

# January

2024

This is a **Metal Detox and Parasite Cleanse** sample schedule that can be used year round. Parasites do consume heavy metals and it is highly beneficial to decrease the amount of excess heavy metals in the body prior to starting the parasite cleanse. Pay attention to the "Notes" below the schedule.  
[CleanseParasites.com](http://CleanseParasites.com)

December							February							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2						1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	25	26	27	28	29			
31														

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 	1 -Senna Tea to clear the bowels -Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	2 -Senna Tea to clear the bowels -Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	3 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	4 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	5 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	6 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach
7 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	8 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	9 Metal Detox Binder: 1-2 tsp 2x per day on *empty stomach	10 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp 1-2x per day	11 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp 1-2x per day 🌑 New Moon	12 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp 1-2x per day	13 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach
14 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach	15 Off Day Eat Anti-Parasitic Foods	16 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	17 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	18 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	19 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	20 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp
21 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	22 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	23 Off Day Eat Anti-Parasitic Foods	24 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	25 Off Day 🌕 Full Moon Eat Anti-Parasitic Foods -Senna Tea to clear bowels	26 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	27 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp
28 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	29 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	30 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	31 Off Day Eat Anti-Parasitic Foods	1 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	2 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	3 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp
4 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	5 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	6 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	7 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	8 Off Day Eat Anti-Parasitic Foods	9 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	10 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels

## Notes

\*Empty Stomach = (30 min before food or 2 hours after food)

\*\*Off Day if you have heavy detox symptoms still or continue parasite cleanse if you are well

\*\*\*Take serving of Metal Detox Binder at least 1-hour apart from Parasite Cleanse, not at same time. Will help with detox symptoms (similar but not limited to flu-symptoms)

-Bonus if you start cleansing on a New or Full Moon because parasites are most active mating and laying eggs. This means they come out from hiding in the body. This is not 100% necessary for the cleanse to be effective as long as you are doing the cleanse leading up to, during or after the New or Full Moon.

-Fast days or intermittent fasting can be incorporated to further clean the bowels, starve parasites

-What not to eat/drink: Sugar, Alcohol, fried foods, wheat breads/gluten, seed oils, pork products, venison, raw fish (sushi)

-Wash fruits and vegetables very well with baking soda, apple cider vinegar or soap

-**Common Anti-Parasitic Foods:** raw garlic, onions, pumpkin seeds, pomegranate, coconut, beets, carrots, papaya seeds, ginger, turmeric, apple cider vinegar, pineapple, walnuts, citrus

--Consult with a physician if this protocol is right for you. Pregnant women / breastfeeding women should not be doing any type of detox protocols. If at any time you are feeling symptoms that are too intense, stop using the parasite cleanse and take binders too lessen the severity.



# February

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January							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6						1	2
7	8	9	10	11	12	13	3	4	5	6	7	8	9
14	15	16	17	18	19	20	10	11	12	13	14	15	16
21	22	23	24	25	26	27	17	18	19	20	21	22	23
28	29	30	31				24	25	26	27	28	29	30
							31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	29 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	30 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	31 Off Day Eat Anti-Parasitic Foods	1 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	2 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	3 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp
4 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	5 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	6 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	7 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	8 Off Day Eat Anti-Parasitic Foods	9 Off Day Eat Anti-Parasitic Foods -Drink Senna Tea to clear bowels 🌑 New Moon	10 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels
11 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	12 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	13 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	14 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	15 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	16 Off Day Eat Anti-Parasitic Foods	17 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels
18 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	19 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	20 Off Day or **Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	21 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	22 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	23 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	24 Off Day 🌕 Full Moon Eat Anti-Parasitic Foods
25 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	26 Off Day -Eat Anti-Parasitic Foods -Senna Tea to clear bowels	27 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	28 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	29 Parasite Cleanse 1-2 tsp 2-3x per day on *empty stomach ***Metal Detox Binder (optional): 1-2 tsp	1	2

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