

THE ASCARIS PARASITE PROGRAM **(15 DAYS)**

Also called the “Mop-up Program”, or the “Ascaris and Tapeworm Cleanse”.

Ingrediens:

- ◆ Co-enzyme Q10 (400 mg).
- ◆ L-cysteine (500 mg).
- ◆ Ozonated olive oil (optional, but recommended because it destroys parasite eggs inside us).

How to proceed:

Day 1:

- ◆ 9 capsules of co-enzyme Q10 (400 mg). If over 150 lbs. of weight, add 1 capsule more for every 20 lbs. extra. Take with breakfast.
- ◆ 3 capsules L-cysteine (500 mg): 5 minutes before breakfast and lunch.
- ◆ 3 tablespoons of olive oil (ozonated for 20 minutes): take before dinner. If it causes nausea, take only 1 spoonful. (It is not mandatory, but highly recommended).

Days 2, 3, 4, 5, and 6:

- ◆ 1 capsule of Q10 (400 mg): take with breakfast.
- ◆ 3 capsules of L-cysteine (500 mg): 5 minutes before breakfast and lunch.
- ◆ 3 tablespoons of olive oil (ozonated for 20 minutes):
- ◆ Take before dinner.

Day 7: same as day 1.

Days 8, 9, 10, 11, and 12: same as days 2, 3, 4, 5, and 6.

Day 13: same as day 1.

Days 14 and 15: same as days 2, 3, 4, 5, and 6

