

The Comprehensive Parasite Cleanse Program

The health program outlined here is designed to function both generally and specifically.

Generally, it will improve overall digestive function, immune defences, and gut flora populations, which are "friendly" bacteria that play an important part in our digestive and overall health.

Specifically, the inclusion of AIM RediBeets™ and AIM Para 90™, targets individuals wishing to eliminate possible intestinal parasites.

I might add that this program is not specifically designed to target Candida albicans, but is more broad-based in its activity.



To complete this program, you will need to use a number of AIM products and make some modifications in your diet.



[See the Digestive Health and Parasite Program Summary below for specific products and instructions for the program.](#)

Days 1-3

The program begins with a three-day modified beetroot juice fast using AIM [RediBeets™ Beetroot juice](#).

In a modified fast, you do eat, but you eliminate meat and starches and plan your diet around fruit, vegetables, high-fiber grains, and water. This will help alkalize the body, and supply healthy nutrition. (Parasites thrive in an acid environment)

Beetroot juice, as found in AIM RediBeets™, is important because it acts as a digestive astringent, helping to cleanse the digestive tract and make it a less hospitable environment for parasites. (An astringent is something that draws together or constricts body tissues and increases its tone and firmness, and at the same time reduces mucous discharge.) Beet juice also has a drawing effect on the liver, improving the flow of bile from the gallbladder. Because parasites such as Giardia lamblia frequently withdraw into the bile duct, improving liver function and bile flow is very important. Take one serving of AIM RediBeets before each meal.

Take the suggested daily serving of [AIM Herbal Fiberblend™ dietary fiber](#) to begin the detoxification process and support overall digestive function. Digestive health is further supported by taking one to two capsules of [AIM PrepZymes™ digestive enzymes](#) just before or during meals. Doing so also helps break up immune complexes that may be present in the digestive tract. And as mentioned, build your meals around fresh fruits and vegetables and high-fiber grain products and drink at least eight glasses of water per day.



Many people who follow this program report a substantial boost in their energy. However, some individuals may experience transient fatigue. If your energy level drops during the first phase of this program, it may be necessary to increase your intake of water to aid in the clearance of additional toxins.

Days 4-90



After the initial three days, your digestive system is well on its way to being cleansed and becoming a less hospitable environment for parasites, bowel integrity is also being rebuilt.

At this time, you should decrease your servings of AIM RediBeets™ to one to two servings per day and continue to take the daily suggested servings (see the product labels) of AIM Herbal Fiberblend™ and AIM PrepZymes™.

This is also the time to add AIM FloraFood™, a "friendly" bacteria, and AIM Para 90™ to the regimen.

[AIM FloraFood™ probiotics](#) provides your body with a positive bacteria presence, and the herbal components found in AIM Para 90™ assist in cleansing parasites from the digestive system. Follow the directions on the bottle for both of these products.



Although building your meals around fresh fruits and vegetables and high-fiber grain products is ideal, you may begin to normalize your diet by slowly reintroducing meats and starchy foods.

Continue to drink plenty of water.

If you notice a substantial increase in gas or bloating, increase your daily serving of AIM FloraFood™ from the suggested one to two capsules per day to two to three capsules twice per day on an empty stomach.

When you follow this program for the suggested 90 days, you can eliminate parasites and help re-establish and support the long-term health of the digestive system. Because parasites are prevalent, it is wise to follow this program at least once a year. It may be necessary to perform it twice a year. Especially if you or any household members come into contact with animals, contaminated water, improperly washed or undercooked food, contact with another infected person, travel, antibiotics, etc. In fact it is advisable to do a cleanse two or three times a year.

This comprehensive cleanse need only be done once, and a less comprehensive cleanse be done two or three times a year or so afterward.

Of course, if symptoms persist, you should consult a health practitioner.

Working with a qualified health practitioner in the diagnosis and identification of digestive problems and possible parasitic infection is always recommended.

Pregnant or nursing women should consult a health practitioner before using AIM Herbal Fiberblend

Do not use AIM PrepZymes if you have gastritis or a duodenal or gastric ulcer.

Do not use AIM Para 90 if pregnant or nursing.

If you have ulcers or colitis or have had a colostomy, consult a health practitioner.

Digestive Health and Parasite Program Summary.

Days 1-3

- AIM RediBeets.....1 serving on an empty stomach before each meal
- AIM Herbal Fiberblend....daily suggested serving
- AIM PrepZymes1 to 2 capsules just before or during meals
- Eliminate meat and starchy foods
- Plan your meals around fresh fruits and vegetables and high-fiber grain products.
Drink at least 8 glasses of water per day.

Days 4-90

- AIM RediBeets1 serving 2 times per day on an empty stomach
- AIM Herbal Fiberblend....daily suggested serving
- AIM PrepZymes.....daily suggested serving
- AIM FloraFooddaily suggested serving
- AIM Para 90Follow the serving suggestions. Take one half hour before meals on an empty stomach.
- Continue to base your meals on fresh fruits and vegetables and high-fiber grain products. Although keeping meats and starches to a minimum is ideal, you may begin reintroducing these into your diet. Continue to drink plenty of water.

Product Usage Instructions as per the Product Label.

How to use AIM RediBeets®

- Take 1 tsp (4 g) twice per day. Mix with 4 oz water, juice, or other members of the AIM Garden Trio ®.
- Because beet juice can have a strong effect on some individuals when they use it for the first time (dizziness due to detoxification), it is suggested that you take the recommended serving.
- Drink AIM RediBeets ® immediately after mixing it.
- AIM RediBeets ® is best taken on an empty stomach 30 minutes before or two hours after a meal.

How to use AIM Para 90 ®

- It is recommended that you use AIM Para 90 ® every three months for cleansing.
 - Take 1 to 3 capsules three times per day for 30 days. Can be taken with or without meals.
 - Do not use AIM Para 90 if you are pregnant or nursing. Keep out reach of children.
 - If you have digestive concerns or have had a colostomy, consider consulting a healthcare practitioner.
 - Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C).
- Do not refrigerate.

How to use FloraFood

- Take 1 capsule with meals twice daily, with 8 oz (240 ml) of water for maintenance.
- Best taken with meals. Food dilutes the stomach acids, creating an environment conducive to bacterial survival.
- FloraFood does not require refrigeration.
- Due to a unique and careful processing method, FloraFood is stable at room temperature for at least three years.
- AIM guarantees viability of the bacteria at the time of consumption within the three-year shelf life.

How to use Herbal Fiberblend

Since most people consume less fiber per day than is recommended, you should start out with a one-teaspoon (2.3 g) serving, or 3 to 6 capsules once per day. Increase this to 1 teaspoon twice per day, and gradually work up to the full serving of 1 tablespoon twice per day, or 3 to 6 capsules twice per day.

Recommended usage:

- Take 1 tablespoon of powder twice per day, or 3-6 capsules twice per day.
- You may wish to increase your consumption of Herbal Fiberblend to best suit your needs.
- Use daily for three months and then as desired thereafter.
- Add Herbal Fiberblend powder to 6 to 8 ounces (180 to 240 ml) of water or juice. Apple juice is a popular choice.
- Drink eight glasses of water per day while using Herbal Fiberblend. To experience the benefits of fiber, **adequate water is necessary**.
- Take Herbal Fiberblend one hour before or 30 minutes after taking BarleyLife, AIM Just Carrots ®, or AIM RediBeets ®.
- Exposure to psyllium dust may create a sensitivity resulting in an allergic reaction.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C).

Do not refrigerate.

How to use AIM PrepZymes ®

- To aid in digestion, take one capsule before or during each meal. You may take more or less depending on your needs.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C).

Do not refrigerate.

Disclaimer

All information on uses products included in this article has been obtained from reputable sources and is presented purely for educational and informational purposes. AllOnHealth are unable to provide you with medical advice, personal dosage information, potential drug/herb reactions, or assistance with questions relating to injury, illness, etc. We are not licensed medical practitioners,

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