Parasite: An animal or plant that lives in or on a host; the parasite obtains nourishment from the host without benefiting or killing the host.

1 in every 6 people have parasites. - *Centers for Disease Control* - 1976
At least 8 out of 10 patients have some kind of parasite infection.

parasite expert and medical researcher
Louis Parrish, M.D.
Americans today are host to a variety of parasites, ranging from microscopic organisms to worms that can be several feet long.

Many species invade organs, which textbooks say can only be in the intestinal tract.
Why Parasites Are Such a Problem

1. international travel
2. contaminated water supplies
3. day-care centers
4. refuge and immigrant populations
5. return of armed forces
6. household pets
7. exotic regional foods
8. antibiotics & immunosuppressive drugs
9. sexual revolution
10. stomach acid blockers (ant-acids)
Food and water are the most common sources of parasite-based illness.
86% of small water systems have violated drinking water regulations?

Giardia is not always killed by chlorination.
Pork cooked in a microwave is particularly ineffective, because of uneven heating.
Beef should be cooked to 160°F to kill parasites.

Chicken breasts should be cooked to 170°F to kill parasites.
Clorox bleach neutralizes the toxic effects of sprays, bacteria, viruses, and parasites – $\frac{1}{2}$ teaspoon to one gallon of water.
The majority of doctors in the US do not recognize the pervasiveness of parasites and therefore do not check for them.

Allopathic methods of treating parasites are crude and unreliable.
The relationship between diseases and parasites has been ignored or denied.

There is more money in treating the symptoms of parasites than in killing them.
Places that parasites can reside

Colon, small intestine, skin, liver, lung, brain, eye, appendix, muscle, lymphatics, body cavities, bones, bile duct, red blood cells, endothelial cells, lymph glands, bloodstream, heart, vagina, prostate, and all other organs
Parasites can destroy cells in the body faster than cells can be regenerated.

Parasites can be the underlying factor of any disease – including cancer, MS, etc.
Major Symptoms From Parasites

**Digestive:** Constipation, diarrhea, gas and bloating, irritable bowel syndrome

**Other:** joint and muscle aches and pains, anemia, allergy, skin conditions, granulomas, nervousness, sleep disturbances, teeth grinding, chronic fatigue, and immune dysfunction
Three most common signs of parasite infection in the colon for an adult are: intermittent diarrhea and constipation, anal itching, grinding teeth at night.

Three most common signs of parasite infection in the colon for children are: grind or clench teeth at night, pick their nose or scratch their behind, and often restless at night.
Laboratory tests for parasites

- The CDC recommends testing a minimum of three stool specimens as the most efficient means of detection – not requiring purged stool samples.
- The purged stool sample is probably the best all-around general method for identifying the majority of common parasites in the colon.
- Blood tests can be used to reveal an elevated eosinophil count, a general indicator for large intestinal-based worms, but it could also be elevated from allergies.
Laboratory tests for parasites

Parasites that reside in the tissues and blood will not be found in fecal samples.

Parasites that are more prevalent in children, like pinworms may not be seen in the stool.

Many parasites do not appear in the stool because they are attached to the lining of the gastrointestinal tract.
Laboratory tests for parasites

- Stool and blood tests are insufficient for determination of parasite infestation
- Stool tests - anywhere from $100 to over $200
- It costs less to do a colon parasite cleanse than to have the lab tests conducted
If one member of a family is infected, the entire family has a good possibility of being infected and should consider being treated.
Our best line of defense against parasitic infection is a strong, healthy immune system.

Since most parasites enter the body orally, one of the body’s best defenses is sufficient stomach acid. (This defense is lowered by being on prescription acid blockers)
**Mainstream Drugs to Treat Parasites**

1. Can be effective for the colon
2. Many work within one to two weeks
3. May cause severe side effects such as nausea, diarrhea, cramps, and vertigo and be hard on the liver.

**Natural Treatments for Parasites**

1. Highly effective but work more slowly
2. Generally contain herbs such as garlic, wormwood, grapefruit seed extract, and black walnut.
3. Don’t kill parasites in colon without moving them out of the colon (they are more toxic dead than alive)
4. Friendly bacteria such as acidophilus and bifidus should be replaced after therapy is finished
Other Methods for Killing Parasites

- Herbs (great for intestinal issues but can also be effective over time in other areas)
- Electronic zappers, Rife generators or magnetic pulser (will get to places where herbs are less effective)
- Oxidation with an ozone generator
Harmonic Quad Zapper
Naturopathic Indicators and Tests

1. Questionnaire for symptoms
2. Sclerology
3. Energetic Response Testing (muscle response testing)
4. I always suspect parasites with bowel problems, blood sugar issues, autoimmune, and degenerative conditions
The major symptom indicators to look for

- Foul smelling stools - worse in afternoon and evening
- Alternating consistency of stools and bowel habits
- Itching around the anus, especially at night
- Stomach aches or bowel cramping
- Excessive nose irritations or picking
- Grinding teeth at night
- Restlessness in sleep
- Sleep with pets
Sclerology - multitude of little red lines in the outer quadrant of both eyes is an indicator.
Energetic Response Testing or sometimes called Muscle Response Testing

- Muscle test thumb to little finger of left hand – an indicator for localized parasites

- Muscle test the two bony points of collar bone with one finger in-between (using three fingers) – an indicator for systemic parasites
Some parasites excrete a toxin that keeps the eggs from hatching. When you remove the adults the eggs will hatch. (use a 10 day on and 5 day off treatment program to break the cycle)

Cysts can be the bodies attempt to isolate things it can’t deal with or remove, such as parasites.
Best Approach for Recovery from Parasites

1. Kill the parasites
2. Remove the toxins
3. Repair the damage
4. Strengthen the immune system
## Great herbs against worms & parasites

<table>
<thead>
<tr>
<th>garlic</th>
<th>green black walnut hulls</th>
<th>wormwood</th>
<th>oil of oregano</th>
<th>male fern</th>
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</thead>
<tbody>
<tr>
<td>olive leaf ext</td>
<td>tansy</td>
<td>grape fruit seed extract</td>
<td>cloves</td>
<td>pumpkin seeds</td>
</tr>
<tr>
<td>thyme</td>
<td>fennel</td>
<td>elecampane root</td>
<td>goldenseal</td>
<td>Enzymes (not an herb)</td>
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Killing Parasites

• Here's a partial list of ingredients that work toward removing parasites and worms: raw garlic, pumpkin seeds, juice from raw onions*, Wormwood tea, cayenne pepper, Jerusalem Oak, American Wormseed, special enzymes and the sap of a Latin America Fig tree.

• It is also important to note that some of these special preparations may only knock the body of the worm loose, leaving the heads intact, and some preparations drive the worms from one area of the body to another.
Garlic (allium sativa) contains the active constituent allicin, which has been shown to be effective against Entamoeba histolytica and Giardia lambia. It has antiviral, antibacterial and antifungal properties. It is used for pinworms, roundworms, hookworms, tapeworms, and giardia. Garlic is available in capsule and tablet form.

Another way is to juice three cloves of garlic with four ounces of vegetable juice.
**Goldenseal** (Hydrastis Canadensis) has been used historically for infections involving the mucous membranes throughout the body. The active constituent of goldenseal is the alkaloid berberine, which has been shown to be effective against bacteria, fungi and parasites, particularly giardia parasites.
Black walnut is a traditional herbal remedy for ringworm, athlete’s foot, and healing cracks in the hands and the feet. It is the juice of unripe hulls of black walnut that are used for parasites and fungal infections.
**Wormwood** (*Artemesia annua*) has been used for centuries as a herbal remedy for parasites. Wormwood tea is often used for pinworms and roundworms and is especially effective against giardia. Wormwood can be found in tea, liquid extract, or capsule form, however, the pure oil is poisonous. It can initially cause a worsening of symptoms and some irritation of the intestines. Wormwood contains sesquiterpene lactones, which work similar to peroxide by weakening the parasite membranes. Wormwood also contains an ingredient that is effective against malaria.
American Wormseed (different from wormwood) is a traditional herbal remedy in the tropics for expelling roundworms, hookworms, and tapeworms.

It is considered to be especially useful for children.
The concentrated *wormseed oil* is too potent to use, wormseed tea is often preferable. More scientific studies are needed to confirm the historical usage of this herb and its safety.
Pumpkin seeds (Curcubita pepo) have been used as a herbal remedy for tapeworms and roundworms. They have been shown to immobilize and help expel intestinal worms and other parasites. In order to be effective, significant amounts would have to be eaten, up to 25 ounces for adults. The seeds are usually mashed and mixed with juice. Two or three hours after consuming the pumpkin seeds, a laxative is often recommended to help clear the bowels.
Grapefruit seed extract is active against viruses, bacteria, protozoa, and yeasts, and has been used extensively for the treatment of parasites. Grapefruit seed extract is generally considered nontoxic and is not absorbed into the tissues, which means that it can be used safely for up to several months. It is especially effective for giardia and also candida yeast issues (but will take longer to eliminate).