

Parasites in YOU!



Almost everyone has parasites. It's simply a fact of life. Even Dr. Oz, the now famous Oprah Winfrey guest says... "ninety percent of humans will have a problem with parasites in their lifetime." Parasites are not just something that other people get – a malady reserved for citizens of developing countries. Everywhere we go, during just about everything we do, North Americans are vulnerable to parasitic infestation.

The World Health Organization (WHO) classifies parasites as among the six most dangerous diseases that infect humans. Parasites outrank cancer as the number one global killer, and account for many of the digestive woes from which people suffer

Your intestines provide the perfect breeding ground for parasites, who enjoy making their homes nestled within impacted waste as well as in the linings of colon walls. Living inside our intestines, these microorganisms gain the upper hand by virtue of their sheer numbers – both in kind and in population. They thrive because of the unique ways in which they have adapted their life cycles in order to ensure the perpetuation of their species within their unsuspecting hosts: us.

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Parasites in YOU!

General Description

Parasitic infections arise from the intrusion worms that live in the intestinal tract of the body. Worm parasites are more common than most people expect, and they are listed as The Center for Disease Control's #1 Health Risk. According to numerous studies, nearly 85% of Americans have parasites in their bodies such as:

- Roundworms, ascarids, hookworms - contagious intestinal parasites with the shape of an earthworm but of smaller size
- Pinworms - appear as short white threads of 1/3 inch length or shorter and are the most prevalent worm problem for young children
- Tapeworms - are from one inch to thirty feet in length and may live in the body for up to 25 years
- Protozoa, flukes - other names for types of roundworms

Potential Causes

Parasites may enter via the mouth, the skin, and the bottom of the feet. They may be found in contaminated soil, vegetables, meat, watercress, feces, and the worm eggs may become airborne. The eggs or larvae are often ingested in partially and uncooked foods.

Possible Symptoms and Effects

Symptoms may vary depending on the type and amount of infestation. The worms may go undetected for years with no apparent symptoms, or they may be seen in the stool.

Sometimes you can be infected without having symptoms; however, there are often signs, including:

- Allergies to many different types of foods
- Anemia (low red blood count)
- Bloating/abdominal swelling
- Bloody stools
- Bouts of diarrhea and inconsistent bowel habits
- Flu-like symptoms such as coughing, wheezing, and fever
- Foul-smelling stools that get worse in the afternoon and evening
- Fever
- Gas and cramping
- Itching around the anus, especially at night.
- Nausea
- Vomiting
- Weight loss with a ravenous appetite

Infestations may be severe or mild and can be life threatening, especially for children. A common side affect is the POOR absorption of critical nutrients for growth potentially leading to anemia,

growth problems, and a weakened immune function creating susceptibility for disease. According to numerous books, parasites are commonly found in people with AIDS, chronic fatigue syndrome, candidiasis, and many other disorders. Symptoms may include abdominal pains, diarrhea, anemia, cardiac insufficiency, nausea, perianal & perineal pruritis, dysentery, amebic hepatitis, weight loss, intestinal toxemia, colic and cirrhosis.

Depending on the type of parasite, symptoms may include:

- Pinworms - may cause sever anal itching, insomnia and restlessness. These worms tend to migrate out through the anus at night to lay eggs.
- Hookworms - may cause the soles of the feet to itch, and possibly bloody spit from the mouth, fever, rash, and loss of appetite.
- Threadworms - may cause coughing, abdominal pain, diarrhea, gas, and itchy red abrasions on the anus.
- Tapeworms may cause weight loss, abdominal pain, vomiting, and diarrhea
- Ascarids - may cause ascariasis with bloating, stomach pain, vomiting, and breathing difficulties
- Microscopic Roundworm - may cause trichinosis leading to muscle damage and complications of the cardio and neuro systems.

In her book "The Cure for All Cancers", Dr. Hulda Clark implicates parasites as the root cause for most of the diseases inflicting the human species. As long as they remain in the intestines our immune system can deal with them. When they are allowed to escape the intestines they settle in the most vulnerable parts of our body. Dr. Clark states that cancer can be cured, not just treated and after years of study, she discovered that many cancer patients have a certain parasite in their bodies. She experienced clinical studies that after removing this parasite, the cancer stopped immediately, and the tissue returned to normal again.

The General State of Illness

Everybody is Sick In North America today, almost everybody is ill. If you look at your family, friends, and co-workers, and question them very carefully (because so many people deny there is anything wrong with them), you will find that virtually everybody has a health challenge, many of which are significant. How many of the people you know over the age of 45 are on blood pressure medication or medication of some sort to balance their blood sugar, perhaps even on insulin? How many people do you know in their 20s and 30s, who are suffering from chronic fatigue, and many of them may not even know it because they think they are normal? They think it's normal to have to go to bed at 8:30 p.m. every night, and it's normal the sleep until 1:00 p.m. in the afternoon on Saturday just to get through the weekend. How many people in their 40s and 50s that you know have recently died of cancer?

It's hard to imagine a situation that has gotten to this kind of a degraded health potential in what we call the age of technology, when we are supposed to have all the tools necessary to stay healthy. In reality, the health of the North American population is deteriorating. We may be living longer, but we are not living healthier, and the quality of life for the average North American over the age of 45 has decreased significantly just in the last 10 years.

So how has the situation gotten to this point? Well, there are many factors involved, but one of the most significant is the existence of parasites in the human body. Parasites do not only occur in Third World countries. They are in every country of the world.

The Parasite Menace

The immediate question that comes to mind when people are informed of this situation is: How can a parasite possibly live in my body and I don't even know it is there? The answer to this is simple. The purpose of a parasite is not to make itself known. A smart parasite lives without being detected because if it is detected, of course, something is going to be done to eradicate it. If you think parasites are stupid, think again. They are highly intelligent organisms. Not intelligent in the same way humans are, but they are intelligent in their ability to survive and reproduce, which is of course the purpose of any organism on this planet. It sounds pretty simple, doesn't it? And in some ways it is. But, it can make life for humans very complicated.

So how can a parasite exist in the body without making its presence known? While the interesting thing is, if you know how to read the body and how to interpret its signals, then the presence of a parasite can be determined quite easily. However, if you accept that it is normal to have low energy levels and it is normal to have health challenges, it is normal to have skin rashes, pains, frequent colds, flue and constipation (the list is endless for the things parasites will cause) then you will never find out whether you have parasites.

In the book, "Animals Parasitic in Man." by Geoffrey Lapage, he states: "There is no part of the human body, nor indeed any part of the bodies of the hosts of parasitic animals in general, which is not visited by some kind of parasitic animal at some time or other during their life histories." This means parasites can occur anywhere in your body. No organ is immune from their infestation.

Parasites Hard to Detect and Hard to Get Rid Of!

If you were tested by a doctor for parasites, chances are the results would come back negative. Does this mean you do not have parasites? Unfortunately, medical testing procedures only catch about 20% of the actual cases of parasites. Over a 1,000 species of parasites can live in your body and tests are available for approximately 40 to 50 types. This means, doctors are only testing for about 5% of the parasites and missing 80% of those. This brings the clinically found parasites down to 1%. Now, if I had a 1% chance of winning in the stock market, I don't think I would invest.

Once you have established that you do have parasites, taking drugs to get rid of them may not always work. This is because a drug will often drive a parasite from one organ of the body to another. It's like people moving to better climates to make their living conditions more pleasant, or birds flying south for the winter.

The book, "Medical Parasitology," by Markell and Voge, points out that therapy to remove entire tapeworms from the small intestine is only successful if the whole worm is expelled. If the head remains, the entire worm will grow back.

Parasites Eat Human Bodies

How, then, do you determine if you have parasites? In order to understand how this is determined, you have to understand what a parasite does. A parasite eats, lays eggs and secretes. It sounds pretty simple, doesn't it? So let's look at the "eats" part. Depending on the

kind, parasites will eat different things. Some parasites love sugar, for instance. If you are a person who craves sugar, you may have a sugar loving parasite. In fact, parasites are known to be one of the causes of diabetic tendencies and blood sugar discrepancies. These parasites live off the food that goes into your body. They exist mainly in the digestive tract, but can be found in the liver as well as throughout the body.

Other parasites actually get their nutrition directly from the cells of the body. They can literally attach themselves anywhere and suck nutrition out of the cells. These parasites are significantly more dangerous because they can travel to places in the body where they can do a lot more damage than a parasite living exclusively in the digestive tract.

As if it wasn't bad enough to have an uninvited guest living in your body, the parasites eat your nutrients before you do! They get the best nutrients, and you get the scraps and leftovers. They grow healthy and fat, yet your organs and skin starve for nutrition. What's more, parasites can remain in your body for 10, 20 or even 30 years.

To illustrate the longevity of parasites in the human body, consider this example. In 1979 a British study reported on 600 former prisoners from World War II. These men had been stationed in the Far East. Thirty years after the war, 15% were still infected with a parasite called *Strongyloides* that they had contracted during the war. This means you could have eaten meat 10 years ago that was contaminated, and still be hosting the tapeworms or other types of parasites that were in that meat.

Parasites Reproduce Quickly

Let's now look at the way parasites reproduce. First of all, we need to understand that there are two major categories of parasites: Large parasites, which are primarily worms and small parasites, which are mainly microscopic in size, including what are called protozoa and amoebae. Despite their almost invisibility, small parasites can be dangerous. Microscopic parasites can get into your joints and eat the calcium linings of the bone. This can lead to arthritic tendencies. They can also eat the protein coating on the nerves (the myelin sheath), and this can cause a disruption in the nerve signal from the brain. One type of tiny parasite which infects the colon is called *Entamoeba Histolytica*. This type of infection can also infect the liver, the lungs, and the brain. The disease is called amebiasis, and is often transmitted via contaminated food or water.

Large parasites, which are the worm type are mainly large enough to be seen by the naked eye. Some can be up to 10, 12 or even 15 inches long and in most cases cannot travel to other parts of the body other than the digestive tract. Although, in tropical countries there are cases of worms actually burrowing out of the digestive tract into blood vessels and muscles of the body where they can do significantly more damage. This is incredibly rare in North America. It never ceases to amaze me, when I hear of an adult, passing a worm in total amazement that they could have had such a creature living inside of their body for possibly years.

The smaller organisms, the protozoa and amoebas, can function almost like a bacteria by traveling through the blood stream to virtually any part of the body. They reproduce without laying eggs and behave more like an infection in the body than do the larger parasites. The larger parasites are worms which reproduce by laying eggs. Eggs are deposited in the intestinal tract, where they stick to the walls of the intestines, and when they hatch, the young feed on the food that we eat and eventually grow into adults. The adults then repeat the process. In some species the eggs pass out of the body before they hatch. The smaller parasites reproduce without the process of laying eggs. They reproduce by duplicating themselves in a manner similar to bacteria or viral reproduction.

Parasites Secrete Toxins

The third thing that parasites do is secrete. All organisms secrete something, whether it be lubricants, waste materials, protective liquids for warding off viruses, bacteria and other harmful organisms or secretions to help attract food. No matter what the secretion is -- the secretion can be a toxin to the host organism. Simply put, the secretions from parasites in our bodies are poisons and toxins that our bodies are forced to deal with by increasing the process of detoxification.

Anyone who has experienced food poisoning or dysentery will tell you how debilitating these toxins can be. Once on vacation in Mexico, I lost 12 pounds in 12 hours, I could not walk and was totally delirious. Within two days of the parasite leaving my body, I was back to my regular weight and feeling perfectly normal. This of course is an extreme case of a very high level of toxins from an acute parasitic infection.

On the other end, a chronic parasitic infection secreting low levels of toxins can create an extremely stressed immune system which may allow varied health challenges to develop. When the immune system is stressed over a long period of time, it of course, becomes weak. When the immune system becomes weakened, our bodies become susceptible to infections of other kinds. This can be extremely dangerous in this day and age because we are more exposed to more viruses than ever before. Also, they are changing and adapting at a very fast rate as are the bacteria, many of which are now resistant to antibiotics and other artificial measures that are used to combat them.

A healthy immune system is one of the primary sources of energy in the human body. People with a weakened immune system tend to feel tired all the time; some people refer to this as Chronic Fatigue Syndrome. If this sounds like you or someone you know, you may want to seriously consider the possibility of a depleted immune system caused by chronic parasitic infection.

If parasites secrete toxins into our bodies that the bodies have to neutralize, and we happen to be one of those people who drinks alcohol, smokes cigarettes, eats junk food and breathes polluted air, the extra stress and strain on the body's cleansing system can be enough to push the body into what we call toxic overload.

Toxic overload occurs when the four cleansing systems of the body have been pushed too far by simply an overload of toxins in the body. Parasite toxins in the body are simply one more thing a toxic body does not need.

There are four cleansing systems of the body: the lungs, kidneys, skin and bowel. With toxic bowel syndrome, the excess of toxins absorbed from a clogged bowel goes to the liver. The liver is then overburdened and eventually the liver cannot cope with the toxic load and the toxins start to spill into the bloodstream.

Once this happens, the kidneys, lungs and skin have to take over the job of cleansing and they too become challenged in their ability to remain healthy. So you see, parasites can be one of the most damaging health factors threatening the world today.

Many types of worms: Many types of Damage

The following are some descriptions of just a few of the worms that can get into your body and cause disease and toxicity.

"The Essentials of Medical Parasitology," by Thomas J. Brooks, says, "The tape worms are among the oldest parasites of the human race. Indeed, some species have become so well adapted to live in the human intestine that the host (man) may be entirely asymptomatic." This means you may have a tapeworm and not appear to have any symptoms.

The fish tapeworm is the largest of the human tapeworms, reaching the length of 33 feet or more. There can be 3,000 to 4,000 segments in one worm. It can produce more than 1,000,000 eggs a day. This type of infestation can cause anemia because of interference with vitamin B12, says Dr. Brooks in his book. Also, the weight challenges of some people can be directly attributed to tapeworms. This is especially true of weight loss programs that don't work. The person may be hosting a tapeworm, which is eating all the food and making the person constantly hungry. Tapeworms can also cause water retention.

Besides tapeworms from beef, pork and fish, there is also a type of dog tapeworm you can get when dogs lick your face or hands.

Pinworms are very infectious and can cause a lot of itchiness in the anal area. "The worms deposit their eggs mostly at night, contaminating pajamas and bed linen," writes Dr. Brook. "The eggs are readily transported through the air, and it is not uncommon to find them in every room of the house....Complications are much more common in women than in men". Pinworms can also be found in the vulva, uterus and fallopian tubes because the female worm loses her way while trying to return to the anus after depositing her eggs.

Another type of roundworm that can be present in humans is whipworms. These insidious creatures actually inject a digestive fluid which converts the colon tissue into liquid which the worms suck up. Dr. Norman Stoll, a former worm expert at the Rockefeller Institute for Medical Research, estimated that the roundworm infects about 644 million people in the world. This was in the 1940s and there are no doubt a lot more people infected with roundworm now! Dr. Brooks believes nutritional deficiencies are seen in heavy roundworm infections.

Hookworms bite and suck on the intestinal wall, which can cause bleeding and necrosis (death of the tissue). In severe infections, iron deficiency becomes a therapeutic problem because of all the iron that is lost to the hookworm. Dr. Brooks says that, "hemoglobin levels as low as 15% of normal have been seen in patients with severe, long-standing hookworm disease. One species of hookworm in America is called "Necator Americanus," which means, "American Murderer."

How Do We Get Parasites?

So how do we get parasites? Well, let's have a careful look at this. If 85% to 90% of the adult population have parasites, and the parasites goal in life is to live and reproduce, then the parasite needs to find a new place to live when its host perhaps isn't going to be around anymore. As I mentioned earlier, parasites are not stupid, and their sole goal in life is to live and reproduce at our expense.

Here is a list of ways parasites can get into your body. Shaking hands, sharing somebody else's soda can, kissing, (even on the cheek), intimate sexual contact and believe it or not, you can get parasites by inhaling dust which contains the dried form of these organisms.

You can get parasites from drinking the water of any of the thousands of lakes, rivers, streams and creeks in North America. Giardia Lambia, which causes Giardia, is very common, for example. You can get parasites from eating meat. Do you really think government inspectors are able to inspect every animal that goes to the slaughterhouse? Another source of parasites is

salads. Dr. Brooks estimates that the overall incidence of E. Histolytica in the United States is between 3.9% and 10%.

The distressing thing about parasites is that if you can get rid of them, you can easily be re-infected. Married couples tend to have them together; and when one person is treated for the parasitic infection, they are often re-infected by their spouse. It is extremely important that both be treated at the same time, and in many cases, the children should be treated along with their parents. A patient once said to me, "If parasites are so easy to catch, then why doesn't everyone have them?" The funny thing is, almost everybody does. (Reprint of an article by Dr. Ross Anderson N.D.)

Professional Comments

"I believe the single most undiagnosed health challenge in the history of the human race is parasites. I realize that is a pretty brave statement, but it is based on my 20 years of experience with more than 20,000 patients." - Dr. Ross Anderson N.D.

"We have a tremendous parasite problem right here in the U.S. It is just not being addressed." - Dr. Peter Wina, Chief of the Patho-Biology in the Walter Reed Army Institute of Research in 1991

"In terms of numbers there are more parasitic infections acquired in this country than in Africa." - Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases of the National Institute of Health.

Important Supplements

Due to the vast number of illnesses implicating parasites as the cause, a regular natural digestive detoxification program including an anti-parasite formula and colon cleanser to promote proper elimination has been recommended by various naturopaths.

- **Black Walnut Extract** is regularly used for destroying most types of intestinal worms. Various formulated products are available. You may experience diarrhea while using products with Black walnut as the body flushes the intestines.
- **Grapefruit Seed Extract** is also effective in destroying parasites and may be taken internally and used to wash raw fruits and vegetables before eating.
- **Cayenne, garlic, and turmeric** support proper immune system function and help destroy some worms.
- **Aloe Vera Juice** may be taken to sooth the system
- **Acidophilus** helps restores normal friendly bacteria levels to the intestines.
- **Essential Fatty Acids** may help protect the intestinal tract
- **Multivitamin & Multi-Mineral Complex** supports proper nutrition
- **Vitamin B complex** may help prevent anemia caused by parasites
- **Bromelain** may help to destroy tapeworms
- **Witch Hazel** may be used to reduce anal itching

PURGE - A broad-spectrum anti-parasite supplement that could help your body establish an environment more hostile to invasive parasites. Purge contains wormwood, cloves, and black walnut three potential parasite-fighting ingredients - along with 23 other natural substances that aid the body's battle against parasites. For optimal results, take with Feelin' Good and Maximol Solutions. Take 3 tablets with morning meal and 2 tablets with evening meal or as recommended by a health care practitioner. Continue this regimen for 25 days and then interrupt. After a 5 day interruption, take 5 tablets daily as described above for 25 additional days. Then discontinue regimen.

Cleansing Tea - Wow! Did you know that most people have 7-25 pounds of toxic matter caked to the sides of their intestines? This remarkable tea will help your body cleanse itself of this matter, which prevents nutrients from being absorbed properly. This tea is a fantastic way to begin detoxifying your body on your road to health! Herbs strengthen body. Questionnaire to help you decide if you should do one cup or two cups tea per day, extra support with nutritionals, oils, This is a great 30 day cleanse. Tastes good and a part of a whole program of cleansing

Feelin' Good - A colon-cleansing supplement for diets with insufficient fiber. Feelin' Good contains flax seed, psyllium husk, slippery elm, and plant-based fiber to help detoxify your system naturally by using many oil and water soluble fibers.

ProtoZymes - Powerful dietary supplement enhances beneficial intestinal flora and colon function. Five strains of friendly intestinal bacteria support a healthy digestive system. Micro-encapsulation technology protect bacteria until they reach the colon for maximum potency. Proprietary formula sustains the optimum levels of good bacteria.

<http://antiagingchoices.com/Nutritional/digestive system/index.htm>