

# PARASITE CLEANSING: MYTHS, FACTS & HERBAL HELPERS

---

INSPIRED BY TIKTOK HYPE, ROOTED IN TRADITION



## 2 WHY IS EVERYONE TALKING ABOUT PARASITES?

---

- Thanks to TikTok, parasites are the new health boogeyman.
- - Viral videos show 'worms' in stool (often just fiber or mucus!)
- - Claims range from fatigue to brain fog to "everyone has them"
- - But what's real, and what's just a trend?



### 3 SIGNS YOU \*MIGHT\* HAVE PARASITES

---

- True parasite infections are rare—but possible. Common signs may include:
  - - Bloating, gas, irregular stools
  - - Unexplained fatigue or anemia
  - - Skin issues or itching (especially rectal itching at night)
  - - Travel to high-risk areas or close contact with animals

4

# IF YOU DO HAVE PARASITES?

---



---

## HERBAL CLEANUP CREW TO THE RESCUE!







## 7 WONDROUS ROOTS PARASITE FORMULA (TECHNICAL VIEW)

---

- My 1:5 herbal tincture formula includes:
  - - Clove Bud: Ovicidal (kills parasite eggs)
  - - Ginger Root: Digestive support, anti-nausea
  - - Oregon Grape Root: Antimicrobial, bile flow
  - - Elecampane Root: Expels worms, supports lungs
  - - Horseradish Root: Clears mucus/biofilm
  - - Wormwood: Kills adult parasites
  - - Black Walnut Hull: Broad antiparasitic, kills larvae/adults

## 8 MEET THE PARASITE LIFECYCLE CLEANUP CREW!

---

- Each herb in this blend plays a special role in cleaning house:
- Eggs → Larvae → Adults → Exit Strategy → Gut Reset
- Let's meet the team!





## 9 CLOVE BUD – EGG ASSASSIN

---

-  **Egg Assassin** – Targets parasite eggs and prevents future hatching.

### I. Clove Bud (*Syzygium aromaticum*)

- **Main Role:** *Egg killer*
- Clove is rich in **eugenol**, which has potent **antimicrobial and antiparasitic effects**, particularly against parasite eggs (ova).
- Often used to **complement wormwood and black walnut**, which target adults and larvae.

# 10 WORMWOOD – ADULT WARRIOR

---

-  **Adult Warrior** – Attacks fully grown parasites head-on.

## **Wormwood Herb (*Artemisia absinthium*)**

- **Main Role:** *Kills adult parasites*
- One of the strongest and most traditional **anthelmintic herbs**, effective especially against **roundworms, pinworms, and threadworms**.
- Contains **thujone**, which is neurotoxic to parasites (but should be dosed mindfully in humans).
- Works best in synergy with clove and black walnut for full life-cycle coverage.

# II BLACK WALNUT – LARVAE BOUNCER

---

- 🍌 **Larvae Bouncer** – Stops larvae from establishing a foothold.

## **Black Walnut Hull (*Juglans nigra*)**

- **Main Role:** *Broad-spectrum antiparasitic and antifungal*
- Kills **larval and adult stages** of parasites; also active against **Candida and bacterial overgrowth.**
- Rich in **juglone and tannins**, which are strongly astringent and antiparasitic.
- Helps **tighten and tone the gut**, reducing permeability and discouraging reinfestation.

## I2 ELECAMPANE - EXPELLER

---

-  **Expeller** – Supports motility and gets them out the door.

### **Elecampane Root (*Inula helenium*)**

- **Main Role:** *Expelling worms + lung/GI support*
- Traditionally used to **expel intestinal worms**, particularly roundworms.
- Also supports **respiratory health**—helpful if there's a lung component or if parasites migrate through lung tissue.
- Contains **inulin**, which may nourish beneficial flora post-cleansing.



# I3 HORSERADISH – MUCUS BLASTER

---


- 🔥 **Mucus Blaster** – Clears hiding places and breaks up biofilm.

## **Horseradish Root (*Cochlearia armoracia*)**

- **Main Role:** *Mucolytic + antimicrobial*
- Breaks up **mucus and biofilm**, helping to **dislodge parasites** and create a less hospitable environment.
- Stimulates **circulation, digestion, and immune activity**; excellent for sluggish systems or stagnation in the GI tract.

## I 4 OREGON GRAPE – GROUND STERILIZER

---

-  **Ground Sterilizer** – Disinfects the terrain and supports bile.

### **Oregon Grape Root (*Mahonia aquifolium*)**

- **Main Role:** *Antimicrobial + bile stimulator*
- Rich in **berberine**, which is active against **bacteria, protozoa (like **Giardia**), and some parasites.**
- Supports **liver and bile flow**, crucial for detox and moving debris out of the GI tract.

# 15 GINGER – PEACEKEEPER

---

-  **Peacekeeper** – Keeps digestion calm and steady through it all.

## **Ginger Root (*Zingiber officinalis*)**

- **Main Role:** *Digestive support + anti-nausea + anti-inflammatory*
- While not directly antiparasitic, ginger enhances **circulation**, **reduces gut spasms**, and helps manage **nausea or discomfort** from die-off reactions.
- Also mildly antimicrobial and **carminative**, helping to move gas and support motility.

## 16 HOW TO USE

---

For detailed instructions for how to use Wondrous Roots Parasite Formula, go [HERE.](#) Please contact me with any questions, and I'll be happy to help!



# 17 HERBAL WISDOM, MODERN MYTHS

---

- Parasite cleanses aren't one-size-fits-all—and not everyone needs one.
- But if you do, using traditional herbs in a thoughtful, supportive way
- can make all the difference.
- Let's ditch the drama and stick with smart, synergistic care!



18

WONDOUS ROOTS, INC.  
103 ROXBURY STREET, STE 300  
KEENE, NH 03431

603-439-2603

[Welcome to the Wondrous Roots  
Online Store!](#)

[Wondrous Roots | Holistic Nutrition |  
Keene, NH, USA](#)

