

# Fermentation, Parasites & Gut Cleansing

Contrary to popular belief, having parasites in the gut is not necessarily a bad thing. In fact, parasites are some of the microorganisms that are present in our microbiome. In balance, some of them can help us, but others are harmful. The "wrong" parasites and worms can cause a wide range of chronic and degenerative health problems including leaky gut. The right gut cleanse is essential to maintain good bacteria and eliminate the rest.

Any long-term program for chronic disease and ailments should incorporate parasite cleansing alongside diet changes and other suitable treatments. The most common symptoms of parasitic infection include constipation, gas or bloating, diarrhea, allergies, tooth grinding, aches and pains, fatigue, brain fog, irritability or mood swings, and sleeping difficulties.

We have a recommended ***Cleanse, Nourish & Heal*** programme which incorporates a parasite cleanse, Bio-fermented Nutrition and a unique salt water based Cannabinoid formula. [click here](#)

**Below is a simple list of Anti-Parasite Foods recommended to add to your daily dietary intake:**

- Garlic & Onions
- Oregano
- Pumpkin Seeds
- Coconut Oil
- Sauerkraut & Kimchi
- Apple Cider Vinegar
- Pineapple & Papaya
- Ginger, clove & pepper

**Foods to Avoid** - Sugar, Processed Foods, Alcohol, Wheat, Pork



# The Role of Fermentation in Gut Health -

## *A scientific perspective*

Fermentation, one of the oldest food preservation techniques, has recently garnered renewed interest due to its ability to enhance the nutritional and functional characteristics of food. Fermentation's microbial metabolism preserves food while transforming its bioactive components, synthesizing health-promoting metabolites, including vitamins, bioactive peptides, antioxidants, and short-chain fatty acids.

This review article examines how fermentation utilizes microbial populations to enhance food quality and confer health benefits. We begin by examining the fundamental role of microbes in fermentation, emphasizing essential microorganisms such as lactic acid bacteria, yeast, and mold, which are responsible for the biochemical changes that enhance the quality of fermented foods. These microbes not only enhance flavor, texture, and shelf life but also contribute to improved gut health, regulate the immune system, and reduce inflammation by producing probiotics and other bioactive compounds.

The review discusses the emerging applications of fermentation in developing functional foods, emphasizing the growing body of evidence that fermented products can help prevent and manage chronic diseases, including gastrointestinal disorders, cardiovascular disease, and metabolic syndrome. Particular emphasis is placed on how microbial fermentation can enhance the bioavailability of key elements, such as B vitamins and minerals, while degrading anti-nutritional substances like phytates and oxalates, making fermented foods extremely beneficial to a wide range of individuals.

In conclusion, this review emphasizes the underutilized potential of microbial metabolism in food fermentation as a valuable tool for improving human health. Researchers and the food industry can design nutrient-dense, functional foods that fulfill customers' desire for healthier alternatives while simultaneously contributing to global food system sustainability.

<https://pubmed.ncbi.nlm.nih.gov/40824458/>

Alongside the practical aspects of a gut health cleanse, it is essential to add movement, fun and lots of rest in to the mix! Here are a few simple tips for that extra zest;

- Treat yourself to a sauna or a massage. Saunas help relieve stress, relax muscle aches and flush out toxins via the skin. A good lymphatic massage can also help speed up the removal of wastes and toxins.
- Start a dance class
- Go for regular hikes in nature.
- Clear your mind by taking a break from technology even just for one night a week by unplugging from your TV, phone or computer.
- Ideally remove all electronics from the bedroom while you sleep
- Remove or endeavour to change all the toxic things in your life– toxic people or situations, toxic chemicals, toxic habits and toxic foods.
- Make the changes inside and out.

## **DIATOMACEOUS EARTH**

[Available Here](#)

Diatomaceous earth (DE) is an abundant natural source of Silica and contains a number of essential minerals. Silica is an essential component for making muscles, ligaments, cartilage, digestive tract, skin, hair, and nails healthy and happy. DE offers an alternative method for detoxing your body. Its naturally absorbent and abrasive nature makes it an ideal internal cleaner. As it passes through your system, it eliminates intestinal parasites, viruses, and toxic residues. As a food supplement, it can improve cholesterol, and enhance energy and mental clarity. It may also be an effective treatment for assisting hemorrhoid's, insomnia, arthritis, back pain, and more. The easiest way to add it to your diet is to put it into your hemp seed smoothies.

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