

Naturemedies Detox Cleanse Comfort Boost 90 caps

Usage:

Take 1 or 2 capsules, 1 to 3 times per day or as advised.

Naturemedies Detox Cleanse Comfort Boost is a broad-spectrum gastrointestinal cleanse and detoxification formula, designed to support a balanced lower digestive tract and protect against internal parasites, worms and other harmful micro-organisms.

It contains a range of tried and tested herbs and concentrated foods to support digestive tract health, in an easy-to-take capsule form. The ingredients have been hand-picked for their anti-parasitic, anti-bacterial, anti-microbial, anti-fungal and anti-viral activities. Used by naturopaths, colonic hydrotherapists and herbalists as part of cleansing programs.

Pumpkin seed: Traditionally, pumpkin seeds have been used as a remedy for parasites, including tapeworms and roundworms. Laboratory studies have now demonstrated that curcubitin, an amino acid in pumpkin seed, has anti-parasitic and anti-fungal activity. Human trials in China show that pumpkin seed is helpful to people suffering from schistosomiasis, a severe parasitic disease occurring primarily in Asia and Africa that is transmitted through snails. Other human studies in China and Russia have demonstrated the effectiveness of pumpkin seed against tapeworm infestations.

Magnesium caprylate: A medium chain fatty acid that has been shown to improve the balance of healthy intestinal microflora and to soothe the gastrointestinal tract. Caprylic acid (as magnesium caprylate) is a natural, highly effective supplement that produces an anti-fungal effect in the body. It is also known to be an efficient way of killing Candida and other fungus and yeast infections, while not inhibiting friendly bacteria. Caprylic acid does not kill yeast, but instead controls yeast overgrowth by interrupting the growth and duplicating processes. It dissolves the membrane of the yeast cells that cause thrush, vaginal yeast infections and jock itch. This aids in reducing the level of intestinal yeasts. Magnesium caprylate is best taken in conjunction with a low yeast and low sugar diet.

Chicory root: A rich source of natural chemicals (including tannins) that have become the focus of anti-parasitic research in recent years. In a study published in "Parasitology Research" in 2011, researchers from Cairo University found that extracts of chicory killed parasites when they were tested with the plant in vitro. Taking chicory root extract regularly is considered to have a beneficial effect on intestinal parasites in humans, ridding the digestive tract of harmful organisms. The compounds found in chicory root extract are toxic to parasites and it is believed that lactones give chicory its anti-parasitic attributes.

Grapefruit seed: Not to be confused with grape seed extract or grapefruit extract, grapefruit seed (citricidal) has been proven to be a highly effective, natural broad spectrum anti-bacterial, anti-parasitic and anti-fungal. In fact, it has been proven to be effective against over 800 strains of viruses and bacteria, 100 strains of fungi, plus several single-celled parasites - no other anti-microbial can make such claims. The antimicrobial activity of grapefruit seed extract is in the way that it changes the body of the pathogen; it stops the intake of amino acids into the pathogen and causes its walls to leak, killing it off. Despite destroying harmful intestinal parasites, grapefruit seed does not significantly harm healthy bowel flora.

Cinnamon: Has anti-spasmodic, anti-microbial, carminative, anti-diarrhoea, anti-worm and antiseptic properties. Cinnamon bark also helps to counteract flatulence and is widely used for a weak digestive system, vomiting, hyperacidity, to promote secretion of gastric juices, irritable bowel, summer diarrhoea, flu and colds. It can also help to suppress the growth of numerous micro-organisms such as Escherichia coli, Staphylococcus aureus and Candida albicans.

Clove: Cloves contain one of the most powerful germicidal agents in the herb kingdom. They help to kill off intestinal parasites and act as an anti-microbial agent against fungi and bacteria. **Shiitake mushroom:** Shiitake mushroom has a history of medicinal use spanning millennia in parts of Asia. Today it is classed as a "medicinal mushroom" because it is used and studied as a possible treatment for diseases. Current research is discovering that extracts of this mushroom have immune system regulating, anti-bacterial, anti-viral, anti-parasitic and blood clot inhibiting properties.

Cayenne: Cayenne is an ideal addition to any treatment plan to kill parasites. The volatile oil, capsaicin, within cayenne gives the herb its "hotness" and helps to keep the body warm and strong. This in turn weakens parasites, because they do not like a warm environment. A member of the Capsicum genus, cayenne is known for assisting with assimilation, healing, improved circulation, cleansing, indigestion, urinary tract health, colds, flu, digestive disorders and strengthening internal organs, particularly the heart muscle.

Black aged garlic: Garlic is a broad spectrum antibiotic, capable of fighting infection and killing a wide variety of fungi (more than 60), bacteria (more than 20), viruses, protozoa, parasites and amoebas. This is largely because of its active constituents, allicin and ajoene. Once garlic is chopped or crushed, allicin is formed. It has anti-bacterial, anti-fungal and anti-parasitic activity, which is one of the main reasons that garlic has traditionally been used in enemas to rid the colon of intestinal parasites. Ajoene is known to have effective broad-spectrum anti-microbial properties, helpful for preventing yeast infections (Candida albicans) and treating athlete's foot, for example. Studies have shown garlic to be effective against Entamoeba histolytica, H. pylori, Staphylococcus aureus, roundworm, tapeworm, threadworm, hookworm, Giardia lamblia, Trypanosoma, Plasmodium and Leishmania. Garlic has a history of killing parasites and controlling secondary fungal infections, detoxifying while gently stimulating elimination and it even has antioxidant properties to protect against oxidation caused by parasite toxins.

Olive leaf: An excellent anti-microbial against many species of virus and bacteria, olive leaf is a bitter substance produced by the olive tree, but eliminated from olives once they are cured. For around 4,000 years, countries of the Mediterranean, as well as those bordering, have chopped up olive leaves in liquid or salad form to prevent and treat parasitic infections. Olive leaf is also effective against fungi, moulds, worms and harmful bacteria and can be used for yeast infections. It even proved to be superior to quinine for treating malaria, but not as easy to administer, so quinine became the preferred treatment. Studies in the 1960s confirmed that olive leaf extract has the ability to counteract the malaria protozoa.

Fenugreek seed: Fenugreek is a bitter, medicinal herb that is rich in antioxidants and has laxative and anti-parasitic effects. It also increases milk flow, stimulates the uterus, soothes irritated tissues, lowers fever, reduces blood sugar, improves digestion and promotes healing. It stimulates the immune system and aids in removal of toxins from the

body through lymph nodes. The seeds (Methi), in particular, are high in lipids, protein, protease inhibitors, alkaloids, mucilaginous fibre, phosphorus, iron, calcium, niacin, vitamin C, selenium and various other nutrients. They have stimulant, anti-parasitic, anti-inflammatory, aphrodisiac, expectorant, hepatoprotective and diaphoretic properties. Plus, it is believed that the seeds reduce fatty tissues, thereby aiding in natural weight loss.

Glucomannan: Glucomannan is a water-soluble polysaccharide that is classed as a form of soluble dietary fibre and is usually derived from konjac root. As such, it is widely used for the treatment of constipation, because it can decrease digestive transit time and is viewed as a "bulk-forming laxative". It is therefore also a cleanse and detoxification agent. Glucomannan has also demonstrated statistically significant improvements in the total cholesterol of obese patients. In healthy men, four weeks of taking 3.9 grams of glucomannan decreased total cholesterol, low-density lipoprotein, triglycerides and systolic blood pressure; notably, triglycerides dropped by 23%.

If your clients aren't responding to "standard" digestive system treatments...

Parasites can sometimes appear as digestive problems. For example, chronic diarrhoea is a common sign of parasites, but they can also cause a wide variety of other symptoms, such as:

- abdominal pain
- allergic reactions to foods
- anaemia
- bloating / wind
- bloody stools
- chronic fatigue
- Constipation
- joint and muscle aches
- nervousness
- hives
- infected gums
- mucus in the stools
- poor immune response
- Rashes
- cough
- Irritable Bowel Syndrome (IBS)
- itching
- sleep disturbances
- teeth grinding
- fever
- and unexplained weight loss

Parasites can deplete the body of nutrients (such as vitamins A, B6, B12, potassium, calcium, and magnesium) and overwhelm the immune system, which can lead to severe illness. Symptoms can come and go depending on the life cycle of the parasite involved.

Parasites are a "hidden" disease, because most people who have parasites don't know it. Researchers are beginning to see how parasitic infections may mimic or be involved in diseases such as rheumatoid symptoms, chronic fatigue syndrome, Crohn's disease, ulcerative colitis, Irritable Bowel Syndrome, diarrhoea and arthritis.

Naturemedies Detox Cleanse Comfort Boost is an ideal anti-parasitic if your clients aren't responding to 'standard' digestive system treatments.

Diet and supplementation
 Dietary recommendations...

Cooked foods are usually recommended
 All meats to be cooked until well done.
 Eliminate coffee, refined sugar, white flour and processed foods.
 Carrots, sweet potatoes and squash are some foods that are high in beta carotene, a precursor of vitamin A (vitamin A seems to increase resistance to penetration by larvae).

Increase naturally anti-parasitic foods such as pineapple, which contains the digestive enzyme bromelain. A diet rich in pineapple can help to clear certain parasites such as tapeworms.

