

FREE 2026 CALENDAR

# Parasite Cleanse Full Moon Calendar 2026

*All 13 full moons of 2026 with the optimal 9-day cleanse window for each.  
Plus the full protocol Andrea uses with her family.*

---

by **Andrea** at **TheWellthieOne**

Parasites are most active during the full moon (well-documented across traditional medicine systems and Klinghilde Protocol). Clearing in that window catches them in their most vulnerable phase. Educational guide. Talk to a functional medicine practitioner before starting a parasite cleanse, especially if pregnant, nursing, or on medications.

# The Science (Or Tradition) Behind Lunar Timing

---

## 1. Hormones spike with the moon.

Serotonin and melatonin shift around full moons. Parasites use these hormones as cues to emerge from tissue and reproduce. They literally come out of hiding during this window.

## 2. Active parasites are vulnerable parasites.

When parasites are dormant (encysted in tissue), anti-parasitic herbs and protocols barely touch them. When they emerge to feed or reproduce, herbs reach them. The full moon catches them out in the open.

## 3. Traditional medicine agrees.

Hulda Clark, Klinghardt, Pompa, Ayurveda, traditional Chinese medicine, and most folk healing systems independently arrived at lunar-cycle timing for parasite work. When traditions agree across cultures, there is usually a real biological pattern underneath.

## 4. You can repeat the cleanse safely.

Doing a 7-9 day cleanse once a month for 3-6 consecutive months gives every life stage of every parasite type a chance to be killed. Many people see noticeable health shifts after the third lunar cleanse cycle.

# All 13 Full Moons and Their Cleanse Windows

The optimal cleanse window is 2 days BEFORE through 5 days AFTER the full moon (7-9 days total).

Mark these on your calendar now.

  
JANUARY  
**3**  
*Wolf Moon*  
Cleanse window: Jan 1-7

  
FEBRUARY  
**1**  
*Snow Moon*  
Cleanse window: Jan 30-Feb 5

  
MARCH  
**3**  
*Worm Moon*  
Cleanse window: Mar 1-7

  
APRIL  
**1**  
*Pink Moon*  
Cleanse window: Mar 30-Apr 5

  
MAY  
**1**  
*Flower Moon*  
Cleanse window: Apr 29-May 5

  
MAY  
**31**  
*Strawberry Moon (early)*  
Cleanse window: May 29-Jun 4

  
JUNE  
**29**  
*Strawberry Moon (late)*  
Cleanse window: Jun 27-Jul 3

  
JULY  
**29**  
*Buck Moon*  
Cleanse window: Jul 27-Aug 2

  
AUGUST  
**28**  
*Sturgeon Moon*  
Cleanse window: Aug 26-Sep 1

  
SEPTEMBER  
**26**  
*Harvest Moon*  
Cleanse window: Sep 24-30

  
OCTOBER  
**26**  
*Hunter Moon*  
Cleanse window: Oct 24-30

  
NOVEMBER  
**24**  
*Beaver Moon*  
Cleanse window: Nov 22-28

  
DECEMBER  
**24**  
*Cold Moon*  
Cleanse window: Dec 22-28

# 9-Day Cleanse Protocol

*This is the standard intermediate protocol. Beginners should do 3 cycles at half-dose first. Advanced cleansers can layer in additional binders and lymph support.*

DAY	DAYTIME	EVENING
<b>Day -2</b> Day Before Window Opens	Ramp hydration to 80oz. Bowel-clearing food: chia seed pudding, prunes, leafy greens. NO sugar.	Soak overnight: 2 tbsp ground flax in water (gel laxative for morning).
<b>Day -1</b> Day Before Full Moon	Bowels MUST be moving 1-2x daily before starting anti-parasitics. If constipated, add magnesium citrate 400mg + extra fiber.	Light dinner. Bone broth, no heavy protein. Start binders (charcoal or bentonite) AT BEDTIME ONLY.
<b>FULL MOON</b> Peak Activity Day	Black walnut hull tincture 30 drops + cloves 1 capsule + wormwood 1 capsule with breakfast.	Repeat anti-parasitic trio at lunch + dinner. Binders 2 hours after each dose. Maximum hydration.
<b>Day +1</b> Day After Full Moon	Continue anti-parasitic trio 3x daily. Pumpkin seeds raw 1/4 cup daily (zinc + cucurbitin).	Bowel must move 2-3x. If sluggish: castor oil 1 tbsp at bedtime.
<b>Day +2</b> Second Day After	Continue trio. Add raw garlic 1-2 cloves crushed with meals. Watch for die-off symptoms (mild headache, fatigue, irritability = normal).	Binders before bed. Epsom bath to support detox.
<b>Day +3</b> Third Day After	Continue trio. Add papaya seeds 1 tbsp daily (chewed) for ascarids and roundworms.	Long restful sleep. Bowels must keep moving.
<b>Day +4</b> Fourth Day	Continue trio + supports. Some people feel notably better starting now (worm burden dropping).	Continue evening binders.
<b>Day +5</b> Fifth Day	Final day at full dose. Continue everything.	Plan to step down tomorrow. Restful evening.
<b>Day +6 to 7</b> Wind Down + Restore	Drop anti-parasitic trio. Continue pumpkin seeds + garlic. Add probiotic 50 billion CFU daily.	Eat to rebuild gut: bone broth, fermented foods, soft cooked greens. Rest.

# What You Need Before Day 1

Order these 1-2 weeks before your first cleanse window opens. Quality matters. Cheap herbs often contain heavy metals or insufficient active compounds.

## CORE TRIO (Required)

- **Black walnut hull tincture** — 30 drops 3x daily. Kills adult worms.
- **Wormwood capsules** — 1 capsule (200-300mg) 3x daily. Kills larvae.
- **Cloves capsules** — 1 capsule (500mg) 3x daily. Kills eggs.

All three together because they target different life stages. Missing any one allows the cycle to continue.

## SUPPORT TIER (Strongly Recommended)

- **Activated charcoal capsules** — 500mg at bedtime ONLY, away from supplements and food by 2 hrs. Binds toxins released as parasites die.
- **Pumpkin seeds (raw, organic)** — 1/4 cup daily. Zinc and cucurbitin paralyze parasites.
- **Magnesium citrate** — 400mg in evening. Keeps bowels moving. Constipation during cleanse = reabsorption = sickness.
- **Probiotic 50+ billion CFU** — Daily, but ONLY in the recovery days (+6 to +14). Reseed gut after.

## ADVANCED TIER (Optional)

- **Mimosa pudica seed** — Hooked seed that physically scrapes biofilm and pulls out larger organisms.
- **Castor oil packs** — Topical over liver/gut, 30 min daily. Supports lymph and bile.
- **Bentonite clay** — Additional binder option, rotated with charcoal.
- **Olive leaf extract** — Anti-protozoal and anti-fungal layer if candida is also present.

Want a personalized protocol based on which parasites you likely carry?

Use the free **Toxic Load Tool** at [TheWellthieOne.com/quiz](https://TheWellthieOne.com/quiz)

90 seconds, no email required to see your result. Personalized parasite protocol delivered to your inbox.

[TheWellthieOne.com](https://TheWellthieOne.com)

*Andrea Ellis is not a physician. This guide reflects personal experience using the Klinghardt and traditional Hulda Clark frameworks. Do not start a parasite cleanse if pregnant, nursing, or on medications without a functional medicine practitioner.*