Foods that Help Get Rid of Parasites

*Pumpkin & Sunflower Seeds
remove the seeds from your pumpkin and expose them to air for a few days to dry them out and eat them raw fist thing each morning.

*Coconut
drink the juice and eat the flesh of one fresh coconut first thing each morning then fast for 4 hours.

*Pomegranates
destroying worms in the intestinal tract.

*Garlic
eat a garlic bud first thing every morning.

*Thyme
cleanse the system of worms.

*Papaya
destroy worms, including most intestinal worms and tapeworm.

*Cayenne Pepper
Help to repel parasites.

Source: hydroholistic rawforbeauty.com