

Mimosa Pudica Seed Challenge



If a patient/client is not experiencing benefits with Para 1, if they're not releasing parasites, we recommend the Mimosa Pudica Seed Challenge.

In the Mimosa Pudica Seed Challenge, the patient/client takes 2 caps of Para 1 every hour, for 6-8 consecutive doses. We recommend beginning first thing in the morning, for example, begin taking 2 caps of Para 1 at 6 am, and take 2 caps every hour, until noon or 2 pm.

During this challenge, we recommend fasting, while hydrating with lots of distilled water, to make sure the bowels are moving. Include coffee enemas if needed.

Tip: Take extra Bowel Mover the night before to ensure elimination during this challenge.