



Health Fact Sheet

Parasites & Parasite Cleanse

Parasites come in all shapes and sizes, from the small amoeba family to the 15 ft long tapeworm. They can live within the body for years with no apparent symptoms, or they can trigger a wide range of health problems causing a lot of stress and discomfort. Although most people think they are only at risk when traveling abroad, you don't have to leave home to pick up a parasite.

Types of Parasite

Protozoa

Gardia lamblia
Plasmodium (*malaria*)
Toxoplasma
Trypanosoma
Cytosporidium
Blastocystis hominis

Amoeba

Entamoeba histolytica
Entamoeba coli
Iodamoeba butschlii
Dientamoeba fragilis
Endolimax nana
Trichomonas vaginalis

Nematodes

Ascaris (*round worms*)
Enterobiasis (*pinworms*)
Hookworm
Trichuris (*whipworm*)
T. Stongyloidiasis (*threadworm*)

Intestinal Cestoda

Tapeworms

Trematoda

Flukes and flatworms

Contributory Factors to Parasite Infections

- increased worldwide travel
- reduced intestinal immunity
- ingestion of contaminated bodies
- ingestion of contaminated water
(cysts not killed by usual levels
of chlorination)
- low stomach acid
- poor gut motility and transit time
- low levels of intestinal probiotics
- contact with animals
- use of play groups
- not washing fruit and vegetables
- increase in sushi and salad bars

Symptoms of Parasite Infection

Intestinal Symptoms

Stomach cramps/pains	Nausea
Diarrhea	Vomiting
Rectal bleeding	Foul-smelling stools
Dysentery	Bloody stools
Bloating/distension	Anal itching
Burping/wind	Constipation
IBS	Heartburn

Other Symptoms

Weight loss	Excessive appetite
Fatigue	Weakness
Skin rashes	Itching – particularly around anus
Low back pain	Fever
Headaches	Sugar cravings
Mental confusion	Dizziness
Nervousness	Joint and muscle pain
Teeth grinding	Sleep disturbances

Conditions Associated with Parasite Infections

- | | |
|-------------------|----------------------|
| - chronic fatigue | - anorexia |
| - IBS | - arthritis |
| - colitis | - urticaria |
| - leaky gut | - gastritis |
| - malabsorption | - autoimmune disease |
| - Chron's disease | - asthma |

Tips to Avoid Parasite Infestation

- Always wash fruit and vegetables before eating
- Eat well cooked meats
- Drink filtered or bottled water
- Always wash your hand before food preparation, after changing nappies, working in the garden or when handling pets
- Do not allow your pets in the bedroom or on kitchen surfaces

Dietary Recommendations for Parasite Infection

Include:

Pumpkin seeds: grind 1 lb of seeds in a coffee grinder and then make into a paste with Water and a little honey for taste. Eat this for a parasite purge, especially worms. It is advisable to take a tablespoon of castor oil 2 -3 hours after eating the pumpkin paste, to aid intestinal purging.

Garlic & onions: rich in natural sulphur and also anti-parasitic

Fresh pineapple and papaya: rich in the natural protein digesting enzyme bromelain. These two fruits are traditional remedies used in Mexico and Africa for intestinal infections.

Pomegranate juice: especially effective for tapeworms

Culinary herbs: use a dessert spoon of fresh chopped rosemary, thyme and sage daily in your cooking.

Spices: include cinnamon, cloves and turmeric since these also have an anti-parasitic effect

Brown basmati rice: well tolerated and very healing for the intestine

Cabbage juice: promotes the formation of the protective mucus layer that lines and

protects the intestinal cells.

Beetroot and carrot juice: rich in beta-carotene, the precursor to vitamin A, and an important nutrient for the intestinal lining.

Avoid:

Sugar and sugar foods: parasites can utilize sugar as a food source.

Diary products: except natural bio-yoghurt, as dairy contains the milk sugar lactose which some parasites can utilize.

Fresh and dried fruits: contain a source of natural sugars which can be used as a food source.

Fermented sausages and cured meats: such as ham and pepperoni

Sushi, pickled raw fish and smoked salmon

Supplementary Recommendations for Parasite Infections

Orthodox Medicine

There are drugs for almost every known parasite. The majority are, however, highly toxic and often cause nausea and vomiting. Also each anti-parasite drug can only eliminate one or two different parasite types. It is not unusual for people to have several different types of parasite at once, and therefore a cocktail of drugs is undesirable.

Herbal combinations are both easier and safer to use.

Herbal Combinations

Three herbs can rid you of over 100 types of parasites! And without so much as a headache or nausea! They will also not interfere with any drug that you are already on. The herbs are:

- **Black Walnut Hulls** (from the black walnut tree), in tincture or capsule
- **Wormwood** (from the Artemisia shrub), in powdered or capsule form
- **Common Cloves** (from the clove tree), capsule or clove oil

For maximum effectiveness these three herbs must be used **together**. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. It is important that you use them together to rid yourself of parasites as if you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs.

There are a variety of anti-parasite preparations available which contain these. Alternatively, you can buy the individual herbs and use together.

Use the mixture initially for 5 days. This will give a preliminary cleanse. You then need to re-visit about every two weeks for the next 2 – 3 months depending on how severe the infestation is. There is one school of thought that believes the majority of eggs hatch around the time of the full moon, and that therefore it is best to concentrate treatment around this time.

There are other herbs which target specific types of worms and if you know what you have you might like to investigate these.

As a precaution it is also wise to treat other family members and family pets at the same time.

Other effective measures include:

Citricidal – a grapefruit seed extract that has anti-viral, anti-bacterial, anti-parasitic and anti-fungal properties. Supplementing with this product offers an effective way of eliminating pathogenic organisms from the intestine and the body.

Cats Claw Concentrate – a tree bark from the Peruvian rainforest which has anti-parasitic properties.

Hi Potency Garlic – a high potency garlic supplement, Garlic has been a traditional food and remedy for intestinal health due to its anti-viral, anti-parasitic, anti-bacterial and anti-fungal action.

MSM - prevents intestinal parasites from hooking to the intestine walls.

Special Note: intestinal parasites are very perceptive and the eggs will not hatch out into an environment that will kill them. To hatch and kill the eggs and parasites, use the 5-Step Programme below. The days you do not take one of the above anti-parasitic supplements act as hatching days for the eggs. Build up to the top dose of your chosen supplement slowly. This will help prevent you experiencing headaches, fuzzy head, nausea etc from the toxins released as parasites are cleared out.

The 5-Step Anti-Parasite Regime

This is a very thorough approach to ridding yourself of parasites and requires some dedication over a period of months.

1. Take the maximum dose, every day for 2 months or until symptoms improve then,
2. Take maximum dose, every other day for 2 weeks, then
3. Take maximum dose, every third day for 1 month, then
4. Take the maximum dose, once a month for 6 months

Healing: select from the following supplements

Aloe Vera – contains ‘mucopolysaccharides’ which promote a healthy intestinal function and healing

L-Glutamine – is an amino acid used by the intestinal mucosa cells as a fuel supply. Helps meet energy demands for the rapid cell turnover for intestinal repair.

Chlorella - a blue green algae rich in amino acids, vitamins, trace minerals and RNA and DNA, all of which are necessary for cellular healing processes. This superfood is a good intestinal detoxifier.

Herbal Formulas – use a liver support formula containing a combination of herbs designed to support and cleanse the liver, restore detoxification pathways and lighten the body’s toxic load thereby promoting the healing process. Recommended if a fluke is present.

Probiotics:

Use a wide spectrum probiotic supplement.

Future Problems and an Alternative for those with Constipation

Some parasites can be very stubborn and symptoms may return even years after completing the 5-Step Parasite Regime. If this happens you can repeat the 5-Step Anti-Parasite Regime or you could contact me for an information sheet on 'Colon Cleansing Programme for Intestinal Parasites'. This would be particularly relevant if constipation is present. During constipation a layer of old faecal matter builds up along the walls of the colon, and the parasites make their home within this layer. Following this cleansing programme helps to soften and loosen and eliminate this layer from the colon.

NB: if you are on medication consult your doctor