

Dr. Lee Merritt's Parasite Detox Protocol: A New Medical Paradigm



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In recent years, increasing attention has been paid to the impact of parasites on human health. Dr. Lee Merritt, a seasoned medical professional, has spoken publicly about a detox protocol she personally follows to manage parasitic infections. While not intended as a treatment recommendation, her approach has gained interest for its clarity and practicality.

Introduction

Dr. Merritt emphasizes from the outset that she is not prescribing or advising anyone to follow her routine. “I’ve been asked about the anti-parasite protocol I personally use,” she says. “Let me be clear—I’m not telling anyone what to do. This is not a treatment recommendation; it’s simply the protocol I use for my own health.”

Parasites in Humans

Contrary to common belief, parasites are not confined to underdeveloped regions of the world. “We all carry parasites,” Dr. Merritt notes, “even in the United States, many people have worms and protozoa.” She challenges the widespread misconception that only those in the Third World suffer from parasitic infections.

Symptoms and Suspicions

According to Dr. Merritt, undiagnosed parasitic infections can manifest in numerous ways. “Parasites can cause a wide range of problems—fatigue, digestive issues, brain fog, and more,” she explains. For those struggling with chronic, unresolved health issues, she suggests considering parasites as a possible root cause.

The Detox Cycle

The protocol Dr. Merritt follows is built around the lifecycle of parasites. “You can’t eliminate them all in a single round,” she states. To target different life stages of the parasites, she follows a cyclical regimen: four days of active treatment followed by three days off. “That’s why I follow a cycle of 4 days on, 3 days off.”

Protocol Ingredients

Dr. Merritt's protocol incorporates several anti-parasitic medications, commonly used in veterinary or human medicine:

- Fenbendazole – a broad-spectrum dewormer frequently used in animals.
- Ivermectin – known for its effectiveness against a variety of parasites.
- Pyrantel Pamoate – used to paralyze and expel worms.
- Praziquantel – effective against flatworms and liver flukes.
- Nitazoxanide and Albendazole – occasionally included depending on the case.

She integrates these medications strategically during different cycles, depending on the suspected parasite burden and symptom profile.

Dosage and Schedule

The detox protocol is executed in rotating cycles. Dr. Merritt outlines her regimen as follows:

- Days 1-4: Fenbendazole and ivermectin.
- Days 5-7: Rest.
- Next cycle: Pyrantel pamoate.
- Followed by another 3-day break.
- Next cycle: Praziquantel.

This staged approach is designed to disrupt the lifecycle of various parasites, which may not be vulnerable to treatment during certain developmental stages.

Supporting the Body

To mitigate the body's response to dying parasites, Dr. Merritt incorporates detoxification support. She includes binders such as activated charcoal, which help absorb and eliminate toxins. Additionally, she supplements with NAC (N-acetylcysteine) and glutathione, both known to support liver function and antioxidant defense mechanisms. "These support liver function and detoxification pathways," she explains.

Herxheimer Reaction (Die-Off Symptoms)

As parasites die, they can release harmful byproducts into the body. Dr. Merritt describes the resulting reaction—often called a Herxheimer reaction—as flu-like. "When parasites die, they release toxins that can make you feel unwell," she explains. Symptoms may include chills, fatigue, nausea, and headaches. Recognizing and preparing for this reaction is an essential aspect of the protocol.

Final Tips and Cautions

Dr. Merritt concludes with several cautionary notes. "Go slowly and listen to your body," she advises. She emphasizes starting with low doses and adjusting gradually. "Remember, this is not medical advice. Consult a qualified healthcare professional if needed."

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Assam Times Staff. editor@assamtimes.org

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