

# Horse -n- Bear Naturopathy

## Staying Parasite-Free After Completing the Purgatio Naturalis Program

### 1. Supporting Ongoing Internal Balance

Completing your Purgatio Naturalis cleanse is a major step toward restoring balance to your internal terrain. Maintaining that balance requires continued attention to lifestyle, nutrition, and energetic health. Remember — a clean internal environment discourages parasite overgrowth.

Key Maintenance Practices:

- **Hydration:** Drink pure water throughout the day to keep the lymphatic and elimination systems flowing.
- **Fiber-Rich Diet:** Eat a variety of fresh vegetables, herbs, and moderate fruits daily to support gentle detoxification and bowel regularity.
- **Herbal Rotation:** Incorporate gentle anti-parasitic herbs once or twice monthly (e.g., garlic, pumpkin seed, clove, black walnut hull, oregano).
- **Seasonal Tune-Ups:** Perform a short, mild cleanse with guidance every 3–6 months, especially in spring and fall.
- **Clean Food & Environment:** Wash produce thoroughly, avoid under cooked meats, and practice good hygiene (especially after gardening or animal contact).

### 2. Recognizing Early Signs of Re-infestation

Parasite re-infestation can occur through food, water, pets, travel, or contact with contaminated surfaces. Catching the signs early can help you respond before imbalance develops.

Possible Indicators:

- Unexplained fatigue or irritability
- Gas, bloating, or inconsistent bowel movements
- Itchy skin, scalp, or rectal area
- Sugar or starch cravings
- Disturbed sleep, especially waking between 1–3 a.m.

- Recurring sinus congestion or cough
- Reappearance of symptoms previously resolved during the cleanse

### 3. When & How to Use Natural Binders

Binders help absorb and carry out waste, toxins, and byproducts of cleansing. They are best used selectively and with awareness.

| Binder                          | When to Use                                                     | Notes                                                                             |
|---------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Activated Charcoal              | After suspected exposure, die-off reactions, or digestive upset | Take away from herbs, supplements, or medications (2 hrs apart). Short-term only. |
| Bentonite Clay                  | When stool is loose or after cleansing reactions                | Mix with plenty of water; hydrate well to avoid constipation.                     |
| Diatomaceous Earth (Food Grade) | For gentle ongoing support                                      | Use in small doses; stop if irritation or dryness occurs.                         |
| Chlorella or Zeolite            | As a mineral-rich binder                                        | Good for gentle daily detox and heavy metal binding.                              |

Note: Binders are not for continuous daily use unless directed. Use during or shortly after exposure, or when symptoms reappear.

### 4. Monthly Mini-Protocol for Maintenance

To help maintain balance naturally, follow this light monthly protocol:

Week 1: Gentle Herbal Support

Take mild anti-parasitic herbs for 3–5 days, such as:

- Black walnut hull or clove tincture (evening dose)
- Garlic capsules or fresh garlic in meals
- Pumpkin seeds (a small handful daily)

Week 2: Digestive & Probiotic Support

- Add warming herbs (ginger, cayenne, cinnamon) with meals

- Include a probiotic food daily (sauerkraut, kefir, or kombucha)

#### Week 3: Rest & Reset

- Focus on hydration, rest, and whole-food nourishment
- Reduce sugar, starch, and alcohol intake

#### Week 4: Gentle Detox

- Use binders for 1–2 days if any cleansing symptoms occur
- Support elimination with extra water, fiber, and light movement

### 5. Maintaining a Resilient Terrain

- Digestive Fire: Include warming herbs (ginger, cayenne, cinnamon) to keep the digestive fire strong.
- Probiotic Foods: Support beneficial flora with fermented foods like sauerkraut, kefir, or cultured vegetables.
- Stress & Sleep: Chronic stress and poor sleep lower immune resilience; maintain your mind-body balance with relaxation, breath-work, or meditation.
- Grounding: Daily contact with the earth supports energy flow and detoxification through subtle electrical balance.

### 6. When to Seek Support

If symptoms persist, worsen, or you feel “off” energetically, it may be time for another assessment or follow-up session. Parasite balance is part of your whole-being ecosystem, and subtle shifts can be addressed early.

◆ *Horse -n- Bear Naturopathy*  
*Holistic Healing for Your Natural Well-Being*  
*Drs. Charlotte & Timothy Test, Naturopaths*

*For educational purposes only. Not intended to diagnose, treat, cure, or prevent any disease.*