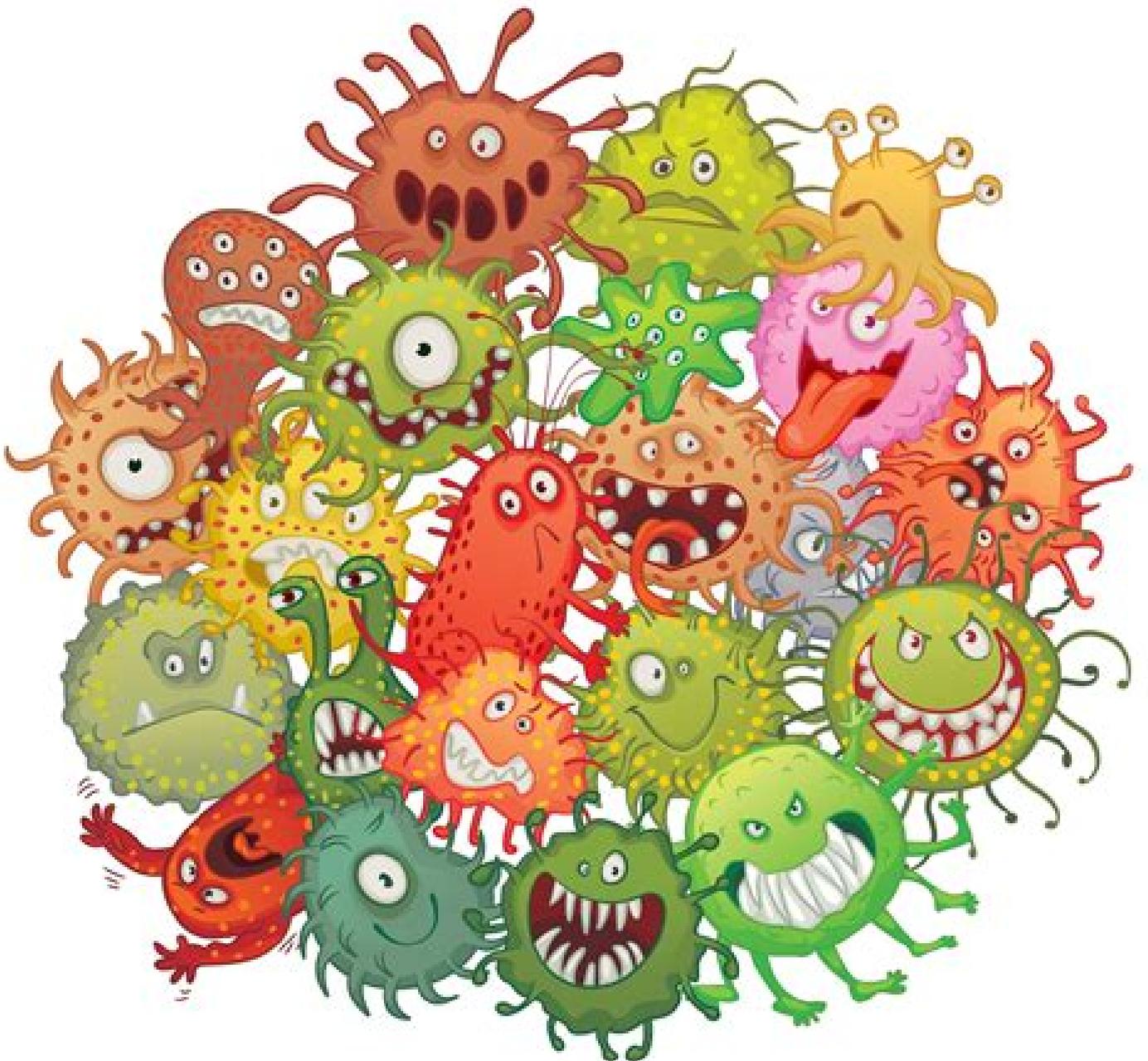


# PREVENTING PARASITES



# FOOD PREPARATION

- Purchase organic
- Thoroughly wash or peel fruits and vegetables
- Scrape away any waxy coatings
- Cut out nicked areas
- Refer to the Nutrition category for further information on how to effectively wash your fruit and vegetables
- Cook meats and fish to the appropriate temperature (by checking on labels and using a meat thermometer)
- Check fish for worms under the skin
- Wash hands before eating and cooking, as well as after handling raw foods
- Keep work surfaces and utensils clean / avoid cross contamination

# WATER

- Know your water source
- Drink only pure water from a treated, filtered source or purified or distilled water
- Be cautious when consuming water in other countries where hygiene may be less and/or where your microbiome isn't used to the organisms that live there
- Avoid swallowing water in pools - chlorine does not kill parasites
- Avoid swimming if you have any open cuts or wounds
- Never swallow water in rivers and lakes
- Wash hands after using the toilet, caring for pets, changing a nappy/diaper and after gardening (also clean under fingernails)

# CLEANING

- Keep living area clean as parasites can thrive in dust, soil particles and faecal matter from dust mites and cockroaches
- Remove shoes when entering the house
- Wash sheets and bedding once weekly
- Consider an indoor air filter
- Remove dust frequently
- Wear shoes outside to prevent parasites (e.g. hookworms) from entering your body through your feet

# NUTRITION

- Supplement with a good probiotic to help balance (and keep balanced) the gut flora
- Eat a balanced diet to regulate the colon pH
- Eliminate or reduce your exposure to toxins as much as possible
- Cleanse your colon regularly and use natural remedies where necessary to ensure regular bowel movements
- Perform a thorough parasite cleanse twice a year. The normal life cycle of most parasites is 6 weeks, so it will take that long to complete a cleanse.
- Add anti-parasitic foods into the diet, for example; coconut, pumpkin seeds, pineapple, cloves, garlic, onion, oregano, turmeric, ginger, lemon, apple cider vinegar, thyme, papaya, pomegranate, cayenne pepper