



**10 Foods That Kill Parasites**  
**And Restore Essential Nutrients**  
**Part 1**

There are many different types of parasites that can reside in your body, especially along the digestive tract. But did you know that what you eat can help prevent parasitic infections from happening? More than that, the right foods can kill parasites and help your body replenish its stores of essential nutrients. There is a growing body of research dedicated to finding natural remedies for intestinal parasites, and so far, the results are amazing.

Most of modern medicine has eschewed the science of healing for the “art” of making more money, but interest in natural medicine is growing. The pharmaceutical industry is slowly being exposed for the disease-spreading racket it really is, and people are beginning to reject Big Pharma’s dogma.

### **1. Onions**

Onions have been used to combat parasites in traditional medicine for centuries. Research published in 2018 shows that the sulfur metabolites in onions prevent parasitic organisms from producing key compounds they need for survival.



### **2. Garlic**



Garlic shares onion’s ability to kill parasites through inhibiting the production of substances the organisms need to survive. In a study of nematode infestation, scientists found that garlic was over 91 percent effective at killing the parasites in naturally occurring infections.

The findings were so strong that the team stated, “Garlic may be useful as an alternative treatment against nematode parasites in animals and [humans].”

### **3. Coconut**

Coconut is known for having an array of health benefits, but did you know it can also kill microorganisms? Research from 2005 shows that the medium-chain fatty acids found in coconut are able to kill the intestinal parasite Giardia, which causes horrible diarrhea. In their conclusion, the researchers posit that coconut displayed promise for a novel therapy in which food supplementation could replace the drugs typically used to treat giardiasis.



### **4. Sunflower Seeds**



As Patiry reports, sunflower seeds are an excellent source of vitamin E. Multiple studies have shown that vitamin E deficiency could be a risk factor for parasitic infection. Studies also show that getting more vitamin E can help improve immune system resistance to nematode infection.

*To be continued*

***Farming Secrets says: The Gut Is Key To A Healthy Body So Let’s Give It A Boost***

**Ref:** naturalnews.com

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