

SKIN DETOX PROTOCOL

The Bath Soak:

Go to the pet/farm store and buy Alfalfa pellets for hamsters or horses

You will need:

- 1C Alfalfa Pellets
- 1 Tablespoon laundry or dish detergent
- Plastic Gloves for cleaning up afterwards
- Strainer for Tub valve so when draining tub, the pellets don't plug the drain
- A wire or straightened hanger to unclog drain if needed
- Disposable scoop to scoop up pellets once tub is drained
- Disposable container (Old coffee can) to put contaminated pellets in to BURN!
- 2T EACH of Diatomaceous earth, zeolite powder and charcoal mixed in 2C water ready to clean tub afterwards

Follow these steps:

- Fill tub with the hottest water you can stand to sit in
- Dump in 1 Cup alfalfa Pellets
- Add 1 Tablespoon Dish Soap
- Soak whole body (head out) in bath for 30 minutes or more
- All parasites like to eat the alfalfa and will come out of the skin and tissue up to 3 inches deep to eat
- Jump straight in the shower to clean off (preferably with peppermint soap) while the tub is draining with the strainer over the tub drain
- Wear long rubber gloves to wash down the tub and strainer with diatomaceous earth, zeolite powder and charcoal mixture a few times to get rid of it
- Burn alfalfa container and gloves
- Apply skin protocol below topically
- Do Cell Core Full Moon Cleanse to clean deeper in the body

Skin Outbreak – Topical Protocols

Essential Oil Mixture : This solution will help with the intense burning, itching and pain and will help heal any painful sores and lesions. Combine the following with 2-3 Tablespoons of Extra Virgin Olive Oil or Coconut Oil

15 drops of each of the following organic essential oils:

- Eucalyptus
- Oregano
- Tea Tree
- 20-25 drops organic Clove Oil helps with itching

Red Wine Test

Swish Red wine around in mouth for 30 seconds. Spit out in white bowl for visibility. Pour 1T rubbing alcohol in liquid. See any movement? Good parasite test 😊

These statements have not been FDA approved so please consult your doctor for further information...