



Para-Cleanse

Convenient pre-packaged parasite cleanse

Parasites are a far more common problem in North America than most people think. They can be picked up from contaminated water, improperly prepared food and pets. It has been estimated that at least 20% and perhaps as high as 80-90% of the population have at least one form of parasite in their body.

Para-Cleanse is a packaged program for removing intestinal parasites. It is convenient, easy to use, and effective for many types of parasites and intestinal microbes. Each of the 20 packets contains 1 capsule of Paw Paw Cell-Reg, 1 capsule of Herbal Pumpkin combination, 2 capsules of Artemisia Combination and 2 capsules of Yeast/Fungal Detox.

Below is what each of these products does.

Paw Paw Cell-Reg

This unique product contains a standardized extract of acetogenins from the American paw paw. Acetogenins inhibit the production of adenosine triphosphate (ATP), a cellular energy storage molecule. Possessing natural insecticidal properties, they help to kill intestinal parasites by reducing the ability of the mitochondria ("energy factories") in their cells to convert nutrients into energy for their own life functions. Not only does this help shut down the voracious appetite of certain abnormal cells (such as certain types of cancer), it also inhibits replication of viruses, yeast and bacteria.

Small doses of acetogenins are non-toxic to humans and other mammals, but will help to destroy many types of single celled and multi-cellular organisms that inhabit the intestinal tract, especially when combined with the other herbs in this formula. Paw Paw Cell Reg is what makes Para-Cleanse such a unique and powerful anti-parasitic program.

Herbal Pumpkin

This traditional anti-parasitic blend relies mainly on pumpkin seeds and black walnut hulls for its antiparasitic activity. It seems that intestinal parasitic worms have an intense dislike for pulverized pumpkin seeds. The seeds appear to immobilize parasites, making them easier to eliminate. Black Walnut hulls are also widely used in the natural treatment of intestinal worms, including tapeworm, pinworm and ringworm. Rich in iodine, walnut hulls also help rid the body of yeast and harmful microbes.

Herbal pumpkin contains the stimulant laxative cascara sagrada, which helps expel worms. Other ingredients like chamomile, mullein, marshmallow and slippery elm protect and heal tissues.

Artemisia Combination

This blend contains two Artemisias, wormwood and mugwort, which are potent anti-parasite remedies and digestive tonics.

Wormwood gets its name from its reputation as a remedy for killing intestinal worms. Both wormwood and mugwort contain thujone, which may paralyze worms for removal.

This blend also contains garlic, cloves, eucalyptus, ginger, olive leaf and turmeric, all of which have reputations as potent anti-parasitic remedies. This blend may be useful against a variety of intestinal parasites including amoeba, yeast, pinworms, hookworms and giardia.

Yeast/Fungal Detox

This blend is especially designed to inhibit the growth of *Candida albicans* in all three of its life-cycle stages. Persistent yeast infections often follow the use of antibiotics and are fed by diets high in sugars and starches. They can overwhelm the immune system, weaken the bowel and make it easier for other parasites and infections to gain a foothold in the body.

One of the ingredients in this blend, oregano, contains a powerful antiseptic essential oil that is not only useful against yeast, but against many forms of bacteria and viruses. It also contains the anti-parasitic herb, garlic, and the immune stimulating herb, echinacea. So, this formula also supports the immune system to resist infections in general.

Suggested Use

The best way to use Para-Cleanse is to do one 10-day Para-Cleanse program, consuming one herb packet twice daily, then take a break for a week, and then use a second package. The purpose of the break in between cleanses is to allow any eggs to hatch so they can be eliminated in the second round.

Before doing the Para-Cleanse, it can be helpful to use a lower bowel cleanse first to loosen and start removing old fecal material that may be present, creating a happy home for parasites. Also, after doing a Para-Cleanse, be sure to take a round of probiotics such as Acidophilus or Bifidophilus Flora Force. This assures that healthful bacteria, which may also have been killed, are replanted.

Always drink plenty of water when on any cleansing program. Since family members share parasites with each other, best results are obtained when all family members do the cleanse together.

Do not use Para-Cleanse during pregnancy or when nursing. Para-Cleanse may be used for pets, but is too harsh a program for young children (under the age of 12).

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Coming Clean by Steven Horne

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Artemisia Combination

Potent formula for expelling worms and parasites

People today are having more and more problems with parasites, due to mismanagement of the digestive system. Parasites feed on the waste-clogged and undernourished systems that our modern life-styles promote.

Fortunately, there are herbal combinations that are formulated to help rid the body of parasites. Artemisia Combination is one of these helpful herbal formulas. The herbs in this formula have been combined for their collective parasite fighting and digestive stimulant abilities. Following is a description of the herbs found within this combination.

Wormwood and Mugwort

Both of these plants belong to the Artemisia genus and have been used as digestive tonics and anti-parasitic agents. Like many members of this genus, they contain essential oils with monoterpenes, which tend to be antimicrobial and antiparasitic.

Wormwood (*Artemisia absinthium*) is the stronger of the two remedies. It is used in scripture as a symbol for bitterness and its Latin name, absinthium, means “without sweetness.” Nevertheless, this fragrant and bitter plant is a natural insecticide, insect repellent and vermifuge. Its essential oil contains thujone, a potent substance with some hallucinogenic properties. It may help “numb” worms so they “let go” and can be expelled.

Mugwort has similar properties, but is a milder remedy than other artemisias. Like wormwood, it stimulates digestive secretions and improves digestive function while helping to eliminate intestinal worms.

Elecampane

Elecampane contains two anti-amebic compounds (alantolactone and isalantolactone) and has also been used to help eliminate intestinal worms. Elecampane has also been shown to have antiseptic, antibacterial, antifungal and antiulcer properties. It has been widely used for respiratory problems, gastric complaints and infections. It also contains a high concentration of the polysaccharide inulin, which feeds the friendly bacteria of the colon.

Spearmint leaf

A soothing herb for the stomach, spearmint relaxes the stomach and stimulates digestive secretions. It is a mild remedy that is often recommended for stomach disorders in children. The Pilgrims highly valued spearmint as a remedy and brought it with them when they crossed the ocean and settled the in New World. Spearmint adds a soothing effect to this otherwise harsh formula.

Garlic bulb

Garlic has been used throughout history to rid the body of parasites. This use is particularly evident in the herbal lore of India, where it was regularly recommended for the removal of worms. It is generally most potent as an antiparasitic when eaten raw, but does have beneficial effect even in powdered form.

Garlic is also a natural antibiotic. In World War I, the British used this herb as a topical antibiotic for battle wounds, where it earned a shining reputation for preventing wounds from becoming infected. In addition, garlic is an excellent tool to use in fighting viral and fungal infections.

Ginger root

A traditional digestive remedy, ginger is used by herbalists to treat flatulence, colic and diarrhea. Ginger also has some anti-parasitic activity, which is why pickled ginger is served with sushi.

Clove bud

Another herb used for parasite problems, clove was made popular as an anti-parasitic remedy by Hulda Clark in the book *The Cure for all Cancers*. While it is useful for all parasites, it is especially good for ridding the body of giardia. Clove also makes a good all-around digestive tonic.

Usage

For best results take 2 tablets with a meal 3 times a day. Since artemisia is such a strong herb, it should not be used for more than two or three months and should not be used during pregnancy or when nursing. Because it is so strong, this is not a good parasite remedy for young children (under the age of 12). Herbal Pumpkin and black walnut are gentler remedies for children.

This formula can be used effectively to deworm pets such as cats and dogs. It works well when used with black walnut in equal amounts. Simply mix it in the animal’s food. It is also found in the convenient parasite cleansing program Para-Cleanse.

Selected References

- The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light Publishing
- The Garden of Life: An Introduction to the Healing Plants of India* by Naveen Patnaik
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier
- Professional Guide to Conditions, Herbs and Supplements* by Integrative Medicine Communications
- PDR for Nutritional Supplements* by Physician’s Desk Reference

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Herbal Pumpkin

Time-tested parasite cleansing formula

Herbal Pumpkin is a traditional formula for eliminating worms and other parasites from the digestive tract. Its ingredients help to immobilize and expel worms, stimulate peristalsis of the colon and soothe inflamed and irritated tissues. Besides being used as a parasite-cleansing formula, Herbal Pumpkin has also proven beneficial for supporting prostate health in men.

Eight herbs contribute to the success of this combination.

Pumpkin seeds

Pumpkin seeds are a traditional remedy for intestinal worms, such as tapeworm and ringworm. Native Americans chewed them as a vermifuge. The crushed seeds appear to immobilize worms and help the body expel them.

The seeds are a rich source of zinc and magnesium and have also been used to help prostate problems in men. Zinc is a key nutrient for prostate and male reproductive health and also boosts the immune system.

Chamomile flowers

Particularly helpful for digestive problems, chamomile contains an anti-inflammatory volatile oil that soothes irritation in the digestive tract. It also acts as a bitter tonic to promote gastrointestinal secretions and acts as a carminative to expel intestinal gas.

Black Walnut hulls

Another traditional anti-parasitic remedy, black walnut has been used with success in the treatment of intestinal worms like tapeworm, pinworm, and ringworm, and other parasites like amoebas and protozoa. Black walnut is also a good anti-fungal agent. Rich in natural iodine it not only supports the thyroid gland, it also helps fight a variety of infectious organisms. Black walnut also helps burn up fat and toxins that may feed parasites.

Mullein leaves

Traditionally used as a soothing, healing herb for respiratory problems, mullein is also used for treating bruises, tumors and hemorrhoids. In this formula, it helps to soothe irritated tissues of the gastrointestinal tract.

Cascara Sagrada bark

This stimulant laxative is widely used to relieve constipation. Called “sacred bark” by Spanish explorers, Cascara sagrada helps the bowels to evacuate by keeping moisture in the stool. This softens the stool and stimulates peristalsis. Cascara sagrada helps move parasites that have been weakened or immobilized from the colon. It may also have some anti-parasitic activity of its own.

Marshmallow root

This plant gets its name from the fact that its mucilage was originally used as an ingredient in making marshmallows. Today, this mucilaginous herb is still used by herbalists to reduce inflammation and soothe irritated tissues in the bowel, lungs and urinary tract. It can also help ease diarrhea. In this formula marshmallow root helps soothe and heal intestinal membranes damaged by parasites.

Violet leaves

A powerful lymphatic and blood purifying herb, violet leaves began to be used as a treatment for breast cancer in the 1930s. Today these leaves are used in many alternative cancer therapies (especially after surgery has been performed) in order to prevent the development of secondary tumors.

Slippery Elm bark

First discovered by the American Indians, Slippery Elm bark is a mild, nourishing food that soothes digestive inflammation and irritation. It is also useful in neutralizing stomach acidity and lubricating the bowel, thereby allowing for smooth and softer elimination. Like marshmallow, it helps damaged intestinal membranes to heal.

Usage

For use as an anti-parasitic remedy, take 2-3 capsules daily with meals. Herbal Pumpkin works best when combined with other anti-parasitic remedies such as Artemisia Combination. For prostate problems, use two capsules two to three times daily with meals.

Selected References

Herbs to the Rescue by LaDean Griffin

Nutritional Herbology by Mark Pedersen

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Gastro Health

Effective herbal formula for *H. pylori* and other intestinal bacteria

For a long time it was believed that ulcers were caused by excess acid in the stomach (usually brought on by stress), but in 1979 J. Robin Warren discovered a spiral bacteria, *Helicobacter pylori* (*H. pylori*) which researchers now believe to be the real cause of ulcers.

H. pylori bacteria are able to survive the strong stomach acids by living in the protective lining and producing an enzyme, urease, which makes ammonia and neutralizes the stomach acids. These bacteria are only present in inflamed tissues of the stomach. In 1987 a young, healthy male volunteer swallowed *H. pylori* and began a three year battle with inflammation, infection, and ulcers, proving that *H. pylori* was a cause of ulcers. Studies have continued to show that nearly all ulcer patients have *H. pylori* bacteria.

In June of 1994, the *International Agency for Research in Cancer* announced that *H. pylori* bacteria was a very dangerous carcinogen. Studies with gastric cancer show that *H. pylori* could be the first step in the process of changes that leads to cancer. More research about this subject is still required.

Gastro Health has been designed as a natural agent to relieve inflamed stomach tissues or ulcers developing from the *H. pylori* bacteria. The blend was created by testing hundreds of herbs for their ability to destroy *H. pylori* bacteria. The herbs with the strongest action against this bacteria were included in the blend.

Many of these herbs have traditionally been used to treat ulcers and help soothe mucus membranes and promote healing. Also, these herbs won't destroy the good bacteria in the body as antibiotic treatments will. The following herbs are included in this combination.

Capsicum

For years, doctors warned against the use of spicy foods like capsicum in ulcer patients, while herbalists used these same hot peppers to cure ulcers. Not only does capsicum (also known as cayenne pepper) help to stop bleeding, it relieves the inflammation caused by *H. pylori* bacteria. Capsicum is an antibacterial and antispasmodic agent, helps to ease pain and may have an anti-carcinogenic effect. It stimulates an increase in the flow of stomach acid, which is needed for proper digestion.

Cloves

Cloves are a stimulating spice with a mild anesthetic property. Clove oil contains eugenol, a powerful antiseptic phenol. The

oil numbs tissue and reduces pain. Cloves are also an excellent antibacterial agent and a popular anti-parasitic agent. They are used in Southeast Asia as a panacea for many ills, including malaria, cholera, tuberculosis, scabies and other infections.

Inula racemosa

A cousin to Inula helenium, also known as elecampane, inula contains two anti-amebic compounds (alantolactone and isoalantolactone), so it may help eliminate intestinal worms. Traditionally, inula has been used as a diuretic and an expectorant to aid colds, induce sweating and clear and strengthen the lungs and skin. Experiments show that in extract form, Inula has antiseptic, antibacterial, antifungal and anti-ulcer properties. Recent studies show it is also effective against *H. pylori* bacteria. Inula is a very safe remedy.

Licorice

Studies show that deglycyrrhizinated licorice (the type included in this formula) is 75-80% effective in healing ulcers and produces no side effects. Licorice has an anti-inflammatory and soothing action, as well as antibacterial, antifungal and antiviral activities. It helps stabilize the adrenal glands and reduce sugar cravings.

Pau d'Arco

A tree from the rain forests, pau d'arco is used by native people to treat arthritis, diabetes, malaria, tumors and ulcers. Studies show this herb to be effective against candida and also that it may reduce tumors. Current research shows that pau d'arco is also effective against *H. pylori* bacteria.

Usage

Gastro Health isn't just for *H. pylori* bacteria and ulcers. It can be helpful for other bacterial infections in the gastrointestinal tract and for inflammatory bowel disorders like Crohn's disease. Take two capsules of Gastro Health with a meal twice daily, plus two capsules at bedtime with a glass of water.

Selected References

Martin J. Blaser, "The Bacteria behind Ulcers," *Scientific American*, February 1996, p. 104-107.

Holly Nicholes, "Herbal H-p Fighter," *Handout, R&D Research Services. The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

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