

Parasite Eradication Support Protocol

Clinical Protocol to Support Parasite Eradication and Digestive Health*



Parasitic infections are globally and increasingly common due to population migration, tourism, climate change, and increases in immunosuppression.¹ According to the World Health Organization, up to 24% of the global population may be infected with soil-borne parasites.¹ However, the prevalence of parasitic infections is mostly centered around tropical regions.^{1,3} Developed countries experience significantly lower incidence of parasitic infections.^{1,3} Soil-borne worms (helminths) are the most common cause of parasitic diseases.¹ The helminth nematode parasite, *Ascaris lumbricoides*, also known as the large common roundworm, may have already infected as many as 1 billion individuals.² Roundworm infections may be asymptomatic or cause digestive symptoms such as nausea, abdominal discomfort, malabsorption, or loss of appetite.² Respiratory symptoms, hepatic involvement, or hypersensitivity responses may also arise, depending on the type of parasitic infection.^{2,3}

Risk factors include travel to commonly endemic regions that are tropical and subtropical.² The pathophysiology and sequelae of certain parasitic infections have been associated with chronic inflammation, altered immune responses, and oxidative stress.³⁻⁵ Research indicates that resistance to common antiparasitic pharmaceuticals has become increasingly problematic.^{1,3}

Evidence suggests that certain nutrients and lifestyle factors may support antioxidant status, a healthy immune response, and the body's response to certain microbes.^{1,6-8} This clinical protocol is designed to support patients with parasitic infections and includes evidence-based lifestyle and dietary interventions known to support gastrointestinal (GI) microbial balance and healthy digestive function.*

Diagnostic Biomarkers and Clinical Indicators of Parasitic Infection

Clinical evaluation includes a thorough history and physical examination of patients. Depending on initial signs and symptoms, evaluations may include^{2,3}:

- Blood analysis, dependent on suspected parasitic infection, which may include:
 - Complete blood count
 - Peripheral blood smear
 - Polymerase chain reaction
 - Rapid antigen detection tests
- Stool microscopy or other specimen collection, such as the GI-MAP
- Additional testing (if warranted):
 - Imaging to assess potential body system involvement

Therapeutic Diet and Nutritional Considerations

- Address nutritional deficiencies and consider supplementation targeted to support antioxidant status and immune health of the patient. Certain botanicals and nutrients have been shown in research to support the body's response to certain microbes, such as carvacrol, a phenolic terpene found in oregano and other botanicals.⁶
- Advise patients to consume fruits and vegetables that have been thoroughly washed and prepared. Foods grown in soil fertilized with manure may be a risk factor for certain parasitic infections.²
- Certain phytochemicals have been shown to support immune health, antioxidant status, and healthy inflammatory responses in the presence of certain parasitic infections.⁷ A Mediterranean-type diet may support the body's immune responses.⁷
- Consider consumption of probiotic-rich foods or supplementation with probiotics. Gut microbiome compositional changes have been associated with certain parasitic infections.⁸

Lifestyle Interventions

- Recommend stress management techniques to patients, such as meditation, yoga, or similar mindfulness practices, as psychological stress may play a role in the body's response to parasitic infection.⁹
- Provide resources for smoking cessation. Cigarette smoking is associated with oxidative stress, which may contribute to certain aspects of parasitic infection pathophysiology.³⁻⁵

Supplement Protocol

Primary Support:



GI Microb-X™	Oil of Oregano	IgGI Shield™ powder or capsules
<p>Dose 2 capsules twice per day on an empty stomach</p>	<p>Dose Take 2 softgels twice per day on an empty stomach</p>	<p>Dose Take 4 capsules or 1 scoop per day on an empty stomach. This product is designed to act as a binder and support microbial balance, so it is recommended to be taken on an empty stomach.* However, in certain cases (i.e., irritable bowel syndrome, inflammatory bowel disease) this product should be taken with food.*</p>
<p>Duration 4 weeks</p>	<p>Duration 4 weeks</p>	<p>Duration 4 weeks</p>
<p>Formula Highlights</p> <p>GI Microb-X™ is a targeted blend of nutrients and botanicals with a long history of use for supporting a healthy microbial balance within the gastrointestinal (GI) tract.* This proprietary blend of botanicals includes <i>Tribulus</i> extract, berberine, bearberry extract, black walnut powder, barberry extract, and artemisinin, along with magnesium and caprylic acid from magnesium caprylate. Research shows that the bioactive constituents in these botanicals possess properties that may help promote a healthy balance of normal gut flora.*</p>	<p>Formula Highlights</p> <p>Oil of Oregano may support the health of the gastrointestinal (GI) tract by promoting intestinal cleansing and a healthy balance of gut bacteria.* This product is standardized to contain carvacrol and thymol, the primary bioactive phenolic compounds in oregano. Each softgel provides 36 mg of carvacrol and thymol from an impressive 60% to 75% carvacrol oregano oil. The oil of oregano in this product is emulsified with olive oil as a carrier to avoid irritation to the GI mucosal lining.</p>	<p>Formula Highlights</p> <p>IgGI Shield™ combines ImmunoLin® and N-acetyl-D-glucosamine (NAG) to support gut and immune health by promoting healthy intestinal barrier function, balanced immune and inflammatory responses, and the normal clearance of microbes and toxins from the gastrointestinal (GI) tract.* ImmunoLin®, a dairy-free, serum-derived bovine immunoglobulin (SBI) concentrate, is the only purified source of immunoglobulin G (IgG) available as a dietary supplement.* Immunoglobulins support optimal immune function at the gut and systemic levels.* NAG complements ImmunoLin® by helping to maintain the integrity of the GI tract's mucosal barrier and further supporting immune health.* IgGI Shield™ is available as capsules or an unflavored powder.</p>
<p>Warning: Do not use if pregnant or breastfeeding. Consult your health-care practitioner for use beyond 30 days, or for use at higher dosing or frequency.</p>		

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---parasite-eradication-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.