

PARASITE HYGIENE PROTOCOL

To help eliminate any possible re-infection of parasites, please follow this hygiene protocol:

1. Sleep in underwear
2. Take off underwear immediately in the morning and place in plastic bag and put on clean underwear. Do not put in hamper with other clothes
3. Wash all underwear, sheets, towels and sleepwear in hot water with Oxyclean and detergent.
4. Keep fingernails cut and clean -- especially for children who tend to put fingers in their mouth.

*Having low HCL (gastric acid) levels makes you more susceptible to parasites. If you have low HCL, supplementation can help.

Parasites from Pets:

- Dipylidium Caninum (Dog tapeworm)
- Multiceps Serialis (Cat tapeworm)
- Roundworms

It is very easy to pick up parasites from pets, especially if they sleep on your bed or furniture. If you were told that you have any of the above parasites, please take your pet to the vet for deworming.