

## Back to your Roots Herbs Parasite and Worms Formula

Thank you for purchasing our Parasite and Worm cleanse. It's a pleasure to serve humanity with the help of 'Nature.' This particular cleanse contains the finest herbs that nature could provide for getting rid of these invaders that live within our temples. This highly bitter formula consist of: Black Walnut Hulls, Wormseed, Jatoba, Quassia, Suma, African Potato, African Wormseed, Warburgia Saluters, Vidanga, Mutamba, Clove, Sutherlandia, Turmeric, Diatomaceous Earth, Green Papaya, Pau D'arco, Echinacea, Prickly Ash, Triphala, Oregon Grape Root, Apricot Seed Kernel, Schisandra, Horseradish, Whiteout Bark, Shilajit, Alfalfa and Moringa. Research each herb and see why you are a step ahead of excellent health, without any adverse side effects, just because it's ALL-Natural.

Just be aware at the beginning of the treatment as the herbs go inside and conduct its business, there would be a massive die-off of parasites, so consistency is necessary. As the body clear out these unwanted pests, you will soon feel a spike in energy and clarity of mind, remember we have to endure. **STAY STRONG!**

WHY take Back to your Roots Herbs Parasite and Worm Cleanse?

As anxious as we are to tell you the TRUTH why we want to get rid of these parasites and worms, We're going to take our time. Like many challenges, we face day to day we tend to forget to listen to our bodies, or too busy to provide our temples with the proper nutrition. It's only right we continue to eat, connect, and speak to nature – become ONE. Now, how do we attract these parasites and worms, easy, through negative thoughts which lead to adverse actions, worrying about a job, listening to degrading music, gossiping, listening to the news, allowing

reality shows to be OUR reality, and most importantly eating a SAD (Standard American Diet)? Some may ask, what is a standard American diet? A SAD diet consists of MEAT, Dairy, refined grains, processed sugars (sodas, candy, little Debbie cakes, etc.). Why do we continue to eat these human-made foods and meats that are fed GMO (Genetically modified organisms) foods that are causing a lot of detriment to the human body? Is it because the chemicals in these foods cause a reaction in the body to crave for the above or our body only recognizes what we've been giving it for years and maybe decades? Could it be a foreign invader triggering our nervous system when it's ready to eat foods that are acidic to the body? Once these parasites take over your organs, blood, and lymphatic system, they become a part of you. Parasites adapt, change their shape, color, and so on to mimic your thoughts and body chemistry, therefore, leaving us clueless or feeling regular as if they are not inside robbing our nutrients and changing our emotions, sounds more like a 'demon' if you let me tell it. From the SAD diet, we create the perfect environment for parasites, and we become a hosting ground for them to live in! Again, Meat, dairy, processed sugars and refined grains all have a low pH level. Once the body is acidic, it's the perfect environment for dis-ease/parasites. You could link every dis-ease or symptom known to humanity including CANCER to a parasite invasion. Here are some examples:

Fatigue

Lack of appetite

Poor digestion

Gas, bloating

Abdominal pain/cramping

Feeling heavy/overweight

Negative thoughts

Cloudy brain

Lack of focus

Lack of Willpower

## Yeast Infections

If you are witnessing any symptoms listed above, there is a possibility you have parasites and or worms, no doubt about it. We are not here to scare you we are here to educate and make you aware of what's going on.

Eliminate the following while taking the Parasite and Worm Cleanse

While on the cleanse WE HIGHLY encourage you to eliminate the following:

Meat

Dairy

Processed - WHITE - sugars (soda, candy, cakes, etc.)

WHITE FLOUR

Isopropyl Alcohol

Commercial Soaps (Dove, Lever, Irish Spring)

Commercial Lotions (Remember the skin eats too)

Commercial Makeup

Cold Cereals

Decaffeinated coffee

Nature got you covered that's what makes life so beautiful. Seek for a natural substitute, and you will be just fine. If you have any questions on what brands to choose, quickly E-mail us at [backtoyourrootsherbs@gmail.com](mailto:backtoyourrootsherbs@gmail.com), and we will assist you.

What do I eat and drink while using the Back to your Roots Herbs Parasite and Worm Cleanse?

We've discovered there are three essentials to any diet, and without these, imbalances will occur. Regardless of what you eat these three essential elements must be there to achieve harmony.

Green-leafy vegetables

Sweet Fruits

Fatty foods

The best path is the most straightforward path. Balance the three classes in the most comfortable way possible, by listening to your body or intuition. Just by knowing these three categories are the essentials, you will have the tools to keep your temple balanced.

*\*\* A food list is provided in the back of this instruction manual \*\**

We recommend you drink spring, distilled or alkaline water throughout this cleanse and forever

## **Daily Regimen**

You could space out taking the capsules or powder however you choose throughout the day, but here is an example.

\* Upon waking up consume two glasses of spring/distilled/or alkaline water before breakfast to flush the toxins out from the night before \*

**Break-Fast** – 2 Capsules and or ½ tsp of powder

You should be juicing or creating a smoothie

**Lunch** – 2 Capsules (Before eating) or ½ tsp of powder

Eat a nice healthy Kale salad with avocado, nuts, berries, and fruits

**Dinner** – 2 Capsule (Before eating) or ½ tsp of powder

Your choice. Salad – Steamed Vegetables and Wild rice – with a smoothie if still hungry

**\*\* Try to keep it light at dinner because your body is now about to go into detox/fasting mode as you sleep \*\***

#### Transitioning Guidelines

1. Control and direct your thoughts. The more you think about yourself as what you could 'be,' rather than as you perceive you are, the more excited you will become about bettering your health. You will start seeing yourself as more vibrant more radiant.
2. Some point on this dietary journey, you have to have faith, faith in natural foods. Trust in yourself and your good judgment.
3. Build a shield in your mind against the negative influences of other people. Seed out and listen to those who are getting the results you desire.
4. Transition smoothly away from the meat-based diet as quickly as possible. Most let go in this order: Red meat, pork, chicken, and then fish. This pattern works exceptionally well. Replace meat with avocados, nuts, and seeds. By transitioning from a meat-based diet to more of a 'nature' diet, happier feelings, positive emotions will arise more often.
5. Transition smoothly away from dairy foods by letting go of eggs (aborted chickens) and milk (calves milk – not for human consumption) and then cheese (strictly mucus forming – especially around the lungs). There are a lot of vegan cheeses that taste similar.
6. Transition at your own pace, but continue to move forward, consistency is critical. Remember to be successful with anything you

must be willing to step outside of your comfort zone. TRUST WE DID IT,  
and WE KNOW YOU COULD DO IT AS WELL!

## Grocery List

### The Best Fatty Foods:

Young coconuts

Avocados

Coconut butter (consume three tablespoons a day if possible)

Flaxseed and its oil (cold pressed)

Hemp seed and its oil (cold pressed)

Nuts of all types (except cashews)

Olives and its oil (cold pressed)

Pumpkin seeds and its oil (cold pressed)

Sesame seeds

Sunflower seeds (not the salted David's brand)

Durians

Akee

Tahini

### The Best Sugary Fruits:

All wild sweet fruits

Grapes WITH seeds

Berries of all types

Apricots

Cherries

Dates of all exotic kinds

Figs of all kinds

Mangos  
Melons WITH seeds  
Mulberries  
Oranges WITH seeds  
Papayas  
Passion Fruit  
Pears  
Plums  
Pomegranate  
Cherimoya  
Mangosteen

### **The Best Green-Leafed Vegetables:**

All green herbs  
Celery (very important; an excellent source of sodium)  
Bok Choy  
Collards  
Dandelion  
Kale (especially dinosaur kale)  
Mustard (wild)  
Parsley  
Spinach  
Spring onions (Green)  
Wild Radish  
All wild edible greens  
Algae's (blue-green, chlorella, and spirulina; these are alkaline-green protein foods. You could find these at [www.backtoyourrootsherbs.com](http://www.backtoyourrootsherbs.com))  
Cilantro  
Crane's Bill  
Dark Green Cabbage

Thank you once again. If you have any questions, please feel free to contact us via E-Mail at [backtoyourrootsherbs@gmail.com](mailto:backtoyourrootsherbs@gmail.com)

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