



Knowledge is
your secret
weapon to good
health.

CLEANSING/DETOX

Parasites

A parasite is essentially an organism that lives off another organism. Those that live in the human body, steal our nutrients to grow and leave wastes in our body. These toxic wastes poison the body and stress our organs of elimination. Parasites are everywhere and no one is immune to infection. Some people will show no symptoms of parasitic infection, others will have many. Some indicators are: diarrhea/constipation, irritability/nervousness, skin issues, fatigue, insomnia, gas/bloating, muscle cramps/joint pain, swollen glands, teeth grinding, changes in weight or appetite, rectal itching, dark eye circles, light sensitivity, mild fever, brain fog, nail biting, mucous, foul-smelling stools, coughing, food/environmental sensitivities.

Contributing Factors

Factors that make you more susceptible to parasitic infection: Weak immune system, stress, poor diet (especially one high in sugar and refined/processed foods), poor digestion (low gut bacteria, low stomach acid), nutrient deficiencies, constipation, toxicity, travel habits

Possible sources of exposure to parasites: Contaminated produce, barefoot contact with sand or soil, raw or rare meat, pets, mosquitos, contact with feces, contact with infected person, polluted water

Lifestyle Recommendations

- Reduce/eliminate possible sources of exposure. Do not drink untreated water, avoid consuming raw meats/fish, cook meat to appropriate temperature, wash hands often especially after handling meat/using washroom, wash produce before consuming, and have your pets tested for parasites.
- Remember that parasites thrive on diets high in sugar, refined/processed foods and constipation. They feed off of waste that has putrefied in the intestines. Healthy immune & digestive systems can neutralize and eliminate parasites introduced into the body. Focus on low sugar, high fibre, organic whole foods!

Product Recommendations

- Fight infestation with anti-parasitic herbs: Garlic, Black Walnut, Oregano, Quassia, Clove, Goldenseal, Berberine, Thyme, Wormwood, Sweet Annie, Elecampane, Diatomaceous Earth, Caprylic Acid (You will want to use a combination of at least several of these herbs: **15 days, 5-day break, 15 days**)
- Regulate bowel movements and absorb/eliminate toxins from die-off reaction: Fibre (at least 30 grams/day, with adequate water), Bentonite clay, Activated Charcoal
- Improve digestion: Digestive Enzyme with Betaine HCl, Probiotics
- Repair/soothe intestinal tract: L-Glutamine, N-Acetyl-Glucosamine, Marshmallow, Slippery Elm, Aloe Vera
- Support overall health and immune function: Multivitamin & D3, Omega 3 (Fish or Plant Oils), Zinc, Vitamin C, Plant Sterols, Beta Glucans, Medicinal Mushrooms

Book a free 15 minute consult with a GNN Product Advisor!

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