11 Parasite Die-Off Symptoms and How to Fight Them

By definition, parasites are organisms that live inside a host and intercept nutrients, leaving the host with some nutritional deficiencies.
Generally, patients need to cleanse for about 90 days, while those with more complicated infections or chronic illnesses may need much longer.

General Parasite Symptoms

Since there are so many different types of parasites, the symptoms are varied. Do they have unexplained bloating, constipation, diarrhea, or gas? The answer may be clearing out parasites from your GI tract or bile duct.
Some other symptoms of parasites include the following:

- Anxiety
- Brain fog
- Chemical sensitivities
- Fatigue, lethargy
- Food sensitivities
- Itching, especially rectally at night
- Mood disorders
- Skin rashes
- Stomach pain, tenderness, or cramping
- Teeth grinding
- Unexplained aches and pains in either joints or muscles
- Weight loss

Drainage When Detoxing

When an “eradication agent,” or parasite supplement is introduced to the body, parasites die. Parasites can release neurotoxins, heavy metals, viruses, and other toxins, which enter the interstitial fluid that surrounds the tissue cells. These toxins then travel to the lymphatic system, which filters the body’s waste.

The trouble is, especially if you are chronically ill, some of these detoxification organs can be blocked. This means the toxins can recirculate in the body as they wait to be detoxified, and that’s what typically causes die-off symptoms.

Die-off is sometimes necessary to endure, because the very thing causing the drainage trouble can often be the parasites themselves. Parasites inhabit the liver and bile duct, but also many of the other elimination organs.

Die-Off Symptoms and How to Combat Them



1. Symptom: Aches and Pains

A very common, but uncomfortable, detox symptom is an aching body. The joints, muscles, or even organs in clients may hurt as a result of the body eliminating toxic waste while parasites die.

How to Fight It

- Try an Epsom salt or magnesium chloride bath. This helps pull toxins from the skin, and also replenishes the magnesium, which the body burns through quickly during stress.
- Exercise because not being active can actually worsen joining pain. This doesn't have to be intense exercise. Instead, focus on easy movements to promote stability and to stretch affected joints and muscles.
- Use hot/cold packs for immediate relief to joint pain. Start with a hot compress for 20 minutes and then switch to a cold ice pack for another 20.
- For an extra boost to keep joints and connective tissue strong, implement more collagen in your diet by consuming foods high in protein. Collagen can also be taken in supplement form, powders, or bone broth.
- Chiropractic care provide non-invasive adjustments to provide instant and long term relief from aches and pains.

2. Symptom: Anxiety and Depression

Experiencing anxiety and depression is common while killing off parasites, and usually is temporary. Though it may be difficult for clients to foster this mindset, bear in mind that die-off reactions mean that the body is working hard to eliminate the toxins and the anxiety and depression will fade.

How to Fight It

- Get out in the sun and soak up some Vitamin D. Not only is this a great mood booster, but it's also a wonderful way to boost the immune system and help the body with its detox burden.
- If it's too cold or cloudy, your clients can try a light therapy lamp. This lamp can be placed a few feet away so they can see it out of the corner of their eye. They can even do this while reading or working (eyes need to be open). This works best in the morning or afternoon, because if they use it in the evening, it can be stimulatory and disturb the circadian rhythm.
- For anxiety, try recommending Buteyko breathing exercises, diffusing Bergamot oil, and drinking a calming tea.

3. Symptom: Breakouts

Toxins can leave the body through the skin, and so can parasites and their eggs. If toxins pile up in the body, this can appear as breakouts on the skin. When it comes to cleansing, the skin may be purging these toxins which can also cause breakouts because the pores are clogged.

How to Fight It

- If you are experiencing more breakouts than they normally do, they can keep their skin clean by washing it twice a day.
- Apple cider vinegar can be used on breakouts in a face wash, toner, or spot treatment
- Clients can make their own skin rescue cream: almond oil, coconut oil, and tea tree oil. These three oils all have antimicrobial and anti-inflammatory properties that can benefit the skin.

4. Symptom: Cravings

When parasite cleansing, avoid the foods that help feed these parasites. The biggest two to avoid are sugar and grains, but animal products, too, can slow down digestion.
Add as many fresh vegetables as you can. You should also include some low-sugar fruits like berries, citrus fruits, or melons, and plenty of healthy fats.

Sugar is linked to diabetes, heart complications, liver and kidney disease, poor oral hygiene, obesity, and other systemic diseases. It can also suppress immune system activity for up to six hours after consumption.

Eliminate all processed, boxed or packaged foods, and reach for the one-ingredient foods that don't need a nutrition label (like produce.)

Watch out for hidden and artificial sugars, too, and even "healthier" sugars like honey, at least while you're cleansing.

How to Fight It

- A cup of peppermint tea (or any herbal tea) can help fight sugar cravings.
- Adding more healthy fat, like avocado or coconut oil, can help your body feel satiated as well.

5. Symptom: Fatigue

Fatigue is one of the most common complaints during a parasite cleanse. It's tough on the body to process and eliminate the toxins released when killing parasites. Most people begin to regain vitality and energy after spending sometime on the parasite protocol.

How to Fight It

- Sleep is vital, not only for fighting fatigue, but also for giving the body the time and space it needs for healing. Be sure to have your clients get 8-10 hours of sleep if possible.
- Along with sleeping more, you should also slow down on exercise. Tyr gentle yoga or stretching instead of high intensity workouts.

6. Symptom: Flu-like symptoms, Fever, Chills

If you are fighting Lyme disease, relapsing fever, or other parasitic infections may experience brief Jarisch-Herxheimer reactions to treatment.

How to Fight It

- You should remain comfortable. Rest is recommended to get over this die-off symptom, especially since it's normally a shorter duration.
- If you experience chills, an infrared sauna can help. Infrared saunas can be used in short sessions to enhance blood flow and cardiac functioning, and longer sessions can be done to detox heavy metals and purge other toxins.
- Sufficient hydration will help this process along, especially with a fever.

7. Symptom: Headache

Headaches are one of the most common symptoms of any kind of detox you will experience. They can occur as the body adjusts to the parasite cleanse diet (avoiding caffeine and sugar), or because of parasite activity in your head. Sometimes, these types of headaches can co-occur with sensitivity to light and nausea.

How to Fight It

- Try applying some Frankincense oil or WO China healing oil on your temples, across your forehead, and on the back of the neck
- Rubbing peppermint essential oil across the temples has also been shown to reduce the symptoms of tension headaches.
- Make sure you're well-hydrated, as headaches can easily worsen due to dehydration.
- To help with hydration, ginger tea may help reduce nausea and vomiting, as well as provide anti-inflammatory and antioxidants to stay
- For another natural way to treat headaches, acupuncture can be another option.
- Clients can also practice yoga to relieve stress, which may help reduce headaches and chronic migraines, as well as increase quality of life because of its therapeutic effects.

8. Symptom: Increased GI Upset

Since parasites like to live in the digestive tract, sometimes digestive symptoms can increase during a cleanse. You may experience bloating, constipation, cramps, diarrhea, or other issues with their digestion.

How to Fight It

- Fresh ginger or pure aloe can be calming to the digestive system. If your clients are struggling with diarrhea, activated charcoal can help bind their stools.
- A digestive essential oil blend of ginger, fennel, peppermint, rosemary, and lemon (with coconut oil as a carrier oil) can also be helpful to apply topically on the stomach.
- Traditionally, chamomile has been used to treat digestive ailments. Chamomile tea may protect against diarrhea, nausea, and gas due to its anti-inflammatory properties.

- You can also increase green juice or bone broth intake to give the digestive system a break.

9. Symptom: Insomnia

Whenever the body is processing toxins, issues with sleeping can arise.

How to Fight It

- You can try a castor oil pack before bed, followed by a warm Epsom salt bath. This can give your body a boost in eliminating toxins before climbing into bed.
- Diffusing certain oils, like cedarwood and lavender, is also a great option to calm the body and encourage sleep.
- Sleep hygiene is also essential during this detox period. Create a completely dark room, avoid screens late at night, and avoid eating stimulating foods two hours before bed.

10. Symptom: Phlegm or Stuffy Nose

Mucus and phlegm are the body's way of trapping and eliminating toxins. A flare-up of these symptoms can occur once your clients start killing parasites. When parasites enter the body, the immune system creates antibodies to the parasite's protein signature. These antibodies are coated in the mucus, so the sinuses need to be clear to drain the excess bacteria.

How to Fight It

- Using a saline rinse in a Netipot or Navage system is a great method to irrigate the sinuses and battle the stuffiness that occurs with die-off. Using Para 3 in a sinus rinse can help the detox process by targeting parasites in the sinuses. You can also add HydrOxygen to help boost the process.

- Along with a sinus rinse, a nasal saline spray can also help clear the sinuses by adding moisture and breaking up the mucus.

11. Symptom: Skin Rashes

Skin is an organ of elimination, and sometimes the body tries to eliminate toxins in this way. Clients might experience a variety of skin reactions during detox. These include dry skin, flare ups of eczema or psoriasis, skin sores, or a number of other rash-like symptoms. The good news, though, is that these typically resolve on their own in a few days.

How to Fight It

- Dry skin brushing is a good way to stimulate your lymphatic system and also slough off that dead, toxin-containing skin. Make sure that they use a soft, firm brush with natural bristles, and always brush towards the heart. It's best to skin brush once or twice a day, ideally before a shower.
- Additionally, coconut oil with some diluted tea tree oil is a great way to help skin rashes heal a bit faster.
- Oatmeal is another natural option due to its antioxidant and anti-inflammatory properties. You can make a poultice or bathe with powdered oatmeal.

