



Temple Cleanse

15 day parasitic detox cleanse

Please read in full prior to starting detox cleansing

This combination is traditionally used to aid in detoxification, specifically targeting parasitic infections and supporting digestive health. This handcrafted capsule is combined with 3 powerful detox herbs that are designed to kill parasites within the body through all the lifecycle of the parasite. Black walnut hull, with the compound juglone, and wormwood are traditionally used in adults developing parasites, while cloves target eggs and larvae.

Ingredients

Black Walnut Hulls contains 2 natural compounds called Juglone and tannins. Juglone inhibits enzymes parasites need for their metabolic function and Tannins help oxygenate the blood, creating an environment less favorable for parasites.

Wormwood contains compounds like thujone and other active ingredients that have antiparasitic properties, causing the worms paralysis and death, causing them to detach and expel. Wormwood also aids in immune support.

Cloves contains a potent compound called eugenol. Eugenol has shown antimicrobial and anti-parasitic activity even in laboratory studies. This powerful compound is known to stop the growth and reproduction of the parasites, it also prevents the hatching of parasite egg.

This powerful combination is Anti parasitic, Anti-Oxidant, Detoxification support, and Digestive support. This herbal capsule aids natural detoxification by cleansing the colon and supporting digestive health.

Suggested Dosage and schedule

Day 1–2: 1 capsule once daily with food.

Day 3–4: 1 capsule twice daily (breakfast + dinner).

Day 5–15: 1 capsule three times daily (breakfast, lunch, dinner).

Continue for 10–15 days, then take a 7–14 day break before repeating if needed to allow the natural function of the body to work with the herbal capsules.*

Avoid if pregnant, breastfeeding, or with liver issues.

Wormwood should not be taken continuously long-term.

You may experience mild die-off effects (fatigue, nausea, headaches) — drink plenty of water and consider adding fiber to help move waste out.



Calming immune boost blend

This blend is prepared as a complement to the 'Temple cleanse' detox

This blend was crafted to aid in the effects of the 'Temple cleanse' detox capsules by soothing the detox symptoms and promoting strength of the detox. Heavy detoxing can cause symptoms like fatigue, nausea, headaches, and dehydration. To combat these symptoms and provide added detox aid, this blend was crafted. This blend aids in Soothing the Digestive Tract, Supporting the Immune System, Promoting Gentle Detox & Elimination, Anti parasitic & Anti-inflammatory Support, and Hydration & Toxin Clearance

Parasite cleanses release waste products into the blood. Drinking this tea daily ensures adequate hydration, which is essential for your liver and kidneys to flush out toxins. Warm tea also encourages circulation and lymphatic flow, helping your body carry away debris more efficiently.

Take your '**Temple Cleanse 15 day detox**' with food. Drink the '**Calming Immune boost blend**' 1–2 times daily between meals to soothe the gut, hydrate, and help detox. The tea is gentle enough to be used daily for the full 15-day cleanse period (and even during the break weeks).

Ingredients

Chamomile is anti-inflammatory, calming the gut lining, and can help ease cramping or bloating that sometimes happens when parasites start to die off. It also helps counter some of the possible stomach irritation from wormwood, clove, and black walnut.

Elderberries are rich in antioxidants and immune-boosting compounds (like anthocyanins) that help your body defend against secondary infections and strengthen overall immunity during cleansing. A strong immune system can better attack weakened or exposed parasites after the herbs damage them.

Spearmint is mildly antimicrobial and helps relax the digestive tract while promoting healthy bile flow, this aids in moving dead parasite matter out of the system. The refreshing nature of mint can also reduce nausea from the stronger capsule herbs.

Sour Sop leaves have mild antiparasitic properties and strong anti-inflammatory effects, adding a gentle "backup" to the main capsule formula. They also help cool inflammation caused by die-off toxins.

How to prepare: Steep 8-10 oz of water and pour over 1 tablespoon of Calming immune boost blend. Cover and wait 10-15 minutes. Add lemon and/or honey to taste.