



PUMPKIN SEED PARASITE CLEANSE - BEGINNER

WHAT YOU NEED

Pumpkin seeds have long been used as a traditional remedy for intestinal parasites — especially tapeworms. Recent studies have shown that pumpkin seeds can increase the rate of parasite removal. The reaction is believed to be caused by an amino acid in the seeds called cucurbitacin. This compound effectively paralyzes the leeching worms — making them lose their grip on your insides. When they lose their grip, it's much easier to expel them from your body during a bowel movement.

What you need:

- 300g raw peeled pumpkin seeds
- 50ml water
- tbsp honey



HOW TO DO IT

How to do it:

- Put the ingredients into a blender and mix into a paste.
- Some people prefer to make it into a smoothie rather than eat a paste. For this, you could also mix in fresh coconut and/or some papaya with the seeds to increase its potency - as both are anti-parasitic. Other items; apple, celery, spinach and berries, will help improve the taste.
- Consume within an hour.
- Once finished, take 2 tbsp castor oil (which acts as a laxative).
- For best results follow with an enema later in the day.

