

12 Herbs That Kill Parasites Naturally



by
DR. JOCKERS

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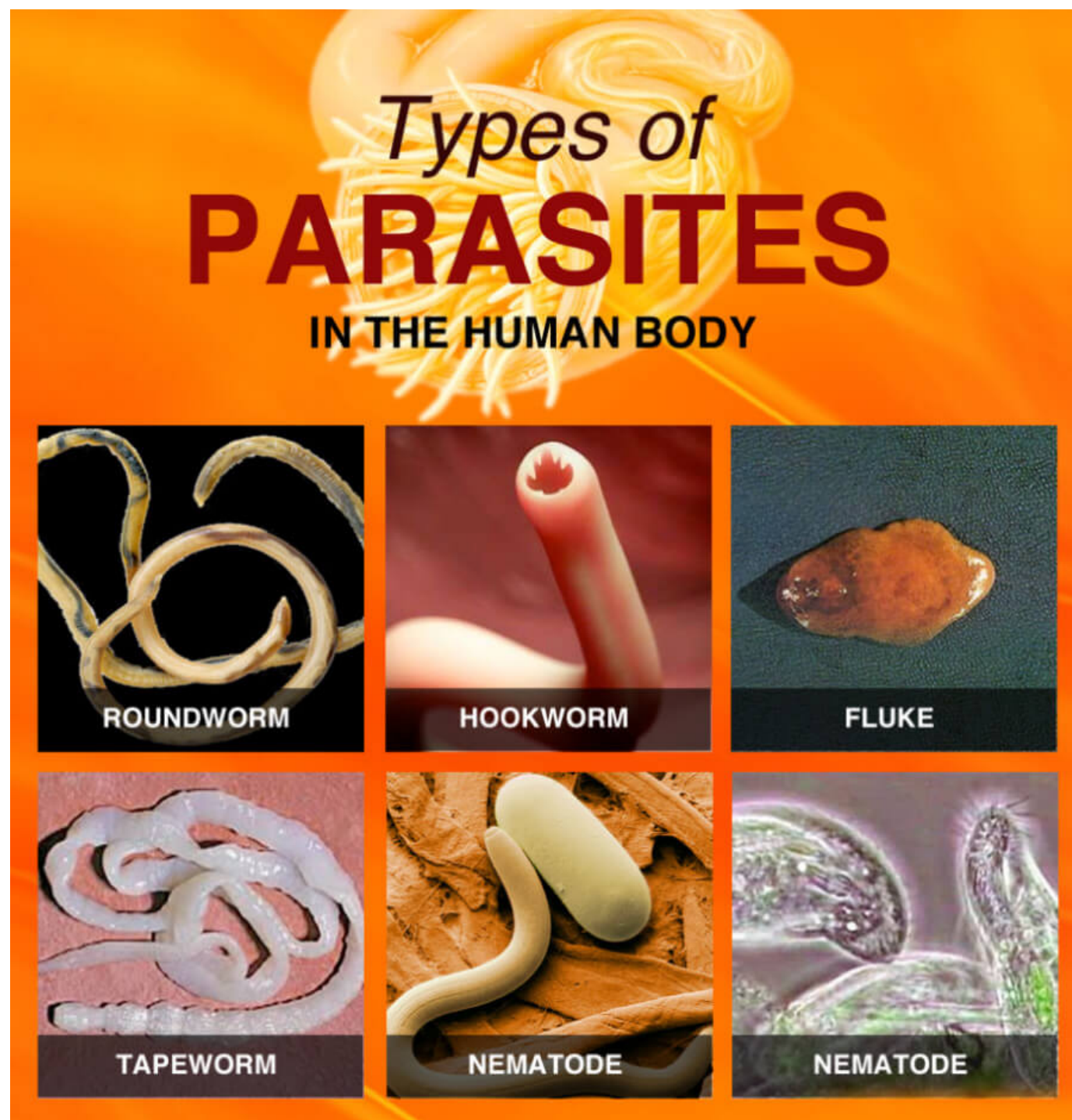


12 Herbs That Kill Parasites Naturally

Parasites can be found in nearly 50% of the American population. These are foreign pathogens that make their way into our bodies through unclean water, shellfish, pork products and other forms of contaminated food. The most common internal parasites that humans are commonly dealing with include tapeworms, amoeba, protozoa, yeast, and

pathogenic bacteria. Although there are some modern medical treatments available, many people are looking for ways to kill parasites naturally.

Fortunately, we now have enough information available to know what types of things parasites do not like. By following specifically designed protocols using natural compounds, parasites can be effectively removed from the body without doing extensive damage to the gut. As a result, you will likely feel greater energy, restored digestive function, and overall returning of vitality.



Symptoms

Parasite infection can cause many unpleasant symptoms. Depending on the type of parasite, an infection can cause massive **inflammation**, brain fog, digestive troubles, chronic fatigue, and much more.

Parasitic infections are an often overlooked, and yet critical, step in overcoming chronic health challenges. Especially in very stubborn cases where someone just can't seem to get well, this may be a missing link. Using various strategies and herbs to kill parasites can make a big difference in one's health.

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

- Chronic Digestive Issues
- Fatigue and Weakness
- Changes in Appetite
- Anxiety
- Teeth Grinding
- Iron-Deficiency Anemia
- Depression
- Headaches
- Skin Problems
- Abdominal Pain
- Chronic Pain
- Poor Memory

Anti-Parasitic Herbs

Plants are under pressure from various insects and other parasitic lifeforms everyday. 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 these 12 to be particularly effective to kill parasites and we have formulated unique products that contains clinical doses of some of these herbs.

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



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** (1, 2).

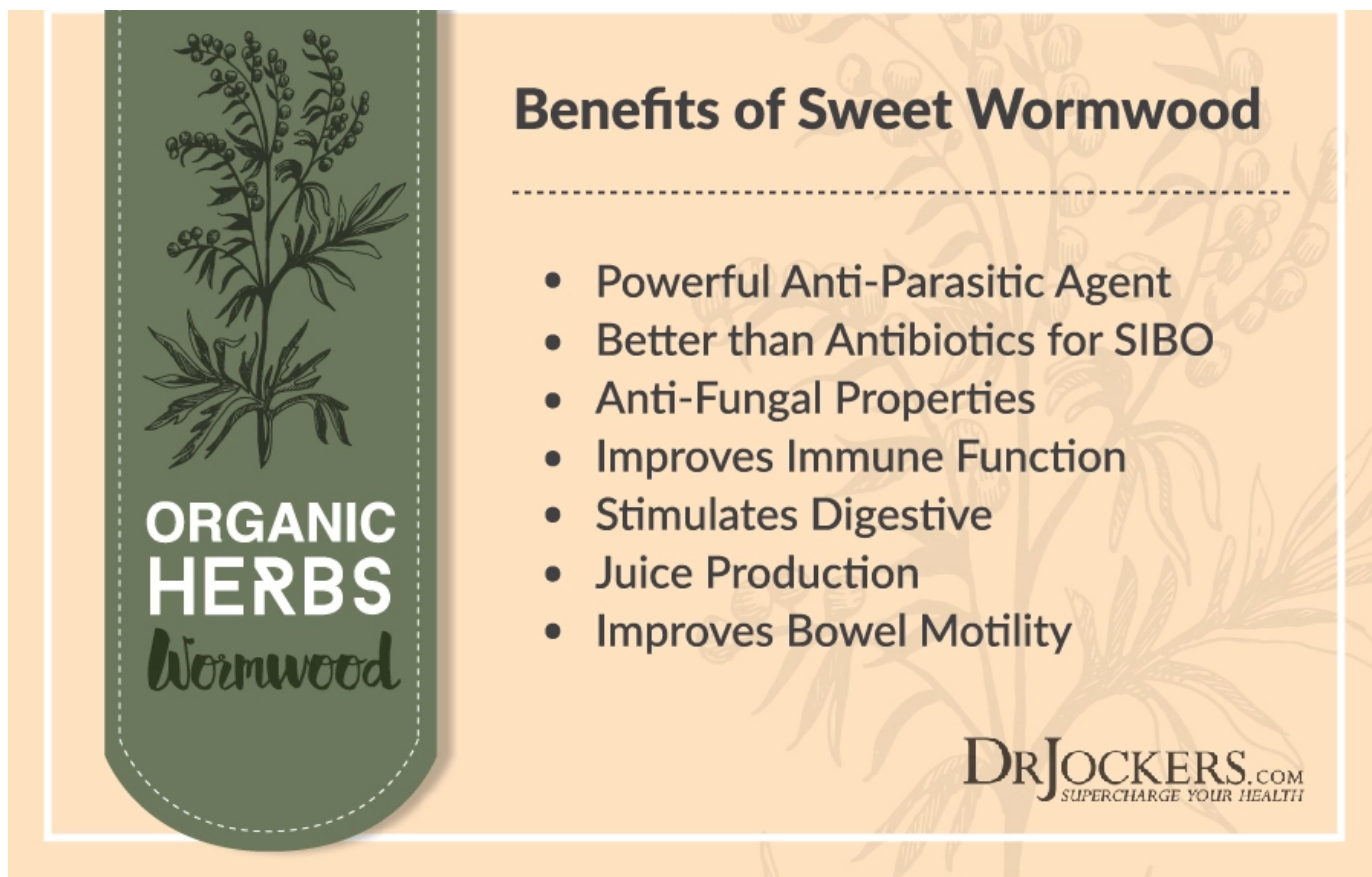
Additionally, black walnut acts as a mild laxative to help facilitate the elimination of dead microbes and waste products that would otherwise accumulate in the digestive tract.



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* (3).

Some preliminary research also suggests that wormwood contains anti-inflammatory, anti-cancer, and immunoregulatory benefits as well (4). So using this to kill parasites and **reduce inflammation** in the gut can be very beneficial.



The infographic features a dark green vertical banner on the left with a white dashed border. Inside the banner is a detailed illustration of a Sweet Wormwood plant with its characteristic feathery leaves and clusters of small flowers. Below the illustration, the text 'ORGANIC HERBS' is written in a bold, white, sans-serif font, and 'Wormwood' is written in a smaller, white, cursive font. To the right of the banner, the title 'Benefits of Sweet Wormwood' is displayed in a bold, dark grey font. Below the title is a horizontal dashed line. A bulleted list of seven benefits follows, each preceded by a dark grey circle. The background of the right side is a light orange color with a faint, repeating pattern of wormwood plants. In the bottom right corner, the logo for 'DRJOCKERS.COM' is shown in a serif font, with the tagline 'SUPERCHARGE YOUR HEALTH' in a smaller, sans-serif font below it.

Benefits of Sweet Wormwood

- Powerful Anti-Parasitic Agent
- Better than Antibiotics for SIBO
- Anti-Fungal Properties
- Improves Immune Function
- Stimulates Digestive
- Juice Production
- Improves Bowel Motility

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Garlic

Garlic may be one of the most traditional remedies to kill parasites and reducing unwanted microbes in the gut. It seems our research has caught up to our intuition with this one because garlic contains powerful broad-spectrum antimicrobial properties against bacteria, fungi, viruses, and parasites (5).

Additionally, garlic is a powerful source of nutrition that is great for the body in many ways. Although there are many beneficial compounds in **garlic**, one called allicin is thought to provide much of its antimicrobial effects (6). In order to maximize allicin, it is best to eat fresh garlic that has been smashed or chopped.

Alternatively, you could also supplement with a concentrated garlic extract to help kill parasites.

GARLIC NUTRITION INFORMATION

Helps help keep blood pressure under control

Improves liver health

12.9%
Vitamin B6

15%
Manganese

Numerous beneficial cardiovascular effects

Supports immune system health

Ability to lower our blood triglycerides and total cholesterol

Anti-inflammatory

Helps prevent blood vessels from becoming blocked

Reduces pathogenic microorganisms

Blood cell and blood vessel protection from inflammatory and oxidative stress

7.4%
Vitamin C

5.5%
Copper

3.2%
Calcium

HOW CAN YOU CONSUME GARLIC?



Season your favorite foods using raw garlic.



Take capsules or health supplements that contain allicin.



Consume it raw as a powerful natural medicine.



Apply it directly to the skin as an antiseptic.

DID YOU KNOW?
5,000 years ago in Ancient Egypt, slaves received a daily ration of garlic to improve their strength against illnesses.



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 (7).

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* (8).

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 brown plastic bottle of GI CLEAR capsules on the left. The bottle label includes the text: "DRJOCKERS.COM SUPERCHARGE YOUR HEALTH", "GI CLEAR⁺", and "Dietary Supplement 60 Vegetarian Capsules". To the right of the bottle, the text "GI CLEAR" is written in large, bold, black letters, with "CLINICAL BENEFITS" in smaller, grey letters below it. The background is a dark blue gradient with a white hexagonal pattern at the top. Three white checkmarks are listed next to the following benefits:

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

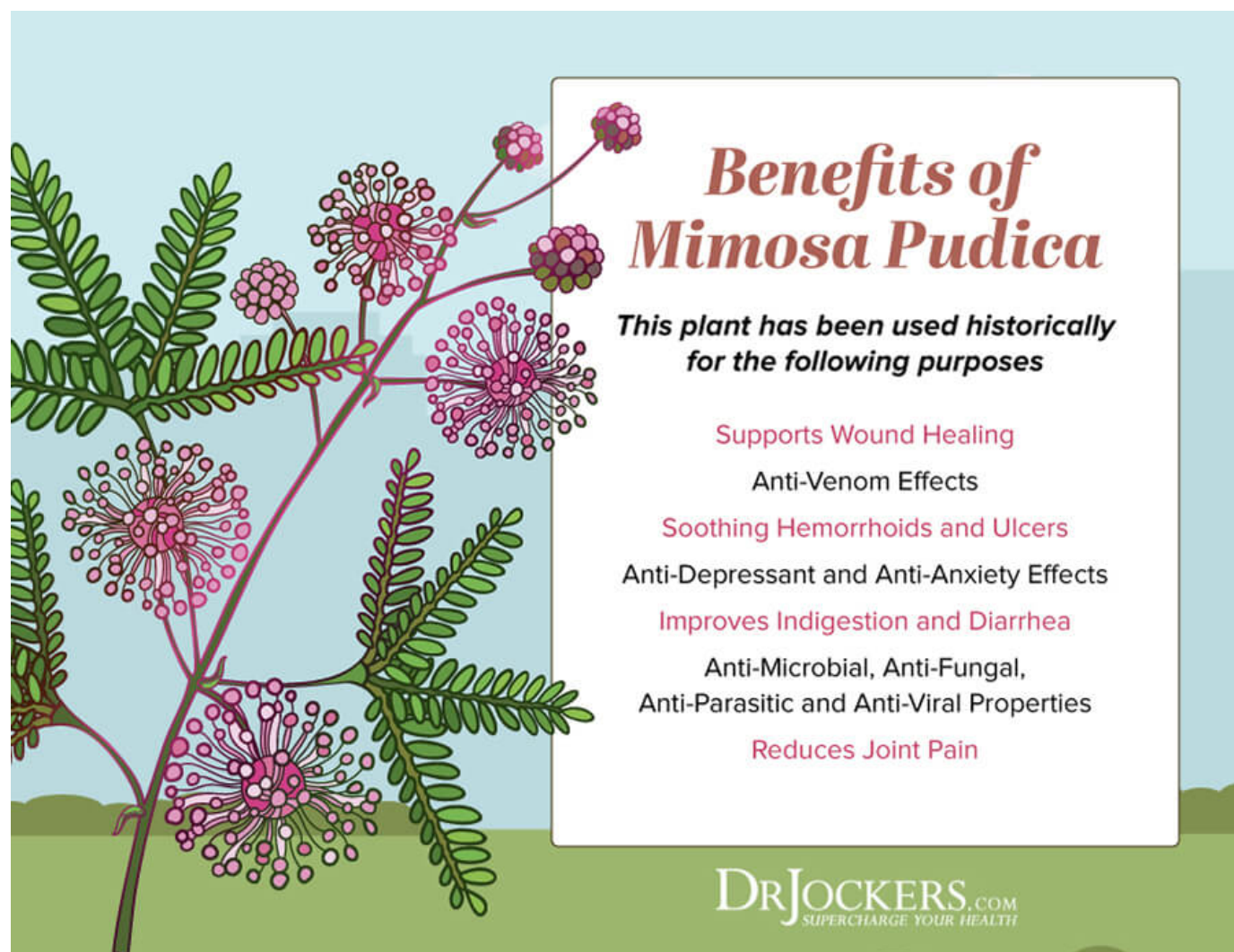
Mimosa Pudica:

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 (9).

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.

[NOTE: Contraindication: Because of its proven anti-fertility properties, Mimosa Pudica

should never be consumed by a woman trying to become pregnant. Also, pregnant women should not consume *Mimosa pudica*.]



Neem:

Neem is a powerful anti-microbial that is classically used in the Eastern healing art called Ayurvedic Medicine. The compounds within neem that make it so effective include anti-fungals, anti-virals, gedunin, nimbin and nimbidin. Neem also contains the polyphenolic anti-oxidant compounds quercetin and B-sitosterol.

Nimbidin is the main compound that helps neem to kill bacteria and parasites. Gedunin is anti-viral and anti-malarial. Salannin and azadirachtin work to repel insects. These compounds are most highly concentrated in the oil and seeds, but active ingredients are also present in bark and leaves (10).

Grapefruit Seed

Grapefruit seed contains high amounts of **citrus bioflavonoids** that act as powerful antioxidants and anti-microbials. Specifically hesperidin, contained in grapefruit seed, may be largely responsible for its antimicrobial effects.

Studies have highlighted antibacterial and anti-fungal effects from this potent extract and, when combined with geranium, has even shown to effectively combat MRSA (an antibiotic-resistant strain of staph infection) (11).



Benefits of Grapefruit Seed Extract

Grapefruit seed extract contains high potency phytochemicals and is known for its broad spectrum anti-bacterial, anti-fungal and anti-parasitic properties.

It is highly effective against Candida overgrowth and supports the digestive system and immune system.

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Wormseed

Wormseed, also known as *Chenopodium ambrosioides*, is an uncommon herb with significant activity against fungi and certain bacteria. It has recently been investigated for its ability to fight **H. Pylori** which is a common and tricky to fight bacterial infection that many people get (12).

Wormseed has also been investigated as a natural alternative to chemical bug sprays, food

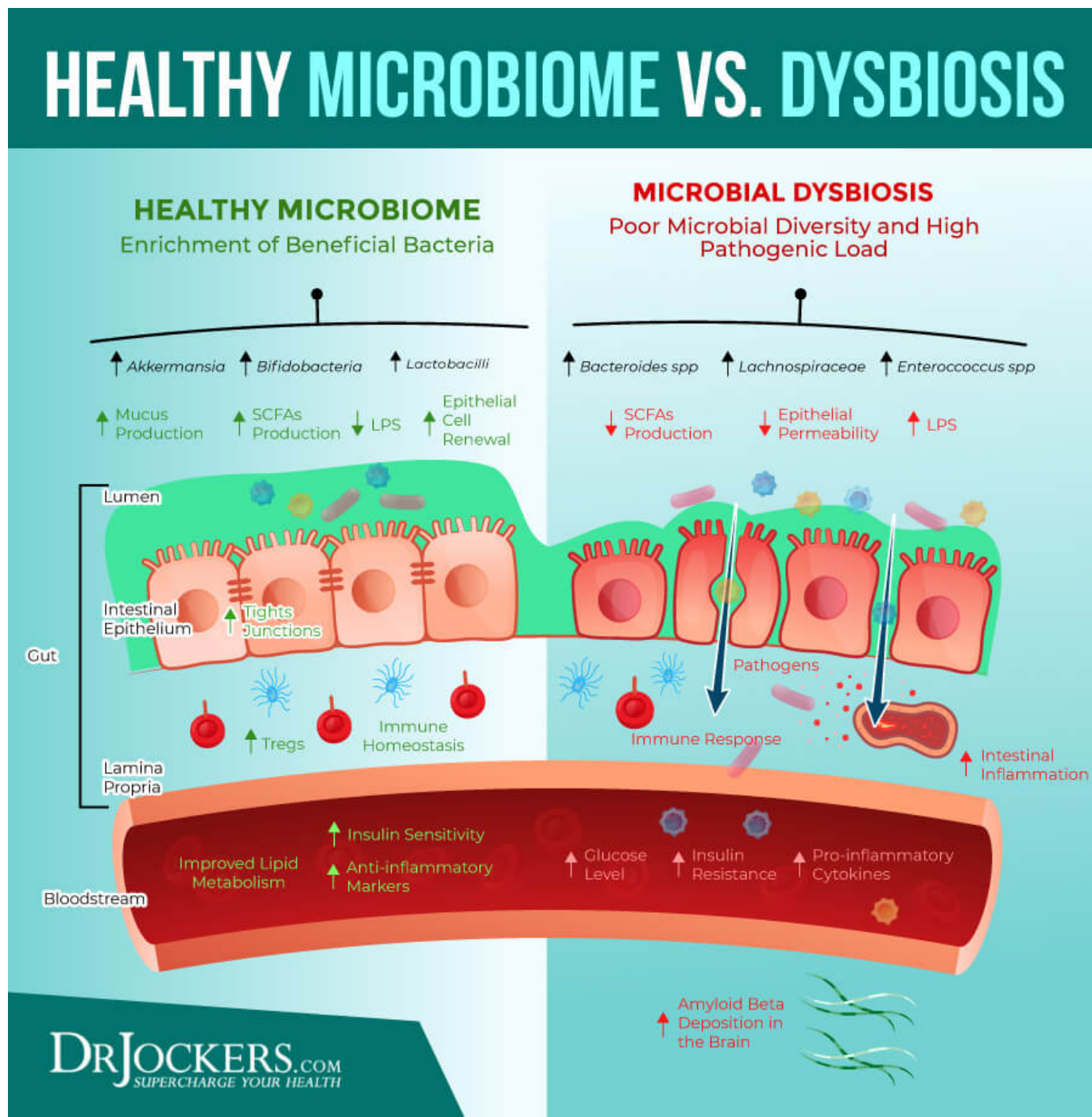
preservatives, and as a supplement to help prevent intestinal infections in livestock.

Vidanga:

The Ayurvedic herb Vidanga, otherwise called *Embelia ribes*, is a climbing shrub that has powerful anti-parasitic effects. One of the main compounds is embelin and its unique 2,5 isobutylmine salts as well as plant tannins and glycosides that have been reported to possess anti-inflammatory, anti-tumor, anti-hemolymph, analgesic and anti-oxidant activities (13).

This herb has also been shown to reduce the damaging effects of a bacterial waste **endotoxic** product called lipopolysaccharide (LPS). LPS is a potent inflammatory agent and can trigger wide ranging inflammatory storms throughout the body including in the lungs where it can cause respiratory distress syndrome.

LPS is one of the main factors associated with “die-off syndrome” or the “healing crisis” people often encounter when trying to reduce bacteria, yeast and parasites in their gut. Studies show that the use of Vidanga significantly reduces LPS induced airway inflammation (14). This can be a powerful tool to help one reduce bad microbes and their toxic metabolites.



Passion Flower

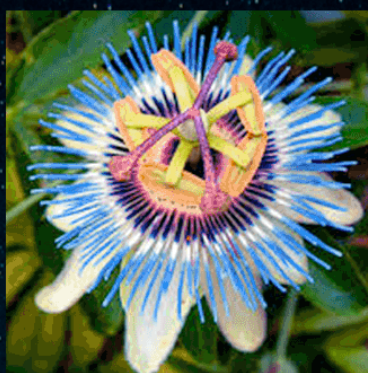
Passion flower is an herb commonly used for **anxiety** relief and relaxation. It contains a wide array of nutrients including alkaloids, phenols, glycoside flavonoids, and cyanogenic compounds that may contribute to its ability to help fight pathogens (15).

Additionally, passionflower is great for improving **insomnia** symptoms and promoting a sense of overall calmness. This is important because one of the most common symptoms I

have seen people experience when they have parasitic overgrowth is insomnia. In particular, waking up between 1-3am and having trouble falling back asleep is a common issue people with parasites experience.



VALERIAN



PASSION FLOWER



LEMON BALM



LAVENDER



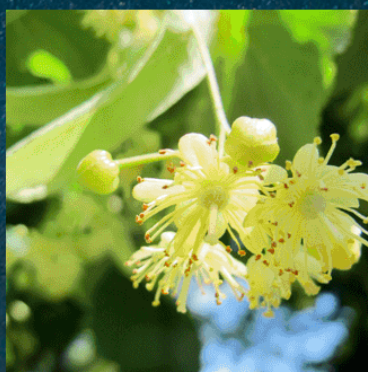
8 HERBS
THAT IMPROVE
SLEEP QUALITY



PEPPERMINT



CHAMOMILE



LINDEN FLOWER



CATNIP

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 (16). Clove is also very strong against H Pylori, which is a bacteria that can lead to **stomach ulcers** when overgrown in the stomach.



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 Soc Med Nat Iasi. 2009 Jul-Sep; 113 (3):911-4





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.



Gates, L 2012, 'Complementary medicines for intestinal parasites', *Australian Pharmacist*, vol. 31, no. 2, pp. 132-135.

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Introducing Mimosa Pudica Seed and Formula 1:

As a practitioner, I was encountering many clients with challenging parasites in their system. I knew I needed a product that would help them eliminate these effectively. Mimosa Pudica Seed and Formula 1 are clinically formulated, advanced dietary supplement that are specially designed to provide a unique blend of anti-microbial herbal compounds.

These are my go to products for individuals with challenging parasites such as amoeba and worms. I typically recommend taking **Mimosa Pudica Seed** at night before bed (2-4 caps) and **Formula 1**, 1-2 caps, 2 times daily about 30 minutes before meals. Mimosa Pudica Seed is the concentrated form of Mimosa Pudica seed and Formula 1 is a combination of the Ayurvedic herbs Neem, Vidanga, and Clove.



Mimosa Pudica Seed

Clinical Benefits

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

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Anti-Parasite Nutrition Plan

It is usually not enough to just use anti-microbial herbs when trying to cleanse your body of unwanted pathogens and kill parasites. You will likely achieve a much higher success rate if you also ensure you are eating in a way that further combats foreign pathogens in the gut.

Parasites love sugar and so it is absolutely crucial to avoid sugar and limit your intake of foods that are converted into sugar after consumption. Additionally, performing regular **fasts** along with specific cleansing strategies can help accelerate the process.

**PARASITE
ELIMINATION STRATEGIES**

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

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The infographic features a central human silhouette with circular insets showing various microscopic organisms like bacteria and parasites. The background is dark with a subtle grid pattern.

Fasting & Cleansing

Fasting for longer amounts of time helps to starve unwanted microbes in the gut while also reducing the burden of digestion, allowing it to heal much more quickly. You can read about my [fasting strategies here](#).

It is a good idea to consume anti-microbial and cleansing compounds while fasting. Drink plenty of water with added organic acids from lemons/limes and apple cider vinegar. It is

also important to do a lot of salts such as Himalyan sea salt or organic broth to maintain mineral balance.

For example, it would be a great idea to start the day with a large glass of water and adding a squeeze of lemon or lime and 1 tablespoon of apple cider vinegar.

ANTI-PARASITIC HERBS & TONICS



PARSLEY



OREGANO OIL



LEMONS



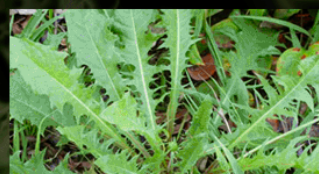
APPLE CIDER
VINEGAR



LIMES



PAU D' ARCO





Anti-Microbial Foods

In addition to fasting and cleansing, you will want to eat foods that will not feed the infection while also actively combatting it. A high-fat/low-carb diet will likely be a great place to start.

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 MEAL PLAN

Morning:
 Super hydration (40-64oz of water with herbal compounds)
 Herbal teas with coconut oil or MCT oil

Mid-Day:
 Coconut Berry Shake,
 Guacamole & veggies,
 probiotic foods & drinks



Controlling Negative Reactions

When you attack pathogens in the gut and kill parasites, there is often a large amount of waste released into the GI tract that can become harmful if not properly eliminated. This is why in my personal protocol I typically recommend utilizing **activated charcoal** or a fulvic and humic acid complex to bind up these toxins and pass them through bowel movements.

The key is to use the herbs that kill parasites with food as that is when the unwanted visitors come out to eat as the food goes through the GI system. As they begin to eat, the astringent herbs are mixed in with the food and they eat bits of those. After we kill parasites with the herbs, we use the activated charcoal or the **BioActive Carbon BioTox** after the meal to help grab up the toxins in the gut and blood stream and eliminate them through the drainage pathways of the body before they can get into organ systems and exert a negative impact on our health.

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. Check out my video below for the best foods to implement for this.

I also have a specifically designed protein blend containing a ton of anti-inflammatory nutrients that can be very helpful for restoring gut health. I usually recommend my [Gut Healing protein](#) for anyone that has gone through serious digestive issues and it works very well.

Final Thoughts

Parasitic infection can cause the body to suffer severe side effects. Conventional medicine has solutions for this kind of issue, but they often very harsh on the digestive tract and can lead to other problems.

Fortunately, utilizing specific herbs in a standardized extract form, along with the other lifestyle strategies listed in this article can help kill parasites while protecting and strengthening the integrity of your gut. This way you can also help protect yourself from ever having to go through these troubles again.

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Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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— DR. DAVID JOCKERS

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comments



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Comments

Stacy

February 26, 2014 at 1:15 pm

Is nutritional yeast ok for those with leaky gut, dysbiosis, and who have had exposure to toxic mold?

Reply

Laura D.

May 16, 2019 at 8:58 am

Parasites range from microscopic in size. The 2 most common drugs for worms seem to be Albendazole (albenza) and Mebendazole (vermox). Albendazole and mebendazole are in the same chemical family, albendazole is newer. My husband and I took Albendazole (We've got it from "NOWORM247" 👍 , just search in Google for this code to find reliable source, I don't remember the link) and it certainly works! Yuck! We knew we had them, but we were even blowing them out of our noses, eeeuuu, so gross! Is it worth it? YES, yes it is, especially if you consider the thoroughly disgusting alternative. This medication is very hard to get and very expensive. But after waiting a long time We've got it from internet (way cheaper...). I was able to get rid of the parasites and able to eat more freely 😊.

Reply

Dr. Jockers

February 26, 2014 at 1:17 pm

Stacy,

It can be but everyone is different. Nutritional yeast is a great source of B vitamins but some people react negatively to it. I would try it without anything else and monitor how you feel over the next 4-6 hours. Do this 3 days in a row and see if you notice any positive or negative side effects. This will help you understand how your body is tolerating it.

Reply**ghada**

March 11, 2015 at 8:04 am

hi dr jockers ,iam suffering from h.pylori that bad bacteria in the stomach causes ulcers and stomach cancer any alternative treatment to avoid the huge amount of antibiotic the dr gave me as i heard the bacteria will make resistance to it and not prevent it from coming back ,i have the pain and the bloating in my stomach

Reply**Sandy**

May 11, 2019 at 11:15 pm

Buy yourself some mastic gum, the real stuff from the Greek island of Chios. Mastic gum is pure tree resin from mastic trees, and is the original chewing gum. As you chew mastic gum, your salive draws out its healing qualities and your gums will heal (or remain healthy), and as you swallow, it will kill off the H. Pylori infection in your stomach. It will continue through your digestive tract, healing your gut and helping rebalance your gut flora.

I don't sell the stuff, nor do I live in Greece. I just read about mastic gum online and tried it. Since then, I've given it to friends and family and all have had fantastic healing stories thanks to this simple, natural substance. I hesitated to publish this since now the murdering medical mafia in the USA will find a way to ban it, but I decided to share the info (which is available in more detail elsewhere online) in hopes you'll see it and cure your ills.

I found the mastic gum I've been buying on eBay, and you can also find it on Amazon, and probably other sites. Just be sure it's the real deal, from Chios, Greece, and not some fake stuff or toxic imitation. To your health!

Reply

Dr. Jockers

May 13, 2019 at 12:41 pm

Thanks for sharing Sandy!

Reply**Suzanne Marie Loparnos**

January 17, 2022 at 4:35 pm

This is so true! Bing a native of Chios, Greece I would like to add that the medicinal properties of this gum is amazing. As a speech-language pathologist who specializes in swallowing/feeding disorders, I often recommend both Mastica and Chamomile tea (the real stuff...loose in a jar purchased from a Greek store) to help with nausea and other GI issues.

Reply**Dr. Jockers**

January 18, 2022 at 3:18 pm

Thanks for sharing!

Duane Gerussi

June 23, 2020 at 5:41 pm

I had a stomach ulcer for about three months before I realised what it was. I was able to cure it completely with mainly cabbage and carrot (and some celery and beet) juice three times a day for three weeks

Reply**Dr. Jockers**

June 26, 2020 at 6:31 am

Great to hear this Duane!!

Reply**Dr David Jockers**

March 15, 2015 at 12:18 pm

Sorry to hear about your struggles with H Pylori and stomach ulcers. Here is a helpful article to help you understand more about this condition and what you can do to help you overcome this. Let me know if you would like to set up a long-distance consult to better explain everything and customize a program to help you beat this. Blessings!

<https://drjockers.com/2014/05/damaging-effects-h-pylori-infections/#lightbox/1/>

Reply**Wendy**

March 2, 2019 at 10:22 am

I am interested in reading your recommended article for H-pylori but this link sends me to your website and says the page for H-pylori cannot be found.

Reply**Dr. Jockers**

March 2, 2019 at 10:44 am

Here is the link Wendy: <https://drjockers.com/damaging-effects-h-pylori-infections/>

[Reply](#)

Anonymouse

February 20, 2016 at 3:29 pm

I've been experiencing a rash on my hands for quite a while. Its been itchy at times but does appear to subside when I use a medicinal antifungal soap. About a year ago, I used to notice a couple of rashes on my chest and when I looked into it, it was thought that I might have a tinea corporis infection.

Subsequently I followed the recommendation at the time which was to use tinactin and a shampoo with pyrithione zinc. After a couple of months I noticed the rashes on my chest were gone. It was only after several more months that I began to develop the rash on my hands. As I mentioned, I've been able to control the rash with antifungal soap, however it does seem to reoccur.

After researching some info on parasites and its common symptomologies, I realized that I was exhibiting some of these symptoms, such as headaches, fatigue, and itchy anus at night.

I'm not sure if this means that the ringworm infection I had came back or if ringworm could even cause these types of parasitic symptoms either, but now I'm a bit concerned.

I've been thinking about a cleanse but don't want to rush into something that doesn't work.

Whether its ringworm or not, could a parasite cleanse be helpful in this case?

FYI: I've considered talking with my doc about it but really only want to go that route as a last resort because I'd rather treat this as naturally as I possibly can, never mind the fact that its already embarrassing to talk about.

I would really appreciate any insight you might have based on my description. Thank you.

Reply

Dr. Jockers

February 20, 2016 at 3:31 pm

Sorry to hear about this! Yes, it very much sounds like pinworms. I would recommend doing a parasite cleanse.

Reply

Anonymouse

February 20, 2016 at 7:56 pm

Thanks for the recommendation. Some things I wanted to add: I'm currently trying to get over a sinus infection (ironically enough, I noticed that chronic sinusitis can be a symptom of a parasitic infection), so I've just been focused mainly on getting better for now, but I do have one other question...

I've been reading up on the potential benefits of a "Ketogenic Diet" as mentioned on your site and I was wondering (once I recover from my sinus infection of course), would switching my diet to a ketogenic one also help me with my endeavor to rid my body of parasites?---Or should I be more concerned with starting a cleanse first?

(I'm a 35 yr old male whose 5'7" and 127 lbs, but still have a little fat around the mid section and while I don't exercise on a regular basis, I work in a fast-paced labor intensive job, so I definitely wouldn't describe myself as a sedentary individual, but I know I still need to work hard on getting myself

into an established routine of diet and exercise)

Reply

Dr. Jockers

February 22, 2016 at 4:36 am

I would recommend using a modified ketogenic diet while you are doing the parasite cleanse to help get rid of them.

Reply

Anonymouse

February 25, 2016 at 12:14 am

Sorry to keep coming back, but I'm afraid I don't know what you mean by "modified" ketogenic diet?---Modified in what way may I ask?

Dr. Jockers

February 25, 2016 at 5:13 am

Yes, you can read about cycling a ketogenic diet here: <https://drjockers.com/burn-fat-with-a-cyclic-ketogenic-diet/>

Reply

Loco

February 28, 2019 at 9:17 pm

Perhaps you should do a article on raw meat and cows milk since there not drinking water that has been treated. Never eat raw or undercooked meat easy way to get a parasite. Well done.

[Reply](#)

Beth

August 12, 2017 at 4:13 pm

In this article, beneath the text about some of the herbs there is an image about that herb with some quick facts. There is no image under the text about Sweet Wormwood (Artemisia). BUT there is an image right below the text about wormseed (Chenopodium) which is titled "Benefits of Sweet Wormwood." This is confusing since it says "wormwood" but is right below the text on "wormseed." So I wonder, was this a mistake? Please clarify for me which one of these plants is the image talking about? It says it is better than antibiotics for SIBO, and since I am searching for answers for my own SIBO situation, I would really like to know which plant this refers to. Thanks.

[Reply](#)

Dr. Jockers

August 15, 2017 at 10:28 am

Hey Beth, looks like a misplacement. Here is some more information on Beating SIBO <https://drjockers.com/14-strategies-to-beat-sibo-naturally/>

[Reply](#)

Marie

July 29, 2022 at 12:08 pm

You need to take Iron supplement with the Wormwood or Artemisia.

It is also very effective to make a suppository in the freezer – It hits the

parasites direct.

[Reply](#)

Dr. Jockers

August 1, 2022 at 3:59 pm

Yes you can!

[Reply](#)

Paul Johnson

September 26, 2017 at 5:15 pm

Dr. Jockers, I hardly know where to start. I have been disabled for three years now and I'm unable to get better even though I've been eat a plant based organic Non-GMO diet. I do eat fruits like apples pears blueberries and strawberries. When I do eat a limited amount of meat it's organic Grass-Fed and Grass-Finished Beef and Free Range Hormone free Antibiotics free chicken. We even drive to Atlanta to purchase Wild Caught Alaskan Salmon from Harry's market or DeKalb County Farmers Market. I have a half quart of raw goat milk Kiefer each day and I drink kombucha when I have it available; about half gallon every two weeks. Last week I had a live blood exam and found out I have an over growth of parasites in my blood. Will the strategies from this article help with the parasites in my blood or will it only get rid of parasites in my digestive system?? I have reflux so bad I have heart attack symptoms and I also have Barrett's esophagus. Some of the other health issues I have is Type 2 Diabetes using insulin, neuropathy, hormone imbalance, adrenal fatigue, brain fog, joint pain, Hep C, gout and Migraine type head pain 24/7. Yesterday I purchased the Healing Leaky Gut material from Dr Axe and now after reading your articles today I'm wondering if I should work on getting rid of the parasites before continuing to healing process of leaky gut. I have healed my gut some because I no longer have a gluten sensitivity just from drinking a quart of Bone Broth each day for three months.

Any help would be appreciated!

Thanks

[Reply](#)

Trent

November 23, 2017 at 10:41 pm

Thank you Dr. Jockers for all of your concise, information-packed articles. I've been on a roll just churning through them over the past week. I am someone with longstanding chronic illness who was given a great deal of antibiotics (IV) for Lyme disease that never amounted to anything positive and I think it likely made the main problem (intestinal permeability, autoimmunity, SIBO) worse. OAT by Great Plains from my functional doctor revealed no yeast metabolites but consistent yeast-like symptoms have occurred, especially after troublesome foods. Would a stool analysis be able to tell whether native microbes like Candida are in a pathogenic state (i.e. causing internal dysbiosis)? I'm trying to juggle a number of protocols right now and it is a priority of mine to get this test done but only if I can discern problematic microbes from beneficial ones. Thanks again for your time and effort in educating the internet!

[Reply](#)

Dr. Jockers

November 24, 2017 at 8:34 pm

Hey Trent, our BioHealth GI Pathogens Screening is pretty helpful for picking things out like that. You can find that here: <https://drjockers.com/bio-health-gi-pathogen/>

[Reply](#)

Rabiah

November 27, 2017 at 9:16 pm

Hi Dr. Thank you for the wealth of information. Do you have any research on papaya seeds and anti-parasite cleansing? I am comming across this seed often now and want sound research from multiple sources if possible. Thanks!

Reply

Dr. Jockers

November 28, 2017 at 8:09 am

Hey Rabiah, here are a couple that suggest anti-parasitic properties:

<https://www.ncbi.nlm.nih.gov/pubmed/28380118>

<https://www.ncbi.nlm.nih.gov/pubmed/21771696>

Reply

Johanna

March 12, 2018 at 11:27 pm

Hi Dr Jokers

This is Johanna from Australia.

I have itchy parts of skin for yrs, upper chest and bottom legs, i used different creams which work for while and back to same problem, i do sweat especialy in summer.

Any ideas of how to cure this issue

Regards

Reply

Dr. Jockers

March 14, 2018 at 11:14 am

It is hard to say without more information Johanna. Could be some kind of fungal infection or a simple inflammation of the skin. One of our health coaches may be able to help you figure this out.

[Reply](#)

Duane Gerussi

June 23, 2020 at 5:47 pm

As Dr. Jockers says, it could be any number of things. I can say that my girlfriend had a similar problem for years, and had tried all sorts of treatments. I told her that the skin is the largest organ in the body and the condition of it (and the eyes) is the fundamental indicator of human health. Her body was trying to detox but it needed some help. Activated charcoal twice a day for two weeks fixed it. Of course you must increase your normal water intake for AC to be effective

[Reply](#)

Eric

June 30, 2022 at 11:57 am

Something to think of, Johanna.

All Disease Begins in The Gut. – Hippocrates 460 – 370 BC

[Reply](#)

Amy Dodge

April 6, 2018 at 3:50 pm

Hi Dr. Jockers,

I'm struggling with possible nematodes in my spinal fluid, do you know if these herbs pass the blood brain barrier? I've had suggestions to try anti-parasitic pharmaceuticals, but not sure I want to go that route yet.

Thank you!

Amy

[Reply](#)**Dr. Jockers**

April 11, 2018 at 1:03 pm

I am not sure if they would be effective for this Amy!

[Reply](#)**Super**

July 1, 2022 at 3:48 am

Dear Amy, I heard from a Doc, whose name escapes me right now, use a solvent eg. DMSO, alongside a bendazole, eg. mebendazole, to carry the contents over the blood brain barrier. It has worked for some of his clients, but further work needs to be done. I hope you find something effective and safe.

[Reply](#)**Nora Hernandez**

April 23, 2018 at 1:57 pm

I been infested with mite for 4 years, I visit So many Doctors deferent states they all think I'm crazy, I know I'm not I'm sure I have some time of mite or worms specially inside my eyes, nose I feel some on the vagina area. Any recommendations.

Thanks

[Reply](#)**Dr. Jockers**

May 1, 2018 at 1:44 am

Hey Nora, you may consider having a stool analysis done and following up with a

functional nutrition practitioner. This is currently one of the best labs for this:

<https://drjockers.com/gi-map-stool-analysis/>

[Reply](#)

Brian

February 28, 2019 at 12:12 pm

Garlic, Tea Tree Oil 😊

Tea Tree oil kills lice so im assuming it would kill mites also. Spider mites also sometimes infest the Mary Jane Tree.

[Reply](#)

Dr. Jockers

February 28, 2019 at 4:21 pm

Thanks for sharing Brian!

[Reply](#)

Loco

February 28, 2019 at 6:27 pm

If you think you got a mite there little black bugs and usually on snakes or in the desert. I would also check ring worm. Ring worm is common and specially with Pets.

[Reply](#)

Hank

March 26, 2020 at 3:37 pm

If you are here please reply. Berbarine is antiparasitic and antifungal. It's found in several plant extracts including goldenseal and wormwood. No reason for doctors to think you're crazy they will only aknowledge things insurance companies will pay for.

[Reply](#)

<https://www.youtube.com/watch?v=TtADn5Uo7Ys>

June 21, 2018 at 4:27 am

Have you ever considered writing an e-book or guest authoring on other websites? I have a blog based on the same ideas you discuss and would love to have you share some stories/information. I know my viewers would appreciate your work. If you are even remotely interested, feel free to shoot me an email.

[Reply](#)

Amanda

July 5, 2018 at 1:33 pm

This is so informative! Will your protocol help me eradicate Blastocystis Hominis, along with intermittent fasting, for I've been told to take Alinia and am very reluctant since it sounds so strong against the gut, which I've been working on healing for six years now. I finally eradicated H. pylori and think the one thing standing in my way of optimal health is the Blasto. Thank you so much Dr. Jockers

[Reply](#)

Dr. Jockers

July 6, 2018 at 10:41 am

It should be great for you Amanda! Email michael@drjockers.com if you want more information on a protocol!

Reply

Amanda

July 6, 2018 at 2:32 pm

Thank you so much for taking the time to reply to me, and with your encouraging response! I'm excited to try the protocol and will email Michael

Amanda

Reply

Tormented

August 18, 2018 at 9:05 pm

I have a horrible pinworm infection which has spread to my sinuses, ears, eyes, vagina, and basically from head to toe which I've had for three years now. I have tried everything the MDs have for pinworms plus so many herbs, seeds, etc. which are said to help (to no avail). I avoid sweets and have gone for weeks eating nothing at all in an effort to starve them. I have ingested tea tree oil, turpentine, castor oil, and tobacco and more. I wash all the clothes I wear each day plus towels and sheets. I shower first thing in the morning and before going to bed and put lotion ALL over (which helps some with the misery). Of course, I'm depressed from this and sleep is a challenge. I'm 56 years old. Any ideas? Does anyone ever get rid of pinworms when they have spread to vaginal areas and sinuses?

Reply

Marsha

April 21, 2019 at 2:08 am

It takes a long time to eradicate an infection this bad with a natural tincture. I have been treating my kids for seven months now. They have stop complaining of stomach pain, itchy eye, and don't grind their teeth anymore. They still have an itchy bottom. I have a feeling it's going to be a while before I eradicate the infection.

[Reply](#)

Dr. Jockers

April 22, 2019 at 9:12 pm

Hi Marsha, I am sorry to hear that your kids are battling an infection. Praying for their healing!

[Reply](#)

Nan

November 28, 2021 at 11:41 am

My mother always used to feed us a tablespoon of plain rinsed raw cabbage daily whenever we suffered from pinworms as toddlers (we'd have itchy bottoms, which she would check with a flashlight after we fell asleep in the dark).

She would also give us a bit of raw cabbage whenever she was making cabbage for dinner (probably once every couple of weeks or so). Our wise Scottish family doctor picked the idea up and said he had success advising many other parents to do the same...

[Reply](#)

Linda Hopper

April 12, 2022 at 4:58 pm

Your symptoms sound like mine. Was misdiagnosed for months as having scabies. Saw many doctors to no avail. It was suggested I have threadworm (hookworm). Finally located a dr. with parasite knowledge..He diagnosed me as having “Whipworm” which is uncommon to the U.S. and said many drs. have never heard of it. It’s a tropical parasite and many drs. have never heard of it. Took 400 mg. Abendazole for 3 days. Just completed 200 mg. twice a day for 7 days. It helps control but does not eliminate them. Mebendazole is suggested by CDC. However; it’s expensive \$1,500. I’m at a loss on how to get rid of them and my body is getting weaker. a check with a dr. with parasite knowledge may enlighten you. Don’t count on the average dr. having heard of whipworm. Dr. Jockers; do you have a recommendation?

Reply

Amy Turcotte

October 20, 2022 at 11:33 am

Linda Hopper!!! I believe I had whipworm as well. We should talk. Try nascent iodine from organixx.com
It has done wonders for me.

Reply

Amanda

August 24, 2018 at 4:10 pm

Is Blasto more active/destructive during a Full Moon? Hi, I’ve been taking your ParaElim now for a few weeks to eradicate Blasto and the past few nights my sleep is worse(waking around 1:40am and only dozing until 4, I’m exhausted during the day and taking naps, my appetite is insatiable which isn’t normal and I’m grinding my teeth much worse than normal while sleeping. I will do a bone broth fast and coffee enemas the next two days in hopes of calming it, starving it. Could it be true that parasites are more active during a Full Moon or am I merely buying in to that myth?
Thank you for your thoughts,

Amanda

[Reply](#)

Dr. Jockers

August 30, 2018 at 3:05 pm

Some evidence suggests parasite life cycles revolve around the moon cycles so it is possible you are dealing with some increased activity. This is why protocols are best followed for several months!

[Reply](#)

Brian

February 28, 2019 at 9:13 pm

Take garlic extract or immune 103 from vitamin shop
Caster Oil a no no for kidneys could cause renal failure and diabetes.
Just like Antifreeze causes diabetes in the kidneys and clogs up the tubulars. Parasites can get into your organs so like Jockers says sometimes you have to take it for a months not just a couple of weekss.

[Reply](#)

Amanda

August 27, 2018 at 10:52 am

Hello,

Are there any known symptoms or signs one can look for to know if Blasto is possibly being eradicated? If you know of any or have a link I may find some research, I'd greatly appreciate it as I go through your antiparasitic protocol.

Thanks so much Dr. Jockers

[Reply](#)

Enthusiastic for healing...

February 4, 2019 at 5:25 pm

Hello – After 2 months returning from India, stomach pain, and ER for malnutrition last week I tested positive for parasite cryptosporidium/giardia...? Anyways after feeling so desperate for a diagnosis, I took the 3-day Alinia. It was very tough on my stomach and felt horrible for several days. As I am just coming out of the fog and my appetite is back. I want to do everything possible to make sure it's gone. I am concerned about fasting as I am underweight and have just developed enough strength again to do simple tasks. What suggestion do you have to continue pushing any possible parasites left – out of my system and to start to heal my damaged gut and colon?

[Reply](#)

Dr. Jockers

February 5, 2019 at 7:50 pm

Sorry to hear that! I would be sure to use the herbs in this article. We also have a detailed parasite protocol here: <https://drjockers.com/type-parasites/>

[Reply](#)

Rosa

February 10, 2019 at 7:32 am

I eat organic, no sugar added oatmeal for breakfast almost every morning with almond milk, unsweetened. I add ground flaxseed. Can I get parasites from oatmeal?

[Reply](#)

Dr. Jockers

February 10, 2019 at 7:43 am

No you probably won't get parasites from oatmeal, but I would recommend a lower carb breakfast in general like eggs or a protein smoothie with coconut milk and avocado.

[Reply](#)

sundaram hammond

March 1, 2019 at 6:22 am

I live in India and have faced numerous instances of parasite problems over the years....usually take a general supplement like Parastroly once or twice a year. However now I believe I have Cryptosporidiosis due to symptoms and feeling relieved when I use a Rife machine on that frequency set. Trying Allicin MAX, a powerful garlic supplement, Neem, Mimosa Pudika, Activated Charcoal, and an Ayurvedic product called Bactefar, all of which seems to be killing off stuff slowly but surely. Don't know how long this will take...being in India it's tough to get USA products here. Any suggestions, Dr. Jockers?

[Reply](#)

Dr. Jockers

March 1, 2019 at 10:11 am

Sounds good! Praying for healing for you Sundaram! Blessings!

[Reply](#)

J.white

May 1, 2019 at 7:51 pm

hello, will these herbs help to kill parasites in the brain and eyes? If so, which remedy should and for how long?

[Reply](#)

Dr. Jockers

May 2, 2019 at 1:30 pm

Hi J, Consuming a nutrient dense diet including the herbs in this article is best combined with the Parasite Support Pack protocol. You can read more about the protocol here: <https://store.drjockers.com/products/parasite-support-pack>

[Reply](#)

Julie

June 10, 2019 at 8:36 pm

During the parasite cleanse diet, would you say its ok to eat almond flour? I haven't had any grains and wondering if making something very simple with almond flour would hurt/help. I am on week 4 of the anti-parasite cleanse. I am going longer because what is bothering me is not gone but it does seem to be much better than before going on the diet. Also do you think "bulletproof" like coffee, one cup during the morning is permissible? And thank you for all the help and thank you for communicating back on all these issues. I really appreciate it!

[Reply](#)

Dr. Jockers

June 13, 2019 at 9:36 am

Hey Julie, I would actually recommend this coffee because it is loaded with anti-parasitic herbs to help with a cleanse: <https://drjockers.com/turmeric-fat-burning-coffee/>. Some almond flour in your diet should be fine! Blessings!

[Reply](#)**Jigar Doriwala**

July 9, 2019 at 1:14 am

Can I blend All these ingredients Clove, Wormwood, lack Walnut and use it??? Is it helpful? Does it any side effects by blending them all together.

[Reply](#)**Dr. Jockers**

July 9, 2019 at 5:11 pm

Hey Jigar, You can certainly add many of these ingredients into your cooking easily as a seasoning! Blessings!

[Reply](#)**Rachel W**

October 17, 2019 at 10:52 am

Wondering about research to back the recommendation to use low carb/sugar diets in relation to parasites. I can't find research to support this. Can you point me to some references? Ever grateful!

[Reply](#)**Dana**

December 17, 2019 at 5:13 am

A number of anti-parasitic herbs help eliminate either the adult, larvae, or eggs for ex-

ample. Does Mimosa Pudica eliminate the scolex? If so, how long would be an average time to take this if taken with the above referenced herbs and having had long term chronic issues due to Lyme and opportunistic pathogens? If not, what would you recommend to eliminate the scolex and about how long would one expect to take it along with the other parasitic eliminating herbs under the circumstances referenced above? Thanks in advance!

Reply

Dr. Jockers

December 17, 2019 at 11:08 am

Yes Mimosa Pudica will help eliminate the scolex. I would also recommend a broad spectrum anti-microbial such as the GI Clear.

Reply

Lori

January 7, 2020 at 10:46 am

I was diagnosed with *dientamoeba fragilis* traphozoites in January 2019 and was prescribed metronidazole 250 mg. It seemed to help and I started a cleaner anti-inflammatory diet. But after another severe episode of diarrhea in Sept. 2019 I was retested and again found to have the same parasites. I tried to control it with diet but by the end of Oct. and more weight loss I took doxycycline hyclate 100 mg. This seemed to get it under control until the next full moon in Nov. At that time I started the DrJockers parasite cleanse protocol and have had very good results until Jan. 4, 2020. I have had severe diarrhea even with taking the supplements at the recommended dosage of Para1 and Para 2 – 2 tablets 2x a day and the BioBinder – 3 tablets a day. I also am trying to watch my diet.

Jan. 6 I increased my parasite cleanse tablets to 4 tablets 2x a day and the Bio Binder to 2 tablets 3x a day.

Of course I am losing weight which I can't afford to do as I am 5'6" and weigh only 96 lb. after struggling with this for so long.

My questions are:1. Can I take anti-diarrhea medication (2 mg. loperamide Hydrochloride) while using the parasite cleanse or will this defeat the purpose of a cleanse?

2.An apothecary (pharmacist) recommended the antibiotic Humatin. Is this something I should speak to my doctor about? I am wary of more antibiotics.

3.How can I keep my weight on with an anti-inflammatory diet?

Can I add things like plain yogurt and oatmeal?

4. What about adding wormwood to my supplement regimen?

5. Should I increase my Para 1 and Para 2 and BioBinder and by how much?

Thank you for your help. I was really happy how things were progressing with the Parasite Cleanse Protocol and need some more help.

Lori

Reply

Dr. Jockers

January 7, 2020 at 2:12 pm

Sorry to hear about that Lori!

I would recommend taking a bunch of activated charcoal – 2-3 grams – 3x daily to stop the diarrhea. As for the anti-microbials, you can cycle out of the Para 2 and add in GI Clear (2 caps – 2x daily) and MegaSporebiotic (1/2 cap with each meal). Yes you can try adding in foods that your body is able to tolerate.

For more personalization, I would recommend working with a functional health coach – <https://drjockers.com/functional-nutrition-tips-to-find-a-great-health-coach/>

Reply

Iora Clarke

June 26, 2020 at 10:20 am

I am experiencing numbness in my fingers from CTS and overuse of both hands. I've tried therapies and nothing seem to help. I don't want to do surgery, any suggestion.

[Reply](#)

Dr. Jockers

June 28, 2020 at 12:58 pm

I am very sorry to hear this! I would highly recommend finding a functional health coach in your area to customize a health plan to help you:

<https://drjockers.com/functional-nutrition-tips-to-find-a-great-health-coach/>

[Reply](#)

Jessica Munns

June 29, 2020 at 11:19 am

I have a questions about the time related to when to take the activated charcoal. You said after a meal in this sections :: “Controlling Negative Reactions

When you attack pathogens in the gut and kill parasites, there is often a large amount of waste released into the GI tract that can become harmful if not properly eliminated. This is why in my personal protocol I typically recommend utilizing activated charcoal or a fulvic and humic acid complex to bind up these toxins and pass them through bowel movements.

The key is to use the herbs that kill parasites with food as that is when the unwanted visitors come out to eat as the food goes through the GI system. As they begin to eat, the astringent herbs are mixed in with the food and they eat bits of those. After we kill parasites with the herbs, we use the BioActive Carbon BioTox after the meal to help

grab up the toxins in the gut and blood stream and eliminate them through the drainage pathways of the body before they can get into organ systems and exert a negative impact on our health.” So does that meant take it 1) 30-20 minutes before your meal, 2) with your meal, 3) w/in 30 minutes of finishing your meal, or 4) a couple of hours following it? I’m always concerned that by taking the charcoal before or too soon after my meal b/c then I wonder :: “is it also absorbing and removing all the healthy antioxidants/nutrients in my food out of my body too???” Plus I usually take a digestive enzyme before my meals to aid in breaking down the nutrients for better chance of absorption, so again, if I’m taking charcoal, then I know there seems like little reason to take an enzyme b/c the charcoal likely just absorbs all that before it can do any good anyway.... so yeah, how best to still get our nutrients but also use the charcoal to assist with removing these toxins??? Should we just plan to only get our nutrients from supplements taken away from a meal/charcoal during these protocols? Thank you for clarifying when and how to balance these two things :: still getting nutrients while also using charcoal to aid in detox/die off symptoms?

Reply

Dr. Jockers

June 29, 2020 at 7:46 pm

You can take it 30 mins before or after your meals. It won't steal nutrients from you so I wouldn't overly concern yourself with that. Blessings!

Reply

Mary Mackay

October 17, 2020 at 2:50 am

I have had a nail fungus infection now for years. I also suffer from a lot of bowel flatus. I am sure there is a connection. I would be grateful for some advice

Thank you

M

Reply**Dr. Jockers**

October 18, 2020 at 7:32 am

Sorry to hear this! Here is a helpful article on abdominal bloating:

<https://drjockers.com/abdominal-bloating-causes-symptoms-solutions/>

Here is an article on Nail Fungus: <https://drjockers.com/10-nail-problems/>

Reply**Abigail**

January 19, 2021 at 1:25 pm

Does organic unseasoned rice vinegar work the same way apple cider vinegar does? I wondered if it had similar or the same benefits.

Reply**Dr. Jockers**

January 19, 2021 at 4:47 pm

No, it doesn't work the same way. ACV is better to use!

Reply**Kat**

March 23, 2021 at 3:52 pm

Parasites can actually be deadly and not all can be eradicated with herbs, etc. If you truly feel you have parasites, get testing and find out. Then take action. Deciding to

take Mimosa Pudica after reading this same article in 2019 actually somewhat tamped down skin symptoms I was having since 2013. I was having the symptoms of parasites listed in your chart plus insomnia. Parasites were never on my radar but this chart actually led to my parasite dx because the main research associated with Mimosa Pudica is Strongyloides. That said, none of these supplements will eradicate a tropical parasite. At this point, even 3 different anti-parasitic drugs has not done the job. Plus, I had to rely on the CDC parasite lab to diagnose because most MDs do not know how to dx or even have suspicion. That said, I believe this article/2019 article has been a life saver. Now with the Covid era, I know this knowledge has been truly lifesaving.

Reply

Dr. Jockers

March 24, 2021 at 10:00 am

Thanks for sharing your experience Kat!

Reply

Marie-Jeanne

March 25, 2021 at 8:22 am

I always read with interest your articles and thank you for the great information you share.

I have a question regarding Black Walnut as in Italy I mostly find products deriving from local walnuts: what is the difference, in terms of benefits, between Juglans Regia and Juglans Nigra?

Thank you.

Reply

Dr. Jockers

March 25, 2021 at 2:57 pm

Black walnut is a specific type of walnut that has powerful anti-parasitic compounds. It is not the same as regular walnuts

[Reply](#)

Destiny Lovejoy

July 11, 2021 at 5:46 pm

So I been pet sitting 4 dogs for the past week and I have to pick up the dog poop well, a dog was not acting it self and having diarrhea and itching it's butt a lot the vet said it wasn't much, but I started not to feel well with itchy anal glands and sharp stomach pain and itchy throat with some chest pain, I let my Dr. know when they wanted tests first I gave them a specimen and they told me it wasn't correct, I had a video visit it another Dr. and he said he never had a problem like this before and said if I get diarrhea then it might be a sign and then call in. My butt is now itchy during the day and night and my stomach hurts more. What is there to do I need answers please

[Reply](#)

Dr. Jockers

July 12, 2021 at 10:06 am

Yes this definitely sounds like parasites. I would be sure to get on the parasite protocol here: <https://drjockers.com/full-moon-phase-parasite-protocol/>

[Reply](#)

Lynne Munro

August 30, 2021 at 7:28 pm

Dr Jockers, do you have any natural remedies for curing lipomas? I have tried a few natural remedies without success, and have had surgery twice. Again the fatty lump is

returning.....what nutrients or vitamins am I lacking for this to keep coming back?
There is usually a reason for everything.....thanks for your help.

[Reply](#)

Dr. Jockers

September 3, 2021 at 10:51 am

That is a great question. We will look into this and write a future article on this topic.

[Reply](#)

Pamela

March 10, 2022 at 10:25 am

Lynne: I noticed several small, what appeared to be, lipomas on the inner side of my left hand. I did a hair test and verified that I have copper toxicity. I have been taking a quality zinc product which antagonizes copper toxicity. The lumps are reducing in size and I feel better, overall, with getting the zinc-copper ratio in balance. (I know this reply is delayed. But, I got absorbed in taking the time to read comments this morning as Dr. Jocker's articles are enlightening, well-written, and I respect his prompt response and care to those who ask questions)

[Reply](#)

Laura

November 11, 2021 at 12:17 pm

The other day I was hearing about parasites from cats that leave the intestine and go into the brain... will taking any of these herbs help get rid of those?

[Reply](#)

Eliza

November 11, 2021 at 3:41 pm

I am getting over lymphoma after chemo and radiation 2 years ago. I have been left with 7 torn tendons and muscle weakness. My immune system is still not up to normal. I have a lot of pain in my upper back from osteoporosis and the torn tendons. I have had lower back replacement disc, that I still get pain from. Before the operation on my lower back I could hardly walk. At least I can walk now but not stand or walk very far because of the pain.

My main concern is to try and get rid of the inflammation in my body.

[Reply](#)

Alan

February 7, 2022 at 7:24 pm

Is there a solution for ridding the body of the scabbies parasite?

[Reply](#)

Dr. Jockers

February 9, 2022 at 2:42 pm

Yes we like the Formula 2 here – <https://store.drjockers.com/products/para-5>

Reply**Cici**

March 3, 2022 at 7:44 pm

Hello! I give much gratitude for this article. I've been diagnosed with diastasis recti with a possible hernia ever since going through a rough, 24 hour, unmediated delivery that ended up with an emergency c section (which is my second c section). It's been 10 months and I'm still having a hard time healing my core. I also breast feed and produce a huge amount of milk. I am a breast milk donor as well. My question is, can i use any and all recommendations in your articles for a cleanse while breastfeeding? Also, do you think it's possible that I have some parasites as I also suffer from anxiety, teeth grinding, fatigue and other symptoms? Thank you for your assistance and insight!

Reply**Dr. Jockers**

March 5, 2022 at 3:49 pm

Yes Cici, it sounds like you may be dealing with parasites. I would recommend working with one of our functional health coaches:

<https://drjockers.lpages.co/long-distance-coaching-dr-jockers/>

Reply**Anonymous**

March 3, 2022 at 12:45 pm

My son has been suffering from hallucinations, mood problems, stress and anger issues for a long time. He suffered from seizures as a teen and was on tegretol medication for 6 years. He stopped that later led to maniac episodes and psychosis. Was on

medication for those such as Zyprexa on and off.

He is off medication now completely for 9 weeks managing his symptoms of hallucinations and dis orientated thoughts. He did a detox for a few weeks but I'm not sure whether that helped him.

I like to get some feedback from you to get him started with a protocol to treat his illness and take necessary steps to heal it.

[Reply](#)

Dr. Jockers

March 5, 2022 at 3:47 pm

Very sorry to hear about this! I would recommend working with one of our functional health coaches: <https://drjockers.lpages.co/long-distance-coaching-dr-jockers/>

[Reply](#)

Eftimie Andreea

March 12, 2022 at 2:34 am

I have a stinky breath, i don't have cavities in my mouth and i think it's disgusting.

Please tell me what to

Do, maybe it starts in the stomach or in my intestines. Thank you!

[Reply](#)

Dr. Jockers

March 15, 2022 at 9:54 am

Very sorry to hear this! Here is a helpful article for you: <https://drjockers.com/healthy-gums/>

[Reply](#)

Smith

March 14, 2022 at 12:12 am

I was diagnosed with Alpha Gal. After long hours of research and what I also already know about herbs and essential oils, I believe there is a way to heal from this. From what I am told it is from a tick bite. I believe it leaves a parakeet parasite (not sure of spelling) in the blood. I have heard those type of parasites are much harder to get rid of. Do you know how I would go about detoxing from that type of parasite? I really want to heal from this. I can no longer eat or even breathe in anything that comes from a mammal. I have severe inflammation from it and it is causing havoc on many of my body systems. I am now also allergic to our beloved family dog because of this. I would love your take on Alpha Gal and how to kill this parasite. Thanks

[Reply](#)

Dr. Jockers

March 15, 2022 at 10:06 am

Sorry to hear about this! I would recommend reaching out to one of our functional health coaches to support you: <https://drjockers.lpages.co/long-distance-coaching-dr-jockers/>

[Reply](#)

Linda Hopper

April 12, 2022 at 5:14 pm

Dr. Jockers; What would you recommend to kill “Whipworms”? Been taking mega doses of garlic daily. Have taken 400 mg. Albendazole for 3 days. Later took 200 mg. twice daily for 7 days. Helped control but did not eliminate. For months was misdiagnosed with scabies. Took permethin treatment 5 times and Ivermectin twice.. CDC suggested trying Mebendazole but it’s very expensive \$1,500. Can see them with my high powered magnified mirror. Worms with pointy long snout (similar to mosquitos). They burrow into skin and the sting is similar. All over body but tend to migrate around body openings. Have been living with these worms 2+ years and my body is becoming weaker. Any suggestions?

Reply**Dr. Jockers**

April 23, 2022 at 7:24 am

Sorry to hear this Linda! Mimosa Pudica – taking 5-10 caps – 2x daily (away from meals and other supplements) has been a very effective dosage range.

Reply**PAMELA**

May 11, 2022 at 7:57 pm

IM GETTING THIS ON THE BACK OF MY NECK. WOW
PLEASE TELL ME WHAT WORKS?

Reply**Eric**

June 30, 2022 at 11:44 am

Another way to have garlic.

Crush garlic into a cup, pour some hot or just boiled water over it, then squeeze all the juice from a lemon in with it, and have that (after it cools down).

[Reply](#)

Beth

July 11, 2022 at 4:07 pm

Hello! Thank you for the great articles! Is a GI Map test a necessary step before preceding with a parasite cleanse? I have chronic sleep disturbance in the middle of the night, and have a history of travel to Central America.

[Reply](#)

Dr. Jockers

July 19, 2022 at 9:56 am

Hello Beth, no you don't necessarily need the test, you can just start on the protocol and see if you feel better.

[Reply](#)

Beth

July 15, 2022 at 11:21 am

Also, would love to see a link to the cleanse bundle- Mimosa Pudica with Forumula 1. While I see Dr Jickers has left a link in the comments, a direct link in the article would be great (and there is a link to Formula 2 but not Formula 1). Would love to hear what Formula 2 is used for. Thanks

[Reply](#)**Dr. Jockers**

July 19, 2022 at 10:07 am

Yes formula 2 is fantastic for systemic parasites in the blood stream.

[Reply](#)**Kirsty**

September 8, 2022 at 5:29 pm

Hi Dr Jockers. What product would you recommend for parasite cleansing to women that would like to become pregnant if mimosa pudica is not suitable?

[Reply](#)**Joanna**

October 20, 2022 at 11:00 am

Hello

Can children take these supplements for parasites? Mine are 12 and 16.

Thank you

[Reply](#)**Dr. Jockers**

October 20, 2022 at 4:02 pm

Yes they can!

[Reply](#)**Cynthia**

October 20, 2022 at 1:05 pm

Which of these is least devastating to the good bacteria? I used herbal formulas with oregano for my SIBO and ended up with a horrible case of C Diff. I'm almost positive I'm dealing with an undetected parasite, now. Thanks!

[Reply](#)**Katrina**

October 20, 2022 at 7:10 pm

Dr. Jockers.

How long is it safe to use WORMWOOD.? I have read often that use it no longer than 4 weeks. But then, canNOT find how long a break one should take before using again. Can you answer. I have sister in law that is suffering terribly from ulcerative colitis. HUMIRA is out of reach for her as they want \$3000.00 a month for it with assistance! (A SIN!). She is now using the WORMWOOD and it is helping her but it appears she must get off of it.

Thank You for responding to this and with whatever help you can give me.

[Reply](#)**Igor**

October 22, 2022 at 4:22 am

Good morning Dr Jockers,

Thank you for your article. Indeed, almost every spice has anti-parasitic activity, especially towards the eggs and larvae. The only note is about the picture in the beginning

of your article: “nematode” and “roundworm” is the same term, and hookworm belongs to the nematode type. So, no reason to put those into separate categories.

[Reply](#)

Dr. Jockers

October 25, 2022 at 12:06 pm

Thank you for sharing Igor!

[Reply](#)

Eric

October 23, 2022 at 12:50 pm

Thank you very much Dr. David Jocker.

\$\$\$\$ BINGO!! \$\$\$\$ After seeing a photo of black walnuts in their shells, Is it fear to say you could use the following as template in black walnuts articles.

Black Walnuts: It seems to be “Black Walnuts” come from walnut shells that look as if the shells have been blackened. It could be once the walnut has been removed from the shell and the shells are discarded, and no longer around as legal evidence, it is hard to tell looking at them if the walnuts sold as “Black walnuts” are the genuine “black walnuts”.

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The advertisement features a dark red background. At the top left is a circular pie chart with three segments: a large yellow segment labeled 'FAT', a smaller blue segment labeled 'CARBS', and a red segment labeled 'PROTEIN'. To the right of the pie chart, the title 'Navigating the Ketogenic Diet Program' is written in white, with 'Ketogenic Diet' in a larger font. Below the title, a white horizontal bar contains the subtitle 'The Ultimate Guide to Getting into Ketosis' in dark red. The central part of the ad shows a collection of digital products: a laptop displaying a plate of food, a desktop monitor with the program's logo, a tablet, a smartphone, and several e-books or guides with various covers, including one titled 'THE KETOGENIC BACKSTREET GUIDE'. At the bottom center, a white rounded rectangular button with a blue border contains the text 'Learn More' in blue.

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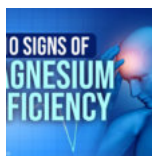
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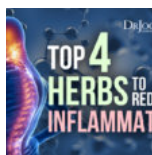
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