

A Suggested Protocol:

Please consult your health care professional before taking any of these suggested remedies. Always take medications, supplements, herbs etc. at least one to two hours or longer before any laxatives or colon cleanses. You may be able to combine some of these treatments below and take at the same time to make scheduling easier.

Eating a clean diet that works for your unique issue, drinking enough water, exercise, managing stress, taking various amino acids, vitamins, minerals, peptides, herbs, having optimal digestion with good motility, removing bad bacteria and correcting dysbiosis, removing excess yeasts and fungi, using prebiotics and probiotics, removing old, stuck feces, removing natural leftover waste products so they don't linger, ferment and smell and improving the functionality of the intestines, liver, gallbladder and kidneys may all help to reduce odours of all kinds.

If something doesn't work for you after testing it out for a particular length of time you can always move on, try something else, try a different combination or try again another time. Keep a diary of how you feel and what you eat so it'll be easier to figure out what works specifically for you. There are free apps and sites to facilitate this. You may temporarily have an increase in odour or have a Herxheimer (a.k.a. microorganism die off) reaction as you work on your health. Don't be too hard on yourself if you have a setback with your diet or treatment for whatever reason.

To save money you can also buy herbs or powders in bulk and then make your own tinctures, capsules or teas. Tinctures and extracts digest faster than capsules and they're easy to create using instructions found on Google. Shop around to buy clear 00 size empty capsules (gelatin or non-gelatin for vegans) to make your own capsules using a funnel and a sheet of paper to catch spills or with a capsule filler machine. I wouldn't pay more than \$15 maximum for a 1000 empty capsules. You can buy empty capsules already attached or separated. Keep in a cool, dark place when not in use.

I don't work for any of the North American companies I linked, I just found them to have the best pricing as of this moment. Some of the sites have international versions of their websites for cheaper shipping and you can shop in your country's currency. Prices, shipping, taxes, duties and delivery dates will vary depending on where you live, product availability and shipping delays due to COVID-19.

1. TUDCA powder is at the top of the list to detox the liver and gallbladder and works amazingly well. It's pricey so shop around. If you buy the 20 gram size powder or a larger amount it'll be cheaper than capsules. You can easily Google to find out how much to dose either by making your own capsules or mixing the powder in any beverage or taking the powder and chasing with a beverage. Take it once daily. (UDCA is an alternative but it's by prescription only.) TUDCA information and link to buy below.

<https://examine.com/supplements/tauroursodeoxycholic-acid/>

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https://www.amazon.ca/dp/B07HK693TL/ref=pe_3034960_236394800_TE_3p_dp_1

2. Cascara sagrada capsules, take 1 to 3 capsules per day depending on potency and your own preference. Cascara sagrada is a mild laxative that doesn't cause cramps or urgency and generally takes 4 to 8 hours to work. It also is known for detoxing and improving the functionality of the liver and gallbladder and increases bile output to help with digestion. You will have remarkable results the first time you take it and your stool will be darker due to the increased bile output and removal of old stuck stool. It is usually meant to be taken short term, check with your health care professional. You can take capsules or use the dried herb for tea or tinctures. It is bitter tasting. Take at least an hour or so before or after taking medications or other supplements. I use the dried herb and also the Now brand of capsules which is 450 mg per capsule, 250 capsules per bottle. Cheap sources to buy below.

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<https://www.swansonvitamins.com/q?kw=cascara%20sagrada&sort=price>

<https://www.iherb.com/search?kw=cascara+sagrada&sr=4>

<https://www.vitacost.com/productsearch.aspx?ss=1&t=cascara%20sagrada&s=PriceLowToHigh>

<https://www.mountainroseherbs.com/search?page=1&q=cascara+sagrada&utf8=%E2%9C%93>

<https://www.starwest-botanicals.com/category/cascara-sagrada-bark/>

3. Whole milk thistle seeds are used to detox the liver and gallbladder and prevent hangovers. Grind the whole seeds fresh yourself using a cheap coffee/spice grinder or chew very, very thoroughly. It won't work if they're not ground or chewed as you'll end up excreting them whole. Buying whole seeds and then grinding them yourself as you need it ensures freshness and may be better value than capsules. Take 1 tsp or 1 tbsp of ground seeds once or twice per day, either mixed in a beverage, sprinkled on food or swallowed by itself and then chased with a beverage or take capsules. It tastes slightly nutty. It immediately detoxes so start slow with 1 tsp once per day and don't take too much at once. It's cheaper online. Safe for long-term use but check with your health care professional. Cheap sources to buy below.

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<https://www.vitacost.com/productsearch.aspx?ss=1&t=milk%20thistle%20seeds&s=PriceLowToHigh>

<https://www.iherb.com/search?kw=whole+milk+thistle+seeds&sr=4>

<https://www.swansonvitamins.com/q?kw=milk%20thistle&sort=price>

<https://www.mountainroseherbs.com/products/milk-thistle-seed/profile>

<https://www.bulkapothecary.com/milk-thistle-seeds/>

https://www.starwest-botanicals.com/catalogsearch/result/index/?_antispam=antispam_360&dir=asc&order=price&q=milk+thistle

4. Start drinking a glass of hot, warm or cold water mixed with the juice of a freshly squeezed lemon or lime first thing upon awakening on an empty stomach using a straw to reduce contact with teeth. (Warm and hot beverages help digestion, cold beverages slow down digestion.) It will cause a bowel movement within an hour or so and also gently improves liver function, and increases bile. Wait at least an hour or two before taking medications to prevent interaction. Don't use pre-bottled juice as it has preservatives and sulphites rendering it useless. Brush your teeth or rinse your mouth with water afterwards to prevent tooth enamel damage. Safe for long-term use. You can also drink this throughout the day anytime you wish. Check with your doctor or pharmacist as grapefruits, lemons and limes may interact with some medications. If so, take at least two hours away from medications and/or reduce the number of times you drink it.

5. A liver flush removes liver/gallbladder stones and bile sludge and it helps to gently detox the liver and gallbladder to ensure they work optimally. You would need malic acid powder, fresh lemons or limes and pure olive oil that's not mixed with any other oil. Check with your doctor or pharmacist as grapefruits, lemons and limes may interact with some medications. Take at least two hours away from medications and/or reduce the number of times you drink it. Check with your doctor if you can take malic acid powder if you have low blood pressure as it can lower it further.

Buy malic acid powder alone, it must NOT be mixed with anything else or any other acid. It may be cheaper to buy the powder as opposed to capsules. Malic acid is a chemical naturally found in fruits and wine that is extremely sour and is used in the food and wine industries. You only need a tiny amount. For one week only take a quarter tsp or less of malic acid powder once or twice a day in any beverage in preparation for the flush that you will do that same week.

Malic acid is also in apples and apple cider vinegar (ACV). So if you can't find malic acid powder you could eat a whole apple once a day. (Be careful of fructose if it's a problem for you regarding feeding yeasts and fungi.) Or alternatively, drink an ounce of liquid apple cider vinegar with the mother. The mother refers to beneficial organisms and yeasts that are part of the sediment that settles to the bottom. Shake the bottle of ACV before use to mix the mother when you pour. Stay away from stuff like Heinz ACV and get a brand that has the mother included such as Bragg's or others. It may be cheaper to buy the gallon bottle. Mix a half ounce (15 mL) or 1 ounce (30 mL) of ACV in a large glass of water two to three times a day before meals. Drink through a straw and brush your teeth or rinse your mouth with water afterwards to prevent tooth enamel damage. However you can take the ACV daily with meals all the time for digestion and other benefits if you can tolerate it.

To do the flush, once or twice a week at bedtime (during the week you are taking the malic acid or ACV) mix the freshly squeezed juice of ½ or 1 whole lemon or lime mixed with an equal amount of olive oil and drink it quickly through a straw. Brush your teeth or rinse your mouth with water afterwards. It may happen the first time or you may have to complete several flushes before you will see bright green pea like objects in your feces which are the excreted liver/gallbladder stones that were softened by the malic acid. Flushes are safe for long-term occasional use but check with your health care professional. Continue doing flushes until you no longer see green liver/gall stones in your stool. (This may take a while as you may expel hundreds of stones.) Flushing can be also be done once a month or once every three months as needed thereafter. Cheap sources to buy below.

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to gain points (to redeem for gift cards) and get coupons and discounts for purchase from tons of online and brick and mortar retailers.

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<https://www.ebay.com/itm/Malic-Acid-DL-Food-Grade-Home-Brewing-Wine-making-improving-pH-stability/171810233280?hash=item2800b01bc0:g:y7IAAOSwrkIVXamp>

https://www.amazon.com/s?k=malic+acid&s=price-asc-rank&qid=1588975318&ref=sr_st_price-asc-rank

<https://www.swansonvitamins.com/q?kw=malic+acid>

<https://www.iherb.com/search?kw=malic+acid&sr=4>

<https://www.vitacost.com/productsearch.aspx?t=apple%20cider%20vinegar&rid=892.07&s=PriceLowToHigh>

6. Take chanca piedra (a.k.a. the stone crusher) once a day either use the bulk dried herb as a tea, tincture or capsules. It also removes liver and gallstones so they pass naturally. Safe for long-term use but check with your health care professional.

You can find the dried herb at Latino grocery stores or perhaps other ethnic grocery stores pretty cheaply or try the links below

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<https://www.swansonvitamins.com/q?kw=chanca+piedra>

<https://www.iherb.com/search?kw=chanca+piedra&sr=4>

<https://www.vitacost.com/productsearch.aspx?ss=1&t=chanca%20piedra&s=PriceLowToHigh>

https://tradetechnocrats.com/products/bhui-amla-or-chanca-piedra-c-s?_pos=2&_sid=e915b817a&_ss=r&variant=13921640448084

https://www.ebay.com/sch/i.html?_from=R40&_nkw=chanca+piedra&_sacat=0&_sop=15

7. P (psyllium) and DE (food-grade diatomaceous earth) shakes or P (psyllium) and B (bentonite) shakes.

Food-grade diatomaceous earth is an all-natural powder made from fossilized marine life. Ensure you get food-grade DE and not technical grade or another grade. It is highly effective in breaking up biofilms and killing yeasts and fungi. It also safely removes mucoid plaque (old, stuck hardened feces) over time when taken with fiber. It is also very high in silica which is excellent for hair, skin, nails, teeth and bones. Safe for long-term use but check with your health care professional.

As a substitute for DE, bentonite clay is a healing, beneficial all-natural clay powder used for improving digestion and other things. It's better value to buy bentonite clay powder as opposed to bentonite clay liquid as you can add your own water for free. Safe for long-term use but check with your health care professional.

Fiber whether soluble or insoluble is crucial for preventing cancer, maintaining intestinal health, aiding defecation and motility, maintaining a healthy weight, some are a source of prebiotics as prebiotics feed good bacteria and many other benefits.

Soluble fiber such as psyllium a.k.a. isabgol, chia seeds, acacia senegal and flaxseeds a.k.a. linseeds etc. turn into a gel and act as a broom for your gut. If you use flaxseeds try to get the yellow ones as opposed to the brown ones as they're better for you. But if you cannot, that's okay.

Don't use pricey, flavoured fiber supplement powder mixes unless they are plain as they have sugar or artificial sweeteners that feed bacteria, yeasts and fungi.

Various fiber powders or seeds are cheapest online, or at ethnic grocery stores, the international section of large chain grocery stores or bulk food stores.

Shake ingredients: Add 1 tsp or 1 tbsp of psyllium powder or any other soluble fiber of choice as aforementioned to 1 tsp or 1 tbsp of food-grade diatomaceous earth powder (or substitute bentonite powder for the DE) and thoroughly mix or shake the two together in any beverage. You may want to start slow with 1 tsp of each first. DE and bentonite have no taste. Drink this mixture immediately before the fiber gels up as you want it to gel up in your body in order to work. It is critical that you drink at least 2 liters or quarts of water during the day alongside this otherwise it won't work. Take this shake once or twice per day at least two hours before or after any supplements or medications. You will absolutely need a plunger - no joke.

Food-grade diatomaceous earth powder is cheapest online in bulk. Cheap sources below.

Use mypoints.com, rakuten.com or honey for points, discounts and cash back

https://www.diatomaceousearth.com/collections/all?sort_by=price-ascending

<https://www.homedepot.com/p/Harris-64-oz-4-lb-Diatomaceous-Earth-Food-Grade-100-with-Powder-Duster-Applicator-DE-FG4P/302451952>

https://www.amazon.com/s?k=food-grade+diatomaceous+earth&s=price-asc-rank&crd=23VEG28I9Z6A9&qid=1588968133&returnFromLogin=1&srefix=food-gra%2Caps%2C176&ref=nav_signin

8. The Ayurvedic remedy Triphala (it may be spelled trifla on the package) is also extremely beneficial. It is a mixture of three fruits called amalaki, haritaki and bibhitaki. These fruits detox the GI system, ensure optimum motility and improve digestive function overall among other things. It is safe to take-long term but check with your health care professional. It is also dirt cheap if you buy the dried whole or pre-ground mixture at Indian or Middle Eastern grocery stores. You can also buy it online and take it as a capsule, tea or tincture. If you take it as a tea steep it in hot water overnight and then drink the cooled tea in the morning for the most benefit.

Use mypoints.com, rakuten.com or honey for points, discounts and cash back and shop around using the prior links I mentioned or wherever you can find the best price depending on what form of triphala you choose.

9. Take undecylenic acid capsules 1, 2 or 3 times daily depending on the potency and brand orally with food and water to help kill biofilms, yeasts and fungi. Safe for long-term use but check with your health care professional. Molybdenum capsules or powder may also be helpful to deal with die off and remove toxic by-products.

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<https://www.swansonvitamins.com/q?kw=undecylenic+acid>

<https://www.iherb.com/search?sug=undecylenic+acid&kw=undecylenic+acid&rank=0&cmds=1855&sr=4>

https://www.amazon.com/s?k=thorne+undecylenic+acid&i=hpc&rh=n%3A3764441&s=price-asc-rank&qid=1588968897&ref=sr_st_price-asc-rank

10. Brown liquid iodine (the higher the strength the better), 3 to 5 drops mixed into any beverage once, twice or three times a day. It does not taste pleasant. Iodine is antibacterial, antifungal and anti-yeast. You can also add a few drops to your soap or body wash if skin odour is a problem. Be very careful – brown iodine stains. You can also buy decolourized (clear) iodine instead online. It's safe for long-term use but check with your health care professional.

For a more effective protocol, you can also do a cleansing enema/colonic and then a retention enema/colonic. You can use a disposable Fleet enema, a silicone or stainless steel reusable shower or toilet enema/colonic kit etc. Silicone shower or toilet colonic/enema kits allow the retention solution to reach much further up thus vastly improving success.

To cleanse, first add 3 or 4 drops of a mild soap like a Castile or other mild soap or Dr. Bronner's/Dr. Woods soap etc. to a liter or quart of water and mix well. Using the colonic or enema nozzle, gently push this slightly soapy water into the anus until the cleansing solution is completely emptied inside you, it may take several tries. You can either lie down on your back or lie on your left side or bend over forward in the shower or on the toilet to ensure the cleansing solution reaches far. Hold it for 5 minutes or so or as long as you can and then expel into the toilet to clean out any fecal matter.

Then you can add a few 5-10 drops of brown or clear iodine to a second liter or quart of water for a second retention enema. You may have to break the liter or quart into smaller amounts also taken a little at a time. Use dark towels to protect clothing, bedding and furniture. Lie down on your left side to ensure it reaches as far into the intestines as possible. Hold the retention solution inside for as long as you can (preferably overnight) before you expel it. This will target any yeasts or fungi in the intestines to kill them. You should see dead candida colonies in the toilet.

You can find iodine at any pharmacy or ask the pharmacist to order it for you, it's dirt cheap and over the counter. It'll probably be called iodine tincture USP or Lugol's iodine and be only 2% or maybe 5% strength. The lower strength versions will still work but it'll take a bit longer or you may need a bit more. Should be around \$4 for 1 oz., (30 mL).

Use mypoints.com, rakuten.com or honey for points, discounts and cash back

Or buy online as it'll be cheaper. You can also get higher strength iodine online. I bought 3.3 oz., 100 mL of Lugol's iodine 15% strength (10% potassium iodine pharmaceutical grade mixed with 5% iodine) from Bulgaria on eBay from a seller called wallenbert.

https://www.ebay.com/usr/wallenbert?_trksid=p2057872.m2749.l2754

The bottle says Wallenbert Ltd. 4000 Bulgaria info@bekley-organics.com.

11. Antibacterial, antifungal and anti-yeast remedies. Oil of oregano (and/or) oil of thyme, berberine from either Oregon grape, goldenseal or other sources and pure pine oil. Each dose would be either two drops of an oil or tincture taken on or under the tongue or mixed into any beverage, or 2 capsules, or a cup of dried herb made into a tea. All safe for long-term use but check with your health care professional.

Every day for two weeks straight take only one of these antifungal, antibacterial and anti-yeast remedies in a dose twice a day. After two weeks switch to one of the other remedies and repeat this until you have cycled through the oil of oregano or oil of thyme, berberine source and pine oil. The rotation prevents the bad bacteria, yeasts and fungi from getting used to one treatment and becoming ineffective. You can eat a teaspoon of sugar, honey or molasses to attract them to be killed with each dose if you'd like. Apart from ingesting these sweeteners at this time, you would have to avoid all other sweeteners, candy, chocolate, baked goods – anything that they would feed on to ensure success.

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I've been buying pine oil for years from this seller called shoprythm in India; I think they also sell on Amazon.

<https://www.ebay.com/itm/Pine-Oil-100-Natural-Pure-Undiluted-Uncut-Essential-Oil-5ml-To-000ml/291127732979?item=291127732979&var=590278421533&pageci=3b678eef-57e7-43f8-95e3-33e1bcebc62c>

Last year I bought pine oil from this eBay seller from Portugal:

<https://www.ebay.com/usr/flea-market-store>

I personally prefer the one from India after comparing the two.

DON'T buy pine nut oil or pitch. Pine oil will be called pine oil or pure gum spirits of turpentine. You can also find pure gum spirits of turpentine at hardware or art stores. It should be pure and not mixed with anything. It is really strong thus you only need a tiny bit. Do not spill, keep tightly closed.

12. Anti-parasitic remedy trio. Everyone has parasites no matter how clean you are or your diet. Some don't cause trouble and others wreak havoc. In order to rid yourself of them you must take treatment that kills eggs, larvae and adults or the young ones will keep growing and the cycle will never end. This can be done by prescription medicines or herbal remedies.

You can use a remedy consisting of cloves, wormwood and black walnut hulls either all three combined into a tincture, capsules or make into a tea. Take once daily. It tastes vile though if you drink as a tea or tincture. Immediately you should start seeing dead eggs, worms and other remnants in your feces. Long term usage may be required. Check with your health care professional before using.

Cloves are taken to kill the eggs. Either buy clove powder which is dirt cheap online, in the spice aisle of grocery stores, or in bulk food stores. It's best if you buy whole cloves and grind them fresh as you need them using a cheap spice/coffee grinder for maximum potency.

Wormwood – Buy the dried herb in bulk or grind it yourself. Yes it's the same herb that's used to make absinthe. It's also used medicinally to kill larvae and adult parasites.

Black walnut hulls – (made from preferably young green hulls instead of mature brown hulls for increased potency if you can.) If you have access to a black walnut tree then the hulls would be free. If not, then it's best to buy the hulls already ground up into a powder as they may be too hard to grind in a home grinder. The hulls also kill larvae and adults.

Use mypoints.com, rakuten.com or honey for points, discounts and cash back and shop around using the prior links I mentioned or wherever you can find the best price depending on what form of parasite cleanse you choose.