



10 Foods That Kill Parasites And Restore Essential Nutrients *Part 2*

5. Carrots

Carrots may also be a good nutritional tool for fighting parasites. Studies show low levels of vitamin A and beta carotene are linked to parasite infections in animals, so Patiry suggests getting more of those nutrients in your diet.



6. Papaya Seeds

As Very Well Health reports, Papaya seeds can actually help get rid of intestinal parasites. In a study of Nigerian children, scientist found that a mixture of papaya seeds and honey was an effective alternative treatment. The team found that the mixture resulted in 71 to 100-percent parasite clearance rates in the children, curing 76 percent of the kids.



“Thus, air-dried *C. papaya* seeds are efficacious in treating human intestinal parasites and without significant side effects. Their consumption offers a cheap, natural, harmless, readily available monotherapy and preventive strategy against intestinal parasitosis, especially in tropical communities,” the study authors write.

7. Honey

Honey is a well-known for its antimicrobial properties. Raw honey also contains nutrients and antioxidants which support immunity.



8. Pumpkin Seeds

Pumpkin seeds are highly nutritious but they also contain a compound which can help clear parasites from your intestines. As Patiry reports, research shows that pumpkin seed extract actually paralyzes parasites and prevents them from “clinging” to the walls of your intestines — allowing your body to simply pass them through the digestive tract. Scientists say pumpkin seed extract is an “inexpensive alternative” to conventional drugs.



9. Fermented Foods



Studies show that the probiotic bacteria found in fermented foods can help block the proliferation of harmful bacteria and parasites. The probiotic bacteria are actually able to prevent bad microbes from getting the nutrients they need to survive, while also promoting your body’s own natural immunity.

10. Berries

Berries may also be able to help stop the growth and spread of parasites, thanks to compounds called polyphenols. Scientists say that berry extracts are as effective against the parasite *Giardia* as current treatments.



Farming Secrets says: Go Natural For Your Health

Ref: naturalnews.com

Gold Nugget S8#6 – www.farmingsecrets.com