

Pumpkin Seed Anti-Parasite Recipe

1/2 cup Apple Cider Vinegar

1 tbsp Cilantro

1 tsp cloves

1 tbsp coconut flakes

2 cloves garlic

1 tbsp pumpkin seeds

2 tsp turmeric

Blend cloves, pumpkin seeds & coconut in a coffee grinder. Mix together in a mixing bowl with turmeric, cilantro & apple cider vinegar add garlic with garlic press.

Here is how each ingredient works in this formula;

4 Parts Raw Coconut shavings – kills parasites in the stomach

1.5 Parts Raw Garlic Helps remove parasites (antimicrobial antif)

2 Parts Pumpkin Seeds Helps expel parasites (anthelmintic)

2 Parts Turmeric - Assists body in the removal of parasites

2 Parts Cilantro – Anti-wormer

1 Part Clove powder- Destroys parasite eggs and parasites in the intestinal tract.

