

Forbidden Health by Andreas Kalcker

Protocol P: as in Parasites (intense protocol)

Protocol P (for parasites) is indispensable. Our current society has lost contact with the popular wisdom of our ancestors. Conventional medicine doesn't take into account parasites, as if they didn't exist anymore.



Fig. 30: A parasite in a blood sample

This twisted specimen in a blood sample (Figure 39) proves the opposite: they do exist, especially in chronic diseases.

Three-month deworming protocol

One forgotten ancestral practice is to follow the natural cycle of the moon for many of our routines. It is essential to start this treatment during the first three days of a full moon and continue during the waning moon. The results are better during this period because it is when most nematodes mate in the intestines. This protocol goes beyond a simple deworming and is designed to be used when other conventional treatments fail.

Throughout the treatment, but especially at the beginning, it is critical to use daily CD enemas and purge with castor oil, a mineral cathartic agent like Epson Salts or a mix of senna leaves. This treatment is specially designed for the elimination of large intestinal parasites, mainly roundworm nematodes such as *Ascaris*. It is effective against most nematodes but less so against tapeworms

such as the *Taenia* genus. Niclosamide is recommended to eliminate *Taenia*; it is effective and has a low level of toxicity.

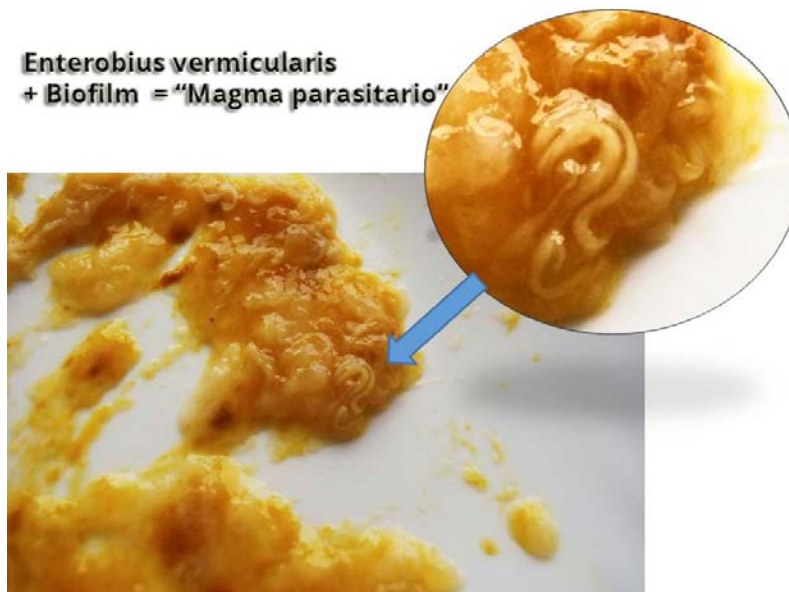


Fig. 31: Parasites inside biofilm, or parasitical magma

Children with autism and most chronically ill patients have excess mucus that is often hard to identify, resembling a dead *Ascaris* or, according to some, intestinal mucus. Intestinal mucus over 1 meter long have been found, and it is unlikely that these belonged to the patients. The University of Bologna in Italy claims that the mucus is from the body. However, Dr. Volinsky from the University of Florida, having performed a DNA analysis of the mucus, thinks this is foreign to the human body. My opinion so far is that this is a form of unclassified "parasitical magma," and hence, it doesn't show up on lab results. And my evidence comes from results.

More than 350 children have overcome autism with this protocol, and all of them expelled vast quantities of this "parasitical plasma" (biofilm), along with other parasites. After each elimination, they showed significant improvement.

The same thing happened with patients of many other chronic, supposedly incurable diseases. Although the efficacy of this protocol is undeniable, further research is needed to obtain scientific evidence, and I am seeking financial and academic support.

Note:

This treatment does not include the use of systemic antiparasitic drugs that are absorbed by the body. A high-end zapper such as the Biotrohn®, which eliminates parasites from the blood without poisoning, is preferable. This protocol is designed to be used with children, without causing an excessive toxic charge in the blood and body, due to its length and dosage.

Do not confuse Mebendazole with Albendazole (Albenza®), which is systemic and needs a doctor's prescription. If you notice an infestation of parasites in the blood, consult with a doctor to confirm it. Only after confirmation, systemic antiparasitic drugs (which will be absorbed by the blood) would be administered, according to the doctor's criteria.

Since the brands of these antiparasitic drugs differ across countries, we will use the name of the primary active chemical substance in this protocol. You should ask your pharmacist about the brand.



Fig. 32: Photograph of biofilm eliminated from a human intestine

Treatment:

Day 1

- Pyrantel Pamoate (morning only dose): 10 mg/kg, administered in a single oral intake, with liquids. When presented in liquid form, a 5-ml

teaspoonful contains 250 mg (three 5-ml teaspoonfuls for 60 kg). In tablet form, take three tablets for 60 kg.

- Diatomaceous earth (two doses): one teaspoonful twice a day with meals, preferably liquid. Morning and evening.

Day 2

- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoonful twice a day with meals, preferably liquids. Morning and evening.
- Enema. Additional equipment needed: an enema kit with a 2-liter bag or container.

Day 3

- Two tablespoons of castor oil (tasteless from the pharmacy) on an empty stomach.
- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 4

- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 5

- Pyrantel Pamoate (morning dose only): 10 mg/kg, administered in a single intake with some liquid. When presented in liquid form, a 5 ml teaspoon contains 250 mg (three 5 ml teaspoons for 60 kg). In the tablet form, take three tablets per 60 kg.
- Diatomaceous earth (two doses). One teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 6

- Two tablespoons of castor oil (tasteless from the pharmacy) on an empty stomach.
- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 7

- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 8

- Mebendazole (two doses): 100 mg every 12 hours. One tablet in the morning and one in the evening.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- Enema

Day 9 to 18 (first month)

- Two tablespoons of castor oil (tasteless from the pharmacy) on an empty stomach. Repeat as necessary. Stop in case of continuous diarrhea.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- **Neem infusion** (*Azadirachta indica*) (9 days). Three level teaspoons in one liter of water. Boil for 5 minutes and drink throughout the day. Neem capsules can also be used since the infusion is very bitter.
- Enemas: as continuous as possible.

Day 9 to 18 (second month)

- Two tablespoons of castor oil (tasteless from the pharmacy) on an empty stomach. Repeat as necessary. Stop in case of continuous diarrhea.

- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- **Epazote infusion** (*Chenopodium Ambrosioides*) (three days). Boil 1- 2 tablespoons of leaves in one liter of water for 10 minutes, let it steep, then strain.
- Drink a cup on an empty stomach for three consecutive days.
- On the remaining days, drink aloe vera gel with juice or water on an empty stomach.
- Enemas: as continuous as possible.

Day 9 to 18 (third month)

- Two tablespoons of castor oil (tasteless from the pharmacy) on an empty stomach. Repeat as necessary. Stop in case of continuous diarrhea.
- Diatomaceous earth (two doses): one teaspoon twice a day with meals, preferably liquids. Morning and evening.
- **Neem infusion** for nine days or drink an alternative antiparasitic infusion.
- Enemas: as continuous as possible.

If, after the third month, there are still parasites or excess mucus, the protocol can be repeated from the beginning.

Day 19 to 30 (rest)

According to the British Royal Society of Medicine, 90% of diseases and discomfort is directly or indirectly related to a blocked colon. Think of the colon as the body's sewage system. The toxins there get filtered to the blood, seriously deteriorating our health. On average, adults over 40 have two to twelve kilograms of waste in their colons. Parasites live in this residue, slowly and steadily intoxicating their host organism. They consume most of the beneficial nutrients in the foods that reach the digestive system, often leaving nothing but "garbage" for their host.

That explains how sometimes, even when we try to follow healthy diets and take vitamin supplements and other products, we don't experience any improvement. Sometimes we may get the opposite effect because we are feeding the parasites. One of the best methods to remove all that waste is "colon hydrotherapy," performed by a professional.

Enema treatments with just two liters of water can help to heal many diseases. Used by many cultures since ancient times, enemas are an easy and natural way to cleanse the colon. The liquid helps to eliminate the accumulated

toxicity in the bowels by killing the parasites. The massive death of worms can cause fever and fatigue and make us feel quite sick. Enemas evacuate the digestive system as quickly as possible, preventing toxins from reaching the bloodstream.

Enemas are an indispensable part of this treatment.

Parasites produce mucus or biofilm in the bowels where they can hide from the attacks of all drugs, so CD enemas play an important role. CD can penetrate the mucus and destroy the eggs and larvae dwelling there. Patients should do daily enemas starting on the second day and then progressively decrease to every 3–4 days. Make sure to listen to your body's needs.

Use 10–20 drops of CD with its activator, or 10–20 ml of CDS, in 2 liters of water. The dose can be increased, if tolerated. The important thing is to hold the solution inside for as long as possible, but not more than 5–10 minutes.

Parasite detection in feces. Look for worms by direct observation of the feces. You can use a plastic bowl and a stick to perform the exam after a bowel movement. A microscope is useful for the diagnosis, allowing the observation of tiny parasites in the blood as well as the presence of eggs or larvae in the feces. Observation will allow you to control whether the number of parasites is decreasing.

This treatment is highly effective with children who have trouble sleeping since worms are often the cause of discomfort and restlessness. A very common parasite is responsible for the onset of anxiety and other attention deficit disorders, especially in children.

Deworming drugs

Mebendazole (Lomper, Vermox)

Mebendazole has been in use since the '70s for the treatment of diseases provoked by helminths (gastrointestinal pinworms). The drug prevents the parasite from using glucose, prompting a reduction of energy and, eventually, its death. The gastrointestinal tract absorbs very little Mebendazole (approximately 5% to 10%). More is absorbed when administered in conjunction with fatty foods. It is metabolized to a greater extent in the liver. About 2% of administered Mebendazole is excreted in the urine, and the rest is eliminated in the feces. The right dose of Mebendazole differs from one patient to another, depending on the type of parasite causing the infection. The most frequently recommended dose is 100 mg twice a day for three days.

Adverse side effects from Mebendazole are rare, given its low absorption. It can provoke nausea, vomiting, abdominal pain and diarrhea. Frequently, these effects are caused by the release of toxins from the parasite when it dies.

Mebendazole can be administered rectally with a small rubber irrigation pump: 15 ml diluted with a bit of warm water is introduced with about 30 ml of water, allowing the liquid to reach the large intestine, where it acts overnight. This method is especially indicated for the treatment of enterobiasis. It does not interact with CD or CDS.

Mebendazole (Vermox) does not interact with CD

Mebendazole (Vermox) interacts with:

- Tagamet
- Zithromax
- Carbamazepine
- Ethotoin
- Amoxicillin
- Flagyl
- Penicillin
- Mephenytoin

Very important:

Drug interactions with Mebendazole (Vermox):

1. The most critical drug interaction is with Flagyl (metronidazole). **Very important! DO NOT take or administer mebendazole and metronidazole together.** When taken together, they can cause Stevens-Johnson syndrome, which can be very serious.
2. The second important interaction with Vermox is Tagamet (cimetidine). This is not a serious interaction, but it could result in a reduction of mebendazole's hepatic metabolism, causing a high concentration of serum/blood.

Pyrantel Pamoate (Trilombrin)

Pyrantel pamoate is a broad-spectrum anti-helminthic that acts by provoking neuromuscular blockage that paralyzes the parasite, before its expulsion in bowel movements. It does not excite the parasites or cause them to move elsewhere. Pyrantel pamoate has short-term effects and tends to be eliminated from the body through feces and urine in 3–4 days. The gastrointestinal tract barely absorbs Pyrantel pamoate. About 6–8% is found in urine, and the rest is eliminated in the feces.

The recommended dosage for adults, twelve years and over, is a single dose per day. 40-75 kg: 3 tablets. Adults over 75 kg: 4 tablets.

Warning: It is not compatible with the use of Piperazine, the chemical is found in pumpkin seeds, or with antiparasitic drugs that contain this substance, since and they cancel each other out.

Plants and minerals for deworming

Internal parasites are and always have been a concern for many cultures across the planet. Indigenous plants have been used since ancient times as cleansing treatments. The Western world and developed countries look down on these remedies, making us more vulnerable.

Some minerals and chemicals are beneficial for fighting internal parasites. There are a variety of treatment options:

1. Bentonite to remove deposits.
2. Vegetable carbon to absorb toxins.
3. Common clay and diatomaceous earth are among the most frequently used minerals.

In this case, we use diatomaceous earth, an effective agent for the destruction of intestinal parasites. In case of discomfort, we add activated carbon tablets to detoxify.

Diatomaceous earth

The treatment with diatomaceous earth should last for 18 days. Diatoms are unicellular plants that lived in the oceans millions of years ago. They developed a shell made up of the same silica they extracted from the water. When the diatoms died, the microscopic shells fell to the bottom of the oceans. Over time, massive deposits thousands of meters deep accumulated. When the oceans receded, these deposits were eventually uncovered, fossilized and compressed, producing a rock chalk powder called diatomaceous earth.

Diatomaceous earth is inert, nontoxic matter, rich in minerals like manganese, magnesium, iron, titanium, calcium, and silica, among others. Adequately pulverized, the diatoms' skeletons become microscopic siliceous needles that are harmful to parasites, fungi, candida, worms, and amoebas. These needles are harmless to humans and other warm-blooded animals. Since diatomaceous earth is harmless, it can be taken regularly. However, the best course of action (as always) is to take a break now and then.

Take a teaspoon twice a day for 18 days of treatment.

Castor Oil

Castor oil is extracted from the seed of a plant akin to the maple tree called ‘*Ricinus communis*,’ or ‘Devil’s Maple Tree.’ Its seeds are 50–80% oil, with a high content of ricinoleate acid. This oil has excellent laxative and cathartic properties. Treatments with drugs and medicinal plants may cause spastic paralysis of parasites. If there are enough of them together, they can create a “knot” of worms and provoke intestinal blockage. Castor oil can remove the blockage. Take it in the mornings on an empty stomach with some juice, tea or milk.

Doses

Adults: 15-30 ml (two large spoonfuls) on an empty stomach. Wait one hour before eating any breakfast or taking medication. If the patient has an intolerance for castor oil, Epson Salts or senna leaves can also be used as purgatives.

Children: one teaspoon for small children and two teaspoons for older children.

Another option is to take castor oil in capsules.

Neem (*Azadirachta indica*)

The neem tree is one of humanity’s most precious natural heritage. It has been used for medicinal cures for thousands of years. There are references to neem in Sanskrit scriptures, and Ayurveda medicine has used it since ancient times. Hindu medicine has acknowledged the healing and medicinal properties of neem since antiquity. Even today, Hindu villagers refer to this tree as “the people’s pharmacy,” due to its ability to alleviate many diseases. It is now authorized by Indian authorities to use in medicine. Neem is one of the most potent purifiers and detoxifiers in existence today. Neem has been used to fight all forms of parasites in the body, both internal and external.

Preparation and dosage:

1. Boil four leaves (the contents of a bag) in one liter of water for 5 minutes (if necessary, add stevia to combat the bitterness).
2. Drink the infusion throughout the day.
3. Continue the treatment for 9–10 days during the first month.

As an alternative to the bitter infusion, many people prefer to take tablets.

Epazote (*Chenopodium Ambrosioides*)

Also known as “paico,” and by the scientific name of *Chenopodium ambrosioides*, this plant grows in the wild in Central and South American countries. It has healing properties to alleviate digestive problems, reduce gas, and eliminate parasites and intestinal worms. In Mexico, it is a favorite ingredient for soups. Ascaridole is the active ingredient present in paico. It produces a paralyzing and narcotic effect on intestinal parasites, loosening their adherence to the bowel walls.

Dosage: For infusions, boil 2 tablespoons of leaves in one liter of water for 10 minutes. Let steep and drink a cup on an empty stomach for three consecutive days.

Other medicinal plants

There are other plants and herbs that you can use for deworming. After three months, if the problem persists, change herbs or repeat treatment with the most effective one. You can prepare mixtures with several plants and herbs, or use them individually.

The following plants, among others, can be used as alcoholic extracts, oils or infusions: walnut tree bark, *Artemisia annua*, calamus root, rue, *Artemisia absinthium* (absinthe), southernwood, mint, *Dictamnus albus*, tansy, yarrow, dandelion, clove, pomegranate root bark, male fern, calendula, hypericum, chlorophyll.

Preventive foods and diet

If faced with a parasite infestation, we should avoid certain food groups, such as dairy products, refined sugars (sucrose, fructose corn syrup), flours (especially refined ones) and excessively sweet foods in general.

On the other hand, there is a list of beneficial foods and plants that promote the correct internal balance of the organism, becoming our allies. No parasite survives for long, where there are adequate production levels of stomach acids and bile and enough healthy bacteria. Worms require an acidic environment created by sugar decomposition and the putrefaction generated by eating and drinking processed or unhealthy foods. Eating raw vegetables and drinking fruit juices is essential since they provide us with enzymes and other vital defense elements.

Sauerkraut (salt fermented cabbage)

Many people have a deficient level of stomach acid, which is the underlying cause of many intestinal problems. Without proper acid levels, the organism is not capable of defending itself from intruders. Sauerkraut is one of the most potent stimulants for the production of acid by your body. Non-pasteurized fermented foods (water kefir, soy sauce, miso, etc.) are highly recommended to stimulate the beneficial bacterial flora in charge of keeping parasites at bay.

Take a few teaspoons of cabbage juice before meals. Even better, drink the fermented cabbage juice from sauerkraut. It will do wonders for your digestion.

Garlic

Garlic, when consumed regularly, turns the stomach and intestine into a lethal environment for parasites, offering constant protection. Garlic is the home remedy par excellence for the natural removal of intestinal parasites. The Chinese, Greeks, Romans, Indians, and Babylonians all used garlic. It never lost its utility and is still used by modern medical professionals.

Both fresh garlic and garlic oil are useful.

1. The most common treatment is to eat three garlic cloves or take a teaspoon of garlic oil in the mornings.
2. You can also mix crushed garlic in a bit of cold water and drink it immediately.
3. Another recipe involves cutting four cloves of garlic and marinating them in milk overnight to drink the resulting liquid in the morning, on an empty stomach. This treatment may provoke vomiting.

Pumpkin seeds

Pumpkin seeds contain a substance called “piperazine,” which paralyzes parasites, allowing the host organism to eliminate them. Piperazine is available as a component of prescription and non-prescription drugs, as well in pumpkin

seeds, as mentioned above. This traditional method of deworming has been used around the world since the beginning of time. There are several effective traditional formulas, including the following:

Mix a cup of peeled and crushed pumpkin seeds (around 80 seeds) with coconut water and two tablespoons of honey. Eat the mixture over three hours on an empty stomach. To finish, take castor oil to provoke the immediate evacuation of the parasites.

Warning: Do not eat pumpkin seeds if you take Combantrin® because it cancels out the effect.

Papaya and papaya seeds

Papain, the digestive enzyme found in the papaya, is capable of decomposing the outer shell of an adult parasite. The milky juice of a green papaya is a long-reaching agent for the destruction of ascarids.

Adult dose: Mix a tablespoon of fresh green papaya juice with the same amount of honey and 3-4 spoons of hot water.

Two hours later, take a dose of castor oil mixed with warm milk.

Repeat this treatment for two days, if needed.

Children aged 7-10: Administer half this dose.

Children under 3: 1 level tablespoonful of the mixture is enough.

Papaya seeds can be used as well. They are rich in papain and caricin.

Procedure:

1. Prepare a mixture with the crushed fresh seeds.
2. Add one spoonful of honey for each spoonful of seeds.
3. Take a teaspoonful in the mornings on an empty stomach or before bed for ten days. Rest for five days and repeat the cycle, up to three times.
4. We recommend combining the treatment with a purgative.

Ginger

Ginger is effective not only for fighting intestinal parasites but also for reducing nausea and calming nerves. Fresh ginger, used for hundreds of years, has proven very successful in destroying intestinal worms.

The most common way of consuming ginger is raw or as an infusion. You can also add fresh and powdered ginger to many foods.

Propolis

Propolis has been in use for at least 3,000 years. Ancient Egyptians and Romans knew of it and we still use it today. We owe its name to the Greeks: “pro” meaning “in front of” and “polis,” meaning “city.” Propolis translates as “city defense” or “city defenders.” Thanks to the antibiotic action of propolis that protects them from viral and bacterial activity, beehives are one of the most sterile places known in nature. Multiple scientific studies have proven the anti-parasitic activity of propolis. It is recommended for treating giardia, amoebas, and Ascaris, as well as for intestinal infections caused by gram-positive bacteria.

- » Take 3 drops per kilogram of weight, or 3 capsules, 30 minutes before each meal.
- » For the treatment of parasites, take propolis for seven days on an empty stomach, diluted in water or fruit juice.
- » Seven-day cycles are recommended with a 7-day treatment period followed by a 7-day resting period.
- » Repeat 3–5 times to ensure the complete elimination of parasites or bacteria.

It is essential to repeat the treatment to thwart the reproductive cycles. Repeating the treatment at least three times ensures the effective elimination of parasites.

Propolis in tincture at 30% and propolis capsules are available on the market. Propolis has many advantages, including its high efficacy, high tolerance, and no side effects.

Pomegranates

Pomegranate peel contains an alkaloid called “punixin,” which is highly toxic to pinworms. We use a decoction of the root peel and tree bark or the fruit. The roots are preferable because they contain a higher quantity of alkaloids than the bark. This alkaloid is highly toxic to *Taenia solium*.

Administer a cold decoction of the bark, preferably fresh. The decoction is mainly used to expel the *Taenia solium*.

Adults: 90 180 ml, three times with 1-hour intervals between intakes. Take a laxative after the last glass.

Children: 20 60 ml

Carrots

Homemade treatments with carrots help to eliminate intestinal parasites in children. The chemical components in carrots attack parasites, impeding their development. It's one of the most effective natural treatments for children. Give them a small bowl of grated carrots in the mornings until the problem subsides.

Spices

The spices and herbs we use in our daily cooking can be effective weapons. They have been used since antiquity to control parasitosis. Among the most effective ones are turmeric, pepper, tarragon, thyme, cinnamon, cayenne pepper, and cloves.

