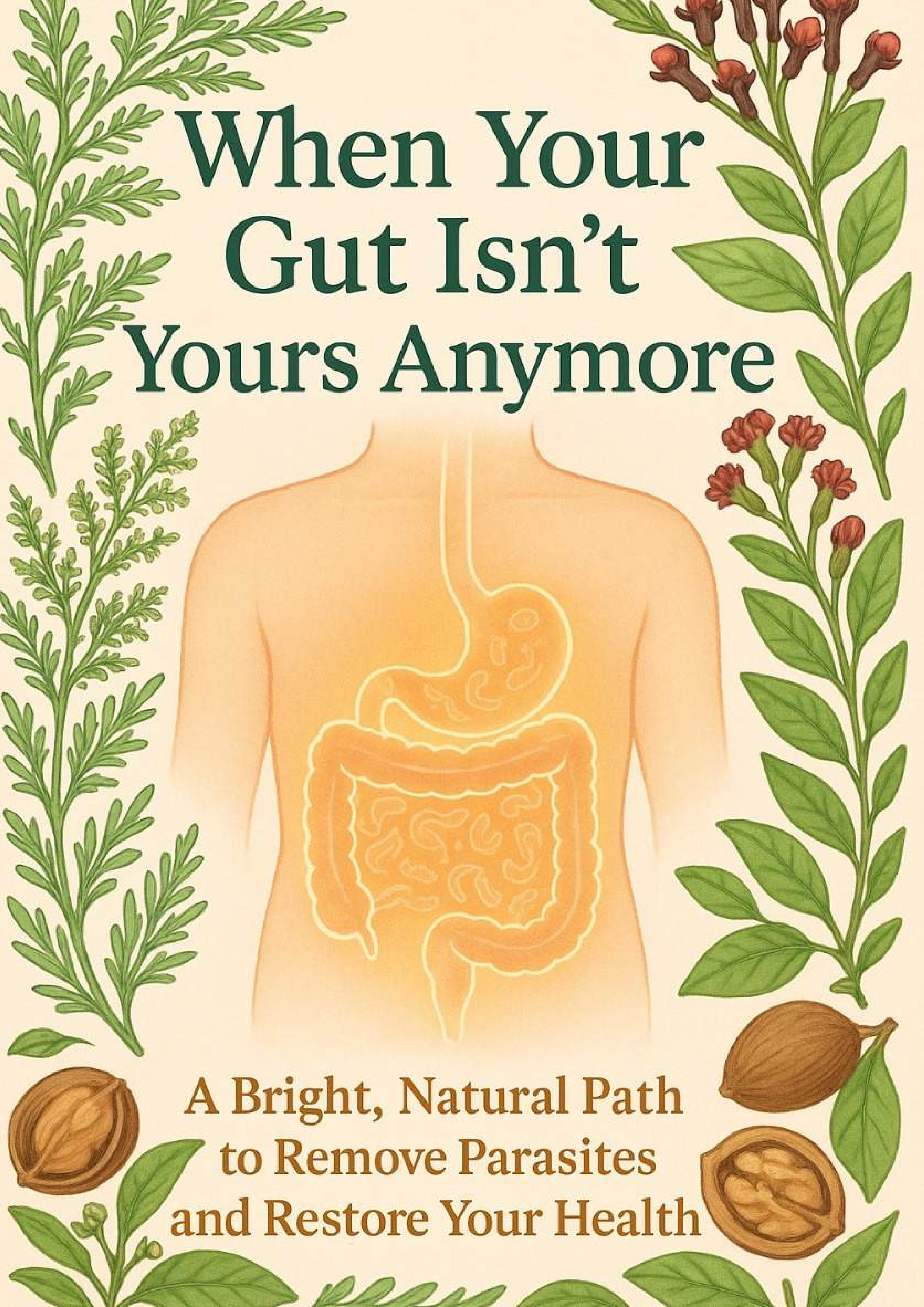


When Your Gut Isn't Yours Anymore



A Bright, Natural Path
to Remove Parasites
and Restore Your Health



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You're Not Broken You're Blocked

Have you ever said something like this?

- › "I'm just tired all the time."
- › "I eat clean, but I still feel bloated."
- › "I can't think straight anymore."
- › "I sleep, but I wake up feeling heavy."

They're tiny. They're quiet. And most people don't even know they have them. But once you understand what parasites are doing inside your body, everything starts to make sense. This guide is not about fear. It's about truth. And when you know the truth, you can finally take your health back

And no matter what you try vitamins, diets, exercise nothing really changes. It's easy to blame stress aging hormones or just a "busy life." But what if the problem isn't any of those things? What if something is living inside your body feeding off your food, draining your energy, and fogging up your brain? That "something" is called a parasite.



What Parasites Really Feel Like

Parasites don't come with warning signs. You don't feel them crawling. You don't always get a stomach bug. But your body does leave clues and it's been doing that for a while

Here's what many people experience, without realizing parasites might be the cause:

1. Constant Fatigue

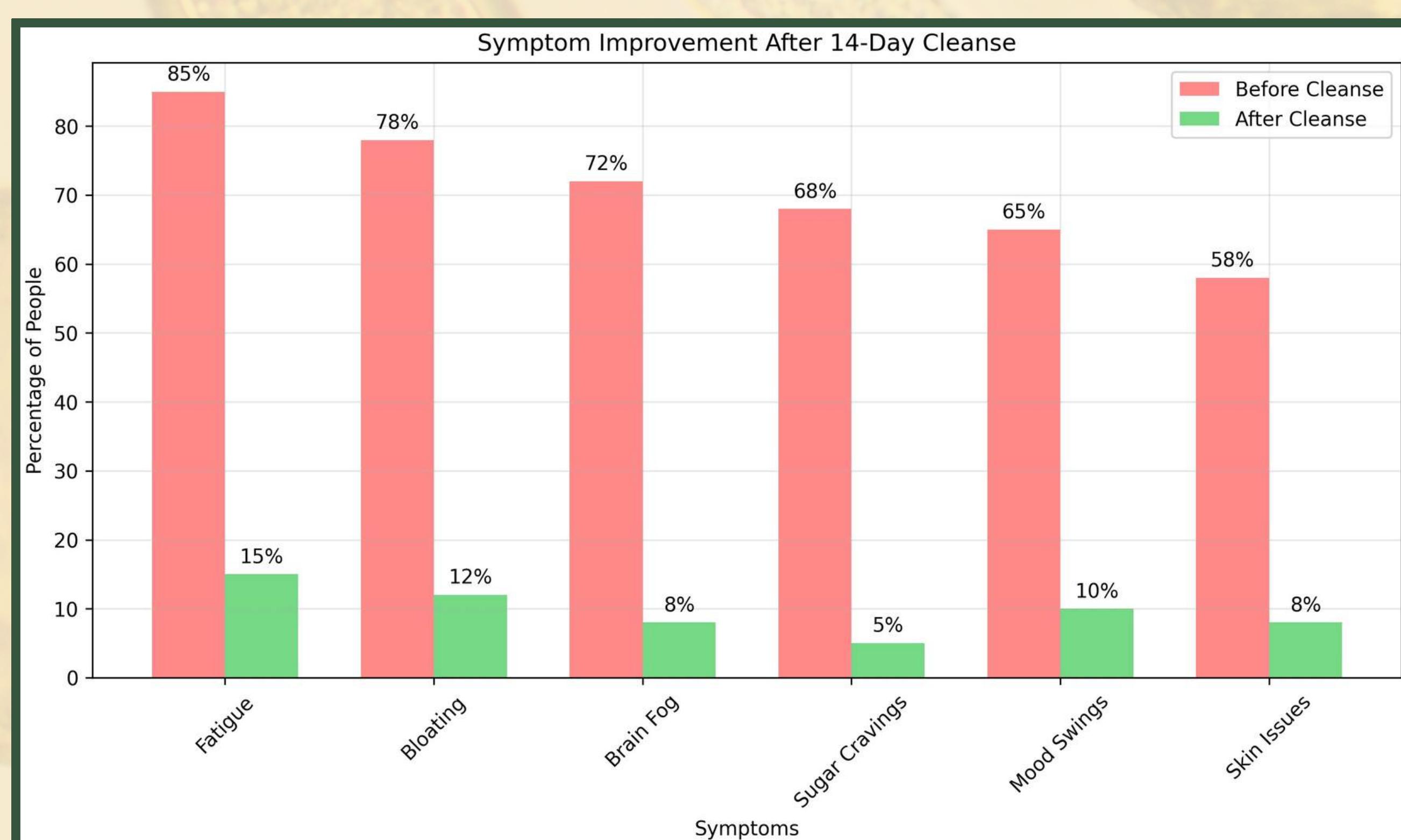
You sleep but still feel tired. It's not burnout. Parasites steal nutrients and leave behind waste that exhausts your system.

2. Digestive Issues

Bloating. Gas. Constipation. Sometimes diarrhea. Sometimes both. Parasites disrupt your gut and confuse your digestion.

3. Brain Fog

Hard to focus? Forget things easily? Parasites release toxins that travel through your bloodstream and mess with your mental clarity. .



2. THE HIDDEN SYMPTOMS

4. Strong Sugar or Junk Food Cravings

Parasites thrive on sugar. When you suddenly need candy, bread, or chips it might be them asking for food not you.

5. Mood Swings or Anxiety

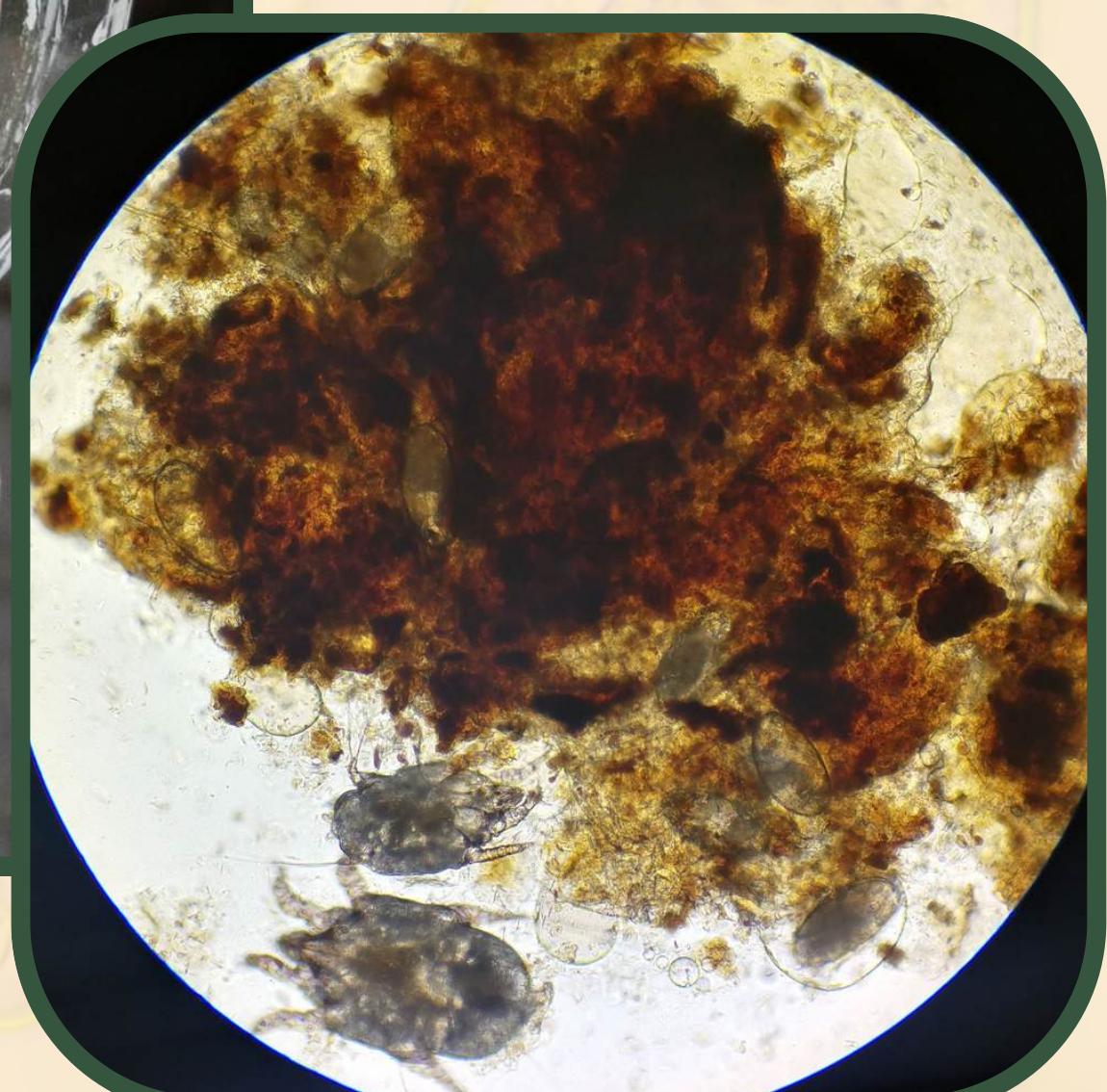
The gut makes most of your "feel-good" brain chemicals. When it's inflamed or infected, your emotions get out of balance.

6. Skin Issues

Random rashes, itching, acne, eczema? Parasite toxins often push through your skin when your body's overloaded.

7. Waking Up Around 3:00 AM

In traditional medicine, 3:00 AM is liver detox time. If you're waking up at that hour often, it may be your body trying to flush out toxins including parasite waste.



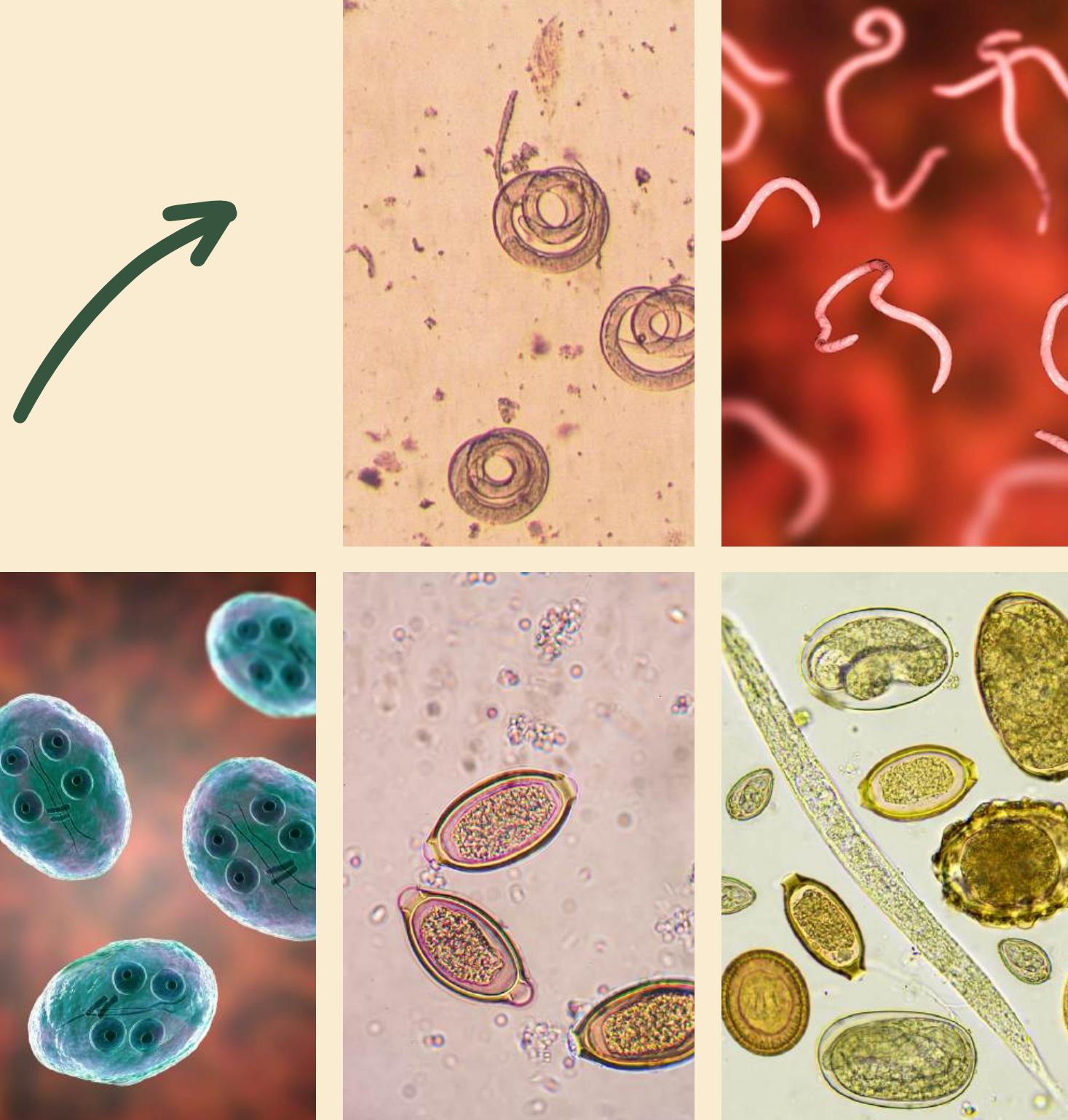
3. WHAT ARE PARASITES?

And How Do They Get Into You?

When people hear "parasite," they think of something from a scary movie. But the truth is parasites are real, and they're way more common than you think.

What is a Parasite?

A parasite is a tiny organism that lives inside your body and feeds off you. It takes your nutrients, weakens your immune system, and releases toxic waste that affects everything from your gut to your brain. They can live in your intestines, organs, bloodstream, and even your skin. Some are tiny like bacteria. Others are long like worms. Most people never see them but they're there.

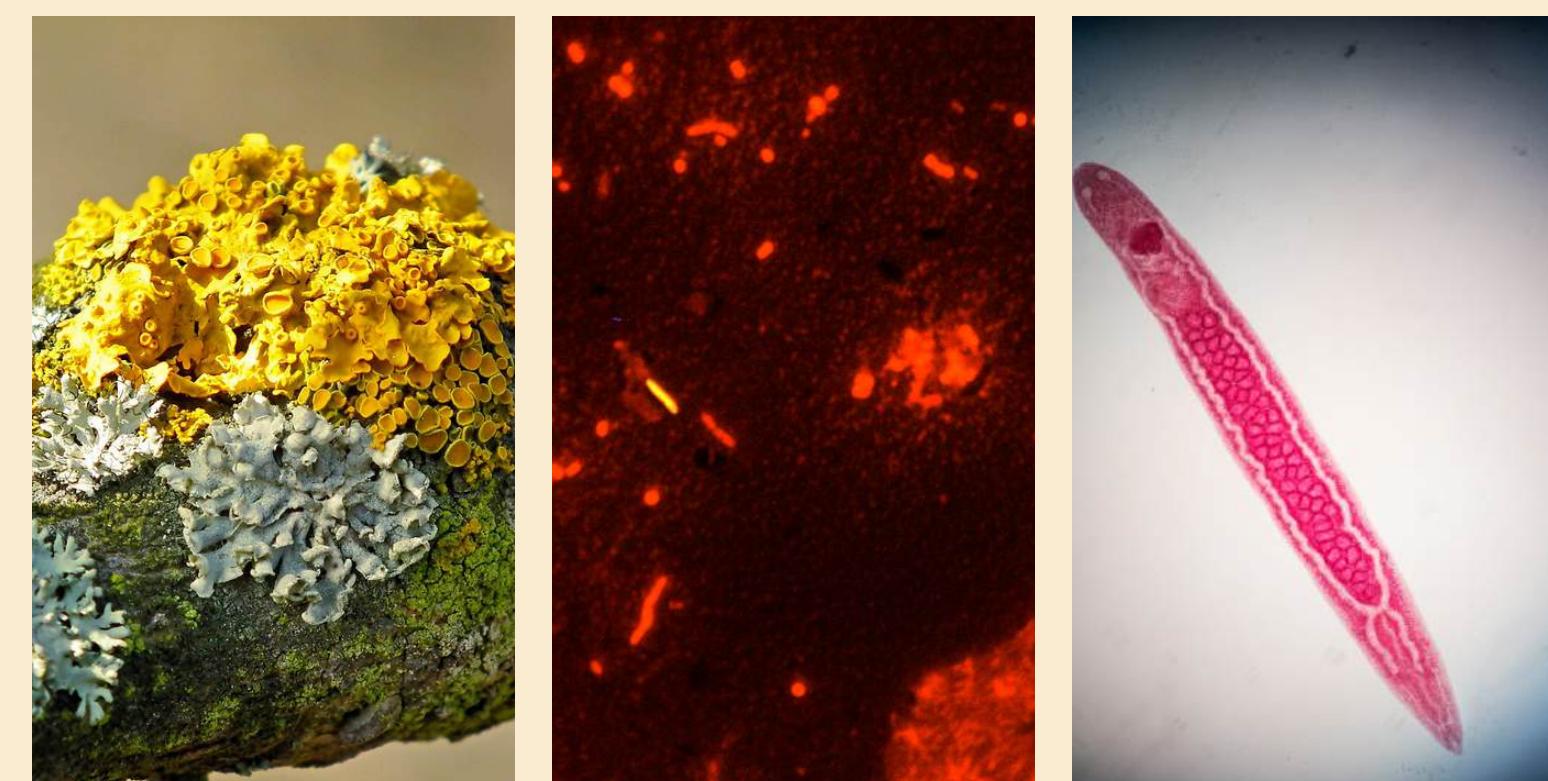


How Do Parasites Get In?

Parasites don't need much. Here are the most common ways they sneak into your body:

Undercooked meat (especially pork, beef, and fish)
Raw fruits or vegetables not washed properly
Contaminated water (tap water, ice, rivers, or even bottled sometimes)
Pets and animals (licks, fur, kisses)

PARASITES



Traveling abroad or even local hiking/camping trips
Dirty hands or poor hygiene (door handles, public places, shared bathrooms)
Close contact with others (yes even kissing or sharing food)
You don't have to live in the jungle to get parasites. They're in big cities. Suburbs. Clean homes. Anywhere.

Why Most Cleanses Fail

You might be thinking, "If parasites are so common why don't the cleanses I've tried ever work?"

Here's the real reason: parasites protect themselves. They hide inside your body using something called biofilm.

What Is Biofilm?

Biofilm is like a sticky shield. It's a slimy, glue-like coating that parasites and bacteria build around themselves like a safety net. Once it forms, it blocks out herbs, medicines, and even your immune system. It's like trying to clean a dirty pan but someone wrapped it in plastic first. Nothing gets through. So even if you take parasite-killing herbs or drink detox teas they can't reach the parasites because the biofilm is still there.

Why Most Cleanses Don't Work?

Here's what most people (and products) get wrong: They skip the biofilm step. They jump straight to "flushing out" parasites without breaking their shield first. That's like trying to fight an enemy in armor without removing the armor first.

So what happens?

You feel some detox symptoms
Nothing big changes The parasites stay hidden You feel like "cleanses don't work"

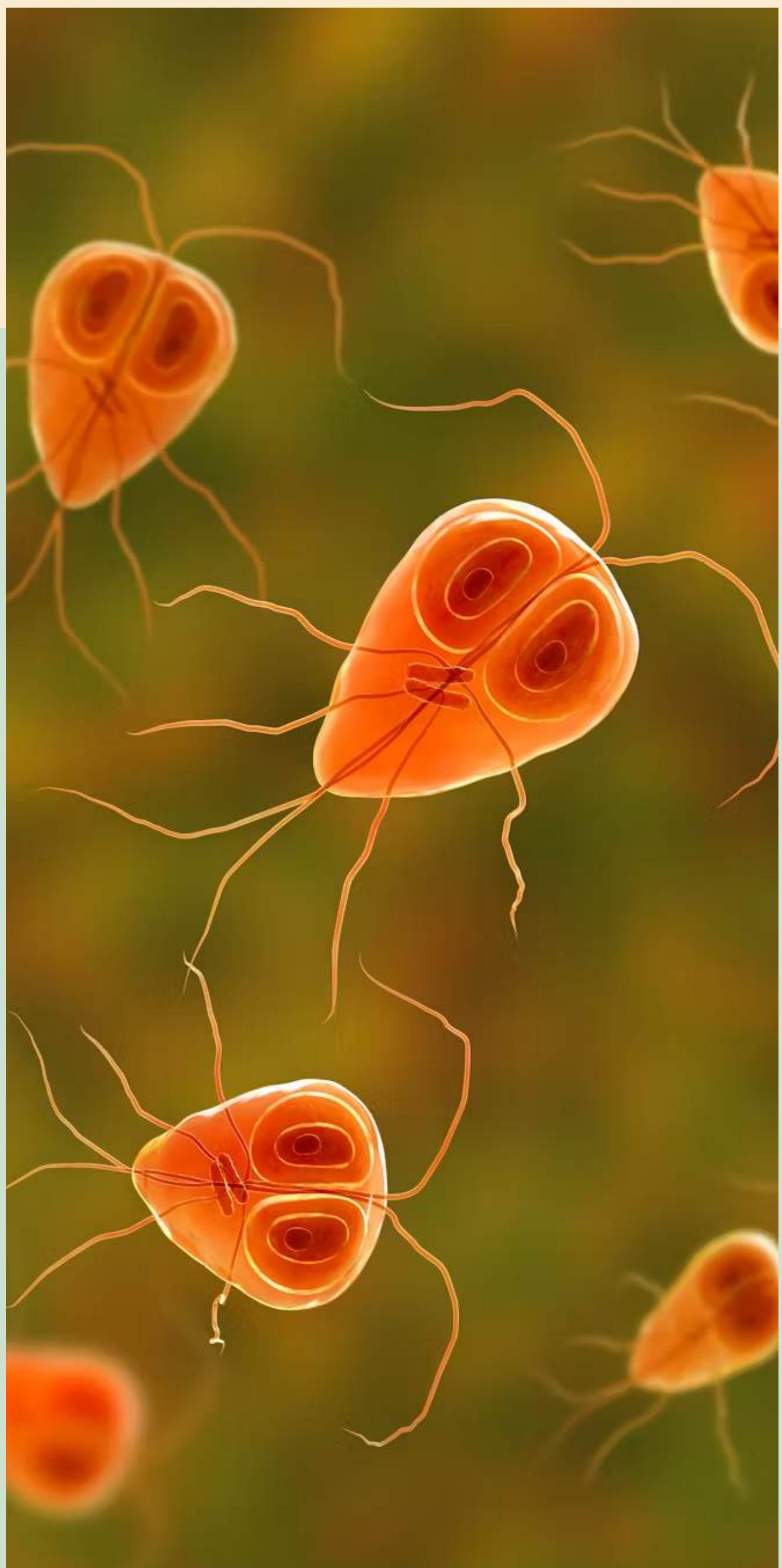
The First Step Most People Miss If you want to truly remove parasites, you must start with breaking down the biofilm. Once that barrier is gone, your body and herbs can finally reach the parasites and flush them out completely. This is why a two-phase cleanse works so well:

Step 1: Break the biofilm.

Step 2: Eliminate the parasites



How Parasites Mess With Your Mind



You might think parasites only affect your stomach. But the truth is they can mess with your mood, energy, and mental clarity too.

Why? Because your gut and your brain are directly connected. + = Gut-Brain Connection
Your gut isn't just for digesting food. It also makes over 90% of your serotonin the chemical that helps you feel happy, calm, and focused. That's why the gut is sometimes called your "second brain." So when parasites invade your gut and release toxins: Your mood goes up and down You feel anxious or sad for no reason You can't focus or think clearly You feel mentally foggy or disconnected It's not your fault. You're not "just stressed." You're being chemically affected from the inside. What Parasites Do to Your Mind They cause inflammation in the gut, which affects your brain They steal nutrients like iron and B-vitamins essential for clear thinking

They release toxins that slow down your mental processing

They cause insomnia, which leads to brain fog and irritability

They trigger cravings, which can mess with your self-control and emotions

If you've felt moody, unfocused, anxious, or just "not yourself"...

it might not be in your head it might be in your gut.

When You Cleanse the Gut, the Mind Follows

The most common thing people say after a real parasite cleanse?

> "I didn't just feel better in my stomach. My mind felt clear again."

When your gut is clean, your brain lights up.

Focus comes back.

Mood feels balanced.

You feel like you again.

The 2-Phase Herbal Reset



Now that you know what parasites are and how they mess with your body let's talk about how to actually

Here's the good news:

You don't need harsh chemicals or risky treatments. You just need a smart, natural cleanse that works in the right order.

It's called a 2-phase herbal reset.

- ✓ **Phase 1:** Break the Biofilm Before anything else, you need to break the parasite's shield the biofilm.

This phase uses natural herbs like:

Dysphania ambrosioides dissolves the parasite's protective layer Wormwood stuns and weakens parasites Black walnut hull helps paralyze and expose hidden invaders Clove supports the breakdown of eggs and waste

This phase softens the ground. It weakens the enemy. It's the step most people skip and that's why most cleanses don't work.

- ✓ **Phase 2:** Flush It All Out Now that the parasites are exposed, it's time to sweep them out completely.

This phase includes:

Cascara Sagrada deeply cleans the intestines Rhamnus Purshiana supports cellular detox Brickellia Grandiflora helps with restoration and healing Dr. Sebi's blend a proprietary mix of detoxifying herbs

This phase is where you may start to see and feel big shifts:

Clearer skin, better digestion, more energy, lighter moods.

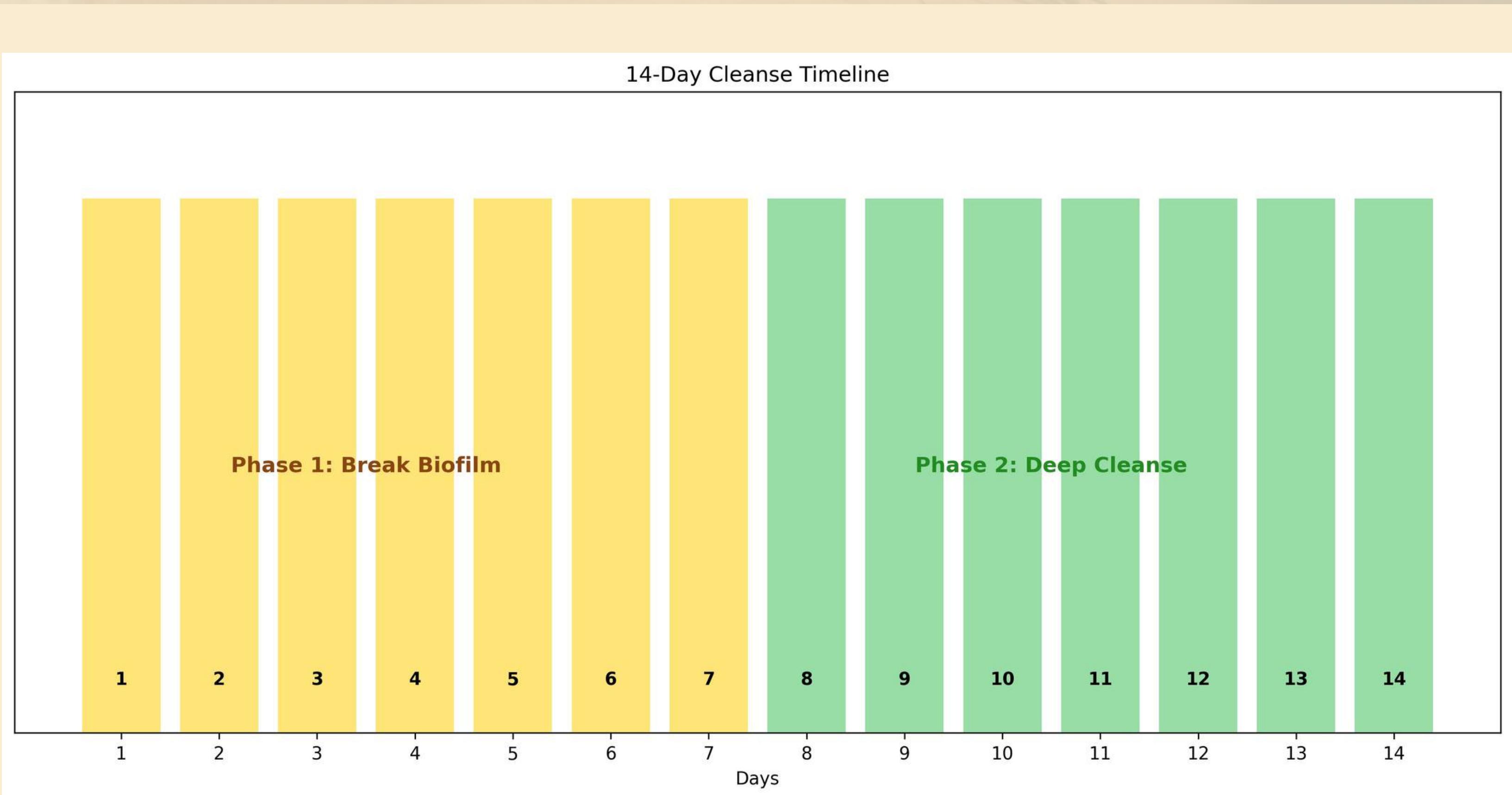
Why It Works

The power isn't just in the herbs it's in the order.

1. Loosen the grip (biofilm disruptor)

2. Clean house (intracellular flush)

You don't shock the body. You guide it gently but powerfully through each step like peeling layers off until your gut is finally clean.



What Happens in 14 Days

A lot can change in just 2 weeks if you follow the right steps.

Here's what to expect on a real 14-day parasite cleanse that works in two clear phases:

Days 1-7: Phase 1 Break the Biofilm This is the prep phase. You're not flushing yet you're breaking open the parasite's defenses.

What you're taking: ParaWash or other biofilm disruptor herbs Light, natural meals Lots of water

What you might feel:

Tired, foggy, or moody (normal detox signs) Some bloating or gas as things begin to break down Strange cravings or emotional swings

This is your body opening the door for healing. It's messy at first, but necessary.

Days 8-14: Phase 2 Deep Cleanse & Elimination Now the real clearing begins.

What you're taking:

Intracellular Cleanse herbs powerful and targeted

Continued clean eating and hydration



What you might feel:

More frequent bathroom trips

- Lighter digestion
- Clearer skin
- Brighter mood

A feeling of "release" physically and emotionally

Some people even see parasites pass in their stool. Others simply feel the shift

What If You Feel Weird?

Totally normal. When parasites die, they release toxins. Your body might respond with fatigue, headaches, or strong emotions. That's not failure it's healing in motion. Rest. Hydrate. Keep going.

By Day 14 You'll likely feel:

- More energy
- A flatter stomach
- Better sleep
- Less brain fog
- Fewer cravings
- A sense of peace in your gut

It's not magic it's biology.

Your body is finally getting the chance to clean house



What to Eat And What to Avoid

You don't need a fancy diet while cleansing. But the food you choose can either help the cleanse work better or feed the parasites you're trying to remove.

Here's how to keep it simple and smart. Foods That Help You Cleanse These foods support your body's detox process and make it easier to flush out parasites:

Fresh fruits

- Papaya
- Pineapple
- Berries
- Apples
- Steamed greens kale
- Spinach
- Bok choy
- Raw garlic
- Powerful anti-parasite
- Pumpkin seeds

may help paralyze worms Cloves known to break parasite egg cycles Sea moss or herbal teas gentle, mineral-rich support Alkaline foods less mucus, less parasite growth



Pro Tip: Keep meals light. Think soups, smoothies, salads, herbal broths.

Foods That Feed Parasites

Parasites love sugar and anything that makes your gut sticky or inflamed.

Try to avoid:

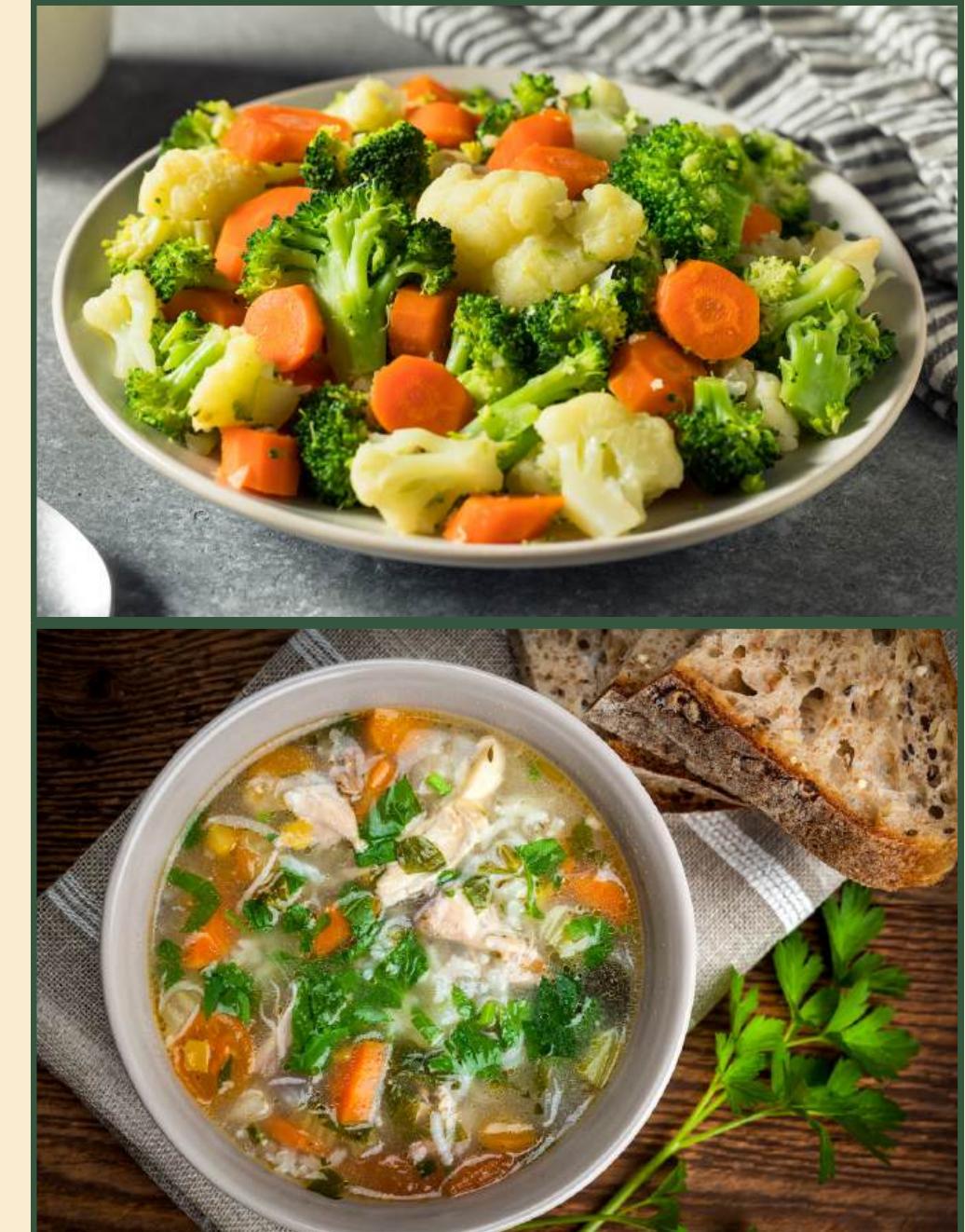
- Sugar white sugar,
- soda,
- candy,
- sweetened drinks
- Processed carbs
- white bread,
- chips,
- baked goods



Dairy creates mucus, which parasites hide in. Fried or greasy food slows down digestion.

Alcohol weakens your gut and liver during a cleanse.

This isn't forever it's just for 14 days.



Sample Simple Meal Ideas Morning:

Warm lemon water,
green smoothie with papaya
& sea moss

Lunch: Steamed veggies + quinoa + garlic dressing

Snack: Handful of pumpkin seeds or herbal tea

Dinner: Veggie soup with clove & ginger, light salad on the side

Remember: The cleaner you eat, the easier it is for your body to do the work.

This isn't about starvation. It's about giving your gut a break so it can heal and flush things out fully.

How to Keep Parasites from Coming Back

You finished your cleanse. You feel lighter, clearer, maybe even like a new person. But now comes the important part: keeping it that way. Parasites can come back if you don't protect your gut. Here's how to make sure they don't.

1. Watch What Goes In

Most parasites enter through things we eat, drink, or touch.

To lower your risk:

Wash fruits and veggies really well Be cautious with undercooked meat and fish
Don't drink tap water in unfamiliar places
Avoid ice when traveling (unless purified)
Wash your hands often, especially before eating

2. Keep Pets Clean.

We love our pets but they can carry parasites. Wash your hands after touching them Don't let them lick your face or mouth
Clean their paws if they go outside Ask the vet about regular parasite checks

4. Cleanse Again Every Few Months

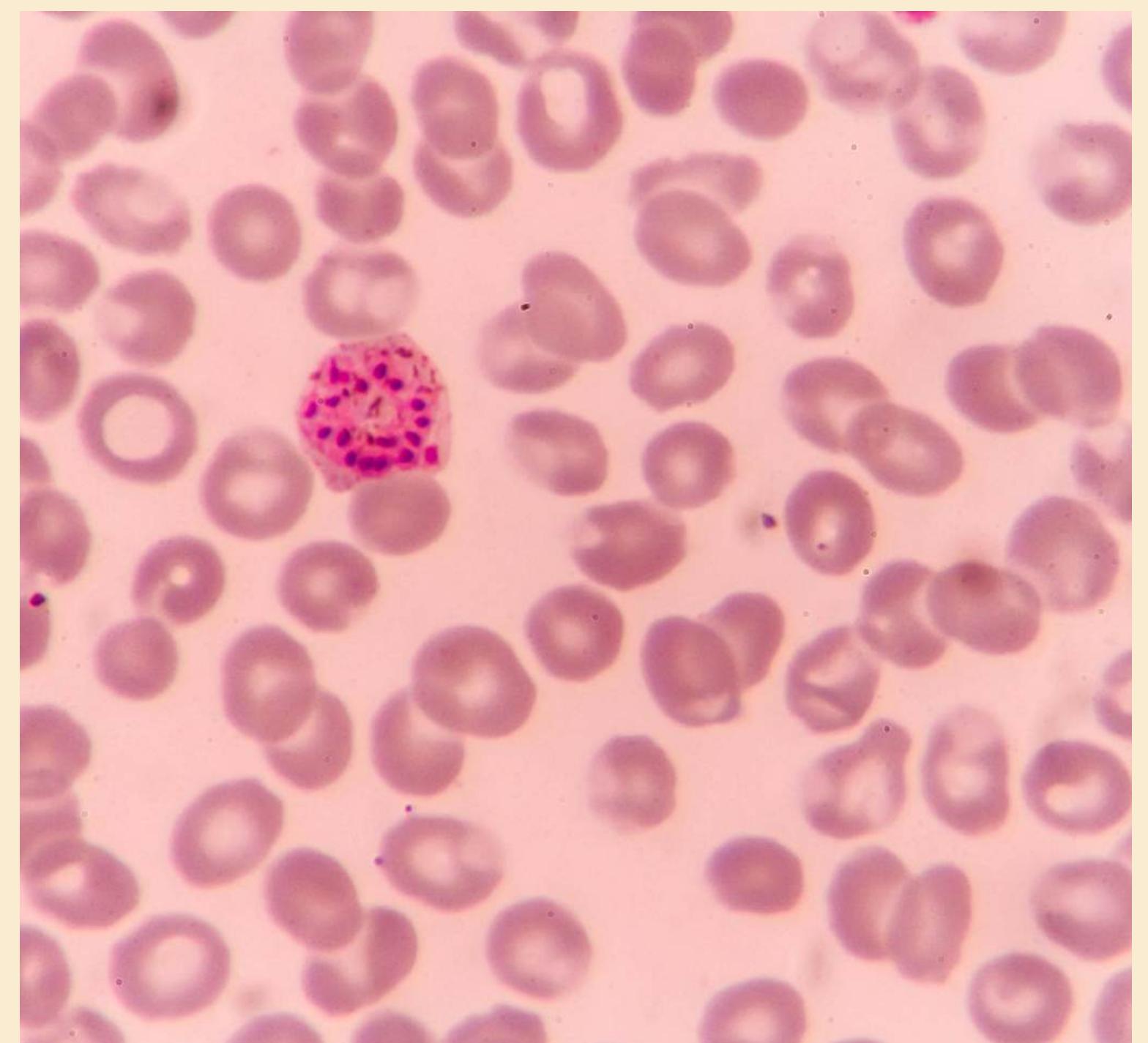
Even with the best habits, we're all exposed.

Doing a gentle cleanse every 36 months helps keep your system clear.
You don't have to wait for symptoms prevention is easier than fixing it later.

Quick Habits to Stay Parasite-Free
Drink warm lemon water in the morning
Take 12 anti-parasitic herbs weekly
Rotate your foods (don't eat the same thing every day)

Stay hydrated

Listen to your body always
You've done the hard part.
Now you get to protect what you've healed.



3. Keep Your Gut Strong

The stronger your gut, the harder it is for parasites to survive.

Eat fiber-rich, plant-based meals
Use herbs like garlic, clove, and pumpkin seeds regularly

Avoid sugar and processed food as much as you can Consider probiotics (fermented veggies, sea moss, etc.)

Stories from People Who Didn't Know

Here are real stories from everyday people just like you who discovered that the problem wasn't them. It was parasites.

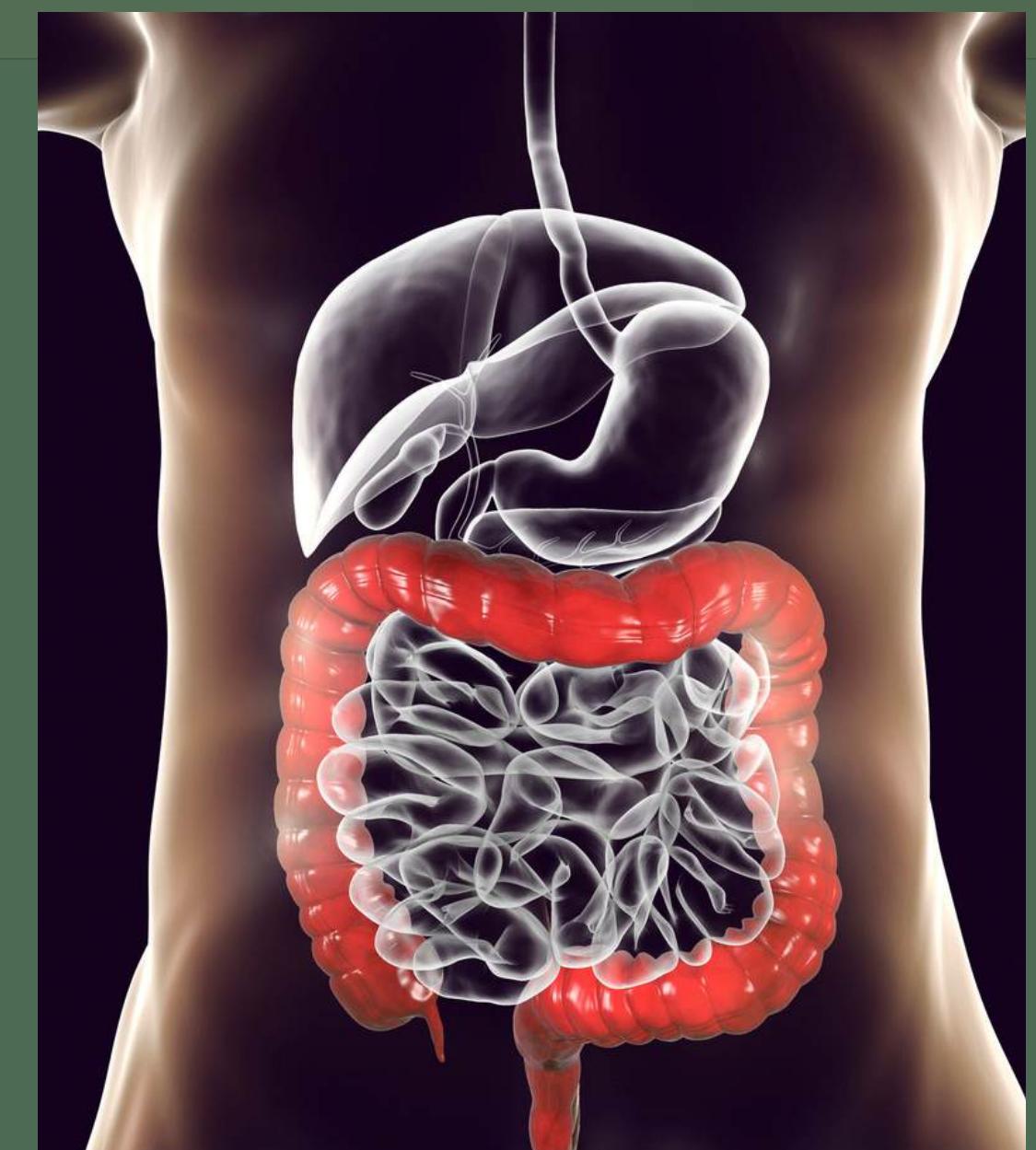


"I Thought I Was Just Getting Older"

- > "I'm in my early 40s and assumed being tired, bloated, and moody was just 'normal.'
- > But after the cleanse, I felt like someone flipped a switch. I had energy again. I stopped craving sugar. Even my sleep..."
- > I didn't realize how heavy I'd been feeling until it lifted."

"Doctors Couldn't Explain It"

- > "I spent years going to doctors for gut issues. Everything came back 'normal.'
- > But I still felt sick. After the cleanse, my stomach calmed down, my skin cleared, and I finally felt peace in my body
- > I cried not because I was in pain, but because I wasn't anymore."



"My Mind Got Quiet"

- > "The biggest change wasn't physical it was mental.
- > My brain fog disappeared. I could focus at work. I didn't feel anxious for no reason.
- > I never knew parasites could mess with your mind but now I do."





I Didn't Expect to Feel So Light"

- > "I did the cleanse just to support a friend. I didn't even think I had parasites.
- > But by day 10, my body felt different. I lost a few pounds without trying. I had more energy. Even my cravings were
- > Now I tell everyone don't wait until you're sick. Just clean your gut."

Your Story Isn't Over

If you've been living with unexplained symptoms, low energy, or that "something's off" feeling You are not alone.

And you are not stuck.

This isn't about chasing perfection.

It's about clearing the things that don't belong and letting your body do what it was made to do.

Tracker, Checklist, Meal Ideas & More

You don't need to guess your way through this. These tools will help you stay focused, aware, and supported throughout your cleanse journey. Cleanse Prep Checklist

Before you begin your 14-day cleanse

Make sure you're ready:

Ordered your full 2-phase cleanse kit

Stocked your kitchen with fruits, veggies, teas

Cleared your schedule (avoid stress or heavy travel)

Got a water bottle to stay hydrated

Prepared a notebook or journal

Told close family or friends (so you're supported)

Daily Cleanse Log (Sample)

DAY	Energy level	Bloating	Mood	Bowel Movements	Notes
1	Low	High	Irritable	1x	Felt heavy, tired
2	Medium	Medium	Calm	2x	Had garlic tea
3

Use this chart every day to track your progress. It helps you see changes you may not notice right away.

Sample 3-Day Meal Plan (Easy + Clean)

- Breakfast:**
Papaya & sea moss smoothie
- Lunch:**
Steamed kale, quinoa,
garlic dressing
- Snack:**
Cucumber slices + pumpkin
seeds
- Dinner:**
Veggie soup with ginger +
clove



- Breakfast:**
Warm lemon water,
blueberries, chia
- Lunch:**
Stir-fried bok choy with garlic
- Snack:**
Herbal tea + watermelon
- Dinner:**
Sweet potato mash + sauted
spinach

- Breakfast:**
Apple + almond butter
- Lunch:**
Avocado salad with olive oil +
lime
- Snack:**
Sea moss gel + warm
cinnamon tea
- Dinner:**
Broccoli soup + herbal detox
blend



Symptom Tracker (Before vs After)

SYMPTOM	Before Cleanse	After Cleanse
Fatigue	Yes / No	Yes / No
Bloating	Yes / No	Yes / No
Sugar Cravings	Yes / No	Yes / No
Brain Fog	Yes / No	Yes / No
Mood Swings/Anxiety	Yes / No	Yes / No
Poor Sleep	Yes / No	Yes / No
Skin Breakouts	Yes / No	Yes / No

Fill this out honestly before and after your cleanse.
It's often surprising how much can shift in just 14 days.

You Were Never Lazy. You Were Infected

Maybe you blamed yourself for being tired. Maybe people told you it was in your head. Maybe you started to believe that feeling heavy, foggy, or sad was just your "normal."

But now you know the truth:

Your body wasn't broken. It was blocked. And parasites were standing in the way of your energy, your clarity, and your peace of mind.

What You Just Did Is Powerful You made space.

You gave your gut and your whole system a chance to heal. And whether your changes were small or huge, the shift has already started.

- More energy
- Better sleep
- Clearer skin
- Stronger focus
- Fewer cravings
- Calmer moods

It's not a miracle. It's your body finally unblocked.

This Is Just the Beginning

You now understand what's been living inside you and what to do about it.

You've taken control.

You've cleaned house.

And if you ever feel that heaviness creeping back in you know where to start again.

Keep Listening to Your Gut It talks to you through bloating, cravings, sleep, and mood. Don't ignore it.

Don't silence it. Just support it with clean food, healing herbs, and a little love.

READY TO TAKE THE NEXT STEP?

Ready to Take the Next Step?

Reclaim Your Gut. Reclaim Your Life.

You've made it through this guide. Now you understand what parasites are doing inside your body and why your gut, your mood, your energy

This isn't just theory. There's a real solution trusted by over 50,000 people for a reason.

Phase 1: ParaWash Biofilm Disruptor

Breaks down parasite shields

Prepares your body for deep cleansing
Powered by herbs like Wormwood, Black Walnut, and Dysphania ambrosioides

Phase 2: Intracellular Body Cleanse

Sweeps out parasites and waste

Detoxes deep at the cellular level

Helps restore gut and brain clarity

30+ Years of Natural Healing Legacy

100% Natural Ingredients

2-Week Intensive Protocol

Step-by-Step Support

Made in Honduras Dr. Sebi Approved

Backed by real stories, real results

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The ParaCleanse Elite Package Dr. Sebi's Original 2-Phase Cleanse



FREE SHIPPING Over \$100

**Because you were never lazy.
You were never weak.
You were just ready to get your gut back.**