

Herbal De-Wormers

2015 By The “*Barefoot*” Herbalist, M.H.
The School of “**Self-Applied**” Prevention

De-Worming is something Pregnant or Nursing women do not do!

ALL HERBS are subject to change and always “-LIMITED” Quantity

Everything is hand-made

None Commercial / Custom

Most are 1 of a kind and often bottled after an order has been made

All Herbal Use will always be for Adults Only who practice
Self-Applied Experimentation / Prevention and only those
Adults choose to use herbs for their children

Understand herbs “before” you obtain / use them

P / W (Parasites / Worms)

Parasites are an eternal health problem with all living organisms. Nature provides that all living creatures have natural parasites as a way of insuring; “**survival of the fittest.**” Treating with Poisons can not work, because poisons kill and with parasites, we want the blood stream empowered to kill the bad parasites and keep them under control at all times.

The use of herbs is a method to supply the blood stream / immune systems with essential plant minerals and chemicals that the liver / blood “uses” to create the immunity required to kill the parasites 24/7. We need a “Balance” and when we have an imbalance we have a deficiency which = disease. Worms are destructive and of no value. Some worms can be so microscopic that they are hard to find with high-powered microscopes. Most all worms have but one goal in life; to reproduce!

When health is at its best there are naturally less parasites and when health is poor, there are naturally more parasites; that is their job! Parasites aid in the cleansing of the earth and to return death back to the soil.

Historical use of herbs with the most value, are those that help with parasites, circulation and dissolving of accumulations. It is always best to use herbs slowly as your elimination organs are restored and capable of dissolving and eliminating

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dead parasites. To concentrate on just killing parasites with out taking into consideration the entire body as a whole is not a wise choice. You always want the body to make all the choices and speed of the healing and not “force” the body to respond because it was “pushed” into acting because of something toxic was used.

Drug use, vitamin use, metals and all poisons “force” the body to respond and toxicity is never a good thing. Always “listen” to your body, never take too much of anything and be aware of how your body functions properly. Understand the fever, sweating, cold, flue, skin, feet, colon, kidneys, etc. and let your body be your guide when doing cleanses.

If you do not feel good, odds are your cleanse is going faster than your elimination organs can keep up. Parasites do not get “use” to herbs, that is a silly thing, because herbs are just “foods” that your blood stream makes use of. With most all herbs, they are dose related and your proper dose is what you can handle and feel comfortable with.

I will attempt to explain the herbal de-wormer formulas I believe in the most and with human health, everything is never more than a personal opinion. Always read various sources before you choose to self-experiment and prove to your self what works best for you! For more information on what I have written about parasites, please read what I call the MH WAY FOLDER on my website.

Dr. Hulda Clark

Dr. Clark was one of the first people to write and publish her own books and introduced the average person to the subject of human parasites. There were plenty of herbal authors and lots of medical authors that wrote many books on parasites, but it was the Dr. Clark books that caught people’s attention and got people wanting to de-worm. It is my opinion that vitamins are toxic, so they can’t work and that the use of electronics has proven not only to be worthless, but with long term, they have been harmful. Keeping in mind that the blood stream has to be the parasite killer and the body in charge of proper elimination; poisons like silver, vitamin c, solvents and every possible type of poison are harmful and sometimes does long lasting damage. With Dr. Clark, she made **Black Walnut, Wormwood** and **Clove** her famous 3 herbs and it is my opinion that only the herbal use in her books was of any value, I suggest most everything else she promoted to be a false education. If all of her books are read, she also was a believer in the herbs **Olive Leaf, Pumpkin Seed, & Oregano Essential Oil** and later on added more and more products as a method to increase sales, which is the goal of most all authors.

I was the first person Dr. Clark knew to take her early books and simplify her herbal use as “Formulas” and not taking each herb separately as suggested in her books. I was the first person to make her de-wormer herbs into 1 formula and

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the first person and maybe the only person to make a formula of her suggested Kidney Herbs. Over the years we got to know Dr. Clark well enough to exchange letters and phone calls and I was asked by her to video a 2 day seminar she did in Louisville, Kentucky and I can honestly say she lived her life the way she wrote her books. Because she printed her own books her self and as a promotional genius; she told all her readers that they could make products listed in her books, sell their own products and spread her books freely around the world in many languages, her history will live long after her death and what internet consumers will most likely stumble upon and those that purchased her books for nearly 20 years and maybe do not know of any other sources or books will all seek the Dr. Hulda Clark de-wormer herbs.

Dr. John R. Christopher

The Dr. Christopher education is by far my best herbal education. He and his teachers are further back in the past; so fewer people will find his books & history. Unlike Dr. Clark he was an herbalist doctor and did not believe in the use of vitamins, electronics and sterilization methods as she did. His teachers before him were equally famous herbal doctors. As herbal doctors they promoted health and did not write books as a way to promote popular products to make money. I therefor believe pre 1950 health books to be the best quality for the most truth. The herbalist in general treated parasites as just another subject and often used a small handful of herbs and back then, most were farmers and use to treating worms seasonally like their livestock.

Medical Parasite Books

Medical has studied parasites, since the beginning of medicine and used only a few herbs for all mammals. As medical became more organized, they turned to toxic metals/chemicals as they phased out the use of common herbs that anyone could obtain and use cheaply. Nonetheless, their books endlessly discover parasites and they choose disease “names” instead of parasite names. People learn a disease name and not the parasite names that are the true problem. All three sources, herbal, medical and the people in-between have all written endless books on parasites and each person has to decide what they believe the most and what they are going to self-experiment with their life and family, because everything will always be self-experimentation even when paying others to work on your body. When you search for help, these three sources will flood your time and contradict each other’s theories on human health. For myself, I am 100% pro herbal supplementation and not for vitamin/drug/metals/frequency etc. methods. The following formulas are an updated newsletter on my parasite formulas.

The Barefoot Herbalist Way

I do not care what it is, if it has benefit in my Longevity and is none toxic and not harmful to me, and then I have interest. I will sort and choose to self-experiment with what finds its way to me. I believe all past health related authors have something of value and it is for each person to search and make their own choices through out their lifetime and if they are wise, they will be forever learning as they go and forever be in a state of “change” for the better. No two people are expected to have learned the same and agree identically. Everyone will always be at a different level of education and self-experience.

I believe humans are designed to thrive on fresh hand picked sweet fruits of the tree and vine and that all herbs from the tree, land and seas are a supplement for when that perfect diet has not been followed. Everything I believe in will be based on that theory. This is an old medical theory of the mid 1800’s that was proven, but; **not a popular theory today** since most humans do not live on sweet tree fruits or live in the proper areas of earth to supply natural food sources for human survival. I will never say herbs are more than 1/6th the total cure; but for many people herbs will make a huge difference in their life when properly used for prevention and treatment. The wise family uses herbs and natural ways as daily prevention with the goal of never ever being sick. An ounce of Prevention truly is worth a pound of cure.

There are no herbal doctors / professionals / clinics to go to today! People today need to teach them selves through self-applied prevention and experimentation as they learn each year how to live better. No one can diagnose you, care for you, and treat you when seeking to use natural ways to live life better than yourself. You have the most interest in your health and success comes to those that put the most effort in their life. Every step will be a learning experience and no two people will ever be the same level or have the same results. Only you will understand the herbs and dosage you choose to self-experiment with. Only responsible adults will use herbs first, be well experienced and then choose to use herbs for their family as it grows. To wait until ill and even worse, wait until all modern methods have given up, before searching to learn about herbs will never turn out well and always be the most expensive method.

People that call herbs “medicines” and alternative to medicines almost always are using herbs wrongly. Bad herbal / health authors write books with that false education as a method to sale their herbal products as the latest / greatest newest miracle product and will write anything it takes, hire most anyone it takes, so they can “market” their products. It is my opinion no one is going to find a good book written past 1950 and the best written between 1880 and 1935.

People make one common mistake all the time; they ask what should they do? What product is best for them? What “product” and how much do they take? Even worse, the people they “ask” have never seen them or know anything about

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them and only medical doctors can examine test and diagnose and provide that service to people. They do this because they have not educated them self or applied years of self-applied prevention and experimentation. Herbs are herbs; they are plants and in America the sale of herbs are legal in all states. To sell herbs as alternative to drugs with dosage instructions makes those herbs “medicines” only saleable by medical doctors, who have examined / tested / diagnosed and provided their patient with their medical service.

I suggest people work with their chiropractor that has examined and treated them personally for years as the person to ask personal questions about what they should do based on their health. No one by phone or letter can provide such a service because even if they had the ability to provide such a service, they would have to have examined and know the history of each person before giving such advice. Since such professionals will never have personal use with herbs in question, they truly could never give anything but a guess. Therefor all use of herbs will always be the responsibility of each person to do years of self-applied experimentation as they learn through out their lifetime. All sources selling herbs that do not explain this really do not care other than to make their sales.

Many great herbal health books exist and that is where all people need to start. Learning proper herbal use is a lifelong experience, not an act of taking a pill for what ails you. My methods will be a blend of all I have read and learned over the years, so you will not find my formulas in any book. Everything I make is considered home made, experimental and just “herbs” blended my way which always / hopefully in a state of change for the better.

Please read these numerous herbal formulas and at the end I will try to give some suggested advice.

P / W “Clark” Tincture

(2 or 4 ounce dropper bottles or 8 ounce bulk)

Herb list:

Black walnut tree- (our own) the proper parts at the correct season made per the 1950’s German herbal studies preserved ‘correctly’ never using vitamin c.

Clove Buds

Wormwood (Our own)

Pumpkin Seed (Our own)

Olive leaf (California)

Oil of oregano (Pure Plant derived, not synthetic)

Suggested dose: Adult use only: 1 dropper per dose as desired.

I call my tincture formula **P / W “Clark” Tincture** this is a tincture and for **adult use only!** Tinctures always taste bad and rarely can anyone take enough of a tincture to achieve their goals. So I do not suggest tincture use very often,

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because I prefer a multi-blend of herbs which include these same tinctures along with water extracts and concentrated plant and tree minerals along with what I call Natural Tree Iodine Minerals and often use the essential oil parts of the herb as well. As a Dr. Hulda Clark De-Wormer formula, I personally suggest this is the best possible made tincture extract of **her preferred herbs** that can be possible made with no expense and time spared....

P / W “Clark” Concentrate

Before I could make an herbal concentrate, I first have to make the best tincture, so using the **P / W “Clark” Tincture** I can then make a variety of formulas. The most unique being what I call Herbal Concentrates. Note: most of what I make is very unique and Master Herbalist original creations and always home made one batch at a time.

A concentrate uses not only the best tintured herbs, but also the finest powdered herbs to provide the best possible selection of the desired herbs used to give the name of the formula. These herbs are Master Herbalist blended with a wide selection of herbal oils, powders, essential oils and ocean and deep earth derived minerals along with natural tree extracted iodine minerals with the desired goal of being the best and most potent blend of herbs to provide the maximum value and usability with zero gimmicks--- no capsules, no water and preserved in natural herbal tinctures and plant / tree mineral syrups that should get better with age. In my opinion, the herbal concentrates are one of my greatest formulations of my lifetime. This Clark based concentrate is the Greatest Clark style formula that I can possible make.....nothing on earth compares to any of my herbal concentrate formulas.

Suggested dose: Adult use only, very potent! Use caution, go slow.
¼ teaspoon to start and then as desired

P / W (Syrup / Tincture) (16 ounce bottles)

Same (Clark) herbs in tincture & concentrated water extract preserved in rich tree and plant minerals.

Suggested dose: Children ages 2-6 ½ teaspoon as desired. Children 6-12 1 teaspoon as desired. Teens / adults 1 tablespoon as desired. As a treatment many believe in taking a morning and evening dose for 30 days. Some like Dr. Sutter suggest a daily dose for as long as 9 months plus. I highly believe in this formula and the only family value is buying it by the gallons. All of the herbal tincture / syrup blends I make are dose related, in that if you need more, take more and can be used as a family herbal aid for all general sickness such as cold and flue in my opinion. These formulas can be taken extra when the person knows they have eaten not so good foods, been around other sickly people, etc.

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Each family learns by self-experiment how much they feel best with. This formula is by far the most famous and out sales all other formulas of all kinds that we offer. Our products are sold by word of mouth and since 1996 this is the number one formula. This is the herbal de-wormer I suggest for the beginner no matter how old you are.

The same **P / W Clark** base formula is used in all of my Clark style de-wormer formulas. This formula we have made since 1996 and has outsold all other products we have ever made to date. This is the de-wormer Dr. Kenneth Sutter has written calling it the world’s best. It is ideal because it can be used by all and in reality, as potent and better made than anything else found on the herbal market. We only made stronger “adult” use only formulas after many people was only buying for their children and it was getting a world wide reputation as a great children’s de-wormer.

I call this preferred formula **P/ W** (parasite / worms) and it has been sold for years by others as **Old Amish De-wormer** and **Worms Be-gone** and various other names. The **P / W** formula became popular with American Amish because **John Keim was the first person I made it for** and it was the first De-Wormer herbal formula that he liked for children. Adults have used it since 1996 and some suggest it is as strong as anyone would want to use, while the Amish began selling it and promoting it in their Amish stores as a “Children’s” de-wormer.

ALL ADULT DE-WORMER FORMULAS listed below can have any combination of the following highly concentrated herbs:

Wormseed

Wormwood

Cayenne

Oregano

Thuji

Garlic

Juniper Berry

Caraway Seed

Thyme

Allspice Pimcato

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Coriander

Fennel

Bergamot

Cardamom, etc. and subject to change. These herbs can be essential oils and alcohol extracts depending on the type of formula or blend of both. The concentrates use both plus oil extracts and herbal powders.

ALL Adult De-Wormer Herbs are for mature adults who have used herbs for years and are searching for more exotic self-experimental use. You can find these herbs and others on Internet searches and naturally everything on the Internet is subject to be a truthful opinion of the author or a deliberate attempt to scare people away from such herbs. Each reader has to decide what they choose to believe and self-experiment with until they prove to them selves what they believe in.

I suggest you start with books / history of Dr. Christopher and work your way backwards through old medical books. Medical used the herbs pre 1930's and once drugs took over, medical sources have been getting rid of herbal history ever since. Your best herbal information will be pre 1930 in my opinion. An option with my 510 page book is a USB education of many of the books I learned from and has a copy of what I consider the best parasite book ever written by a medical source, that used herbs as the cure for every mammal. These are the best type of books, medical, herbal and traditional native. Search the world for the herbs they used to cure Syphilis and Lymes and you will find the best for that country. If you are not doing Lymes Prevention daily, then my opinion is that you are not using de-wormer herbs properly or enough.

You must self-educate your self, there are no sources today teaching herbal use for your Longevity. It is all self-experimentation only. It is endless and should be until perfection is proven. Otherwise the worms win....we are what is for their supper on earth.

P/ W A (Syrup / Tincture) (16 ounce bottles)

Same herbs in tincture & concentrated water extract preserved in rich tree and plant minerals with well over 20 different essential oils know to be powerful anti-lymes and every herb I have found that has been suggested as a herbal de-wormer made as tinctures....

Suggested dose: This is ADULT use ONLY and ALL de-worming and adult formulas are never to be used by pregnant or nursing women or children under age 13 in my opinion. Women need to de-worm when not pregnant or wanting to become pregnant. 1 tablespoon morning and night for 30 days

is a suggested adult treatment and then as desired for life. Naturally this formula can be taken as desired by self-experimenting adults through out life as prevention with is always best and as treatment. This is our second most popular de-wormer formula.

Parasite Worms Adult has been gaining reputation with the American Amish year after year and even though the taste is not so good, some love it and have great results with their health situations. I as a Master Herbalist believe all mammals are affected with the worms blamed for lymes disease and believe all adults should be doing daily lifelong lymes prevention.

Suggested Adult Dose: 1 teaspoon – 1 tablespoon per dose as desired.

P / W A Tincture (2 - 4 ounce dropper bottles)

Suggested dose: Adult ONLY, 1 dropper as desired.

P / W A Tincture is a blend of all the herbs in a do able “tincture” formula, in that it is bad tasting and basically are the herbs added to the **P / W** to turn it into **P / W A**. This uses many more herbs than the **P / W** “Clark” tincture formula.

P / W E (A) Capsules (150ct or 550ct bottles)

Parasites Worms Elimination is possible the greatest all purpose herbal capsule formula on the planet. It has the Clark Herbs for **worms**, and all of the best Dr. John R. Christopher Master Herbalist Formulas for total human health with a blend based on the Elimination Colon Formula called **Lower Bowel Balance**. This formula has it all! Herbs for the **Kidneys, the Liver, the Stomach, the Colon, for Hormones, Men’s Health & Women’s Health**, it is quite possibly the largest capsule formula ever put together and by far the most “Unique” and the final results even amazed me! The theory of this formula is to take it every day for life as a “Prevention” dose; 4 capsules are what I like for myself.

P / W E (B) Strong Adult De-Wormer Tincture (4 oz dropper bottles)

This was made specifically for the **P / W E** capsules as an All “N” One Kit. The theory was 4 capsules daily with 1 dropper of **P / W E (B)**. This it way stronger than the de-wormer tinctures listed above, it has all the herbs in the **P / W E** formula along with a higher concentrate of the adult de-wormer herbs which equals a very bad taste, but when doing 1 dropper daily, the taste is “do able” and strictly super adult self-experimentation use only!

P / W E (C) Super Strong Adult De-Wormer Tincture (4 oz dropper bottles)

This is the P / W E (B) formula with added super potent highly concentrated Garlic. This is by far the worst tasting formula I make and for extreme self-experimentation use only and would not be “enjoyable” as a daily prevention.

P / W A Herbal Spray

(2 oz or 8 oz spray bottles)

Suggested Dose: Adult use ONLY, spray on all affected skin issues and where the joints, etc. hurt as often as needed. If it hurts, give it a squirt! Spray every 5 minutes until pain free and spray on skin rashes, blemishes etc. Very self-experimental and long term use always best. Sometimes extraordinary results.

I make an external herbal Parasite Spray based on our Original Herbal Base **Spray I** with **P / W A Tincture** added to **Herbal Spray I**. This is for adult self-experimentation use only, same as all herbs should be. No parent should give their child herbs that they themselves have not first used and been determined to be safe by the parents. Otherwise for children use, **Herbal Spray I** it is the all purpose spray for the entire body and is also very anti-parasite as well.

The P / W A Sprays can be made stronger for Scabies/Lice type creatures.

P/W A S/L Spray 1 as a milder spray for tender skin.

P/W A S/L Spray 2 as a stronger spray.

Ideally as a kit, start with the mild spray, use the entire bottle, and then move on to the stronger spray.

For 2015 I plan on making a total of 8 degrees of external Adult use only herbal sprays to match up with the 8 degrees of L/G Cleanse internal formulas. Herbs externally on the skin is one of the missing links in understanding Parasites and the use of herbs in my opinion.

After Spraying, a stronger option yet, is

External Skin P / W / A Oil

This is our Liver Cleanse Plant / tree fats formula with the Adult De-wormer essential oil formulas added. This is a very exotic plant and tree oils formula with well over 30 different oils. This is one of my favorite herbal blends, my skin sucks it up 100%, I love it... External use only!

Suggested use: after nice bath or shower, rub this oil into the skin as desired....

For Scabies & Lice:

External Skin P/W A S/L Oil mild

External Skin P/W A S/L Oil Strong

These Scabies / Lice oil formulas use very potent essential plant oils, use the mild sprays first and mild oil formula and only after those bottles are empty, move on to the stronger formulas if desired. Use caution with children because they have tender skin that is very tender with lice and scabies have affected them.

All essential oils and oil formulas can be diluted with olive oil if it is decided to remove from skin. Adults should use all herbal formulas before experimenting on their children.

2- L / G Cleanse + P / W A

Suggested dose: Adults only, go slow with small doses until desired usage has been obtained.

Our Liver Gallbladder Cleanse is a formula I made some years ago and had no clue people would love it. It is a huge exotic blend of tree and plant oils from at least 4 countries with essential oils, my tree extracted iodine oils, b f & c oil formula, etc. To make it as an Adult Only all-purpose de-wormer, I added the adult plant essential oils known historically to be anti-parasite. This is a potent formula for adult self-experimental use only for advanced users.

The L / G Cleanse formulas are all **alcohol extract free** and of a much more pleasant taste compared to alcohol extracted tinctures.

I suggest 2 as the Best Daily Prevention herbal de-wormer formula on the planet for many reasons that makes use of the herbs more “direct” to the liver and circulation of the body in ways other methods can’t. These formulas are something new and not found in books or available elsewhere. They are adult use only! Formulas 3-7 are Extreme Self-Experimentation Adult Use Only. Do not give 3-8 to your children. Number 2 would suitable for children past age 12 who have been raised on herbs by parents whop have used herbs for years and understands their proper use.

3- L / G Cleanse + P / W A (G)

Same formula 2 with added garlic for a super extra “kick”.
Very Potent.

4- L / G Cleanse + P / W A X 108 strength

Same as 3 with added extreme de-wormer herbs

5- L / G Cleanse + P / W A G X 108 strength

Same as 4 with added garlic.

6- L / G Cleanse + P / W A G + C 108 strength

Same as 5 with No Pest added (Hot Spices)

7- L / G Cleanse + P / W A G + C Full Blown 108 strength

Same as 6 with full blown strength everything!

8- L / G Cleanse + P / W A G + C Full Blown 108 X 2

Same as 7 only double strength

With all of the L / G Cleanse De-Wormer formulas, they are “ALL” extreme adult experimental advanced use only. For those that have been using strong herbs for years and seek to continue advancing they’re de-worming. Suggested dose is 1 dropper to 1 teaspoon as desired.

L / G Cleanse standard base formula is ideally taken 1 – 3 tablespoons daily for life as desired. “IF” you have not taken the L / G Cleanse Base formula for a year or more, then I **do not** suggest you take Formulas 3 - 8.

P / W “Christopher” Concentrate

Same as with Clark, this is a tribute to Dr. John R. Christopher’s herbal de-wormer formula. His formula was strictly for adult use only! This concentrate will be much stronger and concentrated using the same herbs with my variety of herbs to make it as a concentrate. Same as with the Clark concentrate, suggested dose: ¼ teaspoon to start. These herbs are for extreme adult self-experimentation use only! I would not suggest taking more than 30 days at any given time for the Dr. Christopher de-wormer herbal formula and use the milder de-wormer formulas for daily maintenance.

Maximum Restore

Maximum Restore and basically all of my Syrup / tincture 16 oz formulas are all anti-parasite to some degree with the Maximum Restore being one of my favorites and what we raised our family on at the first sign of a cough or illness. This is much more than a de-wormer; this is my remake of the famous Dr. John R. Christopher Anti-Plague formula.

Suggested dose: children teaspoons or tablespoon based on age daily as prevention and a dose every hour for treatment for all sickness. For ages 13+, up to 4 ounces each day for treatment. I prefer to open the bottle and drink 4 ounces anytime I think something is not right with my health and have been taking this formula faithfully for the past 20 years and raised all our kids on this one.

Maximum Restore Adult

Just like the above de-wormer adult formulas I add the same adult de-wormer concentrated herbs to any formula to call it ADULT USE ONLY. That can be done to any of the liquid herbal formulas. The same adult herbs I used to make the L/G De-wormer formulas 2-8 can identically be applied to this formula if desired. So very easily this could be turned into Maximum Restore Adult, 2,3,4,5,6,7 or 8 by adding the same herbs to turn this formula in an extreme de-wormer formula.

WBG Capsules

New for 2015, for those that want a de-wormer formula in a capsule. This is based on the herbs Dr. Christopher liked best.

American Wormseed (Chenopodium) , Black Walnut Hull, Clove, Fennel, Male Fern, Olive Leaf, Papaya, Sage & Wormwood.

Suggested dose is 1-2 capsules as you self-experiment. Normal treatment would be 30 days. Not intended at a daily formula. For daily P / W or Liver / Gallbladder Cleanse #2 is my suggestion.

As the reader can see, I take parasites very seriously; I honestly have never read of anyone else taking parasites as seriously as I do. I use to collect as many old medical books teaching about parasites as I could find years ago, until I realized the names makes zero difference, the only thing I need to know, is can my blood stream kill these invading blood suckers.

There are endless books on the internet and old medical books for those wanting to know the endless names and symptoms. What I call the world's best parasite book was written over 100 years ago and I cut up 1 of 1,000 copies and made a pdf file and put it in what I call The School of **Self-Applied** Prevention. I have one of the best collections of parasite u-tube videos pasted on my website www.barefootherbalistmh.com

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The reader needs to realize that herbs are never more than 1/6th the total health solution and just reading about herbs known to aid with parasites is just 1 small part of herbal education. I highly recommend herbs known to help all the elimination organs, so when you start killing these parasites, they dissolve, get collected and deposited in your toilet and not up and out your skin or lungs as rash or mucus, etc.....i make herbal formulas for every subject of human health to the same degree as the above de-wormer formulas. I have one of the world's greatest collection of proper made herbal tinctures and every great herbal formula starts with a great herbal tincture....Herbal tinctures get better with age in my opinion.

PLEASE use **PRE-CLEANSE** herbs with your de-worming to avoid sickness associated with constipated colon, liver, kidneys, skin, etc.

Lower Bowel Balance capsules 9 daily for 9 months.

Kidney / Pancreas Tinc. 1 teaspoon daily.

Lots of **Herbal Spray 1 & 3**

Nightly use of **Air Freshen 2** highly suggested.

For those who will always ask: What product is best for me? How much should I take to cure my problems?

80% of the people seeking these types of herbs will try P / W and 10% will move onto the stronger P/W A. A few people will try P/W E B and love it and a handful have fell in love with P/W E C. The rest of these products are for advanced adults who have been seeking stronger and stronger herbal combinations and enjoy self-experimenting. Very few people on this entire planet have tried these exotic herbal de-wormers.

- ✓ When asked, I suggest the “ADULT” beginner start with **2 bottles of P/W** and if they like that, but want something “stronger”, then try **2 bottles of P/W A** and continue for at least one full year. Then if something stronger yet is desired, try **P/W E B** 1 dropper per day for 1-2 bottles.

If you have been successful with the P/W E B and still want to advance, I suggest the L/G Cleanse de-wormers. I suggest taking the L/G Cleanse 1 tablespoon or more every day from day one for life. As you decide to self-experiment with the L/G Cleanse as a de-wormer, I still suggest taking the L/G Cleanse every day, plus what you choose to take as the L/G Cleanse De-wormer. I highly suggest obtaining the L/G De-Wormer formulas as a kit 2-7 and as you finish 1 bottle, move to the next and end with number 7 as your ultimate extreme adult de-wormer. I do not suggest number 8, number 8 is for those who just like to see how strong they can take it...I have stopped at number 7 and enjoy it every day.

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Why did I choose the L/G Cleanse base formula to make such a wide variety of strengths of de-wormer? You will not read this in old books or most likely never. It is my personal belief the absolute best method to take de-wormer herbs internally by mouth, will be in a plant/tree OIL Blend. The human digestive organs cannot easily break down plant/tree fats (oils) and these oils will be quickly taken up into the liver. The liver is like the cafeteria for parasites, the liver constantly reproduces new cells upon which the liver flukes and endless worms make their home and eat holes through out the liver constantly. It only makes sense to get the best herbs as direct as possible to the liver.

The tree/plant oils rich in natural lecithin are essential for the lecithin of the arteries, brain, nerves and flexibility of the entire circulation. Having the best de-wormer herbs blended with these natural plant/tree lecithin rich oils just makes sense to me. One other HUGE improvement is that when you blend the nasty tasting extreme adult herbs in an oil blend, their taste is not near as bad as if they are in a tincture or syrup blend. The taste improvement is amazing. Herbal formulas that taste so bad that you will not take them are basically of no value setting on a shelf.

On this same theory, the Kidney / Pancreas Cleanse Tincture formula is the best, most popular tincture I make and these types of herbs help dissolve stone accumulations in the entire body/bones including places like the prostate and pancreas as well as the well known kidney stones and these places are all plagues with parasites as well, so the same theory applies with the best of the herbal formulas; they literally all can be added to so they carry extreme adult use only anti-parasite herbs.

Worms can move, they can run, they can swim...as the red blood cells become stronger every year and search out and destroy these worms/parasites, the larger worms capable of movement are known to hide in the clear fluids, the pancreas, brain and the skin and even leave the body and lay eggs on clothing and bedding. Using strong anti-parasite herbs externally on the skin is not a bad idea when going extreme herbal use. Extreme simply means much further than you will ever read in an old health/herb book. Personally to me the only good parasite is a dead parasite, anything eating on me is something I want rid of.

If strong herbs can help correct scabies, then I am just down right impressed. Scabies is one nasty parasite as are various forms of crabs/lice. External herbs on the scalp and hair certainly work. When you consider these worms want to live and they all lay so many eggs every day and their only goal in their life is to lay so many eggs it should scare anyone.....and when you consider how we breathe in parasites, have skin contact with them and eat them every day with our foods; the only sensible solution is daily lifelong parasite “prevention” and simply put, to those people who must ask me what “they” need----they need to “start” and learn and hopefully see the value in their improved health and

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families’ health; they will continue until they are self-confident and self-experimenting with the strong adult use only herbs.

Why Adult? Adult simply means these herbs taste bad. Babies and children get along very fine with the mildest de-wormer herbs, never do they need to be taking nasty tasting herbs, if anything, they correct their diet and use larger doses of very mild herbs. All good herbs are naturally mildly anti-parasitic. Pregnant women never should experiment and some herbs are known to reduce milk production, so ideally women cleanse prior to pregnancy and all their good herbs used for pregnancy will naturally help with parasites and make baby a better start.

Parasites can never get use to herbs, that is a silly and very false assumption by bad authors. Herbs are foods that the body rapidly makes use of in the 1957 CO-Q10 theory of how humans digest and assimilate foods. Herbal minerals supply raw plant / tree minerals to the blood stream and the blood does all the real work. Applying the herbs through the skin, mouth or air just manipulates how fast the blood stream can make use of the herbs.

I highly suggest all adults start with 9 Lower Bowel Balance Capsules daily for at least 9 months as a treatment for the colon and ideally at least 1-2 bottles of Kidney / Pancreas Cleanse Tincture either before and during all parasite cleanses as a method to make sure the body can put the waste down and out the toilet where it belongs. The blood stream needs to hunt down these invaders, kill them, dissolve them and most of all expel the waste rapidly. You do not want endless dead parasites stuck in the tissues and channels of elimination where they can become food for fungus. It is suggested the waste (undigested foods) stuck in the average adult lymph glands can be 1-2 years old before fungus breaks it down enough that the body can get rid of it.

It is as simple as this, if we look old, ya know, past age 22 and if we are too thin or too heavy or our skin does not look perfect from our toes to our scalp, then parasites and proper digestion, assimilation and elimination are in need of help.

Learning about parasites is just one of many subjects in the field of Longevity.

Remember, parasites have a job; they remove those that do not succeed in survival of the fittest. Parasites first are the result of our poor health and then as they become over populated they then become part of the problem. All our bad habits and bad diets came first. Just keeping the parasites killed is never anymore than 1/6th the solution. The only path to fewer herbs is improved diet and habits.

People often do not have the money for herbs or give herbs that kind of priority in their life. Please, when asking, always start by saying I do not want to spend any more money than I possible have to, if that is your intention. If the sky is your

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limit, then say so, make it clear what you are asking—OK! If you have zero \$\$, then that directs the answer, if you only want the quick fix, then that determines the answer or if you want a change of life, then that surely ensures you need to spend years learning a new way...If you must ask before you read, just please make your self “clear” with your first explanation / question.

Please read my Book, The School of **“Self-Applied”** Prevention 510 pages of what I believe in the most.

Herbs are not drugs, not alternative to drug use---Drugs were an alternative to herb use! Returning to Nature allows your foods to be your medicines and that is all herbs are, just plant and tree based foods.

Herbs are not for everyone, if you are not a mature adult that understands everything you drink, eat and breathe effects your daily life and should be clean and natural, then you are at the wrong place. Herbs are dead like all your foods are dead and only supply their mineral content that your blood stream makes use of in the 1957 medical theory of Q10. Your Life is on Your Blood.

In Fact, every “GOOD” Herb is anti-parasite and aid in the dissolving of Stone / Rock accumulations. To further complicate this huge list of De-Worming Formulas, the next idea would be to take the Kidney / Pancreas Cleanse Tincture and Blend in the Tinctures listed above.

If you understand human function and herbs, I would suggest you could see the value in all of the herbal blends above and that each is a food that the liver and blood stream would make use of in the 1957 Q10 theory and all of these formulas supply the Q10 theory best as a blend of ALL and that can only be achieved as a Concentrate, where I blend Tinctures, Extracts, Oils & Powders as the ultimate ALL “N” ONE-----yet, as individual stand alone herbs, each has their benefit and the ALL “N” ONE theory works for those with proper working livers, red blood cells and most of all, proper elimination organs.....this is why every human is at a different level / degree of health and abilities and each in FACT can do nothing more than adult self-experimentation as they learn each new year and the wise will start with the mildest herbs and years later be into the stronger herbs, those I call Adult.

The major mistake 90% will always do, they have never taken an herb and they want the strongest they can buy----and yes, they never want to read.

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FACT: Those that were near dead and did not want to die, did not accept the world ways; they are the ones that spend 20 years searching and obtaining books and teach them selves about herbs and returning to nature.

You will be no more successful than the efforts you put forth and if you believe herbs are more than 1/6th your solution, then you do not believe the way I believe.

Read my Book, The School of **“Self-Applied”** Prevention and if you wish to read many books on your computer, then take the option of the USB education for the book.