

A person is seen from behind, walking away on a narrow dirt path through a dense forest. The path is surrounded by tall grasses and various trees, with sunlight filtering through the canopy. The overall scene is peaceful and natural.

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The Top 3 Derailers of True Detox: Parasites, Candida, and Mold Toxicity

Your Detox System at Work



Your detox organs work hard each and every day to keep you in tip-top shape. If your liver and kidneys are not functioning optimally, it can affect a variety of areas in your body. Here's some of the many important functions they perform: (1, 2)

What Do the Kidneys Do?

- Eliminate water-soluble wastes
- Help balance electrolytes
- Help maintain pH balance
- Filter 120 to 150 quarts of blood per day
- Help process wastes and toxins to get eliminated through the urine

What Does the Liver Do?

- Supports hormones, digestion, and detox
- Breaks down old red blood cells
- Takes harmful non-soluble substances from the blood and deposits them into bile to be eliminated
- Produces special proteins and cholesterol to help your body carry fats
- Plus hundreds of other vital functions

As incredible as these organs are, toxins you are exposed to daily can make these organs sluggish. Sometimes your body needs a little help.

Proper drainage supports your detox process and helps keep these vital organs healthy. True detox leads to true health.

For a natural way to support your body's detox process, you can take these herbs to enhance your liver and kidney function: (3)

- Milk thistle
- Marshmallow root
- Parsley
- Gynostemma
- Beetroot
- Ginger

These herbs all have anti-inflammatory properties, help support the primary detox function, and improve gene expression. They are a great starting point to restoring optimum kidney and liver detox pathways.

Along with these detox-boosting herbs, you can also make certain lifestyle changes to support your detox organs. Physical activity, water intake, and diet can all help support your detox pathways.



Physical Activity

Physical activity and exercise has a variety of benefits for your health and wellness. The same is true when it comes to your detox organs. Physical activity is positively associated with optimal kidney function. Plus, movement helps get everything flowing naturally in your body for detox. (4)

Water Intake

Many of your body's functions rely on water. Increasing your hydration can also improve your toxin removal, cell oxygen delivery, nutrient transportation, and other natural healing processes. In particular, drinking more water can help those with chronic kidney disease slow their loss in kidney function. (5)

Diet

Diet plays a critical part in your liver and kidney health. Poor diet, including excess processed foods and refined sugars, can cause inflammation. Instead, try to incorporate anti-inflammatory foods into your diet, such as clean sources of protein, health fats, and organic fruits and vegetables. (6)

Although helpful, sometimes these herbs and lifestyle changes cannot completely detox your system. Why? Because there is an underlying issue in your system preventing proper function, drainage, and detox. Three common detox derailers are parasites, candida, and mold toxicity.



#1 Detox Derailer: Parasites

Parasites are like terrible roommates. They take all your food and nutrients, disrupt your sleep, consume your energy, and leave a mess of toxic wastes. And when you try to kick them out, they stubbornly refuse to leave. They even go out of their way to interfere with your body's various processes so they can skirt efforts to remove them. This also includes your detox organs and systems. (7, 8)

Here's some common symptoms associated with parasitic infection: (7, 9, 10)

- Allergies
- Anxiety
- Bloating
- Brain fog
- Chemical sensitivities
- Constipation
- Fatigue and lethargy
- Food sensitivities
- Headaches
- Itching, especially rectally at night
- Muscle and joint pain
- Mood disorders
- Skin rashes
- Stomach pain, tenderness, or cramping
- Teeth grinding
- Weight loss

Parasites can hinder your detox pathways and function — along with many other processes in your body — which leads to chronic issues. So sometimes to properly detox, you also need to focus on clearing out unwanted critters.



Mimosa Pudica as a Natural Gut-Scrubber

A number of herbs act as natural parasite killers. The best place to start to cleanse your body is with *Mimosa pudica* seed. This seed comes from the *Mimosa pudica* plant. The plant's roots, leaves, and stems have been utilized in herbal medicine for thousands of years. They've traditionally been used for anxiety, wound healing, and many other issues.

More recently, *Mimosa pudica* seed has come to the forefront of foundational and functional medicine – particularly for supporting gut and immune health.

When you ingest *Mimosa pudica* seed, it becomes a sticky gel that can latch onto chemical toxins, heavy metals, parasites, and harmful bacteria. This gooey mass of *Mimosa pudica* seed, toxins, and critters travels through your gut and is excreted in your stools. *Mimosa pudica* can travel all the way through your gut and cleanse it. (11)

Along with latching onto parasites and cleaning them out, *Mimosa pudica* can paralyze and kill them. It can also inactivate larvae (immature worms) that may exist. (12)

All in all, *Mimosa pudica* packs remarkable healing potential and its seeds are invaluable weapons in fighting back against parasitic infection.

Additional Ways to Naturally Fight Parasites

Along with *Mimosa pudica*, certain herbs and essential oils can resist parasites. Many of these herbs work well together since they cover different areas. For example, one may interfere with parasites' energy production, while another may attack their nervous system.

These herbs also typically possess various side benefits, such as supporting your immune system, improving bile flow, and aiding healthy elimination.

5 herbs that help kill parasites

- **Vidanga:** Vidanga contains powerful phytochemicals that help prevent helminths from generating energy. It also is a potent parasite killer while in the larvae stage. Along with these properties, vidanga can aid in digestion and gut health. (13, 14)
- **Neem:** Nicknamed “the village pharmacy,” neem has more than 300 different phytochemicals, some of which help against parasites. Neem has anti-parasitic actions against helminths, including ones that invade



the digestive tract. It also increases bile production, which supports overall detox. (15, 16)

- **Triphala:** Triphala contains flavonoid and alkaloid types of phytochemicals, which help kill protozoans. Those are microscopic, single-celled parasites. Triphala can also support digestion and a healthy gut microbiome. (17, 18)
- **Clove:** Clove oil is effective against some nematodes – which are parasitic roundworms – and some protozoan parasites. Clove oil may also resist candida and other toxins found within parasites. (19, 20)
- **Holarrhena:** This herb may paralyze parasitic worms in as little as 4 minutes and kill them in as little as 10 minutes. Holarrhena blocks parasite movement and energy production, plus may help alleviate constipation and diarrhea. (21)



12 essential oils for a parasite cleanse

Along with herbs, many essential oils can support a natural parasite cleanse, including:

- Oregano
- Thyme
- Myrrh
- Frankincense
- Tea tree oil
- Fennel
- Chamomile
- Black cumin
- Clove
- Tansy
- Ginger
- Cinnamon

Many of these essential oils have antibacterial, antifungal, and anti-inflammatory properties, as well as being toxic to parasites and larvae. When used together, they act as potent parasite killers.



Treating Parasite Die-Off Symptoms

While you clear parasites out of your body, you may experience die-off symptoms. As parasites die, they can release neurotoxins, heavy metals, viruses, and other toxins that existed within them. If your drainage pathways are open and detox organs performing properly, you will excrete these toxins.

The trouble is, especially if you're chronically ill, some of these detox 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 parasites themselves may be causing the drainage issue. Parasites love the liver and bile duct, but also many of the other elimination organs. The more you work on eradicating parasites, the less die-off symptoms you experience overtime.

Common parasite die-off symptoms

- **Headaches:** Headaches are one of the most common symptoms of any kind of detox. To fight it, try rubbing some frankincense oil or WO China healing oil on your temples, across your forehead, and on the back of your neck. Also make sure you're well-hydrated, as headaches can easily worsen due to dehydration.
- **Fatigue:** Along with headaches, fatigue is a common complaint when clearing out parasites. It's tough on your body to process and eliminate the toxins released when killing parasites, so be gentle with yourself until your body adjusts. Make sure you get enough sleep and vitamin D during this process, plus consider slowing down your exercise until your energy returns.
- **Skin rashes:** Your skin is an organ of elimination, and sometimes your body tries to eliminate toxins in this way. You might experience rashes, skin sores, flare ups of eczema or psoriasis, dry skin, or a number of other rash-like symptoms. The good news, though, is that these typically resolve on their own in just a few days. In the meantime, dry brushing can help remove dead, toxin-containing skin.



- **Anxiety and depression:** Parasitic infections, especially food-borne ones, can be responsible for depression, anxiety, and other mental illnesses. As you cleanse your system, you may experience a flare up of mental illness symptoms. If this is a concern, try to get out in the sun and soak up some vitamin D. For anxiety, you can also try practicing Buteyko breathing exercises, diffusing Bergamot oil, and drinking a calming tea. (22)
- **Upset stomach:** Since parasites like to live in your digestive tract, sometimes GI symptoms may increase during a cleanse. You might experience bloating, constipation, diarrhea, cramps, or other issues with your digestion. Fresh ginger or pure aloe can help calm the digestive system. You can also up your green juice or bone broth intake to give your digestive system a break.
- **Insomnia:** Whenever the body processes toxins, issues with sleeping can arise. To fight insomnia, make sure to create a completely dark environment, as well as avoid stimulating foods or screens for two hours before bed. You can also try diffusing cedarwood oil or taking a warm epsom salt bath.

If you are experiencing these symptoms during your cleanse, it's completely normal. Keep your mindset positive. Experiencing die-off is a necessary (and temporary) discomfort in order to continue on your pathway to optimal health.

#2 Detox Derailer: Candida

Candida is a common, naturally occurring species of yeast. It is found on our skin, mucous membranes, intestinal tract, and other organs. Candida is usually a harmless part of the gut microbiome and contributes to your body's diverse ecosystem. When all members of the system are balanced in favor of good bacteria, everything works smoothly.

However, candida is an 'opportunistic fungus.' If our immune system weakens, the delicate balance of good and bad bacteria in our body can shift. This allows the growth of this fungus to spiral out of control. It can spread through the bloodstream and infect any area of the body, disrupting more body systems as it grows. (23)

Candida overgrowth leads to a long list of chronic symptoms that damage our health and require targeted candida support to overcome.

Common Symptoms of Candida Overgrowth

The following are all indicators that you have excess candida in your body: (24)

- Oral thrush
- Digestive issues
- Skin issues
- Nutrient deficiencies
- Joint pain
- Recurrent urinary tract or vaginal infections
- Increased allergic reactions (food, environmental, or seasonal)
- Strong sugar and carbohydrate cravings



Main Causes of Candida Overgrowth

When your microbiome is out of balance, candida is an invasive and opportunistic pathogen. Its effects can disrupt a wide variety of functions. But what are the conditions that allow it to spread and infect the whole body? Here's some main causes of candida overgrowth: (24)

- Antibiotic use
- Corticosteroid use
- Proton pump inhibitors
- High sugar diet
- Stress
- High levels of mercury in the body
- Fluoride and chlorine
- Birth control pills
- Alcohol consumption

Steps to a Natural Candida Detox

Candida can be a stubborn fungal infection. But taking certain steps to detox candida will help you reestablish your gut health, as well as any other body system that has been negatively affected by candida.

Step 1: Stop feeding the candida

Candida absolutely loves sugar. If you are familiar with how bread is made, you know that adding sugar is a must for the yeast to eat and grow; otherwise, your bread will not rise at all. Candida yeast is no different. If it senses sugar, it thinks it is time to grow and multiply. (25)

While you are trying to get candida under control, you will want to minimize sugar intake. Examine your eating habits and eliminate all simple sugars.

Fruit has a high sugar content, so you may want to avoid it until you've gotten control over candida. Doing this will help starve the candida while giving your gut microbiome the advantage to take back territory it lost to the candida over time.

Along with fruit, avoid grains and starchy foods like potatoes. These are too quickly digested and can act like sugar in the body and to the candida. Also avoid beans, soy, and legumes. These can be gut-irritating foods, and we do not want to add any extra stress to the digestive tract.

You should also remove or severely limit dairy products. Dairy is a source of easy sugar fuel for candida. It can also cause inflammation in the gut, which again is an environment that candida thrives in. While dairy products can provide residual antibiotics to weaken gut flora, candida is unfortunately resistant to it.

The last fuel source to avoid is alcohol. Candida also uses ethanol as a quick fuel source, and they create toxic metabolites when they use it. Avoiding alcohol and other triggers will help you put out the fire instead of fueling it.



Step 2: Support drainage

When you detox candida, the dying organisms and their toxic waste products must go somewhere. When microorganisms like candida die, they release toxins into your body. If you kill off candida faster than you can clear away its toxins, you will probably feel ill. This is called die-off symptoms, or a Herx reaction.

A Herx reaction is typically not life-threatening. However, it often causes temporary discomfort, pain, and worsening of symptoms. For example, you might experience headaches, fatigue, joint pain, flu-like symptoms, GI symptoms, stuffy nose, skin irritation, and so on. (26)

To help prevent a Herx reaction during your detox, support your drainage pathways. In particular, take herbs or products that benefit the liver and kidneys. As mentioned previously, herbs like milk thistle, marshmallow root, parsley, gynostemma, beetroot, and ginger can support your detox organs. Plus, you can use *Mimosa pudica* to scrub your gut before your detox.

Along with these herbs, drink plenty of water. Hydration plays a vital role in drainage and detox. Look for water free of chlorine and fluoride, however, as these chemicals can add extra burden to your drainage pathways.

Step 3: Supportive, anti-candida diet

While you will want to avoid certain foods during a candida detox, there's good news — some tasty foods support your body and immune system while helping kill candida. Here's some foods you should try incorporating into your diet during your detox:

- Organic, fresh, and grass-fed meats
- Organic vegetables, including leafy greens and cruciferous vegetables (like broccoli, cauliflower, and cabbage)
- Foods high in omega 3, such as grass-fed beef or wild-caught salmon
- Foods rich in fiber, like oats, green peas, split peas, lentils, avocados, and chia seeds



To specifically target and kill candida, you can incorporate these into your diet:

- Tomatoes
- Coconut oil
- Garlic
- Pumpkin seeds
- Omega 3 fatty acids
- Oregano
- Rosemary
- Cinnamon
- Clove
- Curcumin or turmeric
- Organic clarified butter (ghee)
- Apple cider vinegar



In addition to these supportive foods, remember to slow down when you eat. Eat at a comfortable pace, without stress. This allows your food to be digested properly and lessens gut issues that favor candida.

Becoming Candida Free

How long will it take to rid your body of excess candida? This depends on how long you've had it and its spread. Plus, how aggressively you treat it. If you diligently stick to your candida cleanse, you may start to feel relief in less than a month. For some, it may take longer.

But lessening of symptoms does not mean you stop candida treatment! True healing from candida can take three to six months, and even a year for more chronic cases. Be patient. Your body can heal itself with the right tools and time. You can regain your health, establish new habits, and be candida free.

#3 Detox Derailer: Mold Toxicity

Mold is a fungus found both outdoors and indoors. When certain types grow inside your home or workplace, you may develop mold toxicity.

The symptoms of mold toxicity are often vague — like fatigue, memory problems, gut issues, and muscle aches. So it's easy to attribute them to other causes. On top of that, you don't always know when you're exposed to toxic mold. (27)

Due to these factors, mold illness often goes unrecognized. But mold can be a barrier to overcoming complex, chronic health issues. If mold is a culprit for you, it's crucial to identify and address it. (28)

Mold Toxicity vs. Mold Allergies

Mold allergies are a common topic and issue. But how do they differ from mold toxicity? In short, poisons produced by mold can cause illness that extends beyond common mold allergies.

Mold allergy symptoms tend to be limited to your respiratory tract, eyes, and skin — such as a runny nose and itchy eyes. Allergies occur when your immune system overreacts to mold spores. Those are dormant forms of the fungi. They're lightweight and easily float through the air. (27)

In contrast, mold illness results from mold growing indoors and producing toxins. These can trigger varied and widespread symptoms in your body.

Water-damaged buildings harbor mold toxins. The water damage could stem from flooding, melting snow, leaky pipes, or bad ventilation. Warm, humid environments also increase mold risk. (28)

Toxic mold growth could happen in any type of building. The most problematic ones are those where you spend a lot of time. That includes homes, workplaces, and schools. Research suggests that up to 50% of buildings in North America and Europe may have water damage. (29)

Mold Toxicity Symptoms

The symptoms of mold toxicity vary from person to person. Practitioners have observed that people living or working in the same water-damaged building may have different symptoms. And some people may not be noticeably affected by the mold.

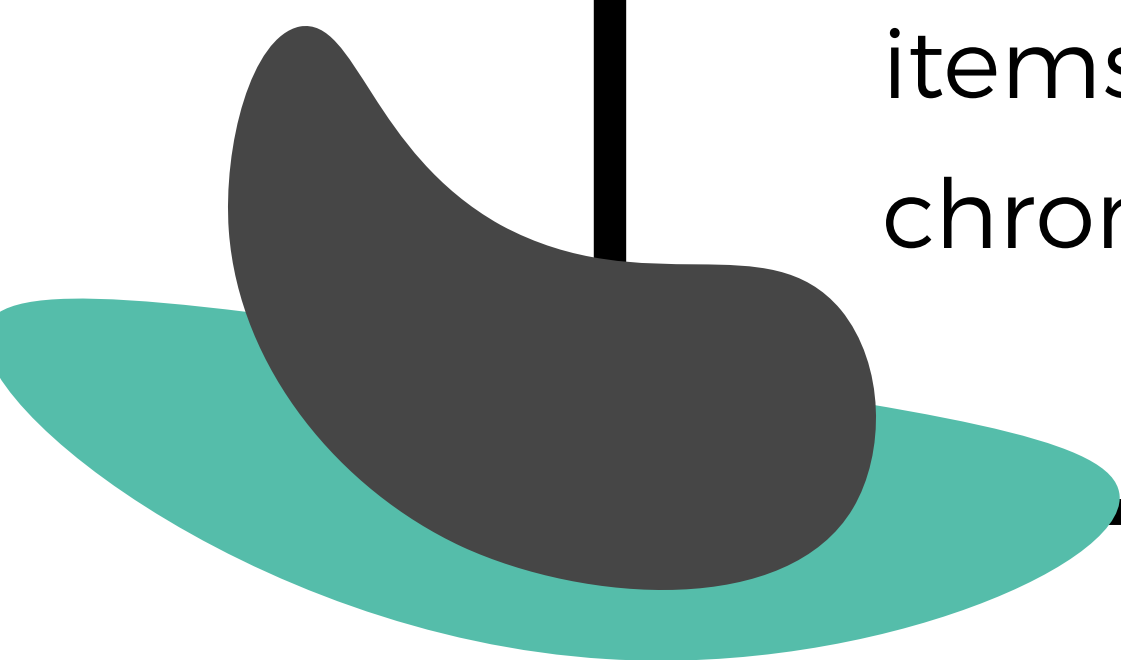
Some factors that may affect your susceptibility to mold include your toxin load, health status, and length of exposure. Genetics can also make a difference. (30)

Based on certain genes (called HLA-DR), 24% of people are more susceptible to mold toxicity. If you have these genetics, your immune system doesn't readily tag mold toxins and get rid of them. They may build up and make you sick. (31)

Still, this doesn't mean the rest of the population can tolerate excessive toxic mold exposure. A severe mold problem can also impact healthy people. But only sensitive people with certain genetics may be affected by smaller amounts of mold toxins.

For this reason, there's no "clear-cut" list of signs that specifically point to mold illness. You may not even recall or be aware of mold exposure. But one possible clue is a sudden, unexplainable downturn in your health.

This can lead to a series of doctor visits. You may be given a diagnosis of chronic fatigue syndrome (CFS), fibromyalgia, or irritable bowel syndrome. You may also experience hypersensitivity to foods, chemicals, and other items that didn't previously bother you. Mold toxicity can also lead to chronic inflammatory response syndrome. (32)

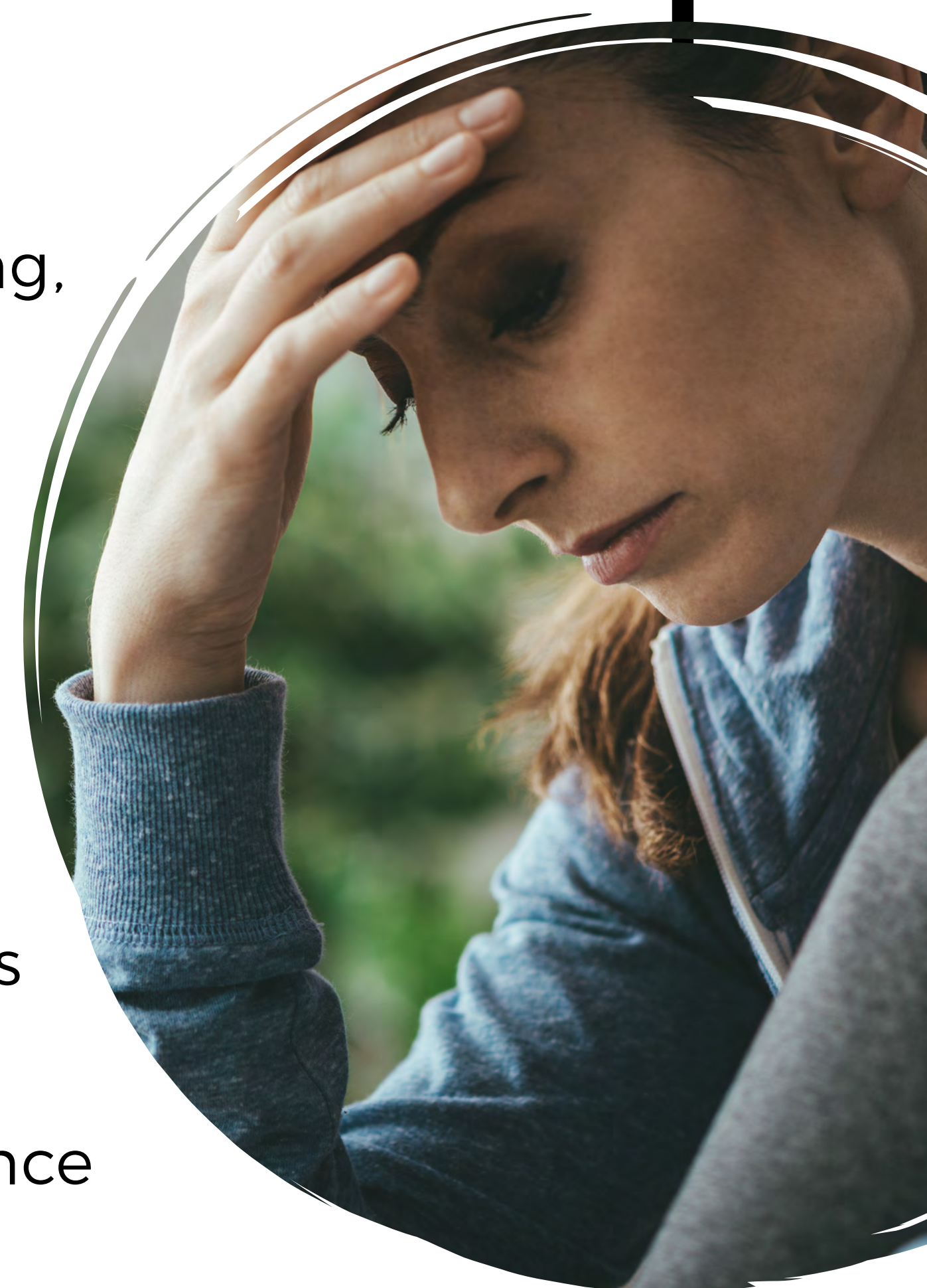


Chronic Inflammatory Response Syndrome

An ongoing inflammatory response to mold or other biotoxins can lead to chronic inflammatory response syndrome (CIRS). It's also referred to as biotoxin illness. In this condition, inflammation affects multiple systems of your body. Chronic exposure to a water-damaged building is the most common trigger of CIRS.

With CIRS, you may experience a variety of symptoms due to mold toxicity. (28, 32, 33)

- **Brain function:** Brain fog, memory loss, trouble finding words, difficulty concentrating, problems taking in new information
- **Digestive system:** Metallic taste in mouth, nausea, vomiting, bloating, abdominal pain, diarrhea, leaky gut, food sensitivities
- **Eyes:** Blurred vision, eye irritation, itchy eyes, sensitivity to bright light
- **Energy:** Excessive fatigue, thyroid dysfunction
- **Immune system:** Poor immunity, autoimmune conditions, overreactivity to foods and chemicals, flu-like symptoms
- **Mental state:** Anxiety, depression, irritability, mood swings
- **Muscles and skeleton:** Muscle pain, joint pain, morning stiffness
- **Nervous system:** Headaches, "ice-pick-like" pain, static shocks, dizziness, poor balance and coordination, seizure-like events, tremors, numbness, tingling, skin sensitivity to light touch, temperature regulation problems
- **Respiratory system:** Cough, sore throat, runny nose, sneezing, chronic sinus congestion, new-onset or worsening asthma, shortness of breath, chest tightness
- **Scent sensitivity:** Unpleasant symptoms upon exposure to fragrances, chemicals, and other odors (also known as multiple chemical sensitivity)
- **Skin:** Rashes, dryness, irritation
- **Sleep:** Insomnia, frequent waking during sleep, night sweats
- **Urinary system:** Increased urination, urgency, incontinence
- **Weight:** Appetite swings, weight gain or weight loss resistance



Other issues besides mold toxicity and CIRS would cause some of these symptoms. That's why mold illness is often overlooked or misdiagnosed. The specific effects depend on your body's unique vulnerabilities. (30, 33)

Testing for Mold in Your Home

Mold loves moisture. Flooding poses a significant risk for mold growth. Landscaping that slopes toward a building instead of away from it encourages water intrusion. (34)

Something as common as a leaky roof, faucet, or dishwasher also invites mold growth. Damp basements and window condensation can also be a haven for mold.

But how do you know for sure if you have a mold problem?

Often, you can see or smell mold – but not always. You may also see areas that have visible water damage. This is a red flag for possible mold growth.

If you suspect you have a mold problem, you can start with a few simple tests yourself. Certified mold inspectors are also available but vary in quality. Here's a closer look at self-test options –

- **Moisture meter:** You can buy a moisture meter at a hardware store. Place its probe against a surface, such as a wall or woodwork, to see if it has an elevated moisture level. The acceptable moisture level varies with the material you're testing.
- **Tape samples:** If you see something that looks like mold, you can do a tape sample. Per the specific lab's instructions, you press clear tape over the suspicious area and send it for analysis. This tells you what kind of mold it is and how dense the growth is.
- **Mold plates:** You set out specially prepared petri dishes in various rooms to catch mold spores. You also collect a sample outside for comparison. Send them to a lab for analysis. A drawback of this test method is that some toxic molds don't commonly settle on mold plates.
- **Dust samples:** A quality dust sample test is the Environmental Relative Mold Index (ERMI). You vacuum or wipe up dust with a special cloth, then send it to a lab. Using DNA analysis, this tells you the types of mold and density. This is more accurate than tape and mold plate samples.

It also may be a more accurate test than air sampling used by professional inspectors. (35)

- **Professional inspection:** The tools and quality of professional inspectors vary. They commonly use air sampling. However, that's more helpful when combined with ERMI testing. Certified mold inspectors with training from the Building Biology Institute have a holistic approach.

Treating Mold Toxicity in the Body

To recover from mold illness, you need to support your body's natural detoxification and drainage systems. It's also beneficial to support your immune system, thyroid gland, mitochondria, and oxygen status. Several supplements help with these aspects.

Here are some top supplement strategies to boost your mold toxicity cleanse.

- **Binders and BioActive Carbon:** To latch onto toxins and eliminate them from your body, you may want the help of binders. To target multiple areas, the binder BioActive Carbon can travel beyond your gut. BioActive Carbon is made of specially selected and precisely formulated extracts of fulvic and humic acids. They tightly bind toxins to help remove them from your body via your stools. Plus, BioActive Carbon includes amino acids, essential minerals, and phytochemicals. (36)
- **TUDCA:** Mold toxicity can put stress on and damage your liver. Fortunately, TUDCA — a water-soluble bile acid — helps support your liver. It's available as a supplement. It may provide antioxidant protection, reduce inflammation, increase mitochondrial function, and enhance liver function and bile flow. Bile flow is critical to efficient detox. (37)
- **Bowel-moving herbs:** Herbs like fennel seed and ginger root can help keep you regular and avoid constipation. They also open your drainage pathways so you can detox mold toxins without them backing up in your system. (38)
- **Mimosa pudica seed:** As discussed under the parasite section, parasites can harbor mold toxins in their body. So to



detox mold from your body, you may need to detox the hosts themselves — parasites. *Mimosa pudica* seed is an effective way to scrub the gut and kill off critters. This can support your recovery from mold toxicity. (11, 12)

Through these methods, you can target mold in your body for detox. Plus, you can locate the root source of the issue — such as mold in your home — and find a solution. Treating mold illness can help you beat chronic symptoms and get back on the path of true wellness.

Your True Detox

Parasites, candida, and mold toxicity are three top derailers of detox. They can prevent your body from reaching optimal wellness. Fortunately, you can beat these three types of toxins. Remember to start with opening your drainage pathways. Look for natural supplements and herbs that help you fight back. And never lose hope — you *can* beat your symptoms. Get to the root cause and make small steps each day. Through this, you will implement true detox and restore your all-important health and vitality.

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