

**Parasite Program Handy Chart** (This is for information purposes only and is not a prescribed method)

	Black Walnut Hull Tincture Dose	Wormwood Capsule Dose (200-300 mg)	Clove Capsule Dose (Size 0 or 00)
Day	drops 4 times per day, like before meals and bedtime	capsules 1 time per day, on empty stomach (before meal)	capsules 3 times per day, like at mealtime
1	1, 1, 1, 1	1	1,1, 1
2	2, 2, 2, 2	1	2,2,2
3	3, 3, 3, 3	2	3,3,3
4	4, 4, 4, 4	2	3,3,3
5	5,5,5,5	3	3, 3, 3
6	6,6,6,6	3	3,3,3
7	7,7,7,7	4	3, 3, 3
8	8,8,8,8	4	3,3,3
9	9,9,9,9	5	3,3,3
10	10, 10,10, 10	5	3, 3, 3.
11	11, 11, 11, 11	6	3 Now once per day for three months
12	12, 12, 12, 12	6	3
13	13, 13, 13, 13	7	3
14	14, 14,14,14	7	3
15	15, 15, 15, 15	7	3
16	16, 16,16, 16	7	3
17	17,17,17,17	Now twice/week	3
18	18, 18,18, 18		3
19	19, 19,19, 19		3
20	20,20,20,20	7	3
21	20 drops Now once per day for three months		3
22	20	7	3
23	20		3
24	20		3
...	Continue	to day	ninety
90	20	7	3

Note. Our Black Walnut tincture has been made fresh in the last few months. It is organic and made from English Black Walnuts . It is high quality and has a greenish brown colour. Black Walnut tincture should not be black; this indicates it was made of older rotting Walnuts.  
 NB. Solgar L - Ornithine Free form 50 caps of 500mg code 2060 £11.69

Then continue on the Maintenance Parasite Program, indefinitely, to prevent future re-infection.

	Black Walnut Hull Tincture Dose	Wormwood Capsule Dose (200-300 mg)	Clove Capsule Dose (Size 0 or 00)
Day	drops 1 time per day, on empty stomach	capsules 1 time per day, on empty stomach	capsules 1 time per day, on empty stomach
1	30	7	3
2			
3			
4	30	7	3
5			
6			
7			
8	30	7	3
9			
10			
11	30	7	3
12			
13			
14			
15	30	7	3
and so	on...		

## Maintenance Parasite Program

Do this twice a week (any 2 days will do). You may take these at different times in the day or together:

1. **Black Walnut Hull Tincture:** 30 drops once a day on an empty stomach, like before a meal.
2. **Wormwood capsules:** 7 capsules (with 200-300 mg wormwood each) once a day on an empty stomach.
3. **Cloves:** 3 capsules (about 500 mg. each, or *fill* size 00 capsules yourself) once a day on an empty stomach.
4. Take **ornithine** as needed (to help prevent head aches and help sleep).