



Parasite Cleanse Tonic | Rebel Moon Apothecary

This is not a daily supplement. This is a short-term, cyclical cleanse designed to clear what doesn't belong.

INTRODUCTION

Parasite cleansing is the practice of supporting the body in clearing unwanted organisms from the digestive system using targeted herbs, nourishment, and elimination support. These organisms are a natural part of life, we are exposed through food, water, soil, and travel, but when the body becomes overwhelmed, they can begin to impact digestion, energy, skin, and overall vitality.

A seasonal cleanse offers a way to reset the internal terrain, support the gut, and give the body space to rebalance. Just as we shift with the seasons, our bodies benefit from periodic clearing, especially in times of stress, dietary changes, or environmental exposure.

This is not about fear.

It's about maintenance, awareness, and support.

A NOTE ON SIMPLICITY

There is a lot of noise right now around parasite cleansing, long protocols, extreme restrictions, and complicated routines that can feel overwhelming and unsustainable.

The truth is:

It doesn't have to be complicated to be effective.

Simple, well-formulated plant medicine, taken consistently and supported with hydration, fiber, and nourishment, can do powerful work.

More is not better.

Stronger is not always wiser.

Consistency and simplicity will take you further than overwhelm ever will.

WHY SEASONAL CLEANSING?

Supporting the body with a parasite cleanse 2–4 times per year can help:

- *Maintain gut balance*
- *Support digestion and elimination*
- *Reduce buildup from environmental exposure*
- *Align the body with natural cycles of release and renewal*

Think of this as tending your internal ecosystem, not fighting your body.

PREPARING THE BODY

Before beginning a parasite cleanse, it's important to make sure your body is ready to process and eliminate what will be released. This means supporting your natural detox pathways, bowels, liver, kidneys, skin, and lymph, so nothing becomes stagnant or overwhelming.

Focus on hydration, regular elimination, and nourishing the body with minerals and whole foods. A well-supported body will respond more gently and effectively to cleansing.

For best results, spend 1–2 weeks preparing by supporting digestion and replenishing nutrients. A daily tonic like [Witches Daily](#) can help build this foundation, offering gentle herbal support, mineral nourishment, and daily regulation before moving into a deeper cleanse.

HOW TO TAKE

Days 1–2: 15 drops once daily (with food)

Days 3–4: 15–20 drops twice daily (with food)

Days 5–7: 30 drops twice daily (with food)

SUPPORT THE CLEANSER

Add extra fiber daily (psyllium fiber is recommended)

Drink plenty of water

Eat simple, nourishing foods

Avoid sugar, alcohol, and processed foods

CYCLE

7 days on, 5 days off. Repeat quarterly if needed.

LISTEN TO YOUR BODY

If you feel nauseous, lightheaded, or overly fatigued, lower the dose and go slower.

This is not a race. This is a release.

IMPORTANT

Not for use during pregnancy or breastfeeding.

Not intended for continuous daily use.

AFTER THE CLEANSE: SUPPORTING DEEPER DETOX

After completing a parasite cleanse, it can be beneficial to continue supporting the body's natural detoxification processes. During any cleanse, the body is actively clearing waste and unwanted buildup, which can place additional demand on the liver, kidneys, and elimination pathways.

This is a time to shift from clearing into restoration and deeper support.

A gentle heavy metal or mineral-balancing protocol can help the body continue releasing what it no longer needs, while replenishing essential nutrients and supporting overall resilience.

Formulas like [Mercury Rising](#) are designed for this phase, focusing on binding, mineral support, and gradual detoxification rather than intensity.

Keep this phase slow and supportive:

- *Prioritize hydration*
- *Focus on mineral-rich foods*
- *Support elimination pathways daily*

This is not about pushing harder

it's about helping the body integrate what has already been released.

You don't have to navigate this alone. If something feels unclear or you need guidance along the way, we're here to support you.

Reach out anytime at support@rebelmoonherbs.com or send us a message on Social

