

ANTI-PARASITIC SUPPOSITORY RECIPES

Supplements and nutrients inserted rectally have the benefit of crossing the blood brain barrier almost instantly and bypassing the process of digestion. This means we don't need to rely on our gut integrity in order to get the full benefits of the herbs we're using.



GARLIC SUPPOSITORY

This is the simplest suppository to perform and how I would recommend you begin. Simply take 1 garlic clove - choose a small clove to start - and peel the skin off.

Lubricate the garlic clove in coconut oil so that it will slide in to the rectum easily.

Here is a diagram of the position you want to get into when you administer the garlic clove. One leg bent up and the other leg straight. Gently push the clove in until it's inside and that's it. The clove will then be removed by the body with your first bowel movement the next day.

If you don't have a bowel movement for a while or want the clove out sooner, perform an enema and this will flush it out.



SINGLE ESSENTIAL OILS

Essential oils are a great way for us to get the benefits of herbs and spices but in a highly concentrated form.

When you first start with essential oils, pick one in isolation. For example, some great anti-parasitic essential oils are;

- Clove
- Turmeric
- Oregano
- Ginger
- Rosemary
- Thyme
- Coriander/Cilantro
- Frankincense

Start with 3 drops and increase by 1 drop each time. You can go up to 20 drops in total.

You MUST ensure these are food grade and can be internally used; such as DoTerra and Young Living brands. I can order these for you if required - please email me.

COMBINED ESSENTIAL OILS

Watch the video on how to make the suppositories. You will need an ice cube tray with rectangular shaped moulds.

Easy recipes

3 drops oregano essential oil and 3 drops clove essential oil, with fractionated coconut oil. Instead of fractionated coconut oil, you can also use olive oil or avocado oil.

2 drops turmeric essential oil, 2 drops ginger essential oil and 2 drops clove essential oil, with fractionated coconut oil.

Stronger recipes

5 drops turmeric essential oil, 5 drops clove essential oil and 5 drops thyme essential oil, with fractionated coconut oil. You can mix or rotate the oils as desired from the list above.

1/2 peppet pau d'arco herbal extract and 1/2 peppet black walnut and wormwood liquid, with fractionated coconut oil.

FLUSH THE COLON

The morning after using a suppository, flush the colon to ensure a bowel movement is made and any dead parasites are removed.

Examples listed below - refer to other areas in the Academy for protocols/videos on how to perform:

- Salt water flush with Celtic sea salt
- Distilled water enema
- Coffee enema
- Magnesium oil sprayed topically
- Oxy powder
- Colonics
- 2 tbsp food grade castor oil, followed by 2 pints of water
- Senna leaf tea