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Our bodies act as hosts for a variety of parasites and worms. While the thought can be nauseating, it is only natural considering the different foods and drinks we consume. These parasites need to be driven out if we're to have healthy bodies as if they're left unchecked, they can make their way into vital organs like the brain. Luckily, it is possible to rid your body of these pests through detoxification which doesn't cost much and is easy to follow. Do it twice a year at the very least and you'll be able to keep a host of problems at bay.

1. Increase your fiber intake which will kill off the parasites. Fiber is necessary to generate regular and healthy bowel movement. As you excrete, you're also shedding toxins that can build over time. Eat more of papayas, flax seeds and pumpkin seeds.
2. Black walnut is said to be able to effectively kill parasites and worms. So, to prevent the onset of parasite symptoms, just use three drops of the extract of walnuts under your tongue and wait till it is absorbed. Do this for a whole week and you'll see a change. However, it's to be noted that black walnut works on parasites that are in the development or adult stages.
3. Substitute your usual coffee for wormwood tea. Consume four cups for an entire week. This will help rid your system of tape worms, roundworms and hookworms. It could even help keep malaria at bay.
4. Spices like cloves are known to have medicinal properties. As such, add them to your diet as much as you can for seven days. You can also use the extract of cloves if using them in their natural state isn't to your liking. Black walnuts and wormwood tea are effective only on adult and developing parasites, but cloves work on the eggs of these worms.

Seven days is a short time to keep parasite symptoms at bay and the results are extremely beneficial. This week-long detoxification process will ensure that your system is kept clean. Twice a year is all it takes to keep parasites and worms at bay and as you can see, it doesn't require much work.

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