

POST PS PARASITE PROTOCOLS

Post PS option	Dosage
Bacterial Infection	
Oregano essential oil	4-6 drops in 4 ounces warm water 3-4 times per day between meals.
Lavender/rosemary tincture or tea	tincture: 60-90 drops of tincture 3-4 times per day for 1 week, decrease to 45-60 drops until resolved. Tea: drink 3-6 cups of tea per day, can be used externally as a wash. As a wash - 2-3 drops in water.
Baume de Tolu, Black Pepper, Clove Bud, Blue Gum Eucalyptus, Geranium, True Lavender, Niaouli, Nutmeg, Rosemary or White Camphor essential oils	internally: Clove Bud oil: 4-6 drops in 4 ounces of warm water 3-4 times per day. True Lavender oil: 1-4 drops in 8 ounces of water per day. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Oregon Grape root	tincture: 60-90 drops 4 times per day for the first 5 days, decrease to 45 drops 3 times per day until resolved.
Goldenseal, Echinacea, Poke root, equal parts 1/8 part Cayenne tincture	60 drops every 2 hours on the first day then 60 drops every 4 to 6 hours thereafter.
Fungal/Yeast infection	
Oregano Oil	4-6 drops in 4 ounces warm water 3-4 times per day between meals.
Baume de Tolu, Black Pepper, Clove Bud, Spike Lavender, True Lavender or Niaouli essential oils	internally: True Lavender oil: 1-4 drops in 8 ounces of water per day. Spike Lavender oil: 1-2 drops per day in 8 ounces of water per day. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
red trumpet vine (external)	use as an external wash/douche for fungal infections.
goldenrod, goldenseal and thyme (equal parts)	tincture: take 40-60 drops 2-3 times daily until resolved. Tea: 2-6 cups decoction per day until resolved.
Agrimony/Goldenrod (equal parts)	tincture: take 40-60 drops 2-3 times daily until resolved. Tea: 2-6 cups decoction per day until resolved.
Worms	
Wormwood (artemesia absinthium)	tincture: 20-40 drops 3-4 times per day between meals for 2 weeks.
Black Indian Hemp (apocynum cannabinum)	Steep root in water and drink 3 cups per day for 2 weeks.
Blessed Thistle (stomach worms)	tincture: 20-40 drops 3-4 times per day between meals for 2 weeks.
Baume de Tolu, Clove Bud, Blue Gum Eucalyptus, Geranium, Spike Lavender or Oregano essential oils	internally: Spike Lavender oil: 1-2 drops in 8 ounces of water per day. Oregano oil: 4-6 drops in 4 ounces warm water 3-4 times per day. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Amoebas	
Baume de Tolu, Clove Bud, Blue Gum Eucalyptus, Geranium, Spike Lavender or Oregano essential oils	internally: Spike Lavender oil: 1-2 drops in 8 ounces of water per day. Oregano oil: 4-6 drops in 4 ounces warm water 3-4 times per day between meals. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Garlic and Oregon Grape combination	tincture: 10-40 drops twice or 3 times per day.

POST PS PARASITE PROTOCOLS

Parasites	
Baume de Tolu, Clove Bud, Blue Gum Eucalyptus, Geranium, Spike Lavender or Oregano essential oils	internally: Spike Lavender oil: 1-2 drops in 8 ounces of water per day. Oregano oil: 4-6 drops in 4 ounces warm water 3-4 times per day. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Wormwood (artemesia absinthium)	tincture: 20-40 drops 3-4 times per day between meals for 2 weeks.
Liver Detoxification	
Burdock root, dandelion root, oregon grape root, licorice root combination in equal parts	tincture: 45-60 drops 3 times per day. Tea 3-4 cups per day.
Black Pepper, Chamomile, Sweet Fennel, Rosemary Essential oils	Internally: Sweet Fennel: 1-10 drops per day in 8 ounces of water, do not use for more than 3 weeks consecutively. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Digestive Support	
Agrimony	tincture: 45-60 drops 3-4 times per day. Tea: 3-6 cups per day.
Dandelion/Artichoke	tincture: 5-60 drops 15 minutes before meals.
Uva Ursi	tincture: 30-60 drops or 1 cup tea 15 minutes before each meal.
Sweet Basil, Black Pepper, Spike Lavender or True Lavender,	internally: Spike Lavender oil: 1-2 drops in 8 ounces of water per day. True Lavender: 1-4 drops in 8 ounces of pure water per day. Other oils: 2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Gut Immunity	
Astragalus	tincture: 60-90 drops 3 times per day between meals. Tea 3-6 cups per day. May also be put in soup.
Endocrine System Support	
entire endocrine system	
Clary Sage or Niaouli essential oil (supports endocrine glands through support of the pituitary)	2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Ashwaganda, licorice and maca combination in equal parts	tincture: 30-60 drops 3 times per day before 3 pm. Tea: 3-4 cups per day.
adrenal support/stimulant	
Sweet Basil, Geranium or Rosemary essential oils	2-4 drops in 8 ounces of water per day. As always with essential oils, note reactions such as diarrhea, headache, vomiting etc. and reduce as needed.
Burdock Licorice White Sage equal parts	tincture: 45-60 drops 3 times per day before 3 pm. Tea: 3-4 cups per day before 3 pm.
Kidney Flow	
Uva Ursi	Tincture: 45-60 drops 3 times per day, capsules of dry herb: 4 capsules with 16 ounces of pure water between meals (acute dosage) 2 capsules with 8 ounces of pure water between meals (non acute dosage) . Tea 3-4 cups per day.
Goldenrod	Tincture: 30-45 drops 3 times per day. Tea 2-3 cups per day.