Para Cleanse Pack Usage Guide

USAGE GUIDE

To further support your journey, explore our Para Cleanse Full Moon Protocol, Full Moon Calendar, and Healing Crisis Explained guides, all available under the Guides section of our website.



THE COMPLETE PACK

Para Cleanse Pack

Understanding Binders

Why They're Important & Which Ones to Use

Binders are essential during the Para Cleanse because they capture and remove the toxins released as parasites, fungi, and microorganisms die. Without a binder, these toxins can recirculate in the body and cause strong "die-off" symptoms such as headaches, nausea, fatigue, bloating, brain fog, and skin breakouts.

When parasites die, they release ammonia, heavy metals, acidic waste, biofilm debris, and inflammatory toxins. Binders prevent these from overwhelming your liver, gut, and lymphatic system.

Using a binder helps to:

- Reduce detox symptoms
- Support bowel regularity
- Protect the liver and lymphatic system
- Prevent toxin reabsorption
- Improve cleanse results

Our Preferred Binder

Bowel Protect & Biome Support

This is our recommended binder for the entire cleanse because it is gentle, effective, and supports both detox and digestion.

Use it:

- From Day 1 to Day 30, starting on the same day as your Para Cleanse capsules
- 1 teaspoon daily, 1 hour after the Para Cleanse capsules or nightly before bed if experiencing constipation.
- Keep going after the capsules finish on Day 16, right through to Day 30



OUR PREFERRED BINDER

Bowel Protect & Biome Support

Gentle, effective, and supports both detox and digestion.

Other Binder Options We Offer



Zeo Powder & Activated Zeo Capsules

Zeo Powder: binds heavy metals, ammonia, and mould toxins. Activated Zeo Capsules: convenient, strong detox support.



Activated Charcoal

Excellent for gas, bloating, and toxin absorption.



Fulvic Humic Concentrate

Cellular detox + mineral support.



Bentonite Clay

Binds digestive toxins and sweeps waste from the gut.

> All binders must be taken 1 hour after the Para Cleanse capsules or before bed, and away from food, supplements, and medications.

Preparing for the Para Cleanse

Detox Pathways: it's important to open detox pathways with the following steps:

Bowel Support: Use Bowel Protect & Biome Support from Day 1, alongside your Para Cleanse capsules, to support bowel movements and toxin elimination through to Day 30.

Lymphatic Support: Lymphatic Tapping, Dry brushing, Saunas or use Burdock Root, Red Clover Tea for lymphatic drainage and kidney support.

Antioxidants: Increase antioxidants with Celtic Sea Salt, fresh lemon juice and Gubinge (rich in bioavailable Vitamin C), which can also help break down parasitic biofilms and stimulate the adrenals. Organic grape juice and wild blueberries are also some of my go to antioxidants.

Physical Movement: Incorporate activities like rebounding, walking, or lymphatic drainage exercises a week or two before starting the cleanse to enhance circulation and drainage.

Limit Exposure to EMFs: Limit exposure to phones, laptops, Wi-Fi, and other EMF sources. Turn off routers when not in use and spend time outside to encourage healthy circulation.

Diet Adjustments: Reduce red meat, processed foods, refined sugars, gluten, dairy, seed oils, and alcohol for 1 to 2 weeks before starting the cleanse. This will help reduce the energy needed to digest foods and decrease the Herxheimer reaction (die-off symptoms), which occur when toxins from dying parasites flood the system.

Detox Support: Colonics may be done during the cleanse, and we highly encourage coffee enemas if you are comfortable doing them.



Burdock Root

Lymphatic drainage and kidney support.



Red Clover Tea

Lymphatic drainage and kidney support.



Celtic Sea Salt

Antioxidant and mineral support.



Gubinge

Rich in bioavailable Vitamin C.

Parasite Cleanse Guidelines

When to Start the Cleanse

- Start Bowel Protect & Biome Support on Day 1, the same day as your Para Cleanse capsules.

- Begin Para Cleanse capsules 3 days before the Full Moon. (See our Full Moon Calendar for cleanse cycles and full moon dates.)

Dosage Instructions

- Follow label recommendations or adjust intuitively depending on sensitivity, weight, or lifestyle needs.
- Do not exceed 9 capsules per day.
- For heavier infestations: complete two 16-day cycles back-to-back, then take a 6-week break.

Daily Use

- Para Cleanse capsules: Day 1 to Day 16
- Bowel Protect & Biome Support: Day 1 to Day 30. Keep taking it every day after the capsules finish, right through to Day 30.

How to Take

- Take Para Cleanse capsules 30 minutes before meals (or with food if sensitive).
- Take Bowel Protect & Biome Support 1 hour after the capsules or nightly before bed if constipated.

What to Expect

- You may or may not see parasites in the stool; many are microscopic.
- Die-off symptoms may occur (fatigue, nausea, headaches).
- Refer to the Healing Crisis Explained free eBook on our website.

> **Safety. If Allergic Reactions Occur:** If you experience an allergic reaction, stop the cleanse immediately and consult your healthcare professional or dial 000 for a medical emergency.



16-Day Para Cleanse



Bowel Protect & Biome Support

Factors that Encourage Parasites

Poor Diet

- High intake of refined sugars and processed foods

Electromagnetic Fields (EMF) Exposure

- Diets rich in seed oils, gluten, and pasteurised dairy
- Low intake of fibre and nutrient dense foods

Weakened Immune System

- Chronic illness or autoimmune conditions
- Stress or lack of sleep
- Nutrient & Mineral deficiencies (e.g., vitamin D, zinc)
- Low stomach acid
- Lack of sunshine

Toxins and Environmental Factors

- Exposure to heavy metals (e.g., mercury, lead)
- Synthetic chemicals, including solvents and pesticides
- Alcohol consumption and toxins from medications
- Mould
- Overexposure to EMF radiation from phones, laptops, and Wi-Fi
- Microwaves and LED lights
- Dirty electricity

Chronic Stress

- Prolonged emotional stress or anxiety
- Lack of relaxation or rest, which weakens immune response

Antibiotic Overuse

- Disruption of gut microbiome due to overuse of antibiotics
- Killing of beneficial bacteria, allowing parasites to thrive

Dehydration

- Reduces protective mucus
- Slows digestion
- Impairs detoxification
- Disrupts gut health

Hygiene During & After a Parasite Cleanse

Supporting reinfection prevention and overall wellbeing

Hygiene plays an important supportive role during and after a parasite cleanse. While cleansing focuses on internal balance, external habits help maintain a clean environment and reduce the likelihood of re-exposure. This is not about sterility or fear. It's about simple, consistent practices that support your body while it recalibrates.

During the Cleanse

Hand Hygiene. Wash hands thoroughly with warm water and natural soap:

- Before eating or preparing food
- After using the bathroom
- After handling pets, soil, or raw foods

Keep nails short and clean to reduce harbouring debris.

Bathroom Hygiene. Clean toilet seats, flush handles, taps, and bathroom surfaces regularly. Consider wiping high-touch surfaces daily during active cleansing. Close the toilet lid before flushing where possible.

Personal Linen & Clothing. Change underwear daily (or more often if needed). Wash underwear, towels, and sleepwear in warm to hot water. Do not share towels, face cloths, or personal linens during the cleanse. Avoid re-wearing unwashed clothing.

Sleep & Skin Care. Shower daily, particularly in the morning. Keep the perianal area clean and dry. Some people choose morning and evening showers during active cleansing for comfort.

Home & Environment Hygiene. Vacuum floors, rugs, and soft furnishings regularly, especially in bedrooms and shared living spaces. Wash bedding weekly (or more frequently if desired). Wipe down commonly touched surfaces such as door handles, light switches, and remotes.

Pets & Animals. Where possible, keep animals outside or out of sleeping areas during the active cleanse phase. Wash hands after handling pets. Ensure pets are supported with their own appropriate hygiene and care routines.

These steps help minimise cross-exposure while keeping the environment balanced and supportive.

Food & Kitchen Hygiene. Wash fruits and vegetables thoroughly before consumption. Use clean cutting boards and utensils for food preparation. Clean kitchen benches and sinks regularly. Avoid sharing utensils, drink bottles, or cups during the cleanse.

After the Cleanse

The post-cleanse phase is about integration and maintenance, not hyper-vigilance.

- Continue mindful handwashing habits.
- Maintain regular laundry and vacuuming routines.
- Keep kitchens and bathrooms clean without stress.
- Support gut and immune health through nourishing foods, hydration, and rest.

Consistency matters more than intensity.

A Grounded Perspective

Hygiene during a parasite cleanse is an extension of self-respect and self-care, not something to fear. Small, intentional actions, done calmly and consistently, help your internal work hold long-term.

Post-Cleanse Recommendations

Nourishing Your Gut

After completing the Para Cleanse, bone broths, kefir, sauerkraut or a juice cleanse can help nourish the gut microbiota and cleanse at a cellular level. This also supports the detoxification of the liver, kidneys, spleen, and other vital organs.

Juicing for Wellness

Visit our website's footer section for our favourite juice recipes that support the body by flooding it with phytonutrients which are absorbed at a cellular level during the detoxification process.

Heavy Metal Detox and Remineralise

We recommend doing a heavy metal detox once the Para Cleanse is complete using our Whole Body Reset Trio for a minimum of 90 days and using Irish Sea Moss, Fulvic Humic Concentrate and Moringa to ensure critical trace minerals and nutrients are introduced to maintain the immune system and balance the body's systems.



Whole Body Reset Trio

Minimum of 90 days.



Irish Sea Moss



Fulvic Humic Concentrate



Moringa

Summary

- Prepare by supporting detox pathways, hydrating and adjusting your diet.
- Start Bowel Protect & Biome Support on Day 1 and continue every day through to Day 30.
- Start your Para Cleanse three days before the Full Moon to target peak parasite activity.
- Use Bowel Protect & Biome Support 1hr after Para Cleanse or before bed and away from food, medications or other supplements.
- Follow the dosage guidelines and increase or decrease according to your own body's needs, and listen to your body during the cleanse.
- Afterward, nourish your gut and detoxify with bone broths or a juice cleanse to maintain a healthy, parasite free body.

- Commence a heavy metal detox and focus on remineralising the body.

Happy Healing!

A Holistic Reset for Your Body

Embarking on a Para Cleanse isn't just about cleansing the body. It's about a holistic reset. When you nourish your body with the right herbs and cleanse naturally, you're not only eliminating toxins but also empowering your body to function at its highest potential.

This is about honouring your body, supporting it with love and care, and giving it the opportunity to thrive.

Your Path to Radiance

Health Heiress Para Cleanse can be the spark to kick-start your wellness journey. It's a gentle yet powerful way to clear out what no longer serves you, paving the way for a more vibrant, energised, and balanced life. By choosing to prioritise your health, you're giving yourself the gift of long-lasting vitality.

Are you ready to feel empowered, refreshed, and radiant? Your body deserves the love and support of a cleanse that works in harmony with your natural health. Let's do this. Your best self is waiting.

Health Heiress

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