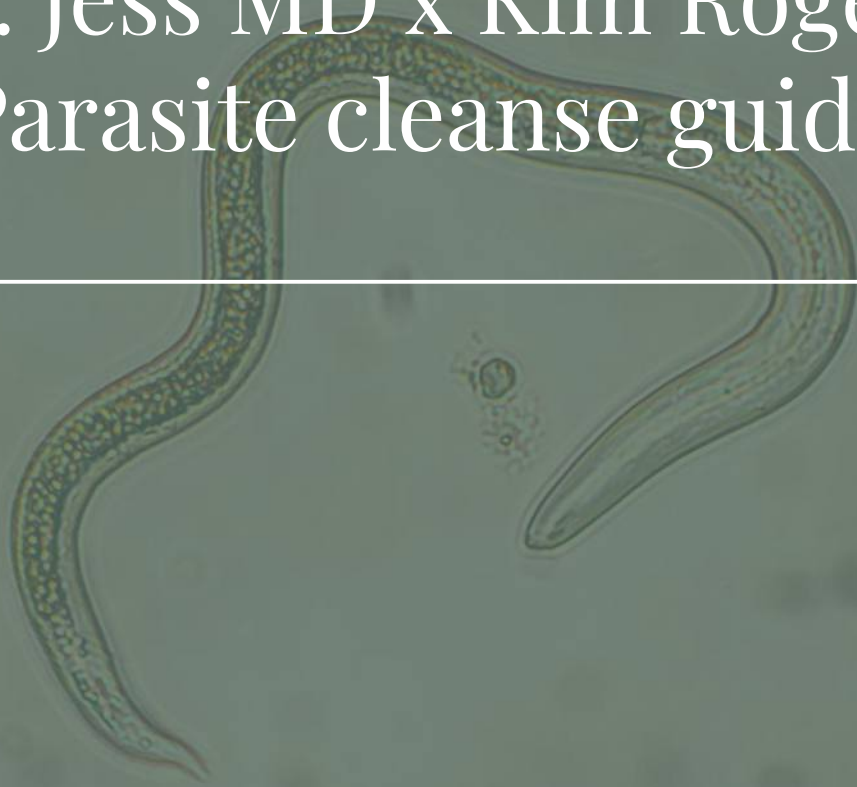


WellnessPlus

by DR. JESS
MD

Welcome to the Dr. Jess MD x Kim Rogers Parasite cleanse guide



We want to help you get the most out of your parasite cleanse and hope this helps you!

Please keep in mind nothing in this guide has been evaluated by the FDA- and nothing here is intended to be a substitute for medical advice. Please always consult with your doctor before starting a cleanse. This program offers health, wellness, fitness and nutritional information and is provided for informational purposes only. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

You can connect with Dr. Jess:

Instagram: @dr.jess.md & @wplusbydrjess

TikTok: @drjessmd

App.drjessmd.com

You can connect with Kim Rogers:

Instagram: @mrsrogers.hood & @rogershoodapothecary

TikTok: @mrsrogershood & @rogershoodapothecary

www.rogershood.com

You can connect with both of us together inside our private facebook group [HERE!](#)

Much of what we know and understand about parasites-this stealthy pathogen is few and far between and we don't have great tests to detect them. They cause a variety of vague symptoms and are more common in industrialized nations than realized. 70-80% of people will have a parasite in their lifetime. Rectal itching? Digestive issues? Lactose intolerance? Look to parasites as a cause!

Studies indicate that parasites and viruses have a symbiotic relationship that we don't fully understand. Many parasites also act as a holding tank for heavy metals as well. This is why we start detoxing parasites first after our drainage is prepped and ready.

How do you know if you have parasites?

Abdominal pain

Anemia

Anger

Anxiety

Autoimmunity

Bloating

Blood sugar issues

Body temperature issues

Brain fog

Breathing problems

Constipation

Cravings

Depression

Diarrhea

Difficulty gaining weight

Eye problems

Fatigue

Feeling tired

Gas or bloating

GERD

Heavy metal toxicity

Insomnia

Irritability

Joint pain

Leaky gut

Learning disabilities

Liver pain

Loss of appetite

Migraines or headaches

Mitochondrial damage

Mood disorders

Muscle cramps

Muscle pain

Nausea or vomiting

Neurological problems

Nightmares

Numbness

Passing a worm in your stool

Persistent cough

Pins & needles sensation

PMS

Post exertional fatigue

POTS

Rash or itching around the rectum or vulva

Shortness of breath

Sinus problems

Skin issues

Sleep problems

Stomach pain or tenderness

Tingling

Unusual heart rhythm

Upset stomach

Urinary tract infection

Vaginal infections

Vertigo

Viruses

Weight loss

This is an overall list- let's take a look at how you may know if you have parasites, which are sneaky and smart. They hide in one's body in the sticky biofilm that protects them from the body's inherent defenses. It's like they are invisible to your immune system. Frequently, they develop symbiotic relationships with other pathogens.

In a study conducted in 2016 at Case Western Reserve, researchers showed that fecal samples from patients with Crohn's disease had significantly higher levels of Escherichia Coli, Seratia marcescens, and Candida tropicalis, two bacteria and a fungus, respectively. This study also showed that all three of these pathogens moved in step, producing a biofilm that not only hides from the immune system but produces the inflammation leading to Crohn's disease. While other factors play a role in Crohn's Adisease, such as genetic and environmental factors, it is likely that parasitic pathogens also play a role.

Symptoms vary widely from person to person. Most people will know something is wrong, but not understand where to turn about the disconcerting symptoms.

Here are some of the more common symptoms of Parasites:

- Grinding the teeth at night. Parasites, candida, and Lyme are often more active at night and therefore cause undue stress during rest. The body often responds by gnashing of the teeth.
- Uncontrollable sugar cravings. Sugar and processed carbs are their preferred food. This often lets them replicate and populate in the gut.
- Severe constipation. Parasites and some pathogenic bacterial species release endotoxins as they die that can create constipation. They also have hooks that can latch on to the bowels to prevent release.
- Severe diarrhea. Often the body will recognize the presence of an unwanted guest and will give the patient diarrhea to rid itself of the intrusion.
- Bloating after meals. I have heard this complaint many times from patients who ended up testing positive for candida. The byproducts that these parasites produce can cause distention in the abdomen and other digestive issues.
- Chronic yeast infections. Chronic infections indicate an altered pH and an inability to fully eradicate candida.
- Chronic toenail fungus. This is a clue that our bodies are not able to fully eradicate yeast on its own
- Anal itching. It's not pleasant to talk about. However, it is a legitimate symptom. Pinworms are often the culprit here and are nocturnal as well, so symptoms are worse at night.
- Muscular pain as some of their life cycles are in the muscles.

- Difficulty losing or gaining weight. The opposite may also be true. But many times, I see patients who cannot lose weight due to having the wrong bacterial colonies living in their guts. One study even showed that people who had a higher proportion of the bacteria, Firmicutes, in their guts were prone to obesity.
- Internal body vibration or humming at night
- The biggest symptom is likely symptoms worse around a full moon as parasites' life cycle has them reproducing at night during this time!
- Food sensitivities and digestive issues not otherwise diagnosed
- Symptoms that flare around the full moons due to parasites' life and reproductive cycles

FAQ:

How often should I cleanse?

In your first year, 3-4x cleanses, or with symptoms, is recommended. For maintenance, 2-3x per year, or with symptoms. This includes when finishing a ParaFy Kit or any parasite cleanse, if symptoms continue or return, take a 7-21 day break and then begin another ParaFy cleanse.

Can I cleanse if I'm taking an antibiotic?

No, it is recommended to finish your antibiotics and then take a 4 day break before beginning or resuming your ParaFy cleanse.

Are there any medication contraindications with the ParaFy cleanse?

Yes, it is not recommended to cleanse if taking chemo meds or blood thinners- The herbs Wormwood and Oregon Grape Root can cause issues with these specific medications. Please always check the herbs against your medications.

Can I cleanse while pregnant or breastfeeding?

No, it is not recommended to cleanse while pregnant or breastfeeding. The herbs dictate what you should and shouldn't do.

Do I have to start my ParaFy cleanse on the full moon?

No, the herbs are effective any time.

Should I start my cleanse around the full moon?

Starting 3 days prior to the full moon is a popular method when cleansing for parasites. That is when serotonin levels change and the parasites begin to dislodge themselves! Anytime that you would like to start is effective, but 3 days prior to the full moon can be beneficial.

What are drainage pathways and why are they important while cleansing?

The drainage pathways are our body's waste removal system, if they are sluggish or not operating at all, toxins can recirculate and be reabsorbed back into the body - There are 7 pathways that need to be addressed:

1. The Colon
2. The Liver/bile ducts
3. The Lymphatic system
4. The Skin
5. The Lungs
6. The Kidneys
7. The Glymphatic System (this is in the brain)

How can I tell if my drainage pathways are flowing?

If you are unsure whether your pathways are open, ask yourself these questions:

- Am I pooping 1-3x a day?
- Is my pee light or clear in color to indicate proper hydration?
- Am I sweating daily through exercise or sauna?
- Do I allow myself ample rest every night (7-9 hours sleep)?
- Is my breathing shallow?

Find a FREE Drainage pathways screening questionnaire from Dr. Jess [HERE](#)

How can I get my drainage pathways flowing and keep them that way throughout the cleanse?

There are many tools that can be used to support your organs of elimination, diet and lifestyle are major contributing factors in opening your pathways- and there are plenty of methods that you can incorporate to assist in stimulating your drainage pathways:

- | | |
|------------------|-------------------|
| Castor oil packs | Lymphatic Massage |
| Exercise | Sauna |
| Enemas/Colonics | Epsom Salt Bath |
| Acupuncture | Dry Brushing |
| Deep Breathing | Frequency Therapy |

You can also incorporate herbal/supplement supports like: Bowel Mover by Cellcore, Gummy by RogersHood Apothecary (prior to cleanse), magnesium at bedtime, and probiotics.

When should I expect die-off symptoms to start?

Everyone is different, and your experience with this cleanse may differ from your next. Some will experience die-off symptoms right away, others later in their cleanse, and some will not experience them at all. The best ways to ensure the most comfortable experience is to make sure that your drainage pathways are open and by using a complete cleanse including a binder, like the ParaFy Kit.

What kind of die-off symptoms might I experience?

- Common detox side effects can include but are not limited to:
- Bloating, diarrhea, gas, abdominal pain/cramping
- Aches and pains in joints/muscles
- Anxiety/depression/anger/irritability
- Skin breakouts
- Food cravings
- Fatigue, headaches, insomnia
- Flu-like symptoms, fever, chills
- Excess mucus released in stool, urine and nose

What do we do if we have die offs?

Listen to your body and be gentle with yourself. Stay hydrated, get lots of rest, eat well, practice some self-care by working on your drainage pathways, and if you need a break- take one.

Find a FREE blog from Dr. Jess all about how to handle die offs [HERE](#)

Can kids do a cleanse?

Yes! ParaFy is safe for ages 3+.

What water should I drink during the cleanse?

Filtered and/or Alkaline water is recommended while cleansing.

Products we LOVE to use to parasite cleanse



The Super ParaFy Kit by RogersHood Apothecary

Shop [here](#) - Use code DRJESS for 15% off!

This 30-day cleanse kit provides you with everything you need to comfortably detox parasites, flush heavy metals and toxins while supporting your overall health and well-being throughout the cleansing process. Your kit comes with four powerful tinctures and a binder. You can expect the same gentle and effective cleanse as with the original ParaFy Kit, but with the nutritional support of our forage only functional mushroom blend. Red Artist is not only an extraordinary support formula, but also benefits nerves and digestion.

ParaFy is the main tincture and is formulated to target worms and parasites including roundworms, tapeworms, pinworms, flatworms, hookworms, giardia and candida. While intestinal parasites are the most common, this tincture is designed to target parasites and worms throughout the body that can sometimes bury deep in our tissues and organs for years.

Sustain is the tincture formulated for ringworm, bad bacteria, giardia, protozoans, flukes, roundworms, candida support and maintenance. Candida falls into the parasite family but most people do not consider it when focusing on "worms". Sustain also helps to provide immune support as the body is working hard to purge during the cleanse.

Metal Flush was formulated to purge mucus, pull heavy metals, support the liver and ease physical discomfort that is generally accompanied with detoxing.

Red Artist is our forage-only functional mushroom support tincture that requires a double extraction for highest yield of its medicinal properties. It was created to replenish important nutrients, aid digestion, calm the nervous system and boost the immune system.

Cinnabin is the binder- formulated to absorb and contain toxins released during the die-off phase of cleansing which has been known to create unpleasant Herxheimer reactions in some individuals. A binder greatly decreases the physical and emotional side effects that often accompany.

Why Kim created ParaFy: *"I created ParaFy out of necessity. We had parasites in our water in the United States. The cost of a complete parasite cleanse with everything you need was unattainable with two people, so I created one with everything you need at a price point that I could afford."*

Why Dr. Jess loves ParaFy: Dr. Jess is inspired by Kim's solution to a very real personal problem for her family. Her parasite kit was born out of necessity. She appreciates the ingredients in these products. They're gentler than CellCore so it is my favorite option for sensitive folks! Remember-herbs are efficacious!

What is the dosage for ParaFy?

Cleansing with ParaFy

The Super ParaFy Kit (Adult)

Adult Dosage	Morning	Mid-Day	Evening
ParaFy	15 Drops	15 Drops	15 Drops
Sustain	15 Drops	15 Drops	X
Metal Flush	15 Drops	15 Drops	15 Drops
Red Artist	30 Drops	X	X
Cinnabin	X	X	1 Capsule*

***Wait 2 hours before or after taking any supplements or meds to take Cinnabin**

***Discontinue Cinnabin if constipation occurs**



**Rogers Hood
Apothecary**
www.rogershood.com



Gut Hero- Formulated by Dr. Jess

You can order gut hero [HERE](#) with code DRJESS for a discount!

When your gut is off, your whole day is off. Gut Hero is designed to get your microbiome back on track and bring you relief from irregularity, bloating, and cramping. Made with a combination including anti-parasitic herbs, anti-viral caprylic acid from coconut oil, and anti-inflammatory mushrooms, these capsules will help you flush your system of whatever is holding you up and then keep everything running more smoothly long term.

Gut Hero directions:

1. Have two capsules twice a day, for 30 days, with meals.
2. Flush out the bad.
3. Take in the feeling that you can take on anything.

Gut Hero Q&A

Do you cycle this or just do it continuously? Like 30 days on 7 days off?

You'll experience results in 1-3 months average depending on your current gut health and you should notice changes within the first couple days-week. This product is recommended to take 3-6 months MAX and then pause.

Please reach out to customer support if you have any other questions!

Gut hero vs. Parafy vs. Cellcore full moon cleanse? One or the other, or take together?

Gut hero contains wormwood, Black walnut hull, cloves, pau d arco, uva ursi, so it's a parasite cleanse too. Just know your body and what you can handle. They're safe to do all at once, but it could be a lot for your body.

Fixing the gut and ordered gut hero, which binder works best with it?

It depends on what you're dealing with but i'd say biotoxin binder is a generally good one. If you have high glyphosate levels rotate with hm et binder. Cinnabin would also be a great choice here as well.

Should this be taken with a binder?

Yes, you can take cellcore binder with it. All other binders should be taken an hour away from Gut Hero.

Will the gut hero microbiome cleanse get rid of candida and parasites?

The Gut Hero will aid in the removal of parasites, fungus, and candida along with a healthy diet. You can take it for a month. (3-6 max) and then pause. On average you will experience results in 1-3 months average and changes within the first couple days-week. Some of these changes can include not feel great after the first couple days, but within first couple days stool should be more normal, bloating reduced, and acid reflux improved.

Beyond that, as I'm sure you can understand, we are not legally allowed to give medical advice.



CellCore

You can find cellcore Para instructions and dosage [HERE](#)

You can register for a CellCore account [HERE](#) with Dr. Jess code: siUn3TNM

What Dr. Jess Loves:

The supplements in this kit provide key herbs and nutrients to support the body's natural ability to detoxify during a full moon, including Mimosa pudica seed, amla fruit, black walnut hull, clove bud, holy basil, neem.* These ingredients also lend increased support to digestion, the immune system, and the gut microbiome.*

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- Digestive Support*
- Detoxification Support*
- Gut Terrain Support*

The brightness of the full moon naturally creates a drop in melatonin production, which downregulates the immune system. The Para Kit is designed to optimize the body's natural detoxification processes and nourish your system before, during, and after a full moon — which occurs 12 times per year.*

Note: Since the Para Kit offers a more intensive approach to supporting the body's natural detoxification processes, it's recommended for patients to increase their drainage support before and during the introduction of this kit. For example, with Advanced TUDCA, Bowel Mover, or any of the other supplements in Phase One of the Comprehensive Protocol or Step One of the Foundational Protocol.

Formulated with carbon technology

Carbon Technology is a proprietary blend of fulvic acids and polysaccharides that support cellular repair and the body's natural ability to detoxify.* With a low pH, Carbon Technology also helps protect ingredients from being digested by stomach acid, so that they remain intact as they enter the desired location in the body.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Drainage pathways

Before starting patients on the Para Kit, it's imperative to ensure their drainage pathways are moving well. This means 1-3 bowel movements per day and the ability to sweat. We recommend adding intestinal moving herbs (such as Bowel Mover) or lymphatic drainage herbs (such as LymphActiv) to increase their drainage support, especially if the patient is prone to constipation.

Dosing guidelines from CellCore

Increase your usual dose of Para 1, Para 2, Para 3, and BioToxin Binder. For example, if you chose a 5-day Full moon challenge it would look like this:

- Current Dose: Current Dose: 2 caps twice a day of Para 1 and Para 2, 10 drops three times a day of Para 3, and 1 cap three times a day of BioToxin Binder
- Added Dose: Take 2 extra Para 1 and Para 2, 10 extra drops of Para 3, and 1 extra BioToxin Binder each time you take the products
- Full Moon Dose: 3 caps twice a day of Para 1 and Para 2, 20 drops three times a day of Para 3, and 2 caps three times a day of BioToxin Binder for all five days

Return to your regular dosing until the next full moon.

Listen to your body

These are guidelines. You may want to play around and test your limits with higher or lower doses.

New to the challenge

The 5-day and 7-day Full Moon Challenges aren't recommended for people who are brand new to cleansing. Immediately jumping into high doses of the supplements in the Para Kit may cause unwanted reactions to naturally promoting the body's ability to detoxify.

We recommend focusing on drainage support and one of the beginner kits (such as the Jumpstart Kit), Foundational Protocol, or Comprehensive Protocol before promoting periods of deeper cleansing during a Full moon.

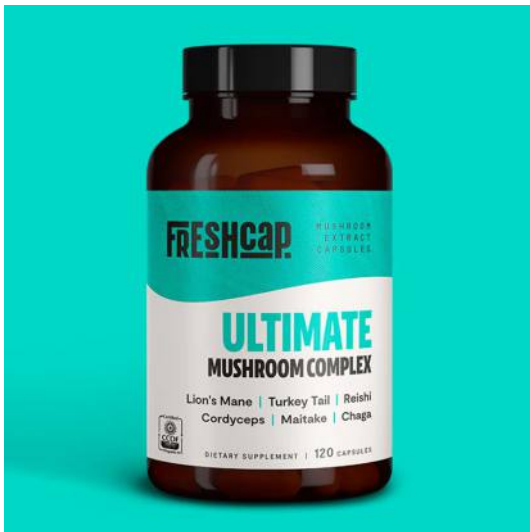
Helpful support products



FULVIC SOAK

Available [here!](#) - Use code: DRJESS for 15% off

FULVIC SOAK - negatively charged minerals that act as a lure to these positively charged invaders and assist the detoxification process. Our fulvic and humic minerals are not for ingestion, but strictly used for soaks. They create a pulling effect through the many pores in the feet - the perfect exit for parasites, candida, and heavy metals.



Our favorite functional mushroom blend! Ultimate Mushroom Complex By FRESH CAP

Available here 10% discount: [Fresh Cap](#)

Produce soak recipe

Produce Soak

RECIPE

Ingredients:

- 1 gallon distilled/filtered water
- 2-3 cups white vinegar
- 2-3 TBSP celtic sea salt
- ½ lime

Instructions:

ALWAYS WASH PRODUCE BEFORE CONSUMING.
You can use this recipe in a clean container & allow produce to soak 5-10 minutes, rinsing with distilled or filtered water afterwards



RECOMMENDED FOOD GUIDE

Here are the food recommendations to use while cleansing, please keep in mind- this is just a guide, do your best and if you can't follow this exactly, you will still benefit from a parasite cleanse - awareness and moderation will be key! It isn't uncommon for cleansers to notice that dietary changes become easier as we progress through our cleanse and begin to regain control.

Recommended Foods While Cleansing (organic when possible)

Vegetables & Non-Dairy:

Arugula	Lettuce	Dandelion	Green Peas
Green Beans	Cauliflower	Broccoli	Squash
Pumpkin	Artichoke	Olives	Capers
Okra	Fennel	Carrots	Onions
Bell Peppers	Cucumbers	Eggplant	Asparagus
Celery	Leeks	Zucchini	Avocado
Cabbage	Brussel sprouts	Fresh Herbs	Garlic
Tumeric	Kale	Nut milks	Nut butter
Unsweetened Coconut Milk			

Flours

:Chickpea	Teff	Quinoa	Coconut
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Pasta:

Chickpea Pasta	Lentil Pasta	Quinoa Pasta	
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Fruits (all):

Pineapple	Papaya	Strawberries	Blueberries
Raspberries	Cherries	Jackfruit	Coconut Meat
Coconut Flakes	Lemon	Lime	

Legumes:

Chickpeas	Lentils	Black Beans	
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Grains, Nuts & Seeds:

Quinoa	Amaranth	Teff	Pumpkin Seeds
Papaya Seeds	Almonds	Cashews	Brazil Nuts
Pistachio	Oats	Chia Seeds	Flax Seed

Sweetener:

Stevia (raw only)

Foods To Avoid During Your Cleanse

Tomatoes

Chocolate

Maple Syrup

Agave Nectar

Alcoholic Beverages

Rice

Potatoes

Corn

High Sugar Fruit Juices

Tofu

Coffee (Note: it's also okay to have a cup of coffee, just use moderation)

Ketchup

BBQ Sauce

All Meat (Note: if you want animal based protein, choose a white meat like chicken or turkey, or grass-fed beef.)

Seafood

Dairy

Eggs (note: It is also okay to have the occasional egg.)

Pasta

White Flour

Whole Wheat Flour

Rice Flour

Spelt Flour

All refined sugar

Sod

PARASITE ID

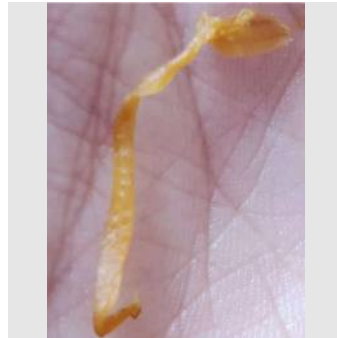
(find more at: [RogersHood - Parasite Pictures ID](#))



Ascariasis Large Roundworm



Roundworm



Flatworm



Egg Sack



Liver Fluke



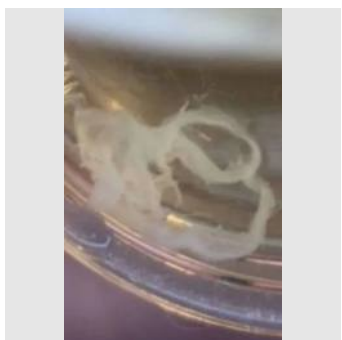
Blood Fluke



Fluke



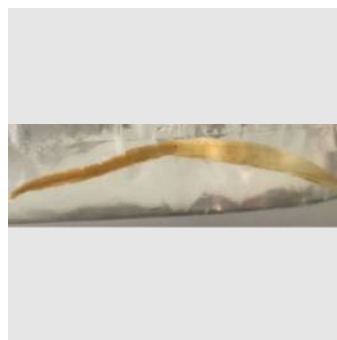
Roundworm Larvae



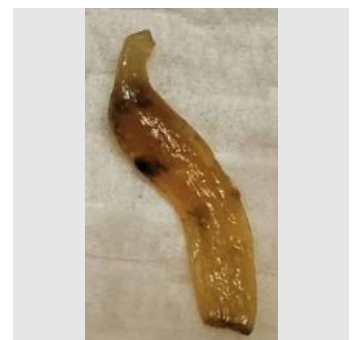
Biofilm



Rope Worm



Tapeworm



Hookworm

We hope you enjoyed this E-Book. If you want more help- check out Dr. Jess protocols on her WellnessPlus app.

WellnessPlus is a website that acts like an app.. That teaches you to heal yourself! You can purchase your own testing at big discount, get exclusive discounts, hundreds of hours of webinars, interact with a like minded community, get access to hundreds of guides to different conditions + diseases and holistic solutions, and submit questions to Dr. Jess and 2 other doctors. Happy healing friends!

**Use code: ROGERSHOOD for a FREE protocol when you sign up as a new member!
Valued at \$99**

Available Protocols from Dr. Jess:



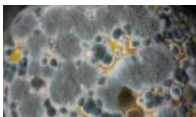
[Drainage pathways protocol](#)



[Parasite protocol](#)



[Leaky gut protocol](#)



[Mold & mycotoxins protocol](#)



[Kill Bind sweat protocol](#)



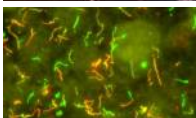
[Heavy metals protocol](#)



[Roadmap to health \(troubleshooting roadblocks\) protocol](#)



[Long hauler protocol](#)



[Lyme disease and tick protocol](#)