

Body Cleansing Protocol

Forest Extracts Set

This protocol has been designed as a layered system, not a one-time cleanse. It supports hormonal balance, lymphatic flow, detoxification from microplastics and metals, and staged parasite removal.

1. Foundation Support

BYE BYE TOXINS – Lymphatic Booster & Hormonal Reset

Goal: Lymphatic stimulation, hormonal regulation, microplastic detox support, and nervous system stabilization.

Duration of use: Can be used before, during, and after the complete cleanse. It is especially valuable during the pre-cleanser phase and after completing the protocol.

Role in protocol: This product prepares the body's drainage systems so toxins and metabolic byproducts from parasites can actually leave the system, rather than recirculating within it.

2. Pre-Cleanse Phase

BYE BYE METALS – Forest Extract

Goal: Supports heavy metal detoxification, works synergistically with binders, and reduces body burden before aggressive gut cleansing.

Best for: Sensitive individuals, those with comorbidities, chronic toxicity, or strong reactions to detox protocols.

Duration options:

Standard preparation: 40 days.

Shorter options: 14 days use / 7 days off OR 7 days use / 7 days off.

Support Set & Binders

Chlorella: Daily.

Fulvic acid: Daily.

Activated charcoal: 3–4 times per week (up to 0.5–1 g daily). Binds what chlorella cannot remove.

Important: Activated charcoal should be taken with time gaps, not daily long-term, to avoid nutrient deficiencies.

3. Active Cleansing Phase

BYE BYE PARASITES – Forest Extract (Main Parasite Removal Phase)

This is the most intensive part of the protocol.

Phase 1: Sensitivity Test (Days 1–3): 1 time daily, morning only. Start slowly and monitor body responses to avoid overwhelming detox effects.

Phase 2: Building (Days 3–7): 2 times daily – morning and evening.

Phase 3: Intensive Phase (Days 7–14): 3 times daily – morning, midday, and evening.

Dosage Progression: Start with 5 drops per dose and slowly increase to 15 drops per dose. Find the highest dose your body tolerates comfortably.

4. Binder Support During Gut Cleansing

Use binders throughout the BYE BYE PARASITES phase to prevent toxin reabsorption:

Chlorella + Fulvic acid: Taken together.

Activated charcoal: Separately from supplements, with intervals (not daily).

This combination helps absorb parasitic toxins, die-off metabolites, and heavy metals released during cleansing.

5. Rest Cycles & Repetitions

After 14 days of using BYE BYE PARASITES:

1. Rest: 7 days.
2. Continue light support if necessary.
3. Repeat cycles: Minimum 3–4 cycles in a 14 days on / 7 days off pattern.

Why cycles matter? Parasites operate in different life stages. Cycling ensures reaching active forms, dormant stages, and newly hatched organisms.

Additional Information

Optional addition: Frozen castor oil capsules can be used during cleansing to support lymphatic flow and elimination.

Key Protocol Principles:

- Slow introduction is better than aggressive shock.
- Drainage before killing.
- Toxin binding (binders) is non-negotiable.

- Cycling is essential for complete eradication.
- This is strategic biological cleansing aimed at reducing system overload and protecting your system.

Diet During Cleansing

RECOMMENDED Products:

Vegetables: Kale, arugula, spinach, lettuce, dandelion greens, green peas, green beans, cauliflower, broccoli, zucchini, squash, artichokes, olives, capers, okra, fennel, onion, bell pepper, cucumber, asparagus, celery, leek, Brussels sprouts, carrot, cabbage, bok choy.

Herbs & additions: Garlic, ginger, turmeric, avocado, squash, eggplant.

Sea vegetables: Seaweed, nori, kelp.

Pasta alternatives: Chickpea, lentil, or quinoa pasta.

Plant products: Unsweetened coconut and nut milks.

Fruits: Pineapple, papaya, strawberries, blueberries, raspberries, blackberries, cherries, jackfruit, coconut meat and flakes, lemon, lime, grapefruit.

Legumes: Chickpeas, lentils (all varieties), black beans.

Flours: Chickpea, teff, quinoa, coconut.

Nuts, seeds & grains: Quinoa, amaranth, teff, pumpkin seeds, papaya seeds, almonds, cashews, Brazil nuts, pistachios, peanuts, oats.

Oils: Coconut, extra virgin olive, grapeseed, avocado, vegetable.

Other: Stevia (sweetener), tahini, curry paste.

FORBIDDEN Products:

Vegetables: Beets, all types of potatoes, corn.

Meat & seafood: All types of meat and seafood.

Dairy & eggs: Dairy products, eggs.

Flours & pastas: Standard pasta, rice, white wheat flour, whole wheat flour, rice flour, spelt flour.

Sweeteners & sugar: All refined sugars, honey, maple syrup, agave nectar.

Fruits: Banana, cantaloupe, watermelon, honeydew melon, oranges, pears, apples, kiwi, peaches, plums, nectarines.

Beverages: Alcohol, high-sugar fruit juices, lemonades, etc.

Coffee: Maximum 1 cup.

Sauces: BBQ sauce, ketchup.

Plant proteins: Tofu, seitan, tempeh.