

How To Parasite Cleanse The Right Way Cheat Sheet

By: [APEX Functional Health](#)

IMPORTANT:

The information provided below is for informational and educational purposes only and are general guidelines. What worked for me may not work for you as we are all unique and have different needs and root causes. You are fully responsible for your own health decisions, and Kate Mills will not be held liable for any results of following the educational information contained herein. This information is not intended to treat, prevent, cure or diagnose.

Always consult with your health practitioner before starting ANY new supplement or protocol. If you do not have a practitioner you trust and would like to work with an APEX practitioner, [schedule your free strategy call here](#).

We're SOOO excited you're interested in parasite cleansing! Below, you'll find general guidelines for completing a parasite cleanse the RIGHT way so you reduce symptoms and have the best possible outcome.

Here is your parasite cleansing roadmap

1. [WATCH the masterclass](#). We can't stress this enough!
2. Order your [Functional Medicine Detox](#) (Code APEX for 10% off) & Foundational Supplements found below
3. Create an account with [Cell Core](#) using our practitioner code **XDSVCWJK**
4. Send admin@apexfunctionalhealth.com an email with the receipt for your detox & confirm your Cell core account. They will reply with your **FREE Detox Guide & Detox Recipe Guide**, as well as activate a **15% off discount** for all future Cell Core orders.
5. Prepare your mind, body, home, and kitchen to complete your detox (inside the detox guide)
6. Complete the 21-day detox
7. Order your Cell Core parasite cleanse with code: XDSVCWJK (instructions below)
8. Start your foundational supplements - wait a week after starting these to start your parasite cleanse
9. Start and complete your 2-month parasite gut cleanse
10. As you get closer to the end of your 2 month cleanse, order the systemic phase (instructions below)
11. Complete 7 weeks of systemic cleansing

12. Consider [functional lab testing](#) to determine where you're body is at and how we can keep moving it closer to balance!

Important: (you will learn all this and more in the masterclass)

- **Do NOT** start a parasite protocol unless you are consistently moving your bowels 1-2 times a day.
- **You need to do at LEAST 2 months** of the gut cleanse because as parasites die, they lay eggs. If you do under 2 months, you are making the problem worse and causing a bigger overgrowth and problem down the road.
- **Parasites do NOT just live in the gut:** They live throughout your body, in your organs, lymphatic system, etc.
- **Preparing your body is VERY important:** The sicker you are, the more prepared you want to be. I normally don't like to have people start a cleanse unless they have done some form of detox first to open up their detox pathways and lessen their toxic load. I will discuss this more below.
- **Detox is KEY to avoid symptoms & have the most successful cleanse:** Parasites are biofilm communities, and as they die, they are also releasing toxins, mold, heavy metals, yeast, etc into your body. It is VERY important you support detoxification during this process, or your symptoms will get worse. Here are some things you could do to ensure your detoxing and supporting detox pathways:
 - [Sweating \(sauna\)](#)
 - Moving
 - Drinking lemon water with sea salt
 - [Drinking hydrogen water](#)
 - Coffee enemas
 - Milk thistle or dandelion tea
 - Dry brushing
 - [Supporting glutathione with these patches](#)
 - [Castor oil packs](#)

Foundational Supplements (To start AFTER your detox)

Foundational supplements are a non-negotiable. Your body is heavily depleted during a parasite cleanse and it's essential to support your cells and organ systems with what they require to function.

Here are my CORE 5:

- [Methylated Multivitamin](#) → Activated nutrients your body can actually absorb and use. This is your insurance policy guaranteeing you're getting your essential vitamins and minerals.

- **Fruits & Veggie Blend** → Whole-food antioxidants and polyphenols for cellular health ensuring you're getting a variety of colors and phytonutrients.
- **Omega-3** → Anti-inflammatory support for brain, heart, joints, and hormones.
- **Magnesium Complex** → Calms the nervous system and supports over 300 processes in the body. We're nearly all deficient due to high stress.
- **Vitamin D + K2** → Immune, hormone, and bone support (with K2 to keep calcium out of your arteries)

Use code APEX for a 10% discount

How To Prepare For The Cleanse

Before getting started, it's important you do some prep work to ensure you don't feel worse.

The best-case scenario is to complete a functional medicine detox before starting your cleanse. I normally recommend either a 7, 14, or 21-day cleanse to empty years of built-up toxins. You can [order your detox here](#).

Other Ways To Prepare:

- You need to be moving your bowels. Consider taking Bowel Mover from Cell Core if this is an issue for you.
- You want to lessen your toxic load as much as you can beforehand, so when you start "killing" the bugs and releasing MORE toxins into your body, the liver and detox organs can handle it. If they can't handle the amount of toxins being released, you will have herxheimer symptoms and your cleanse will NOT be comfortable.
- Get yourself sweating consistently to remove excess toxins

The Cleanse Itself:

Where & How To Order:

www.cellcore.com

Practitioner Code: XDSVCWJK

These are general guidelines. Remember, the sicker you are, the more support you'll need.

• Phase 1: Gut Cleanse

- **Timeline:** Minimum of 2 months (many go longer as they keep seeing things come out and they want to continue until they slow down – **NOTE:** You will not see them unless you dig)

- **Products Needed: (this is for 1 month, but you'll need to order 2)**
 - **Para 1: (REQUIRED)**
 - 1 Bottle = 1 month
 - Take 2 on an empty stomach first thing when you wake up and 2 right before bed.
 - Keep 45-60 minutes away from all other supplements and medications (other than Para 2 below)
 - **Para 2 (REQUIRED)**
 - 1 Bottle = 1 month
 - Take 2 on an empty stomach first thing when you wake up and 2 right before bed.
 - Take WITH Para 1
 - **Biotoxin Binder (REQUIRED)**
 - 1 Bottle = 1 month
 - Take 1 with each meal
 - **Advanced Tudca (HIGHLY RECOMMENDED)**
 - 1 Bottle = 1 month
 - Take 1 WITH each meal - do not take on an empty stomach
 - This is going to help open up detox pathways and support your liver and bile flow. It's one of the most powerful supplements I've ever taken and was pivotal to my cleanse.

● **Phase 2: Full body cleanse**

- **Timeline:** After finishing the gut cleanse, normally, you do 2 cycles of 3 weeks on, 1 week off.
- **Products Needed: (this is for 1 month, but you'll need to order 2)**
 - **Para 1:** Same as above
 - **Para 3:** This is a tincture and is very powerful.
 - Start with 3-5 drops in a small cup of water 3 times a day (if you start to feel bad, drop it down to less drops)
 - You can go all the way up to 10 drops 3 times a day, but see how you feel. You do NOT want to push yourself to where you start to have symptoms. Slow and easy is best.
 - **Biotoxin Binder:** Same as above
 - **Advanced Tudca:** Same as above
- **Additional Support:** These are not required but highly recommended
 - **BC-ATP:** If you need more cell and energy support, add this
 - **CT-Minerals:** Cleansing drains minerals, its important to keep your levels up

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