

# Why are parasites important?

Over 130 different “hidden invaders” can account for over 385 diseases. Parasites may be the “underlying” cause of some of the most prevalent insidious and mysterious disorders of our time — like leaky gut.

Examples:

- ◆ **night coughs and asthma** caused by round worms in the lungs
- ◆ **bloating, gas, nausea** and appetite changes caused by strongyloides (enters via skin)
- ◆ **liver flukes** present in the **gallbladder and liver**

**A parasite is an organism which lives off its host.**

They live a parallel life inside our bodies feeding off our energy, our own cells or the food we eat, even feeding off the food supplements we take.

The idea of harbouring a living organism inside our bodies is repulsive and unpleasant to dwell upon. But learning all we can about our **unwelcome boarders** is the only way we can discover enough to evict them and rid ourselves once and for all of their presence. This is one situation where ignorance is definitely not bliss.

The human body is literally crawling with hundreds of strains of viruses, yeasts and bacteria and other small foreign organisms. The digestive tract alone holds more than 1kg of bacteria. In the right balance, these bacteria are necessary for proper digestion and nutrient absorption – good versus bad bacteria.

The most disturbing invaders to our bodies are parasites, and most people carry these around too. Studies have found that most people, especially those with chronic diseases and cancer, are host to at least one kind of parasite.

**There are 3 main types of parasites —**

## 1. Endo-parasites

These live inside the host. They include Helminths which are worm parasites eg heartworm, flatworms, roundworm, pinworm, tapeworm and fluke. Intercellular parasites live in the spaces within the host's body, the gut and within the host's cells. They include fungi, bacteria, viruses and protozoa. They multiply or divide, within the host. This includes the poliovirus.

## 2. Epi-parasites

These feed on other parasites in a relationship known as hyper-parasitism. A flea lives on a dog, but the flea may have a protozoan in its digestive tract.

The protozoan is the hyper-parasite. We get it from the animal or insect eg malaria.

## 3. Ecto-parasites

These are parasites that live on the outside of the body - such as fleas, head lice (nits), body lice, bedbugs, scabies.



**Alzheimers is being linked to the cold sore virus!**

Altmed Today - reports a connection between parasites and common health conditions including **cancer, asthma, allergies, and irritable bowel syndrome.**

We all know about malaria, dengue fever, yellow fever etc. And **Ross River Virus** and **Barmah Forest Virus**

that can occur anywhere in WA when conditions are warm enough for the viruses to be active and wet enough for the breeding of mosquitoes.

Mosquitoes, lice, fleas, flies, bed bugs, ticks, cats, dogs, sheep are able to transmit a number of diseases caused by **infectious agents: viruses** (toxoplasmosis, yellow fever, dengue fever, etc) **bacteria** (Lyme disease, plague, etc) **parasites** (malaria, sleeping sickness, nits, hydatids, etc.)

**Parasites can invade the soft tissue in the joints and muscles, becoming enclosed in a cyst-like manner, causing irritation and pain, often mistaken for arthritis.**

## Common Signs of Parasite Infection

- ◆ Irritable Bowel Syndrome (IBS) or issues with constipation, diarrhoea, gas, and bloating.
- ◆ International travel where “traveller's diarrhoea” was experienced.
- ◆ Trouble sleeping or waking often through the night.
- ◆ Skin irritations such as eczema, hives, rosacea, or other rashes.
- ◆ Not just skin - parasites can even lead to dry hair, brittle hair, thinning hair and hair loss.
- ◆ Teeth grinding.
- ◆ Shortness of breath.
- ◆ Insatiable appetite.
- ◆ Anal or vaginal itching.
- ◆ Mucous in faeces.
- ◆ Iron-deficiency anaemia.
- ◆ Bad breath and body odour.
- ◆ Constant joint pain or muscle aches.
- ◆ Hypoglycaemia and blood sugar problems.
- ◆ Malnourishment and vitamin deficiencies despite eating a robust healthy diet.
- ◆ Persistent fatigue, lethargy and lack of energy.
- ◆ Depression or lack of interest in life.
- ◆ Irritability, anxiety and mood swings.



## ARE THERE BUGS IN YOUR BELLY?



how to tell how to get rid of them

# Preventing Parasite Infestations

**Parasites are everywhere around us** and we can pick them up outdoors through our hands and **bare feet**. We can get them from other people, our family and our home, **our pets** and **undercooked meat**. After we are infected this way, we can give it to each other through blood, saliva, semen, breast milk, kissing on the mouth, sex, nursing and child bearing. Family members often have the same parasites—shared around.

Parasites can cause disease directly, or cause disease by the **toxins that they produce**. Some parasites live in and feed off our body cells & organs, even hiding inside other larger parasites and worms in us!

Some survive on the food we consume, some feed on red blood cells and some even lay eggs inside our body.

8 out of 10 of us could be suffering from one or more microscopic vampires or even larger organisms.

In 1978 a USA nationwide survey conducted by the Centre for Disease Control found that 1 in 6 people had one or more parasites. Nearly 30 years later, a second

survey found that **1 in 3 were infected**. **Parasites** are on the rise, are not only an inconvenient truth, but **are one of the most unrecognized, neglected diseases of our time**.

A common misconception is that parasitic infections are more likely to occur in underdeveloped countries. In fact, most people have contracted parasites at some point in their life by consuming contaminated food or water, undercooked meat or fish, **unwashed fruits** and vegetables or by coming into physical contact with microscopic eggs on household surfaces. An infected person can easily pass eggs by failing to **wash their hands properly after using the toilet**.

Microscopic eggs are often present on **door handles, mobile phones, restaurant table items, hands, skin and pets**.

**Wash your hands** regularly and in particular when you come home; also wash your feet if you've been outside with bare feet. Change your shoes outside the door, when you come home. You can unknowingly pick up parasites under your shoes from bird droppings, animal excreta. Wear non-slip thongs/sandals **when visiting swimming pools**. Around 8000 infectious moulds, parasites etc lurk in each 10cm<sup>2</sup> (ie every 4 square inch!) area of pool changing rooms. It is also important you **wash all your fruit** and vegetables such as lettuce, cabbage, broccoli, cauliflower, tomatoes, apples, oranges, pears etc. Wash thoroughly under a running tap.



It turns out that bought fruit and vegetables washes aren't any better than plain water. Researchers at the University of



**WASH!**

## CHECK LIST

1. Practise preventative measures – **Wash everything!**
2. Improve **immune system** – supplements if needed
3. Eat foods for **blood type** to lessen strain on body
4. Eat **foods that control parasites**
5. Cut out **junk foods, sugars and grains** that feed parasites
6. Take a **parasite cleanse** if needed
7. Take **aperients** to expel toxins/dead parasites – ie take **Mg**
8. Take **lemon juice, ACV or hydrochloric acid tablet** to expel dead parasite
9. **Re-colonise gut** with good bacteria as needed
10. **Evaluate** if you are getting desired results
  - ie - have **symptoms resolved?**
  - is it solving other health issues?

Maine found that **water was more effective** in removing microbes such as **bacteria and mould**. Rinse thoroughly under running tap water to remove unseen microbes as well as dirt and sand you can see! **Wash tins, bottles** and plastic wrapped foods before opening too. **Who has handled them???**

The FDA also advises against using commercial produce washes because the safety of their residues has not been evaluated and their effectiveness has not been tested or standardized.

**Large parasites** are **primarily worms** and are usually large enough to be seen by the naked eye. Some can be up to 40cm long. They mainly live in the digestive system and seldom travel to other parts of the body although some migrate to other organs. They **reproduce by laying eggs** in the intestinal tract where they **stick to the walls of the intestines**. When the eggs hatch, the young worms feed on the food we eat and eventually grow into adults.

**Small parasites** are mainly microscopic in size and can be very dangerous. They **can eat the protein coating on your nerves** and this can cause disruption to the signal from the brain. Entamoeba Histolytic parasite infects the colon and can also be found in the liver, the lungs and the brain. Small parasites **can function like bacteria** by travelling through the blood stream to any part of the body that is weak and gives it a landing permit—**like poliovirus**. They reproduce mainly without laying eggs and **behave more like an infection**. **Giardia** is a microscopic parasite that causes diarrhoea, often picked up when travelling to Bali. When infected with Giardia, the parasite lives in the intestines and is passed in faeces. Once outside the body, Giardia can survive for weeks or months and can infect others.

## Un-invited Guests that Over-stay (latent - hiding)

**Herpes family: Cold Sores** (Herpes simplex)

Treatment – paint with iodine (NB recent research is linking Alzheimer's with latent herpes infections)

**Chicken pox/Shingles** (Herpes zoster)

Treatment – B12 injections + paint with iodine

**Thrush** (Candida Albicans) Treatment– take Molybdenum

(NB. These latent guests can all reactivate when the immune system is stressed or health is poor.)

**Nail and skin fungal infections** are the alarm siren of your body telling you that there is too much fungal overgrowth on the inside and your system is being overwhelmed.



The foods we were fed as kids and that our grandparents ate — were there for a reason — they helped to keep us well. A lot of these common foods and spices help to rid us of opportune parasites and we really do need to get at least some of them back into our regular daily diet.

Many plants and seeds actually have properties to stop animals, insects and other life forms eating them so that the seeds can grow and continue the species—self-protection! And they can protect us too. (Although some may need to be cooked in certain ways so they don't poison us too!)

The new in-word is **Phytonutrients** and they are found in certain plants and fruits and their role is to fight fungi, germs, bugs and other threats. **Grape seed** extract has anti-fungal and anti-bacterial properties, boosting the immune system and protecting our DNA. **Turmeric** stimulates your liver, enhancing its ability to flush all toxins from your body. Cat's Claw and **garlic** go after any remaining colonies that think they can escape the purge, destroying them and improving your blood flow. What else helps?

### **Pumpkin seeds (pepitas)**

The University of Maryland Medical Centre recommends the use of pumpkin seeds to get rid of intestinal worms.

An amino acid in pumpkin seeds called **cucurbitacin**, has anti-parasitic properties that can **paralyse the parasites**. This prevents them from holding on to the intestine wall and they are eliminated from the body. Cucurbitacin can actually paralyse intestinal parasites like tapeworms, helping to expel them from the body.

Ground pumpkin seeds mixed with milk and honey is a traditional German cure for worms. Pumpkin seeds are great against schistosomiasis (a parasitic disease that can be caught if you travel in Asia (incl **Bali**) or Africa and also tapeworm infections because pepitas can kill not just the grown parasite but their eggs as well.

These properties can be attributed to the presence of cucurbitin and a natural fat that is toxic to the eggs. To enjoy these benefits, you would have to consume half a cup of ground pumpkin seeds, which you can add to your salads or smoothies. Tasty to just eat as a snack as well. Sold as pepitas in supermarkets etc.

**Coconut** nourishes your digestive tract and helps break down the cellular walls and **biofilms** of many parasites. This helps your immune system clear them naturally.

Use coconut oil for cooking. Eat a tablespoon of crushed coconut with your breakfast. You could also eat 4-6 tablespoons of extra virgin coconut oil daily. This oil is loaded with medium-chain triglycerides that help expel parasites from your body and also boost the immune system to fight against them.



**Garlic** is a popular anti-parasitic food. Raw garlic has sulfur-containing amino acids that are anti-parasitic, anti-bacterial, antifungal and antiseptic. Garlic also has potent antioxidant effects that counteract the toxins released by these pathogens due to the presence of **allicin**. Eating 3 cloves of raw garlic on an empty stomach every day for 1 week is one of the simplest ways to get rid of all types of intestinal worms. Garlic is not good for people with A2 or B blood group. Ginger is an alternative for them.



**Turmeric** acts as an internal antiseptic and contains antimicrobial properties that help kill intestinal worms. Turmeric can help **relieve bloating**, excessive gas, nausea and abdominal pain, which are some of the common symptoms of intestinal worms. Turmeric is not easily absorbed so take it with

coconut oil and black pepper to improve its absorption. Take daily for 3 consecutive days. Turmeric and curcumin ie curry, is not good for people with A2 or B blood group. Ginger is an alternative for them.

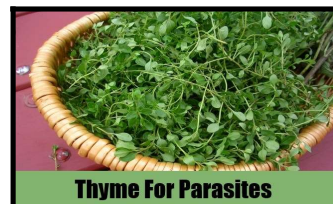
**Ginger** shares most of the benefits that turmeric has, including its ability to kill parasites. Ginger also improves stomach acid production so that you won't even have to worry about getting infected in the first place. To get rid of mucus eat fresh ginger. To aid the digestive system ground ginger might be the better option.



**Cloves** have antiseptic, bactericidal and anti-parasitic properties that help destroy parasitic eggs, kill intestinal worms and help prevent future episodes of infestation. The powerful germicidal compound **eugenol**, is abundantly found in cloves. It easily travels along the bloodstream where it can kill parasites, as well as their larvae and eggs, that it encounters on its way. Because of its potent effects, it can be used to treat malaria, TB, cholera, scabies, and many other diseases. Add 1 teaspoon of powdered clove to a cup of hot water. Cover the cup with a plate and allow it to steep for 10 to 20 minutes. Drink this 3 times a day for a week.



**Thyme** is an Arabic and European remedy that can be used to expel intestinal parasites. Use it, either in its fresh or dried form, as a spice, adding it to meat, vegetables and your daily diet. This makes your digestive tract a non-friendly environment for intestinal parasites and keeps them out of your body. Thyme should be added at the end of the cooking process because its delicate flavour will be lost in heat.



# More Useful Foods for us to eat

by Tessa Jupp RN OAM

**Cayenne pepper** destroys fungus, mould and parasites immediately upon contact. It can enhance the anti-parasitic properties of other herbs when they are used together.

Cayenne pepper



**Sweat** – As your body kills off parasites and yeast, their by-products must be removed from the body, along with the **toxins** that they might have bound to. Some of these are **best removed through** the sweat glands, so let your **body sweat by exercising**, taking cayenne supplements and getting in hot tubs or saunas during the healing process. Cayenne pepper contains **capsaicin** that helps in killing parasites within the digestive tract. The pepper also enhances your digestion, thereby making the elimination of intestinal parasites easier.

**Cinnamon** is a natural remedy for parasites and fungus. Take ½ tsp of cinnamon powder in water, tea or coffee up to 3 times a day. Cinnamon increases the temperature within your intestine, thus making the survival of parasites difficult. Cinnamon interacts with the **Giardia** membranes resulting in cell membrane breakdown, cytoplasm leakage and parasite swelling - which leads to parasite death.

One study showed that **Cinnamon** extracts especially in a dose of 20 mg/kg/day were **more effective** than ginger in decreasing faecal cyst count and in improving the changes of intestinal mucosa. However, **ginger was more effective** in decreasing and harming intestinal parasites. This is because cinnamon is an immune stimulant containing **eugenol**, which has local antiseptic and anti-phagocytic properties. This herb improved the appearance of the villi of the small intestine where the parasites colonised. Both herbs have antioxidant activity; both contain flavonoids, which protects against cellular damage.

**Carrots** are rich in beta-carotene, a precursor for **Vitamin A**, which can destroy the eggs of intestinal worms.



carrots

**Vitamin C and zinc**

present in carrots also support the immune system. A strong immune system will fight off parasites quickly. So grate 2 carrots — eat them on an empty stomach first thing in the morning. Avoid eating anything else during the morning. Try this every day for a week to get rid of intestinal worms.

**Cucumber seeds** If you are suffering from tapeworms in your digestive tract, then cucumber seeds are just what you need since these contain the enzyme **erepsin** which does the job for you. Eat the seeds or grind them into a powder and add 1 teaspoon of it to a drink to cleanse out your system. Even if you do not have parasites, you can still take this as a preventive measure.



**Papaya** is a sweet and enjoyable way to get rid of parasites. Papaya fruit is great, but it isn't the most powerful part of the plant. The seeds are stronger when it comes to killing parasites. However, they aren't as delicious as the fruit when eaten alone so try combining them with honey, which is also a known anti-parasitic food. Papaya seeds possess anthelmintic and anti-amoebic properties that help in expelling intestinal parasites. They enhance digestion while also killing intestinal worms.

**Apple Cider Vinegar** Another easy and effective remedy for **Candida** and parasites. It is well known for killing yeast and improving skin conditions. It tastes awful, but after taking it for a while, you become more tolerant of the taste and your body will start to crave it. Start with 1 teaspoon up to 3 times a day about 30 minutes before each meal (some people can't handle it before breakfast!) This dose can be increased to a tablespoon.

Apple cider vinegar is not just nourishing but also helps in bringing the pH of the stomach back to normal after being infected by parasites. It can help in killing parasites and restoring health.



Apple Cider + Honey

**Honey** - raw from the hive, also has anti-parasitic properties but you can use less and keep using for a longer time. A **2018 study** done on Manuka honey for treating **Guardia** and **Trichomonas**, found that honey prevents and **disrupts the biofilm** formation around parasites. There are lots of individual factors in honey which contribute to its antimicrobial activity and honey is proving to be useful in many areas of infection. It can heal with no antibiotic-resistance developing. **WA honeys** are being shown to be as effective as the NZ Manuka honey.

**Olive Oil** – Also an antifungal that supports removal of parasite and yeast waste. Olive leaf extract is an ancient old remedy used to treat intestinal parasitic infestations. Use as a cleanse twice a year to prevent new infestations.

## The most common symptoms of parasites can include:

- an itchy bottom
- general irritability
- trouble sleeping or restless sleep
- sudden lack of appetite

Common **commercial treatments** for worms include **Combtrin** - available chemists; and others like **Worm Out**, **Parasite Cleanse**, **Bowel Restore**, which are available at Health Food Stores, chemists or on-line.

