

THE
**FULL MOON
PARASITE
CLEANSE**
PROTOCOL



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WHAT TYPE OF PARASITE DO YOU HAVE?

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Full Moon Phase Parasite Protocol

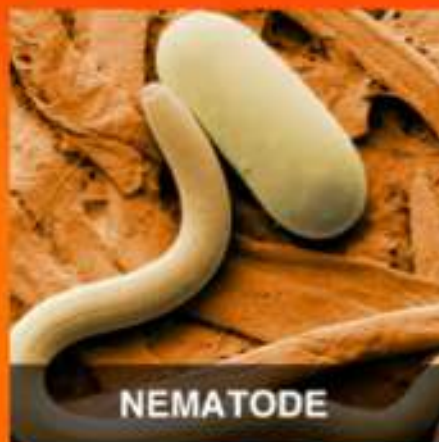
“Parasites have killed more people than all the wars in the history of humankind” National Geographic

Intestinal parasites are abnormal and unwanted inhabitants of the gastrointestinal system that have the potential to cause damage to their host. They consume nutrients from the foods we are eating, and they puncture holes in the intestinal membrane. Humans can play host to more than a hundred different types of parasites.

The phases of the moon influence the activity of many biological organisms. Parasites and other microorganisms are thought to increase in activity around the full moon phase. This document will discuss what parasites are, how they impact our body and how to do a full moon parasite protocol to cleanse these organisms from our body.

Many people are unaware that there is a strong likelihood they have parasites. Parasite infections are one of the most underdiagnosed conditions in America. In fact, some experts suggest that around 90% of Americans have parasites. Parasite infections are a common problem that we see as health coaches at DrJockers.com.

Types of **PARASITES** IN THE HUMAN BODY



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Types of Parasites

Parasites are organisms that depend on a host for survival. There are three types of parasites that feast on humans: protozoa, helminths, and ectoparasites. Parasite infections cause diseases which can range from mild to life-threatening.

Parasites thrive to the detriment of the infected person. They often rob nutrients from their host. Nutrient deficiencies and gut issues are common in people with parasites.

While most parasites are not visible to our human eyes, including microscopic amoeba and malarial parasites, others can grow very big, such as 10-foot-long tapeworms.

While parasites are not a disease, the problem is that they can cause and spread disease. They can enter your circulation and get into your organs. They can cause issues, including liver, lung, brain, joint, muscle, skin, and other problems and related diseases.

For example, a 1994 study published in *Nihon Rinsho* explored how certain parasites may lead to cirrhosis in the liver and a 2006 study published in *Parasite Immunology* has found that parasitic worms may lead to inflammatory diseases (1, 2).

Parasites may be:

- **Endoparasites:** Endoparasites live inside their host. They may include tapeworms, flatworms, and heartworms. Endoparasites may need a carrier or vector to transmit them to their host. In the case of malaria, the mosquito is this third organism carrier.
- **Epiparasites:** Epiparasites feed on other parasites. This is called hyperparasitism. For example, your dog's fleas may have a protozoan or hyperparasite in their digestive tract.

There are three main types of parasites that you need to be aware of:

Protozoa

Protozoa are single-celled organisms. They have two stages: the trophozoite stage when they are metabolically active and invasive, and the cyst stage where they are inactive.

Some of the most common intestinal protozoans include *Giardia intestinalis* (giardiasis), *Entamoeba histolytica* (amoebiasis), *Cyclospora Cayetanensis* (cyclosporiasis), *Cryptosporidium* spp (cryptosporidiosis), and *Blastocystis hominis* (blastocysts).

Protozoa parasite infections are hard to remove because they move back into a cyst stage when they feel threatened, and they have adapted survival techniques. Some of the main symptoms associated with these parasite infections include diarrhea, constipation, nausea, abdominal pain, bloating, dehydration, weakness, low energy, and joint pain.

WHAT ARE PROTOZOA?

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MOST COMMON TYPES OF PROTOZOAN PARASITES

Giardia

Cyclospora

Dientamoeba fragilis

Entamoeba Histolytica

Cryptosporidium

Blastocystis hominis

COMMON SYMPTOMS OF INFECTION



Diarrhea



Constipation



Nausea



Abdominal
Pain



Bloating



Fatigue



Joint Pain

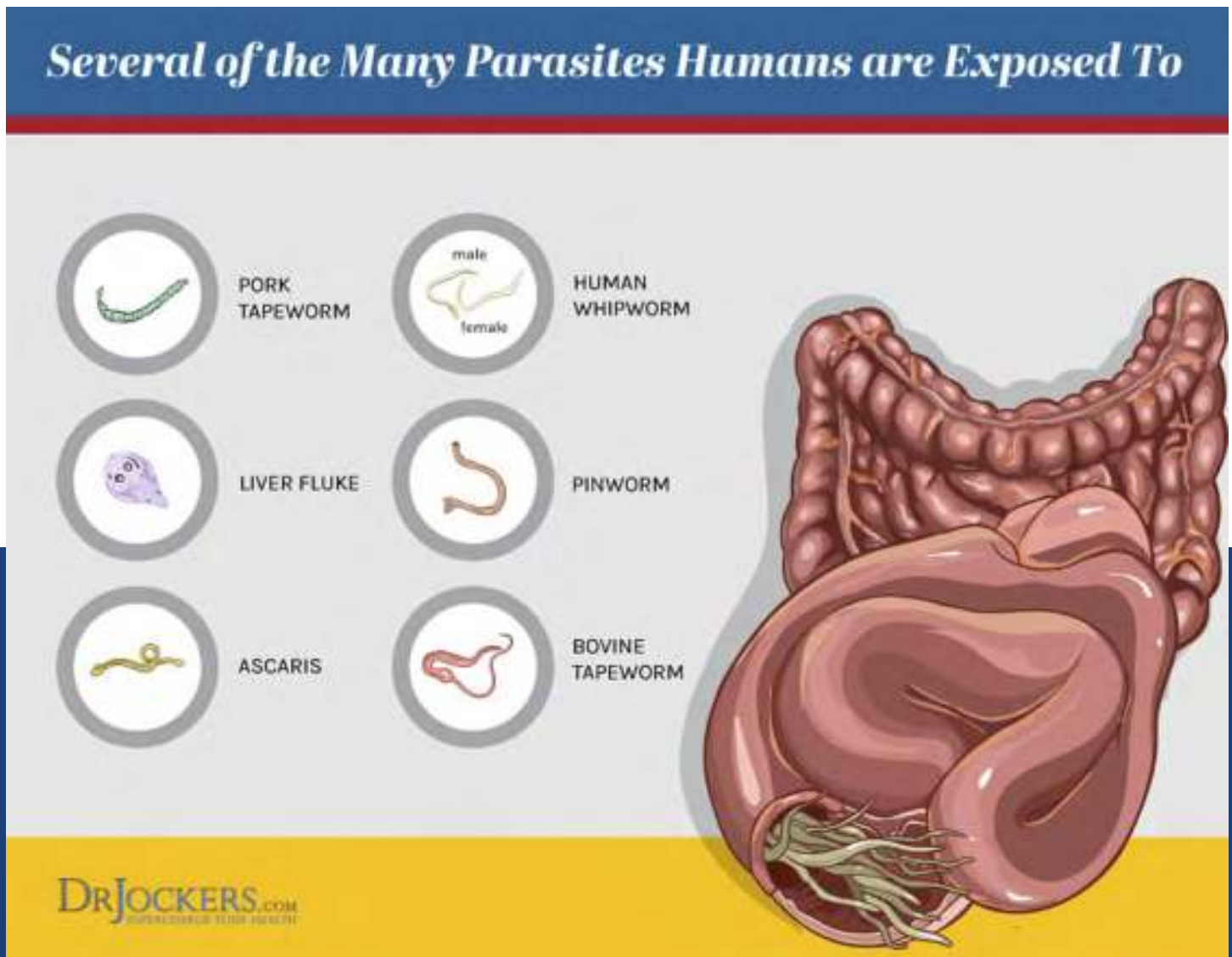


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Helminths

Helminths are large, multicellular worms. They are generally large enough to see with the human eye in their adult stage. Some of the main types of helminths include nematodes (roundworms), cestodes (tapeworms), and trematodes (flatworms and schistosomes).

Helminths are typically unable to reproduce in the human gut. However, they have long lifespans, and they consume a lot of the nutrients we need to support our bodies. These parasite infections can impact us quickly and severely.




Ectoparasites

Ectoparasites, instead of living inside their host, they live on them. Ectoparasites include fleas and lice. While it's certainly possible to experience lice as a human and it's common in younger children, it is also easy to notice and treat.

Parasites and parasitic infections that target your intestines and other organs are more problematic and despite chronic symptoms, they are often missed and misdiagnosed.

TYPES OF ECTOPARASITES

These are parasites that burrow into the skin and remain there for long periods of time (weeks-months). Mosquitos can be considered an ectoparasite from a broad sense but since they don't stay on the host, they aren't a true ectoparasite.



Fleas Lice Ticks Mites

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The image is a graphic titled "TYPES OF ECTOPARASITES" with a background of a large mite on skin. It features four icons in rounded squares: a brown flea, a yellowish louse, a dark brown tick, and a pinkish mite. Below each icon is its name. At the bottom, the DrJockers logo and tagline are displayed.

Symptoms of a Parasite Infection

A parasite infection is often mistaken for other conditions. If you have plateaued in your healing journey or have persistent gut issues, these are signs that you may have a parasite infection.

Symptoms of parasite infections are widely varied. Parasites can go undetected with few symptoms or cause serious illnesses and even death. If you have a parasite infection, you may experience these symptoms:

- Skin bumps or rashes
- Sleep issues such as insomnia and poor sleeping habits
- Aches and pain
- Weight loss, increased appetite, or both
- Abdominal pain, diarrhea, and vomiting
- Fever
- Weakness and feeling unwell
- Deficiencies in nutrients, especially iron, vitamin A, vitamin B12, copper, magnesium, and zinc
- Allergies

Some often-overlooked symptoms of parasite infections are:

- Teeth grinding
- Adrenal fatigue
- Leaky gut and IBS
- Food cravings and insatiable hunger
- Low blood sugar
- Brain fog, anxiety, or depression

WARNING SIGNS THAT YOU MAY HAVE A BACTERIAL, YEAST OR PARASITIC OVERGROWTH



How Do You Get Parasites?

Parasites are everywhere. We can get them from contaminated food and water (including water in lakes, ponds, and rivers), improperly cooked meat (pork is notorious for containing parasites), contaminated fruits and vegetables, walking barefoot on contaminated soil, and other places. Owning pets and traveling to third world countries can also increase your risk of parasites.

When your immune system is weak, you are more likely to contract a parasite infection. Imbalances in gut bacteria, poor diet, chronic stress, poor sleeping habits, unnecessary use of antibiotics, and other factors can weaken your immune system. This may predispose you to a parasite infection.

Parasitic infections largely happen in individuals with weakened immune systems. Here are factors that predispose us to getting them.

Risk Factors for Getting Parasites

- Unnecessary Use of Anti-Biotics
- Poor Sleeping Habits
- Poor Dietary Habits
- Chronic Stress
- Major Traumas or Injuries

Other Factors that Increase Risk

- Owning Pets
- Traveling to 3rd World Countries
- Not Washing Your Produce



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Do You Need to Worry about Parasites in the US?

Many people think parasites are only an issue in poor and developing countries or an infection they might pick up traveling to a foreign country. However, parasites infections are common in the United States and affect millions of people (3).

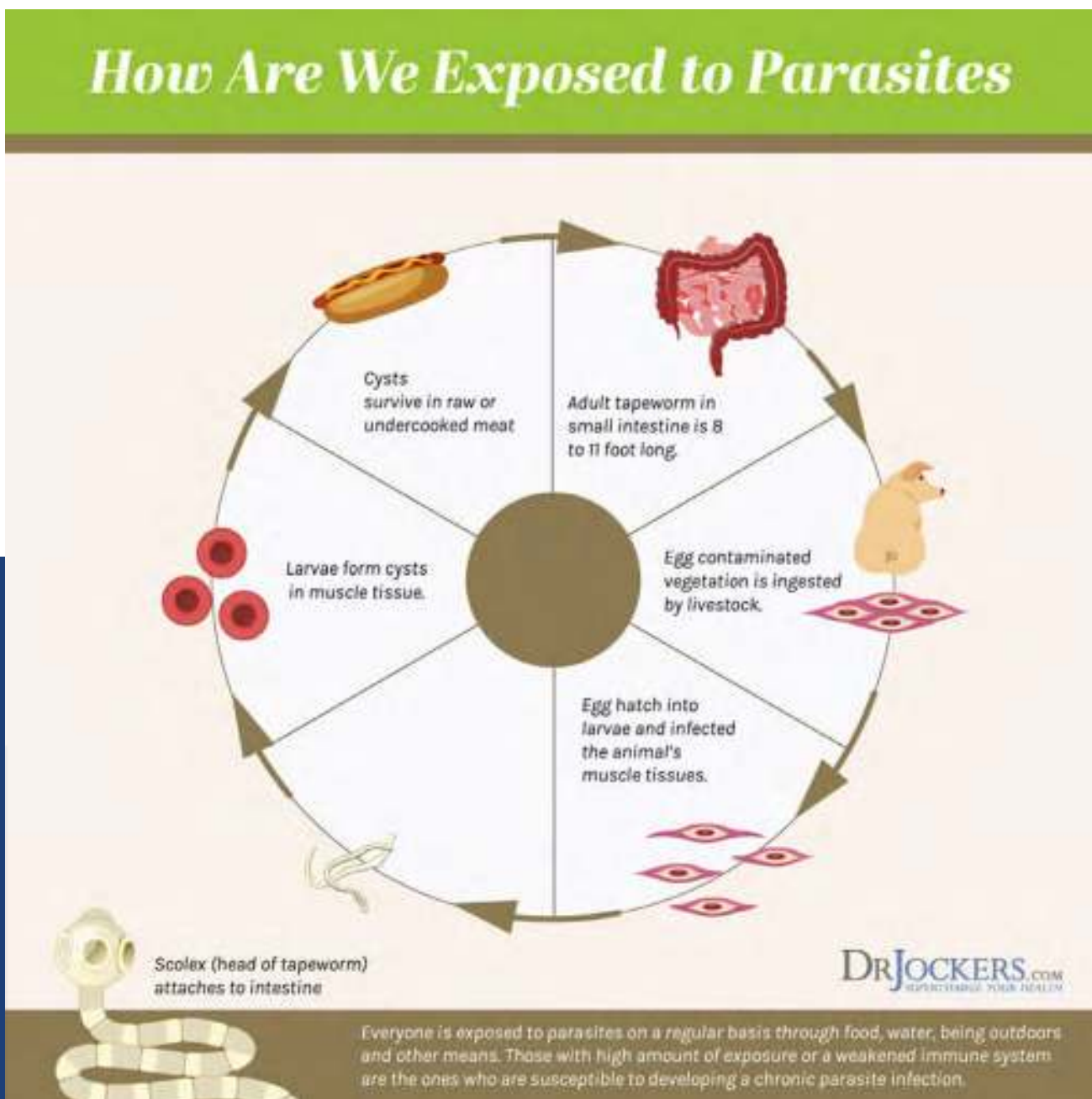
Interestingly, the Centers for Disease Control (CDC) has targeted five neglected parasite infections (NPIs) in America as priorities for public health action. The CDC considers these neglected because relatively little attention is given to them.

The five NPIs are:

- *Trypanosoma cruzi*, the parasite that causes Chagas disease: More than 300,000 people in the US are infected and more than 300 infected babies are born every year.

- Taenia solium, the tapeworm whose larval cysts cause cysticercosis: There are at least 1,000 hospitalizations for symptomatic cysticercosis per year in the US.
- Toxocara, the parasite that cause toxocariasis: At least 14% of the US population has been exposed to this parasite.
- Toxoplasma gondii, the parasite that causes toxoplasmosis: More than 60 million people in the US are chronically infected.
- Trichomonas parasite which causes trichomoniasis: This parasite affects 3.7 million people in the US and is easily treatable.

These five were chosen because of the number of people infected, the severity of the illnesses, and the ability to prevent and treat them.



Anti-Parasitic Herbs

Plants are under pressure from various insects and other parasitic lifeforms every day. They have adapted by producing unique compounds that ward off these parasites. These compounds are typically bitter and astringent in nature and occur in tree barks, roots and the leaves of many natural herbs and plants.

There are literally hundreds of different anti-microbial herbs so a consumer can get easily confused trying to find which will work best. Through my research, I have found the herbs I list below to be particularly effective to kill parasites and we have formulated unique products that contains clinical doses of some of these herbs.



PARASITE CLEANSING HERBS

CLOVES

Cloves contains the most powerful germicidal agent in the herbal kingdom, known as eugenol. It also contains caryophyllene, which is a powerful antimicrobial agent. These components travel through the bloodstream, killing microscopic parasites and parasitic larvae and eggs.

WORMWOOD

According to research, wormwood helps to produce an intestinal environment that is deadly to parasites and other dangerous organisms.

Source: Rev Med Chir Scic Med Nat. Lond. 2009 Jul-Sep; 115 (3):57-4

BLACK WALNUT

According to the Pharmaceutical Society of Australia, black walnut is effective against ringworm, tapeworm, pin or thread worm, and other parasites of the intestine.

Dolan, J. 2012, 'Complementary medicines for intestinal parasites', Australian Pharmacist, vol. 31, no. 2, pp. 232-235

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Black Walnut

Black Walnut is a type of walnut that contains large amounts of a cytotoxic compound called juglone. Research on juglone has revealed the potential to fight bacteria such as *S. aureus*, *Escherichia coli*, *Bacillus subtilis*, *Penicillium sp.*, *Aspergillus sp.*, and *Hansenula sp.* as well as certain types of fungi (4, 5).

Additionally, black walnut acts as a mild laxative to help facilitate the elimination of dead microbes and waste products that would otherwise accumulate in the digestive tract.



Clove

Cloves are one of the richest sources of antioxidants on the planet and they contain one of the most powerful anti-microbial agents in the herbal kingdom, known as eugenol. This compound impacts bad microbes in the gut but also get out into circulation and kill parasites and their larvae and eggs. It also has profound anti-inflammatory and anti-cancer benefits.

Clove essential oil or the dried herb helps protect against worms, amoebas, fungi, bacteria and viruses involved in things like malaria, cholera, scabies, dengue fever and tuberculosis. Clove is also very strong against H Pylori, which is a bacterium that can lead to stomach ulcers when overgrown in the stomach.

Sweet Wormwood

Also known as *Artemisia annua*, sweet wormwood is an extremely bitter herb with properties that kill parasites. This powerful extract has also been shown to inhibit one of the most deadly malaria parasites, *Plasmodium falciparum* (6). Some preliminary research also suggests that wormwood contains anti-inflammatory, anti-cancer, and immunoregulatory benefits as well (7). So, using this to kill parasites and reduce inflammation in the gut can be very beneficial.

An infographic titled "Sweet WORMWOOD BENEFITS" featuring a photograph of a green Sweet Wormwood plant on the left. The title "Sweet" is in white script, "WORMWOOD" is in large green block letters, and "BENEFITS" is in white on a green rounded rectangle. A list of seven benefits is shown in white text with green bullet points. The DrJockers logo is in the bottom right corner.

**Sweet
WORMWOOD**

BENEFITS

- Powerful Anti-Parasitic Agent
- Kills Bad Bacteria Like H Pylori and Klebsiella
- Anti-Fungal Properties
- Improves Immune Function
- Stimulates Digestive Juice Production
- Improves Bowel Motility

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Mimosa Pudica:

The list of health challenges that have historically benefited from mimosa pudica is interesting and varied. Indian Ayurvedic medicine, a holistic system of health over 3,000 years old, prescribes Mimosa for a variety of health remedies including dysentery, leprosy, jaundice, asthma, uterine problems, blood diseases, fatigue and more (8).

Mimosa pudica seeds consist of a very gooey, sticky fat-soluble material that adheres to everything and helps to support the entire intestinal tract. It is considered by many to be the best herbal treatment for worms and other larger parasites.

Oregano

Oregano is not just great tasting on pizza, but may also be one of the most powerful antimicrobial substances we currently know of. It has been shown to have diverse activity against bacteria, viruses, fungi, and parasites. Specifically oregano essential oil has been shown to effectively act on bacteria like MRSA that have become resistant to traditional treatments (9).

Finding solutions to antimicrobial resistance is key for human survival and oregano provides a promising one. It is one of the go-to herbs to kill parasites and other unwanted microbes.

BENEFITS OF OIL OF OREGANO

While fresh and dried oregano have tremendous benefits, the oil concentrates the powerful anti-microbial compounds that kill pathogens and reduce oxidative stress.

- CARVACROL**
The most abundant phenol in oregano and a very strong anti-microbial.
- THYMOL**
Natural anti-fungal agent that strengthens immunity.
- ROSMARINIC ACID**
Strong antioxidant that helps protect cells and tissues from oxidative stress.

Oil of oregano is very strong and high doses should be used only for short periods of time and should not be used continuously for more than a month without a break. Always best to start with a low dose and gradually increase until you see improvements.

Tribulus:

Tribulus is a flowering plant that is renowned in southern Europe and the middle East. This herb was shown to have strong anti-microbial effects against 11 pathogenic microbes including *Staphylococcus aureus*, *Corynebacterium diphtheriae*, *Escherichia coli*, *Proteus vulgaris*, *Serratia marcescens*, *Salmonella typhimurium*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa* and *Candida albicans* (10).

A product we use with health coaching clients that are struggling with parasites as well as bacterial and yeast overgrowth is [GI Clear](#). This product combines tribulus with sweet wormwood and black walnut as well as other powerful anti-microbial agents. You can check it out [here](#)



The advertisement features a central image of a brown plastic bottle of GI CLEAR capsules. The bottle label includes the text 'DRJOCKERS.COM', 'GI CLEAR', and 'Dietary Supplement All Vegetarian Capsules'. To the right of the bottle, three bullet points with checkmarks list the clinical benefits: 'Supports the Body's Immune Response', 'Supports Healthy Microbial Activity in the Gut', and 'Promotes GI Mucosal Membrane Health'. The background is a blue gradient with a white hexagonal pattern at the top.

GI CLEAR

CLINICAL BENEFITS

- ✓ Supports the Body's Immune Response
- ✓ Supports Healthy Microbial Activity in the Gut
- ✓ Promotes GI Mucosal Membrane Health

FULL MOON PHASE

PARASITE PROTOCOL



Parasite Activity During the Full Moon

Parasites exhibit biological rhythms. Researchers continue to study how the biological rhythms of parasites are regulated and exhibited. Disrupting parasite rhythms can be helpful for eradicating parasites (11, 12).

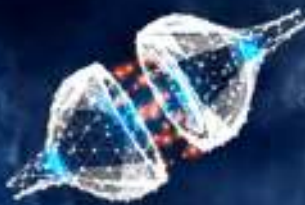
The full moon is associated with higher parasite activity. Your body's circadian rhythm responds to the moon's cycle. Parasites are more active and reproductive coinciding with your circadian rhythm. During the full moon, we produce less melatonin and more serotonin. Melatonin is the neurotransmitter that helps you sleep and helps to control your immune system. With lower levels of melatonin, your immune system does not fend off parasites as well (13).

Serotonin, your "feel good" neurotransmitter, increases during the full moon. Like humans, parasites have receptors for serotonin (14).

Parasites use serotonin to help them move. With access to more of your serotonin, they have more movement. The combination of less melatonin and more serotonin gives parasites a heightened ability to move around and cause issues (15).

PARASITES AND THE FULL MOON

Melatonin helps us sleep and supports immune activity.



The neurotransmitter serotonin is the precursor molecule to melatonin and light (even moon light) can block this conversion.

Parasites respond to serotonin by increasing activity.



During the Full Moon, we have lower immune activity and increased parasite activity. This is a great time to do a strong parasite cleanse protocol

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Supplements to Use for Parasite Cleansing

Using anti-microbial herbs can help to cleanse your body of unwanted pathogens and kill parasites. As health coaches with DrJockers.com, we use several supplements to help eliminate parasites.

At time we will rotate various herbal supplements in and out of the protocol depending upon how the individual responds. To get started with the full moon phase parasite protocol, we use the Para 1, Para 2 and BioToxin Binder. As you read on, you will discover why these are so effective.



CLINICAL BENEFITS OF

PARA 1

- Immune and GI System Support
- Helps Remove Parasites
- Supports the Body's Detoxification Processes

CELLCORE
BIOTECHNOLOGY

Para 1
IMMUNE & DIGESTIVE SUPPORT

30 CAPSULES
DIETARY SUPPLEMENT

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Mimosa Pudica Seed

Mimosa Pudica Seed is a powerful herb that has been used for thousands of years. It has antimicrobial, antifungal, antiviral and antiparasitic properties.

The seed of the mimosa pudica plant is a gooey, fat-soluble material that adheres to everything to support the entire intestinal tract. It is often referred to as a “gut scrubber.” The recommended dosage of this herb is in the [Para 1 product](#) and for parasite cleansing we use two capsules, twice daily. For the full moon phase parasite protocol, you can increase the dosage for a short time.



CLINICAL BENEFITS OF

PARA 2

- Immune and GI System Support
- Helps Remove Parasites
- Supports the Body's Detoxification Processes

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Para 2

[Para 2](#) is a great immune system support against parasites. This product uses an Ayurvedic Indian medicine blend that combines neem, clove, vidanga, amla berry, belleric myrobalan fruit, holarrhena and chebulic myrobalan fruit. This combination is very effective for killing parasites and their eggs.

This multi-herb formula is specifically designed for powerful immune and digestive support. This proprietary blend helps to maximize the body's ability to boost immune system function and detoxification. The recommended dosage is two capsules, twice daily. For the full moon phase parasite protocol, you can increase the dosage for a short time.



CLINICAL BENEFITS OF BIOTOXIN BINDER

- Supports the Body's Detoxification Process
- Binds to Mold, Ammonia and Aldehydes
- Works to Remove Toxins Throughout the Body



BioToxin Binder

It is important to use a binder with any parasite cleanse protocol. [BioToxin Binder](#) contains a special form of carbon that has greater binding ability. It also contains wild-crafted yucca root and fulvic acid.

BioToxin Binder will bind to the toxins in the gut and blood stream and help to remove them from the body. This will prevent waste from being released into the GI tract which can have a negative impact on your health. The recommended dosage is one capsule, three times daily. For the full moon phase parasite protocol, you can increase the dosage for a short time.

It is wise to do a short parasite cleanse around the full moon each cycle. When you first start, follow the beginner protocol and gradually work up to the advanced as long as you tolerate the supplement cycle without an increase in unwanted symptoms.

	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	FULL MOON	1 DAY AFTER	2 DAYS AFTER	3 DAYS AFTER
Beginner			◯	◯	◯		
Intermediate		◐	◯	◯	◯	◐	
Advanced	◐	◐	◯	◯	◯	◐	◐

Parasite Support Pack

With parasite activity increasing during the full moon, we recommend a full moon challenge. The full moon challenge protocol targets parasites during this time of increased activity and reproduction.

Start the full moon challenge protocol shortly before the full moon and complete it shortly after the full moon. You will use the three supplements discussed above: Para 1, Para 2, and BioToxin Binder.

These are the steps to complete the full moon challenge:

- 1. Choose The Length of the Protocol:** You can do it for 3, 5 or 7 days. The length of the challenge is based on your individual tolerance. If you are a highly sensitive individual, you may just want to begin with a 3-day protocol and see how you do with that.

2. **When To Begin:** If you are doing the 3 day, start one day before the full moon and end one day after. If you are doing the 5-day, start 2 days before the full moon and end 2 days after. If you are doing the 7-day challenge, start 3 days before the full moon and end 3 days after.

Full Moon Parasite Challenge Protocol

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	WAKE-UP	MORNING	NOON	NIGHT	BEDTIME
PARA 1	4 				4 
PARA 2	4 				4 
BIOTOXIN BINDER		2 	2 	2 	

Dosage During the Protocol

Para 1: Take 4 capsules, twice daily away from meals

Para 2: Take 4 capsules, twice daily away from meals

BioToxin Binder: Take 2 capsules, three times daily with or without food

To make it more affordable, we bundled these products into our [Full Moon Parasite Pack](#) and you can save \$15 off of this by buying it in the pack price here. In addition, you will also need to make sure you are eliminating well. If you struggle with constipation or incomplete bowel movements than take [Bowel Mover](#) or [Oxy-Powder](#) to stimulate your colon and expel the parasites as they die.



Tips for Success During a Parasite Cleanse

Here are a number of additional things you should implement as you go through the full moon phase parasite challenge and beyond. Living a healthy lifestyle that incorporates daily detoxification strategies is extremely important.

Most of these are low-cost or free and only require a lifestyle change and commitment to carrying them out. If you want to live as free of infections as possible then I urge you to adopt these principles into your lifestyle.

PARASITE ELIMINATION STRATEGIES

- ✓ Avoid Sugar
- ✓ Fasting & Cleansing
- ✓ Anti-Microbial Herbs & Supplements
- ✓ Anti-Microbial Foods
- ✓ Detoxification Support
- ✓ Heal The Gut

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Eat an Anti-inflammatory Diet

Consuming a low-carbohydrate, anti-inflammatory diet throughout your parasite cleanse is important. Your body will begin to go into a state of nutritional ketosis, using ketones for energy rather than glucose. This will create energy stability, reduce your hunger and cravings, and stabilize your appetite and stress hormones.

Include healthy protein and plenty of healthy fats in your diet to help to stabilize blood sugar. Healthy protein sources include grass-fed beef, organic eggs, wild-caught salmon, and organic poultry.

Avocados, coconuts, olives, and their oils are healthy fats along with grass-fed butter and ghee. By consuming protein and fat, you will be better able to tolerate the parasite cleansing period, feel more mentally alert, and have less cravings.

Combine the protein and fat with phytonutrient rich vegetables and anti-microbial herbs such as oregano, rosemary, and ginger. Sprouted pumpkin seeds, fresh pomegranate, raw garlic, and raw onions are some of the best foods for combating parasites.

Be sure to avoid sugars, grains, processed foods, alcohol and conventional meats and dairy which may fuel a parasite infection and growth.

TOP ANTI-INFLAMMATORY FOODS



Grass/pasture Fed Meat, Poultry, And Wild Game



Lemon, Limes and Berries



Avocados and Avocado Oil



Green Tea



Non-Starchy Vegetables



Turmeric



Wild-caught Fish



Bone Broth and Vegetable Broth



Apple Cider Vinegar



Ginger



Organic Extra Virgin Olive oil and Olives



Fermented Vegetables



Coconut oil, Coconut Butter, Coconut Milk and Coconut Flakes



Basil, Oregano, Thyme, Rosemary, Sage, etc



Garlic, Onions and Chives

PRO-INFLAMMATORY FOODS



Refined Grains, Whole Grains, Grain/flour Products



Deep Fried Foods, Processed Foods, Most Packaged Foods



Grain-fed Meats/eggs, Fast Foods, Soda Pop



Most Commercial Salad Dressings, Trans Fats, Margarine, Some Oils (Corn, Safflower, Sunflower, Soybean)

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Intermittent Fasting

Intermittent fasting is eating foods within a certain window of time each day. It is divided into the building or feeding window when you consume food and the fasting or cleansing window when you are going without food. Different types of intermittent fasts include simple fasts, brunch fasts, cycle fasts, strong fasts, warrior fasts, and one day food fasts.

The best way to start fasting is by doing a simple fast. With a simple fast, you consume only water for the 12 hours between dinner and breakfast.

This gives the liver a chance to complete its cycle. Having a consistent pattern with intermittent fasting is the best way to develop metabolic flexibility and the energy efficiency that strengthens our body's internal resistance.

7 WAYS TO DO DAILY INTERMITTENT FASTING

Simple Fast:	12 hours
Brunch Fast:	14 hours
Crescendo Fast:	16 hours - 2 days per week
Cycle Fast:	16 hours - 3x weekly
Strong Fast:	16-18 hours daily
Warrior Fast:	19-21 hours daily
1 Day Fast:	Full 24 hour fast each week

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Extended Fasting

Extended fasting is fasting for over 48 hours. There are greater benefits of extending the fast beyond intermittent fasting.

With extended fasting, your body can heal and repair cells, tissues, and organs and a higher and deeper level. Extended fasting is one of the most powerful healing tools you can utilize for a quick health transformation.

Other Fasting Approaches

There are other fasting approaches that include small amounts of certain calories sources. Generally, the calorie load is $\frac{1}{4}$ of a person's normal daily calorie intake. This can be a helpful approach for someone who is not ready for more challenging fasts.

Bone broth fasting, green juice fasting, fat fasting, keto fasting, and the fasting mimicking diet are examples of these fasting approaches.



What is Partial Fasting?

A partial fast is a fast in which you take in calories but restrict a number of key food groups and typically reduce your overall amount of calories. The only partial fast in which you may not necessarily restrict overall calories is the Daniel Fast.

Most Commonly Used Partial Fasts:

- Bone Broth Fasting
- Green Juice Fasting
- Fasting Mimicking Diet
- Fat or Keto Fasting
- Daniel Fast

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Anti-Microbial Foods

Additionally, you will want to utilize plenty of anti microbial herbs such as oregano, thyme, rosemary, clove, cayenne pepper, and ginger.

Some of the best foods for combatting parasites include sprouted pumpkin seeds, fresh pomegranate, coconut oil and coconut products, raw garlic, and raw onion. To help promote a more beneficial microbial balance it is a good idea to consume fermented foods like coconut kefir, [apple cider vinegar](#), sauerkraut, kimchi, and pickles.

Many people in this state will not tolerate dairy very well so I generally recommend avoiding dairy based fermented products until gut health has been restored.

ANTI-PARASITIC HERBS & TONICS

- PARSLEY**
- OREGANO OIL**
- LEMONS**
- APPLE CIDER VINEGAR**
- LIMES**
- PAU D' ARCO**
- TURMERIC**
- GINGER**
- DANDELION**

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Prioritize Sleep and Rest

It is normal to feel tired and sleepy during a parasite cleanse. This is a sign the body wants to focus on healing. Set aside extra time to rest and relax during the cleanse. Disconnect from life and give yourself time to take a nap, enjoy an Epsom salt bath, diffuse essential oils, pray or meditate, and just slow down.


It is also important to prioritize good sleep overnight by going to bed early, keeping your room as dark as possible and winding down well in the evenings. Sleep is critical for the immune system and for the brain to detoxify itself.

SLEEP ALLOWS YOUR BRAIN TO DETOX

Science is showing that sleep is critical for your brain cells to do the following:

- Detoxify Metabolic Waste
- Get Rid of Dysfunctional Neuronal Cells
- Rebuild New Neuronal Connections
- Reset the Balance of Neurotransmitters
- Improve Neurotransmitter Receptor Sensitivity

These 5 processes are key for the formation of both short and long-term memory and for smooth cognitive processing. Poor sleep is associated with brain fog and mood problems when we are young and accelerated cognitive decline when we are older.




Special nervous system cells called "glial" cells rush in to scavenge additional waste in and around the brain cells.

Brain cells perform autophagy ("self eating"), mopping up diseased and damaged bits of protein and metabolic waste.

The glymphatic system flushes out dirty fluid and molecules from inside the brain tissue through a network of pathways. Clean cerebrospinal fluid replaces it.

Lymphatic vessels surrounding the brain delivers the waste to the lymphatic system, which rids the body of toxins, waste and other unwanted material.

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Get Regular Movement In

It is important to avoid high intensity exercise during a parasite cleanse. High intensity exercise stimulates stress hormones. It also uses energy the body needs for cleansing.

Instead, get small bouts of low intensity exercise such as 20–30 minutes of walking, stretching and/or light elliptical work.

Regular movement helps the body move the lymphatic system, improves overall circulation and tissue oxygenation. In addition, it stimulates neurotransmitters in the brain such as dopamine and serotonin that help you feel better and enjoy your life more.



BENEFITS OF MOVEMENT

- Improves Circulation
- Stimulates Lymphatic Drainage
- Enhances Tissue Oxygenation
- Balances Key Brain Neurotransmitters
- Reduces Stress and Tension in Body
- Improves Mood and Happiness
- Enhances Mental Clarity and Memory

DIFFERENCE BETWEEN MOVEMENT AND EXERCISE:

Movement is any sort of movement you are doing at a low-intensity without specific physique related goals. Exercise is something you are doing at a very high intensity with a goal to build strength, muscle, endurance, burn fat, etc.

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Optimize Hydration Levels

Optimal hydration is key during a parasite cleanse. Fermented vegetables, filtered water, bone broths and herbal teas are all great to use while cleansing. Fermented beverages provide organic acids, probiotics, potassium, and enzymes. Organic acids and probiotics help to balance your intestinal microflora.

Potassium helps to flush toxins from the cells and through the elimination channels, and enzymes assist the body in healing. Coconut water kefir, kombucha, apple cider vinegar drinks, water kefir, and fermented whey are fermented vegetables that are great to include while you are cleansing parasites. For water, aim to drink at least half of your body weight in ounces per day. It is great to use reverse osmosis water with added minerals (or add ¼ tsp of sea salt per gallon). Filtering chlorine, fluoride, heavy metals, and pharmaceutical drugs from your water with a high-quality filter is critical.

Herbal teas are another option for hydration. They provide immune-stimulating superfood herbs that contain antioxidants and phytonutrients. This clean energy source facilitates deeper cleansing and has detoxifying properties.

Key Tips for Optimal Hydration

- Get Pure Filtered Water**
Use reverse osmosis or distilled water or some sort of very good filtration to get toxins and impurities out of the water.
- Use High Quality Salts**
Use a really good sea salt like Redmond's Real Salt, Celtic Sea Salt and Himalayan Sea Salt.
- Wake Up With Water**
Drink at least 8-16 oz of water within the first 20 minutes of waking and aim for 32 oz of water before eating anything.
- Think Water First**
Before you think about snacking, always consider water and drink at least 8 oz and see if the hunger, cravings or desire for food goes away.
- Drink Continuously**
Drink at least 4 oz every 30 minutes throughout the day. Stop drinking about 15 minutes before a meal, drink very little with the meal and then pick up your hydration beginning 30-60 minutes after your meal.
- Reduce Alcohol and Caffeine Consumption**
You can use these in moderation but overdoing it, such as more than 2 servings combined of alcohol and caffeine per day can easily dehydrate you.
- Flavor Your Water with Stevia**
Add stevia drops which have no calories, no chemicals, are natural and give a great flavor to your water. Most people find it much easier to hydrate with the stevia drops.

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Consider Doing Enemas

Enemas are extremely effective at ridding the body of putrefied waste that is encased on the colon walls. There are different types of enemas, including water enemas, probiotic enemas, wheatgrass juice enemas, or organic coffee enemas.

Coffee enemas stimulate the liver to produce greater amounts of the master antioxidant glutathione. This can accelerate your results on a parasite cleanse.

HOW TO PERFORM A COFFEE ENEMA

Coffee enemas can be assembled and performed easily and inexpensively at home in the comfort of your own bathroom (or wherever you choose).

As with all enemas, it's best to do one immediately after having a bowel movement if possible, which makes it more comfortable, effective and easier to retain for longer.

Once you have your materials prepared, follow this guide to perform a coffee enema safely:

1 Add 2 Tablespoons of Organic Coffee Beans to a Small Pot

along with 3 cups of filtered water. Then bring to a boil and let simmer for 15 minutes.



2 Let Cool for about 15 Minutes.

Strain the coffee beans so you have one uniform liquid, free from particles.



3 Take your Enema Kit and place the Bucket or Bag at least 3 feet above you and the ground.

(Try hanging the bucket or bag on a towel rack, shower rail, etc.)



4 Pour your Coffee Liquid into the Enema Bag or Bucket

and hold the tube and nozzle shut. Make sure the valve is shut so no liquid escapes.



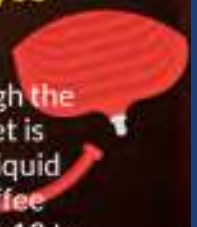
5 Use a Lubricant such as Coconut Oil to coat the Tip of the Enema Nozzle.

Lay down on your right side in fetal position and insert the nozzle into your rectum about 2 inch inside.



6 Use the Valve that helps you start the flow of Coffee

and keep the liquid slowly entering your rectum through the nozzle until the bag or bucket is emptied. Squeeze in so the liquid doesn't escape. Keep the coffee inside your bowels for about 12 to 15 minutes if possible.



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Daily Bowel Movements

Daily bowel movements are important during a parasite cleanse. You want to eliminate the parasites as they are killed, or your symptoms may worsen. When you are not eliminating daily, waste sits or moves slowly through your digestive tract. This waste is fermented by bacteria and becomes a breeding ground for bad microbes. These microbes also release toxins that create inflammation throughout the body.

A fantastic supplement for natural, gentle relief from constipation is [Bowel Mover](#). This product is specifically designed to promote digestive and detoxification support without causing cramping or dependency. You can also consider using [Oxy Powder](#) which is a non-herbal way of cleansing and oxygenating your colon.

THE IMPORTANCE OF HEALTHY BOWEL MOVEMENTS

Having good bowel habits may be one of the most important elements in your overall health journey. Prioritize having good bowel activity each and everyday.

Healthy Bowel Movement Habits:

- Happen 1-4 Times Daily
- Moving Out All Waste From Previous Meals Within 24 hours
- Best Daily Rhythm is Early in the Morning and/or Shortly After Meals

Healthy Bowel Movement Habits:

- Reduces the Microbial Load on the Body
- Eliminates Destructive Endotoxins
- Reduces Inflammation Throughout the Body
- Helps Calm the Brain and Nervous System
- Enhances Energy and Mental Clarity
- Improves Skin Health and Natural Glow
- Reduces Chronic Pain Levels



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Dry Brushing, Saunas, and Sunbathing

Supporting detoxification during parasite cleansing is very important. Dry brushing, saunas, and sunbathing are great for detoxification. For dry brushing, brush your skin in a circular manner beginning with your extremities and moving towards your torso and heart. It is best to do this before your shower using a natural bristle brush, and following brushing with a warm shower.

Dry brushing has many health benefits such as cleansing the lymphatic system, removing dead skin layers, improving the nervous system, and removing excess fluid from the body. Spending time in an infrared sauna is a great way to stimulate the release of toxins. Sunbathing also enhances immunity and stimulates deeper cellular cleansing.

Spending time in the sun will charge your system with biophotons. It will also help to activate mitochondrial melatonin levels for mitochondrial protection and boost your vitamin D levels for immune and hormone balance.

THE BENEFITS OF DRY BRUSHING

- EXFOLIATES DEAD SKIN**
As you get older, it is helpful to exfoliate once or twice a week to help renew the skin and remove those dead skin cells for a fresher appearance.
- UNCLOGS PORES**
Unclog your skin, pores and help your skin absorb more nutrients with dry brushing.
- STIMULATES THE LYMPHATIC SYSTEM**
Dry brushing can help your lymphatic system, which removes toxins from the body.
- REDUCES CELLULITE**
Dry brushing may help stimulate the cells and break down toxins from beneath the skin, which may help reduce the appearance of cellulite.
- STRESS RELIEF**
Much like a hand massage, dry brushing can provide much needed stress relief and help your body heal much faster from any inflammation that it may be have.

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Healing The Gut

The presence of an infection can cause a lot of damage to the mucosal barrier, intestinal lining, and overall digestive function. This is why when fighting a parasite, you want to make sure you are following up with a gut healing protocol.

The goal is to eliminate pathogens and build your gut health to prevent them from returning, otherwise you can end up with more problems down the road.

[Gut Repair](#) is a blend of nutrients designed to heal and seal the gut membrane and replenish the mucosal membrane. This is especially important due to the damage the parasites inflict and how they scar up the intestinal membrane.



Key Benefits of Gut Repair

- ✓ Soothing an Inflamed Intestinal Membrane
- ✓ Healing Leaky Gut Syndrome
- ✓ Strengthening the Gut Mucosa
- ✓ Favoring the development of a Healthy Microbiome

Liver Support

Parasites release a number of different toxins into the blood stream that burden the bodies elimination channels. This is even worse as the organisms are dying off.

In order for the body to adapt to the toxic onslaught the body must carry the compounds through a process of deactivation where they are transformed into a non-volatile form and then elimination where they are carried out through the body. The deactivation process takes place in the cells, the liver and the kidneys primarily and the toxins are then eliminated through respiration, perspiration, urination and defecation.

Liver Support combines a high dosage of milk thistle (500 mg per serving), plus 600 mg of the key glutathione boosting agent N-Acetyl Cysteine and 500 mg of full spectrum Reishi mushroom. It also contains the renowned lymphatic system herb, burdock (250 mg) as well as key adaptogens Cordyceps (500 mg) and Schisandra (250 mg).

The mushroom extracts and herbal ingredients in this product are designed to protect liver cells against oxidative damage which may affect the function of the liver. The ingredients also actively contribute to detoxification processes in the liver by supplying nutrients that may enhance the biochemical reactions involved in neutralizing harmful substances. You can [find this product here](#)



Liver Support

Benefits

- Protects Liver Cells from Oxidative Stress
- Improves Liver Health and Function
- Supports Drainage and Detoxification Pathways
- Improves Immune Health
- Supports Bile Flow and Gut Health

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Stomach Acid Support

Hydrochloric acid is necessary for creating an acidic environment in the stomach to digest protein and ionize minerals. This also helps to stimulate bile release from the gallbladder to effectively metabolize fat in the small intestine. Without these key functions working optimally we become at risk for anemia, thyroid problems, osteoporosis and auto-immunity.

Low stomach acid is a very common problem especially in older individuals or those who have suffered from various infections like H Pylori or parasites and those who have been on antibiotics and other medications like non-steroidal anti-inflammatories.

Low stomach acid sets the stage for damage to the delicate lining of the digestive tract and the formation of leaky gut syndrome and parasitic overgrowth. Super Digest HCL is the recommended product to supply you with extra betaine HCL to enhance stomach acid production. You can find this product [here](#)



Super Digest HCL

Clinical Benefits

- Comprehensive Digestive Enzyme Blend
Hydrochloric Acid (HCL) & Ox Bile
- Supports Proper Protein,
Fat & Carbohydrate Digestion
- Supports Optimal Digestion & Nutrient
Absorption

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Digestive Enzymes

Digestive Enzymes are extremely key for breaking down carbohydrates, protein and fatty acids and prepare them for proper digestion and assimilation in the body. Individuals with parasite overgrowth are often unable to produce sufficient quantities of digestive enzymes and are unable to effectively digest the food they are eating.

Improper digestion causes significantly more stress and inflammation in the gut lining that ultimately leads to the degradation of the mucosal membranes and the complications of leaky gut syndrome.

When the mucosal membrane is damaged it is then unable to secrete the appropriate enzymes and we end up with a vicious cycle that causes more gut inflammation. The Super Digest HCL provides digestive enzymes as well as betaine HCL and ox bile for optimal digestion.



PARASITE SUPPORT PACK



Testing for Parasites

Due to the prevalence of parasites, it is prudent to do testing to determine whether you are infected and the type of parasite infection. Stool testing is the best way to test for parasites. You can also see certain biomarkers on blood labs that are associated with a potential parasite infection. I review those later in the document.

For stool testing, there are two tests we use at DrJockers.com.

1. GI-MAP™ DNA Stool Analysis

The GI-MAP is the most thorough stool test on the market. It is a comprehensive stool analysis that identifies the presence of multiple pathogenic microorganisms. Not only will the GI-MAP detect parasites (both protozoa and worms), it also shows other Candida, fungi, and opportunistic bacteria.

The GI MAP is the only FDA-approved DNA test for gastrointestinal microbes and pathogens available. The GI Map also tests for H. pylori, viral pathogens, levels of normal bacteria, potential autoimmune triggers, and viruses, including cytomegalovirus and Epstein Barr virus. The GI Map reveals the overall health of your gut with digestive, gastrointestinal, Secretory and Anti-gliadin IgA (immune response), and calprotectin (inflammation) markers.

Another great thing about the GI Map is that the test gives actionable biomarkers. The GI Map looks at all the major factors that can influence the health of the gut and what compounds will work best to eliminate the various pathogens. For more information on the GI Map and a sample report, you can look [here](#).

GI MAP
Stool Analysis
Test



2. Digestive Health Panel

The Digestive Health panel is from the company Doctors Data. It tests for parasites, 48 possible yeast and fungal species, pathogenic and beneficial bacteria. It also has digestion and absorption markers, inflammatory markers, intestinal immune function, inflammation markers, and overall intestinal health markers.

The Digestive Health Panel reveals yeast susceptibility to various antimicrobials. This information allows your practitioner to devise an effective treatment plan for eliminating the yeast. To order the Digestive Health Panel, go [here](#). You can check out the sample copy of [this test here](#)

Digestive System Health Panel



Blood Work

If you suspect parasites and parasite infection, I recommend the following blood tests:

High Eosinophils

Eosinophils are a disease-fighting white blood cell type that often occurs in your body if you have a parasitic infection, allergic reaction, or cancer. 3 or higher may indicate a parasitic infection. If you have high eosinophils, it is important to check for parasites as a potential underlying reason.

KEY BLOOD TESTING LAB MARKERS THAT MAY INDICATE A PARASITE INFECTION

High or Low White Blood Cell Count

High Eosinophils

High hs-CRP

High Liver Enzymes

Low Iron/Ferritin and Anemic Issues

High Ferritin Levels

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High CRP

Parasite infections may lead to liver issues and inflammation (1, 2). C-reactive protein (CRP) is a protein created by your liver. Increased CRP levels over 1.0 indicate inflammation that may be caused by parasite infections.

There are many reasons why CRP levels may be high but gut infections are a common cause. If you have high CRP, it is important to check for parasites as a potential underlying reason.

A Simple BLOOD TEST that Can Save Your Life

*C-reactive protein (CRP) is a protein produced by the liver and found in the blood.
The level of CRP rises when the body suffers inflammation.*

The American Heart Association categorizes the levels of CRP as follows:

Low CRP – less than 1.0 mg/L

Moderate CRP – 1-2mg/L

High CRP – anything over 2.0mg/L



Diabetes



Cancer



Heart Disease,
Attacks & Strokes



Crohn's
Disease



Obstructive
Sleep Apnea



Rheumatoid
Arthritis

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High Liver Enzymes

To check your liver function and if it's compromised by parasites, it is important to check your liver enzyme levels. Enzymes AST, ALT, GGT over 26, and Alkaline Phos over 100 may indicate liver inflammation, parasite issues, alcoholic hepatitis, autoimmune hepatitis, or Celiac disease.

Parasites can get into the liver and cause inflammation and tissue damage which leads to high liver enzymes. If you have high liver enzymes, it is important to check for parasites as a potential underlying reason.

TYPES OF LIVER ENZYMES

The following liver enzymes are most commonly evaluated through a blood test.

ALT

Alanine Aminotransferase

Optimal range is between 10-26 units per liter of blood.

High levels can be an indication of liver stress and/or glutathione deficiency. Low levels can be an indication of B6 deficiency.

AST

Aspartate Transaminase

Optimal range is between 10-26 units per liter of blood.

High levels can be an indication of liver stress and/or glutathione deficiency. Low levels can be an indication of B6 deficiency.

GGT

Gamma Glutamyl Transferase

Optimal range is between 10-26 units per liter of blood.

High levels can be an indication of liver and biliary stress and/or glutathione deficiency. Low levels can be an indication of B6 deficiency.

ALP

Alkaline Phosphatase

Optimal range is between 55-95 units per liter of blood.

High levels can be an indication of liver and biliary stress and/or bone growth in the body. Low levels can be an indication of a zinc deficiency.

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Low Iron/Ferritin and Anemic issues

It is important that you get your iron and ferritin levels looked at and checked for anemia. Ferritin is a protein that stores iron while serum iron is the free iron in the blood stream. Certain parasitic infections, including hookworm, whipworm, and schistosomiasis infections, can result in blood loss and consequent iron-deficiency anemia. Many parasites also use iron and look to steal it from their host which can result in low iron, low ferritin and low red blood cell counts.

Additionally, the body will often respond to parasite infections by reducing the conversion of stored iron (ferritin) to serum iron in order to reduce the available iron for the parasites.

This can result in high serum ferritin but normal or low serum iron levels and anemic red blood cell characteristics. A trained functional health practitioner should be able to read these patterns on your blood work.

Ferritin

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Ferritin is an intracellular protein that stores iron and releases it in a controlled fashion. The protein is produced by almost all living organisms, including algae, bacteria, higher plants, and animals. In humans, it acts as a buffer against iron deficiency and iron overload.

Clinical Applications

High Serum Ferritin

1. Iron overload
2. Acute inflammatory conditions
3. Liver disease
4. Alcohol excess

Optimal range for ferritin is

Male Ferritin Level ng/mL
Men: 75-150 (under 75 is low and over 150 is high)

Low	75	150	High
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Female Ferritin Level ng/mL
Women: 50-150 (under 50 is low and over 150 is high)

Low	50	150	High
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Comprehensive Blood Analysis

To look at some important markers of health, I recommend a Comprehensive Blood Analysis (CBA). Getting this complete blood analysis on an annual or semi-annual basis is one of the best ways to pick up any underlying health issues and help your functional health doctor to recommend personalized natural strategies that support your health.

This comprehensive test measures markers of your immune system function, liver and kidney health, blood sugar and insulin levels, inflammatory markers, red blood cells, iron status, thyroid hormone levels, mineral and electrolyte balance, levels of vitamin A, D,

B12, and folate, zinc and copper levels, cardiovascular risk factors, lipid panel, urinary tract health, and parathyroid status.

It helps us understand your overall health and see what issues parasite infections might have contributed to. You can find our [Comprehensive Blood Analysis here](#)



COMPREHENSIVE BLOOD ANALYSIS

What Does It Cover?

Our comprehensive blood analysis covers markers for the following:

- Immune System Function
- Blood Sugar and Insulin Levels
- Red Blood Cells and Iron Status
- Mineral and Electrolyte Balance
- Vitamin A & D Levels
- Cardiovascular Risk Factors
- Urinary Tract Health
- Liver and Kidney Health
- Inflammatory Markers
- Thyroid Hormone Levels
- Zinc/Copper Levels
- Folate and Vitamin B12 Levels
- Lipid Panel
- Parathyroid Status

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Final Thoughts:

Parasites in your body can become a serious problem. Parasitic infections can cause serious symptoms and health issues, including digestive issues, fatigue, brain fog, headaches, iron deficiency anemia, nutrient deficiency, weakness, chronic pain, depression, anxiety, adrenal fatigue, liver problems, leaky gut syndrome, and more.

The full moon is associated with higher parasite activity. During the full moon, we produce less melatonin and more serotonin. Parasites are more active with higher production of serotonin and less melatonin.

The days before, during, and after the full moon are a great time to increase your parasite cleansing protocol. By implementing a full moon parasite challenge, you can target parasites while their activity and reproduction is increased.

Eating an anti-inflammatory, low-carbohydrate diet, hydrating optimally, and implementing fasting strategies can be very helpful during a parasite cleanse. Rest and low intensity exercise, along with supporting daily elimination and detoxification pathways are also key while implementing a parasite cleanse.

If you are interested in getting the products for the full moon parasite protocol than we have a [special bundle](#) that allows you to save \$15 off the regular pricing. If you struggle with constipation or incomplete bowel movements than take [Bowel Mover](#) or [Oxy-Powder](#) to stimulate your colon and expel the parasites as they die.



OXY-POWDER
CLINICAL BENEFITS

OXY-POWDER
Oxygen Based
Intestinal Cleanser
Chemically Free Supplement

- ✓ Improves Bowel Motility
- ✓ Prevents and Relieves Constipation
- ✓ Improves the Balance of the Microbiome
- ✓ Helps Remove Toxins from the Colon

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Final Thoughts:

Cleansing your body from parasite infections is critical. During the full moon, parasite activity is higher than normal. I recommend that you use this to your advantage by doing a Full Moon Parasite Protocol. Follow my tips and try a Full Moon Parasite Protocol to support your health and well-being.

If you want to work with a functional health coach, we offer [long-distance](#) functional health coaching programs. For further support with your health goals, just reach out—our fantastic coaches are here to support your journey.



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About Dr. David Jockers DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine and functional nutrition practitioner. He runs one of the most popular natural health websites in DrJockers.com which has gotten over 1 million monthly visitors and his work has been seen on popular media such as the Dr Oz show and Hallmark Home and Family.

Dr Jockers is the author of the best-selling book “The Keto Metabolic Breakthrough” by Victory Belt publishing and “The Fasting Transformation.” He is a world-renowned expert in the area of ketosis, fasting and functional nutrition. He is also the host of the popular Dr Jockers Functional Nutrition podcast.

Dr Jockers lives in Canton, Georgia with his wife Angel and his twin boys David & Joshua and his daughters Joyful and Shine.

