



## Da Vinci Holistic Health Centre

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### PARASITE 14-DAY DETOXIFICATION PROGRAMME

There are three herbs to take – the Walnut tincture and the Wormwood are for killing the parasites, the cloves are for killing the eggs, therefore preventing them hatching and breeding.

We prefer to buy the fresh herbs and grind them fresh, so you will need to do some work by filling the empty veggie caps provided.

The three herbs are:

1. **BLACK WALNUT HULL TINCTURE** - take in water or juice on an empty stomach.

2. **WORMWOOD CAPSULES:** - take these dosages, **once a day**, - best taken before your meals with water or juice, all at the same time. If you have difficulty taking them on an empty stomach, they can also be taken with food. It is best to chew your food first and just before swallowing place a capsule in the mouth and swallow with the food.

3. **CLOVE CAPSULES** - take a little before meals, but if stomach is sensitive then they can again be taken with meals.

Here are the dosages on a daily basis - tick off the doses as you take them:

| Day | Black Walnut Hull Tincture                                     | Woodworm Capsules                         | Clove Capsules  |       |        |
|-----|--|---|-----------------|-------|--------|
|     |  |   | Take with meals |       |        |
|     | 2 teaspoons (10ml) <b>once daily</b> , on <b>empty</b> stomach | <b>Once daily</b> on <b>empty</b> stomach | MORNING         | LUNCH | DINNER |
| 1   | 2 teaspoons  | 1   | 1               | 1     | 1      |
| 2   | 2 teaspoons  | 1   | 2               | 2     | 2      |
| 3   | 2 teaspoons  | 2   | 3               | 3     | 3      |
| 4   | 2 teaspoons  | 2   | 3               | 3     | 3      |
| 5   | 2 teaspoons  | 3   | 3               | 3     | 3      |
| 6   | 2 teaspoons  | 3   | 3               | 3     | 3      |
| 7   | 2 teaspoons  | 4   | 3               | 3     | 3      |
| 8   | 2 teaspoons  | 4   | 3               | 3     | 3      |
| 9   | 2 teaspoons  | 5   | 3               | 3     | 3      |
| 10  | 2 teaspoons  | 5   | 3               | 3     | 3      |
| 11  | 2 teaspoons  | 6   | 3               | 3     | 3      |
| 12  | 2 teaspoons  | 6   | 3               | 3     | 3      |
| 13  | 2 teaspoons  | 7   | 3               | 3     | 3      |
| 14  | 2 teaspoons  | 7   | 3               | 3     | 3      |