

CLEANSE WITH WISDOM IN MOTHERHOOD

Cleanse with No More Guessing



Hey Friend!

Regular parasite cleansing is a must in today's world. Follow this guide as you take your cleanse. My goal is to give you everything you need to successfully complete a safe and all natural parasite gut cleanse! First, we will introduce you to the amazing and all natural products that you will be taking. Then, we start the cleanse!

-Janie Lee
@wisdom_in_motherhood

Meet Your Cleanse

The Para-Shield Tincture: Multi-Stage Parasite Defense

1. **Organic Clove Bud** (*Syzygium aromaticum*) : Rich in eugenol, killing parasite eggs..something most herbs don't address. Also antimicrobial and antifungal, reducing the risk of secondary infections while cleansing.
2. **Organic Ginger Root** (*Zingiber officinale*): Improves circulation and digestion, ensuring parasite-killing compounds reach deep tissues. Natural anti-inflammatory, soothing gut irritation often caused by parasite activity. Enhances absorption of the other herbs, making the formula more potent.
3. **Organic Black Walnut Hull** (*Juglans nigra*): Contains juglone and tannins that kill parasites, break down fungi biofilms and stagnant waste where parasites hide.
4. **Barberry Root** (*Berberis vulgaris*): Antiparasitic, antibacterial, and antifungal. Stimulates bile flow, which helps flush parasites and their toxins through the liver and gallbladder. Supports the gut lining, protecting against leaky gut caused by parasite damage.

5. Organic Wormwood Leaf (*Artemisia absinthium*): Contains artemisinin and sesquiterpene lactones, compounds that disrupt parasite cell membranes. Effective against a wide range of parasites, including worms and protozoa. Stimulates digestive secretions, making the gut environment less hospitable to parasites. They like everything STAGNANT!

6. Yuzu Essential Oil (Citrus junos): Packed with limonene and citrus bioflavonoids that weaken parasite membranes. Acts as a natural cleanser, supporting liver detoxification and LYMPHATIC DRAINAGE! Provides antimicrobial and antioxidant effects to restore balance after parasites are cleared.

Together, these botanicals address all parasite stages: eggs (clove), adults (wormwood, black walnut), metabolic disruption (barberry, yuzu), and gut terrain repair and potency enhancers (ginger, barberry).

The Binding & Detox Layer

Killing parasites without binding their toxins can backfire. When parasites die, they release:

- Heavy metals (mercury, lead, aluminum) they've been storing
- Ammonia and aldehydes (neurotoxic waste products)
- Mycotoxins and endotoxins from fungal and bacterial co-infections

Zeolite Clinoptilolite (PBX + Pure Body)

- Negatively charged cage-like structure binds positively charged toxins (heavy metals, ammonium, pesticide residues).
- Protects the brain by removing toxins and metals that have crossed the blood-brain barrier. (That's why this product is famous for restoring speech in children)
- Backed by peer-reviewed studies showing zeolite safely removes heavy metals while preserving essential minerals.

Why This Protocol Is Superior

- Comprehensive – Attacks parasites at all life stages (eggs, larvae, adults).
- Protective – Binds and removes released toxins to prevent Herxheimer reactions.
- Restorative – Rebuilds minerals, strengthens immunity, and repairs the gut lining.
- Clean & Pure – Touchstone Essentials guarantees organic, filler-free, contaminant-free sourcing and third party tested.

How to Cleanse

This guide explains exactly how I use the Parasite Cleanse, including what to take, how often, and how to follow the cleanse schedule shown on your tracker.

Cleanse Schedule Overview (12 Weeks)

Week 1

- Delay taking Para-Shield and take only the binders, as directed on bottle for 7 days

Weeks 2-4

- Take all of the Binders and Para-shield as directed on the bottles for 21 days

Week 5

- Pause taking Para-shield and repeat the steps for week 1

Weeks 6-8

- Repeat weeks 2-4

Week 9

- Repeat Week 5

Weeks 10-12

- Repeat weeks 6-8

Cleanse Dosage Suggestions (By Age)

Adults

Pure Body Drops: 4 drops, 3x per day

Pure Body Extra (PBX): 4 sprays, 3x per day

Para-Shield: 10 drops, 2x per day (Only during active cleanse weeks)

Kids 3+

Pure Body Drops: 2 drops, 3x per day

PBX: 1 spray, 3x per day

Para-Shield: 5 drops, 2x per day (Only during active cleanse weeks)

Kids 0-3: Para-shield not for kids under 3. Do not take.

Disclaimer: This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare professional before starting any new supplement protocol, especially for children, pregnancy, or medical conditions.

Parasite Cleanse Tracker

Instructions:

Binders



Pure Body Extra (PBX):
Nanosized binder for toxins and heavy metals that works in all organs of the body



Pure Body Drops:
Zeolite binder for toxins and heavy metals specifically formulated to work in your gut

Parasite Tincture



Para-Shield Tincture: Powerful bitter herbs to remove and make your gut inhospitable for parasites



Serving

Use

Duration

Adult (12+):

10 drops

2X a day

21 days

Child (3+):

5 drops

2X a day

21 days

Take only Binders for first 7 days. Starting week two, take Para-Shield drops twice a day for 21 days, right alongside your PBX and Pure Body. Take on an empty stomach for best results.

Week 1 | Delay taking Para-Shield and take only the binders, as directed on bottle for 7 days

Week 2-4 | Take all of the Binders and Para-shield as directed on the bottles for 21 days

Week 5 | Pause taking Para-Shield and repeat the steps for week 1

Weeks 6-8 | Repeat weeks 2-4.

Week 9 | Repeat week 5.

Weeks 10-12 | Repeat weeks 6-8

Key:



Binders
(PBX, Pure Body)



Para-Shield
Tincture

Week 1 | Binders Only

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Weeks 2-4 | Cleanse and Binders

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

Week 5 | Binders Only

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
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Weeks 6-8 | Cleanse and Binders

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
 Day 8	 Day 9	 Day 10	 Day 11	 Day 12	 Day 13	 Day 14
 Day 15	 Day 16	 Day 17	 Day 18	 Day 19	 Day 20	 Day 21

Week 9 | Binders Only

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
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Weeks 10-12 | Cleanse and Binders

Share your results with @wisdom_in_motherhood 

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
 Day 8	 Day 9	 Day 10	 Day 11	 Day 12	 Day 13	 Day 14
 Day 15	 Day 16	 Day 17	 Day 18	 Day 19	 Day 20	 Day 21