

**Dr. Foster's Essentials**  
**Parasite Cleansing System For Kids:**  
(Colon Cleanse Syrup, Colon Detox Caps, Anti-Par - 2 page flyer)

**Instructions / Suggested Use**

**Week I:**

**Colon Cleanse Syrup:**

Follow directions on label according to child's weight. If child weighs more than 100 pounds, he or she can take the Vibrant Colon Formula instead. If child cannot have more than 1 bowel movement per day on the Colon Cleanse Syrup, raise the dose until he/she has 2 per day.

**Weeks 2, 3 and 4:**

- **Colon Cleanse Syrup**

Continue taking same formula begun during Week I

- Take **Colon Detox Caps**

1 to 2 capsules per day depending on child's weight. Colon Detox Caps should be taken on an empty stomach ½ hour or longer before a meal OR one hour or longer after a meal. The time of day is not as important as getting the dose in 3 times per day. If child is too young to swallow capsules, break them open and mix with juice, or omit this formula.

- Take **Anti-Par Formula** – add stevia or add to fruit juice to disguise bitter taste. Adjust dose down according to Clark's rule. Child's wt in lbs / 150 lbs = a fraction. Multiply this fraction by the number of drops in adult dose. One dropper full = 35 drops. If child weighs 30 lbs, the fraction will be 1/5. 1/5 of 70 drops (2 droppers full) = 14 drops

<b>Pre-Breakfast</b> ½ hr. before breakfast	<b>Breakfast</b>	<b>Pre-Lunch</b> ½ hr. before lunch	<b>Lunch</b>	<b>Pre-Dinner</b> ½ hr. before dinner	<b>Dinner</b>	<b>Evening</b>
<b>Colon Detox Caps</b>	Children's dose <b>Anti-Par</b> , depending on weight	<b>Colon Detox Caps</b>	Children's dose <b>Anti-Par</b> , depending on weight	<b>Colon Detox Caps</b>	<b>Colon Cleanse Syrup</b>  <b>Anti-Par</b> , dose depending on wt.	

**Signs of parasites and eggs:** small fragments in the stool that look like sesame seeds, sunflower seeds, yellow corn-like fragments in addition to the obvious worms. 99% of the time, the parasite herbs usually kill them before they are passed.

**Types of parasites:** Giardia lamblia and Cryptosporidium (microscopic protozoa), Entamoeba histolytica (causes bloody diarrhea, microscopic), Ascaris lumbricoides (roundworm), heart worm, Enterobius (pinworm), Necator (hookworm), Trichuris (whipworm), tapeworm, fish tapeworm, trichinella spiralis worm, schistosoma (blood flukes), African eye worm (loa loa), Toxoplasma gondii, Cysticercus, malaria (microscopic blood parasite), strongyloides, echinococcus, liver flukes (Clonorchis, Fasciola) paragonimus (lung flukes), fasciolopsis (intestinal flukes), Toxocara cani (in dogs), Naegleria, Leishmania, Trypanosoma cruzi (Chagas disease), T. gambiense (African sleeping sickness), Babesia, Dracunculus (guinea worm), Wuchereria (filiariasis) and many others.

**Sources of parasites:** beef, chicken, pork, fish, animal feces, human feces, sheep, camels, rodents, snails, crabs, crayfish, foxes, dogs, cats, swine, mice, wild animals, grain beetles, mosquito bites (malaria), ticks, tap water, tse tse flies (Africa), sandflies (tropics, Mexico, South America), blackflies (Africa, Mexico, Central & South America), reduviid bugs (Mexico, South America), soil, pond/lake water.

# Dr. Foster's Essentials Parasite Cleansing System:

**How Long To Take It:** Most parasite infections respond to 3 weeks of the Anti-Par Formula. A full cleanse takes one month. Often, people do pass worms within the first week, but the formula should be continued for at least 3 weeks in order to kill the eggs and larvae. For a severe recurrent parasite infection, it can take more patience. The Anti-Par Formula can be taken for longer than 3 weeks if needed without harm. It will also kill off Candida yeast and help cleanse the liver.

**Why Intestinal Herbs, Too?** The Anti-Par Formula works best if it is combined with the Colon Cleanse and Colon Detox Caps. The Colon Detox Caps helps to pull the parasites off of the colon wall. It also absorbs any toxins the parasites secrete as they are dying. The Colon Cleanse Syrup also contains antiparasite herbs and helps push out the parasites (they're called vermifuge herbs.) Therefore, using the 3 formulas together avoids a lot of the unpleasant symptoms people experience when they simply take antiparasite herbs alone.

**What About Diet?** If parasites keep recurring, adopting vegetarian diet after this cleanse can be a good strategy to avoid future problems. By square inch, meat contains billions of parasite eggs and larvae. Parasites can reinfect if the diet contains the eggs and larvae. Therefore, for people who tend to get recurrent infections, it's a good idea to do regular parasite and colon cleansing - every 3 to 6 months. This is especially an issue with people who consume raw meat, but can also happen to other people as well. The worst parasite infections occur in heavy meat eaters.

Improperly cooked pork can cause trichinosis. Some organizations have found ground pork mixed with ground hamburger meat. It is a bad idea to consume ground meat since other scrap meats can easily be disguised within it without the consumer knowing it.

**How Pets Contribute:** Many people can continue to get reinfected from their pets after they've just killed off their own parasites. Cats can pass the *Toxoplasma gondii* parasites in their feces, and people can get it from handling cat litter. Dogs can easily get heartworm parasites. Children can easily pick up pinworms. Sandboxes can contain cat feces. Hookworm is the most common parasite worldwide. This parasite attaches to the intestinal wall and feeds on the host's blood, causing anemia. It's important to deworm/deparasite all pets in the house and all other members in the household as well at the same time so that they do not pass on their parasites to you after you're healed. Do not use handtowels – use paper towels to dry hands and then throw out. Do not share towels. When deworming pets, the Anti-Par Formula is the only formula needed. This is due to their short digestive tracts, and they are rarely constipated. Wash hands thoroughly after playing with pets. Always wash hands before meals.

**Parasites or Candida?** Many people believe they have parasites when they actually have a Candida yeast problem. Other types of chronic bacterial and fungal infections can mimic the symptoms of parasites. Most antiparasite herbs also kill Candida yeast, so when a reaction occurs, people believe they have parasites when they might actually not have them. If there is a Candida problem, the herbal therapy is essentially the same, but additional liver cleansing may be needed in order to cleanse Candida yeast from the liver, and all sugars and yeast should be removed from the diet.

**Liver Damage:** Most prescription parasite medications can cause liver damage. Fortunately, the antiparasite herbs in the AntiParasite Formula do not damage the liver. On the contrary, they help to cleanse and heal the liver as well as the gallbladder, and in many cases, have been known to clear up Candida problems as well as other types of infections. If there are no parasites, taking this formula does not do any harm.