

## **Foods That Help Cleanse Parasites**

Apricots

Dates

Figs

Grapes

Kiwis

Papayas

Pears

Celery (celery juice 1st thing in morning)

Cruciferous Vegetables - Kale, broccoli, cauliflower

Radishes

Cilantro

Parsley

Turmeric

Coconut

Raw Honey

Cat's Claw

(Note – fruit can be consumed fresh, frozen or dried)