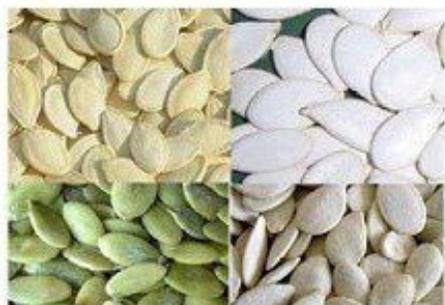


Foods that Help Get Rid of Parasites



*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 first 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