Absolutely Disgusting

How to diagnose and treat critters and parasites (we all have them)...

...and that means YOU!

by Keith Scott-Mumby MD, PhD

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Parasites and Your Health

What if you could take a tour through the inside of your body, just like they did in the movie "Fantastic Voyage?" What would you see? Well you would see exactly what you might expect to see - your organs, your blood system, your digestive system, but wait…what's that you see swimming towards you? Why parasites of course…what do you mean parasites – that's absolutely disgusting!

Did you know?

According to the CDC:

- ✓ In the U.S., we deal mostly with roundworms, tapeworms, hookworms, and pinworms.
- ✓ 90% of all of the world's population has some form of parasite living in their body. So while it might be unpleasant it is a real problem.
- ✓ Right now, it's almost certain that you have at least one parasite, and there's a very good chance that you have more than one.
- ✓ 4.5 billion worms exist. They can be found in both unsanitary and sanitary conditions, around the globe. So if you were thinking that you didn't have to worry because you live in America and in sanitary conditions, you would be wrong.
- ✓ Around 40 million people in the United States are infected with the Enterobiasis pinworm.
- ✓ Pinworms affect an estimated 5.5 million children within the United States.
- ✓ Toxocara infects at least 14% of the U.S. population, which is a parasite that is passed to humans from cats and dogs.
- ✓ Each year there are many outbreaks of the waterborne parasite cryptosporidiosis.

- ✓ The Trichuriasis roundworm infects an estimated 800 million people in the world.
- ✓ The Trichuriasis roundworm is frequently found throughout the southern parts of the United States.
- ✓ Parasites deplete the body of valuable nutrients necessary for health and wellness.

Parasite Facts

You may have heard about illnesses like Giardiasis but for the most part, we overlook the direct relationship between parasites and ill health. According to the WHO, the most recent stats on parasite infections and human deaths are as follows:

Disease	Human Infections	Annual deaths
Malaria	489 million	1-2 million
All worms	4.5 billion	
Ascaris	1.0 billion	20 thousands
Hookworms	900 million	50-60 thousands
Whipworms	750 million	
Filarial worms	657 million	20-50+ thousands
Schistosomes	200 million	0.5-1.0 million

How We Become Infected With Parasites

A parasite exists for every human tissue in the body. We become infested with parasites when they are able to enter the body through our mouth by either eating food that is contaminated or drinking water that is contaminated.

Some of the most common parasites live in our water supply. Infected fecal matter gets into water sources including drinking water supplies. While municipal water treatment kills some parasites, not all are killed in this manner.

Some parasites can infect you through contact with your skin. Some of the most deadly parasites such as the Trematodes (flukes) are found in water sources and they can then penetrate the skin causing infection in humans.

Parasites can also be transmitted by putting your hands or any other object into your mouth that has come in contact with the stool of an infected animal or person. If you were thinking you couldn't possibly have parasites, you'd be wrong, because for the most part you have little control over how they are transmitted and land up residing in your body.

Food is another source of parasite infections. When you eat contaminated food, you become infected. Fresh fruits and vegetables become contaminated from the soil or the fertilizer.

When fruits and vegetables are not properly washed, you ingest the parasite's eggs, and become infected. Meat that is eaten raw or undercooked also poses a threat for parasite infestation.

As much as we love our pets, "mans' best friend" is a definitely a source of infection. Both pets and wild life carry parasites.

When we pet or let our pets lick us, we can transfer parasites from the animal to ourselves. In fact, pet owners have double the risk of being infested with parasites.

Most of the blood-sucking insects can actually transmit parasites to humans. If you suddenly develop unexplained symptoms and you have been traveling in a temperate or tropical part of the world, you should suspect parasite infection.

Disease Prevalence Estimate
Toxoplasmosis affects approx
1 in 4 people or 22.06%
or 60 million people in the USA
but few have symptoms
(CDC)

Parasites can be transmitted from human to human, animal to human, and human to animal. They can be transmitted through contaminated food that has not been properly washed, water, and infected meat. In fact, many of these parasites have been identified as the cause of waterborne and food-borne diseases.

Once the parasite has entered the body, they begin to rapidly multiply. One of the most common symptoms of a parasite infestation is fatigue, which occurs because the parasites are actually feeding on you. Yes folks, these absolutely

disgusting things are **Eating You** from the inside out, and you don't even know they are there. **95% to 98% of the population has some type of parasite infestation**.

Not only are parasites repulsive, they can deprive your body of important nutrients and vitamins. They can change your body's natural pH level creating an acidic environment. These parasites can lead to a decrease in energy, depression, and a host of other health issues and symptoms, which we look at next.

General Symptoms Of Parasites In The Body

No one wants to think about having parasites living in their body. It's disturbing isn't it? However, the fact of the matter is that it's highly likely. If you have any of the following symptoms, you should consider the fact that you are plagued with intestinal parasites. The first five are very significant.

- ✓ Strange, inexplicable pains flitting through your body
- ✓ Unaccustomed headache and eye ache
- ✓ Excessive debility and fatigue
- ✓ Persistent bowel disturbance that doesn't respond to normal treatments
- ✓ Depletion of nutrients
- ✓ An itchy nose, ears, or anus
- ✓ Male sexual dysfunction
- ✓ Women have problems with menstruation
- ✓ Forgetfulness, unclear thinking
- ✓ Depression, mood swings, irritability,
- ✓ Slow reflexes
- ✓ Food cravings
- ✓ Gas, bloating, or other digestive problems
- ✓ Loss of appetite
- ✓ Yellowish Face
- ✓ Heart Pain or rapid heartbeat
- ✓ Navel pain
- ✓ Vision that is blurry
- ✓ A burning sensation in the stomach
- ✓ A feeling of hunger even when you have eaten
- ✓ Shoulder, back, or thing pain
- ✓ Insomnia, or difficulty falling asleep
- ✓ Immune dysfunction
- ✓ Nervousness
- ✓ Allergies

- ✓ Constipation or diarrhea
- ✓ Water retention
- ✓ Overweight or Underweight
- ✓ Fibromyalgia
- ✓ Fever
- ✓ Restlessness
- ✓ Crave Sweets

If you suffer 3 - 4 symptoms on this list, your health risk is medium. If you have 4 to 7 of these symptoms, your health risk is high, and if you have 7 or more of these symptoms, your ***health risk is extremely high***.

If you are thinking that's a big list that covers a lot of pathology, you are right. It also translates to an awful lot of prescription medicine or even holistic remedies that are being sold to treat symptoms rather than getting to the underlying cause. While we may not want to think about those disturbing parasites roaming around in our body, the fact of the matter is until you decide to deal with these parasites you will never be truly healthy.

When was the last time you found yourself dealing with one of these conditions? Having many of these symptoms is very common. Did you ever stop and ask yourself, "I wonder if I have parasites?" If the thought never crossed your mind, you aren't alone. Few people are aware that parasites exist, and even fewer realize that parasites can wreak havoc on your body.

You're reading this book - that's a good sign. By the time you have finished this book, you'll understand what parasites are, how we get them, the most common parasites to watch out for, and what you can do to rid your body of these parasites, thereby ***taking back your health***.

Your health is everything. Without it we truly have nothing. We all want to live to a ripe old age of 100, but do you really want to live in a frail, unhealthy state? You don't have to. Parasites are responsible for far too many health problems, yet conventional medicine inadequately treats these parasites, if they even treat them at all. We will give you tools and methods to eliminate parasites from your body, and put you on the road to ***good health and longevity***.

What Exactly Are Parasites?

Let's be honest, parasites aren't exactly a topic you'd be discussing over the family dinner, yet the sad fact is we should be! Parasites are organisms that get their nourishment from a host, which is another living organism. But they give nothing back; just take. Parasites live and reproduce with human tissues and organs of the human host (or animal host) they are infecting.

Often there is another organism involved in the life-cycle of a parasite; the so-called "intermediate host". Sometimes an immature form of the parasite, called a larva (plural *larvae*, it's Latin), exists in one host and the adult form grows in another.

Parasites range in size from microscopic organisms that require a microscope to see, to large worms that can easily be seen with the naked eye. Some of the more common parasites include tapeworms, roundworms, ringworm, as well as microbial growths and their eggs.

Life Span Of A Parasite

The parasite's life span begins with the ingestion of parasite eggs or larva. Most parasites like places that are moist, dark, and warm. Once the eggs hatch, they will occupy the intestinal wall, as well as move to other areas of the body. The anus like the intestinal wall is a popular hangout for these disgusting little creatures.

Once they reach adulthood, some of these parasites can live years, while the entire time they are depositing eggs in your body. In just two years, parasites can deposit more than 60,000 eggs in your body.

These parasites will feed off the food you ingest including the nutritional supplements that you take. They will also excrete in your body – Yuck! Once you are infected, getting rid of adult parasites requires some tools, which we will give you.

Nobody Is Safe From A Parasite Infestation

Parasites are no respecters of person or status. They infest kings and princesses, as well as the common man or woman.

You need to recognize that parasites are real and they are common, often disguising themselves as allergies or other illnesses. Seldom do doctors even consider that parasites might be at the root of health ailments.

Parasites are bad news. To put it into perspective – there are 7.8 billion acres of arable land on the planet, yet only 3.4 billion acres are usable as farmland because the balance is infested with parasites making it unusable. Parasites can quickly kill animals, and while humans might survive their organs and tissues, even their brains can be seriously damaged by these same parasites.

Here's something to think about – of all the deaths in the world, 25% are a result of a parasite infection. That's **huge** considering all of the other illnesses and diseases that humans are afflicted with. While the parasites don't generally aim to kill their host, death is often a side effect of their existence.

Not smart of the parasite, because they then have nothing to live in and feed on. They're out on the street, homeless, so to speak!

Brain Eating Parasites

Unbelievable though it sounds, neurosurgeons report they often see nasty creepy-crawlies wandering around inside the skull, once it is opened. Some of these things actually feed on brain tissue. Fortunately, these beasties are not too common.

But common enough to be scary.

One parasite, the cyst of the pork tapeworm Taenia solium, may infest the brain tissue, where it sets up (maybe several at a time) and swells to mimic a brain tumor. We call this condition cysticercosis (see later).

Eye Eating Parasites

This sounds even worse. It comes as a shock to many Westerners to discover they have nasty creatures infesting their eye sockets and feeding on their eyeballs. Damage to the cornea and other eye tissue can, obviously, lead to partial or total blindness, unless the parasite is eradicated quickly.

Among eye-damaging parasites are:

1. Acanthamoeba keratitis, a single-celled parasite that feeds on bacteria. It feeds on bacteria found in the eye but isn't too fussy and will readily attack the eye itself. Contact lens wearers are especially vulnerable to this organism and strict hygiene measures are required at all times when handling the lenses.

See this short video from animal planet:

http://www.sling.com/video/show/183175/00/The-Eye-Eating-Parasite

2. Cysticercosis from the pork tapeworm, Taenia solium

3. Botfly eggs and larvae

4. Toxoplasmosis

Toxoplasma gondii is a single cell organism that lives parasitically within host cells.

The definitive host (where organism can reporduce) is a cat, but other organisms, including humans, can contract the disease. In humans, there are two types of disease that affect the eyes, congenital and acquired toxoplasmosis. Toxoplasmosis is the most common cause of posterior uveitis, which is inflammation in the back part of the eye.

From 20 – 70% of US adults have antibodies indicating past exposure to this organism. It is VERY common.

See more about toxoplasmosis later. Download a short PDF for women here:

http://pdfcast.org/pdf/toxoplasmosis-an-important-message-for-women

5. Onchocerciasis from Onchocerca volvulus.

Onchocerciasis is the world's second leading infectious cause of blindness. Rarely life-threatening, the disease causes chronic suffering and severe disability. In Africa, it constitutes a serious obstacle to socioeconomic development. It is often called river blindness because of its most extreme manifestation and because the blackflies that transmit the disease abound in

riverside areas, where they breed in fast-flowing waters. Fertile riverine areas are frequently abandoned for fear of the disease.

The disease is caused by Onchocerca volvulus (see image).

It is mostly found in Africa but also a few countries in Latin America. A parasitic worm, Onchocerca volvulus, of the family filariidae, lives in the human body for up to 14 years. Rarely life-threatening, the disease causes chronic suffering and severe disability. The male is 2-3 cm long and the female is up to 60 cm long. The vector for this parasite is the blackfly.

Skin Parasites

Most parasites can cause skin eruptions, if they migrate to the surface. Also strong allergic reactions can set up to on-board parasites and this may be the cause of a skin allergic rash, such as urticaria (hives).

Some of the offenders are:

Oxyrius
Necator Americans
Ancylostoma duodenale
Strongyloidesa
Filariasis
Tapeworms, such as Taenia solium and Echinococcus granulosum.

“Creeping Eruption”

Creeping eruption is a skin eruption, caused mainly by the larvae of hookworm Ancylostoma Brazilians and to a lesser extent by other larvae as that of Ancylostoma Cranium, horse bottle fly or larvae of strongyloides that penetrate the skin during walking barefooted especially in children. The commonest sites involved are feet, buttocks, genitalia and hands.

The condition is common in all warm climates.

Adult hookworms live in the intestines of dogs and cats and the ovae are deposited in the animals feces. Under favorable conditions of humidity , warm and in sandy , shady areas, hatching of the ova into infective larva which can penetrate human skin.

Infections are acquired by children in sandpits, plumbers under houses, farm-workers under outbuildings, hunters in hides, gardeners from the soil and sea bathers from the sandy shore above the ebb and flow of the tides.

The patient suffers mild itching at the site of penetration of the larva into the skin. Later itching becomes more severe with excoriation and secondary infection to the sites.

Tortuous thin, red lines are formed along the way where larvae migrate into the skin. This line is interrupted by small papules where the larvae hide in.

These larvae may be removed from the skin during severe itching and may be detected under the fingernails.

Some cases of creeping eruption may show patchy infiltrate of the lungs with Eosinophils (Loeffler‘s syndrome).

Summary

The sheer number of health problems and symptoms that are directly linked to having parasites is hard to wrap ones head around, but never the less it is a problem that exists and continues to grow because most of us have no idea that parasites have invaded our bodies and conventional medicine treats symptoms with prescription drugs.

Because of our modern living conditions, parasites have become the forgotten public health concern. Yet **94% to 98% of the population is infected with one or more parasites**.

According to a 2003 CDC report, there is an estimated that 50 million American children and 60 million adults were infected with one or more parasites.

Lab tests are only accurate in determining about 20% of all infestations. The actual infection rate is many times higher than reported, because typical laboratories miss a lot of infestations.

That means you are likely infected!

You can have a few parasites and suffer no ill effects, no symptoms, and no disease. However, if you become ill or have an accident where your immune system is thus compromised, then the parasites often begin to cause problems.

There are several reasons why there has been an increase in parasites in North America. One of the main reasons is because of the increase in international travel to places such as Africa, Asia, or Latin America. This has resulted in parasites once only found in foreign countries being brought into North America. Immigrants are also carriers of parasites. They arrive here, and then introduce parasites from their homeland to America.

But parts of the USA have high endemic levels of parasite infestations and travelers to these zones should take extra precautions.

For instance whip worms (so-called because these intestinal worms look like little whips, around 1- 2" long) affects 25- 30% of the population in the south eastern USA, mainly children, so it is not rare in Western society. Whip worms suck blood from the intestinal lining and can cause anaemia and damage to the gut wall leads to leaky gut syndrome,

Two species of hookworm, *A. duodenale* and *N. americanus,* are found exclusively in humans. *A. duodenale,* or "Old World" hookworm, is found in Europe, Africa, China, Japan, India, and the Pacific islands. *N. americanus,* the "New World" hookworm, is found in the Americas and the Caribbean, and has recently been reported in Africa, Asia, and the Pacific.

with resultant food allergies. Infestation can result in colitis, proctitis, appendicitis and in extreme cases prolapse of the rectum.

You may never have heard of this unpleasant human pathogen, yet you may be harbouring it, even as you read this. Amongst other symptoms of this infection are insomnia, nervousness, loss of appetite, vomiting, urticaria (hives), prolonged diarrhea, constipation, flatulence and feeling "toxic" (Schmidt GD, Roberts LS, Foundations of Parasitology, Times Mirror/Mosby College Publishing, St. Louis, 1989, p. 418).

Poor sanitation and improperly treated rural and municipal water supplies are responsible for water borne parasites. Daycares are a source of parasite transmission due to improper hygiene. Household pets host a variety of parasites. Uncooked exotic foods also harbor parasites.

The sexual revolution has resulted in the easy transmission of parasites from one person to another, and the list could go on. By now you get the picture – there are many ways for you to become infected with parasites, and many times you'll not even realize you have them. Don't let these disgusting little creatures wreak havoc on your heath. **Get rid of parasites now**!

Weird Or What?

Before we rush to cure you, there is one other thing to know that you won't find in parasitology textbooks! Consider this story, from ABC News:

Jasper Lawrence so desperately wanted to be infected with a hookworm that he traveled to Africa and walked barefoot alongside open latrines in Cameroon to get one.

He got the idea from a documentary about a British researcher, David Pritchard, who had infected himself and spent decades researching why populations of people in the world where hookworm is common have virtually no hay fever, no allergies or asthma.

After years of suffering from adult onset asthma, poorly controlled by drugs, Lawrence thought he was ready to try worms. He realized that there was no way to buy hookworms, so he went to Africa with the deliberate intention of being infected by a hookworm.

He took his shoes off and walked barefoot in open-air latrines. "I got laughed at a lot," he says, "But some people were really hostile about it. ... While I was there my feet were very itchy, so I felt very confident that I was infected."

Within a few months, Lawrence said his asthma and allergy symptoms dissipated. He stopped prednisone. He started to exercise without worrying about an attack and, as a result, he said he lost 40 pounds.

Seeing an untapped treatment, Lawrence decided to go into business selling parasitic worms to people hoping to temper autoimmune conditions such as asthma, allergies, Crohn's disease, colitis and inflammatory bowel disease.

Doctors and researchers say the worm therapy idea not only holds water, it is a promising wide-reaching treatment with FDA-monitored clinical trials for patients in several major U.S. cities.

For $2,900, clients of Lawrence's company, Autoimmune Therapies, can swallow a dose of whipworm, or apply a Band-Aid of hookworms to penetrate the skin. The clients must submit a patient questionnaire, blood test and undergo a phone interview with a doctor before purchasing.

Todd Troutman, of Alabama, said he was so desperate for relief from his allergies that he was willing to take the risk.

"When I saw it I said 'OK' I forked out $ 3,000 and I was pretty sick, so that will make you do some things," he said.

"My eyes would swell almost entirely shut. Most of my life consisted of blowing my nose or finding something to blow my nose on. I was sleeping 14-15 hours a day having absolutely no energy at all ever, it's just like having the flu and it just never goes away," Troutman said. "You get up to the level of having a bad cold, and then the weather changes again it goes back to having a bad flu."

Troutman said the parasites brought such a relief he was able to get off medication and move out of the desert environment he retreated to for relief.

I have written elsewhere, too, about the deliberate use of worms to treat ulcerative colitis and Crohn's disease. One trial worked so well that after it was ended, patients were actually asking for more worms.

In another study, 29 adults with moderately active Crohn's disease swallowed 2,500 whipworm eggs of the species Trichuris suis - commonly found in pigs - every three weeks for 24 weeks in total.
Most of the patients had had their symptoms for around four years and standard treatment had not worked. Five patients dropped out, but halfway through, 22 patients had experienced a significant improvement in their symptoms, with 19 of them having no symptoms at all.

By the end of the study, all but one had shown an improvement, with 21 reporting no symptoms.

[visit this BBC (UK) page to learn more:

http://news.bbc.co.uk/2/hi/health/4091881.stm]

Of course these treatments would not be right for children, pregnant women, immune compromised individuals or anyone else who could get benefit from simpler and safer therapies.

The Four Classifications of Parasites

There are four main classifications of parasites. In these four classes, you will find 70% of parasites live throughout the body including in our blood, our organs, our brain, our eyes, and even in our sinus cavity. They are everywhere. You can find the other 30% of parasites in your digestive system.

All of the parasites in these four classes are able to live in humans, and while there are more than 1000 parasites that can inflict damage on your body, in this book we will focus on the most common parasites. Let's start with a look at the four classifications of parasites.

The Protozoa (One Cell Parasites)

The one-cell protozoa have the ability to invade any single cell in the body. The majority of parasites are protozoa. Protozoa reproduce by duplicating themselves in the same manner that a virus or a bacterium multiplies.

There are genital protozoa, nervous system protozoa, and blood protozoa. Giardia is an excellent example of blood protozoa that can cause severe stomach infection often misdiagnosed as a stomach virus.

It is estimated more than 50% of the drinking water in the United States has Giardia present. Chlorine does not kill Giardia because their hard shell protects them from the effects of the chlorine. E. Coli is another common protozoon that is the result of contaminated meat.

The Nematodes (Roundworms)

When we talk about human parasites these are the ones we usually think of. Nematodes are bigger than the one-cell protozoa. The roundworms include hookworms, whipworms, and pinworms. For such small parasites, they can do an incredible amount of damage.

It's a common misunderstanding that in order to get worms you need to ingest worms. Actually, you do not. What you actually ingest are microscopic eggs that are not visible with the naked eye. These eggs will eventually hatch in your body.

Pinworms are the #1 parasite in North America. Hookworms are called Necator Americanus, which translates to American Murderer because of the amount of damage they can do within the body. Whipworms attach themselves to the intestinal wall, and various other roundworms can also do a great deal of damage. With the **parasite infestation rate between 94% and 98% of the population,** there's a good chance you are infested with at least one of the parasite types discussed.

The Trematodes (Flukes)

Flukes can live within a human's body for as long as 20 years, making them the most difficult parasite to get rid of. Liver flukes are found around the gall bladder and they infect the biliary ducts. Lung flukes are found in the lungs causing coughing and chest pain. Blood flukes are able travel throughout the body and into organs.

There are three types of blood flukes – intestinal, urinary, and oriental. Intestinal blood flukes attack humans in the Taiwan, India, China, Southeast Asia, Africa, and Northern South America. Urinary blood flukes are found in humans in Africa, Egypt, and the Middle East. Finally, oriental flukes are found in humans in the Philippines, Sulawesi, China, and Japan.

The Cestodes (Tapeworms)

Tapeworms can grow from ½ inch long to a whopping 33 feet long, laying as many as a million eggs per day. Some tapeworms live up to 25 years. There are many types of tapeworms – beef tapeworms, pork tapeworms, fish tapeworms, rodent tapeworms, dog tapeworms, and dwarf tapeworms.

Soil or water can be contaminated with tapeworm eggs when feces are expelled. This means you can become infected if you drink or eat from a contaminated source. Tapeworm infestations can occur with poor hygiene, by improperly washing foods, or by eating undercooked or raw meats.

Nematodes (Roundworms)

Nematodes are diverse. There are over 80,000 Nematode species and they are very difficult to identify. More than 15,000 of those species are parasitic and they commonly infect humans. Many times, a person is not aware they have been infected.

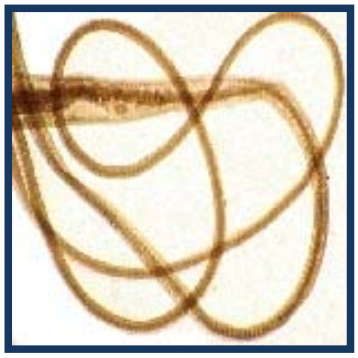
There are many roundworm species. Roundworms range in length from ½ inch to 39 inches. They are usually white in color, and look a lot like spaghetti.

> In 2002 in America, there were about 1,000 deaths from Intestinal Nematode (WHO, 2004)

They are the same diameter as spaghetti with an average length of 4 inches. They live in their human host's intestines.

Just a handful of soil can be home to thousands of microscopic Nematodes. Let's have a look at some of the most common Nematodes.

Whipworms - Trichuris



Whipworms got their name because of their shape. Two thirds of the whipworm is thin and the latter third becomes wider giving it the whip shape.

The whipworm's head is very narrow allowing it to burrow deep into the intestine tissue, where as the wider portion allows the worm to be able to produce eggs. The average adult whipworm is 1 to 2 inches in length, and can live from 1 to 3 years.

The female whipworm can lay between 2000 and 10,000 eggs every day. These eggs are shaped like a barrel and develop in moist, warm areas, both inside the body and outside. The eggs incubate for 15 to 30 days, producing mature eggs.

Whipworm infection occurs if you eat improperly cleaned food grown in contaminated soil. Once you ingest the whipworm, the larvae hatches and attaches itself to your large intestine.

While whipworms can affect both children and adults, they are most common in children because they are more likely to come in direct contact with soil and then put their hands in their mouth.

With 95% to 98% of the population infected with one or more parasites, you should be surprised to discover you are infected.

Symptoms of Whipworm Infestation

While many individuals may have no symptoms, others will have symptoms. It often depends on just how heavy the whipworm infestation is. Let's look at some of the most common symptoms.

- ✓ Depletion of nutrients in the body
- ✓ Lower abdominal pain
- ✓ Anemia
- ✓ Bloody stools
- ✓ Nausea
- ✓ Weight loss
- ✓ Diarrhea or constipation
- ✓ Gastrointestinal issues
- ✓ Fatigue
- ✓ Poor concentration
- ✓ Rectal prolapsed (in cases with severe infestation)

Because the whipworm has such a long life, you can quickly become the host to thousands of worms. While whipworms or their eggs are found in a stool sample, in some cases an individual discovers they are infected when a whipworm exits through the nose.

If that made your skin crawl, you are not alone, yet another reason why it is so important to become parasite free.

Pinworms or Threadworms – Enterobiasis

Pinworms are tiny parasites, measuring on average ½ inch, so they can be seen with the naked eye. They look a bit like a piece of thread, and they are yellowish white in color. Pinworms or threadworms live in the soil and are able to survive for many generations this way.

They thrive in temperate climates and are more common in high socio-economic levels, which is a surprise to many. There are more than 500 million people who are infected with pinworms and the majority have no idea that they are infected.

Pinworm infections occur when you drink water or eat food contaminated with feces that contain pinworms. When you put your hands in your mouth after touching something infected with pinworms you become infected.

Food not properly prepared can cause infection. Pinworm eggs are microscopic so they can easily be ingested without you ever knowing.

Other surfaces were pinworms are commonly found include clothing, towels, bed linens, underwear, bathroom fixtures, toilets, eating utensils, toys, sandboxes, desks, and kitchen counters. You get the idea. Almost nowhere is exempt from the possibility of pinworms. Children are highly susceptible to pinworms.

> Pinworms predominantly occur in school-aged children (5-10 years) and preschool children (wrongdiagnsosis.com)

There are two larvae stages. The first stage is not infectious while stage two is when the larvae is threadlike and can actually enter through the skin. This is when they can be picked up walking barefoot on contaminated soil or sand.

Larvae picked up by the feet often moves to the lymph nodes, followed by the lungs, and then the throat. When you cough, they are then transported to the intestines. Larvae that enters from the mouth reaches the throat and then moves to the intestines.

The eggs hatch once in the small intestine and once hatched the adult pinworms will make their residence in the large intestine. When the adult female worms become pregnant, they move down to the anus to deposit their eggs around the outer area of the anus.

This causes anal itching. Children will often scratch their itch and put their fingers in their mouth. We should mention that while the family pet carries many parasites, they do not carry pinworms.

Symptoms of Pinworm Infestation

Pinworms often come with no symptoms until they reach large numbers creating the development of symptoms. Those symptoms are often bowel related and can include mild bleeding or cramping, but they can also be much more severe including leaky gut syndrome. Below are a list of common pinworm symptoms.

- ✓ Depletion of nutrients
- ✓ Itchy Rectum (most common)
- ✓ Irritation of the anus or vagina
- ✓ Digestive disorders
- ✓ Diarrhea
- ✓ Nausea
- ✓ Fever
- ✓ Bloody stool
- ✓ Dry cough
- ✓ Breathing difficulties
- ✓ Insomnia
- ✓ Nervousness

Roundworms – Ascaris and Strongyloides

Roundworms are common in puppies and kittens. In fact, it is common to see a puppy or kitten vomit up roundworms.

Adult dogs and cats also get roundworms and they can infect humans. Roundworms can pass from animal-to-human or human-to-human.

The eggs of the roundworm live in the soil. Then we get them on our hands and then they are able to enter the body via our mouth. Some roundworms allow for the transmission through our skin.

Roundworms enter your body when you ingest eggs. It takes 3 to 6 weeks for those eggs to mature and for roundworms to appear in your intestine. The idea of eating roundworm eggs is disturbing but the truth of the matter is these disgusting little eggs are everywhere.

Infection can occur through a scratch that transfers the eggs into an open wound. You can inhale eggs that are disturbed from bedding or clothing shaken.

Furniture, doorknobs, and taps are common places where these microscopic eggs can reside, so when you touch these items you transfer the eggs to your hands or fingertips and then when your hand touches your mouth you are infected.

> According to the US Government, In the United States, three of the most common food borne parasites are Giardia, roundworms, and tapeworms

It's that easy. Any surface can have roundworm eggs so rather than trying to figure out how to avoid contamination, later we will tell you how to rid your body of these unpleasant parasites.

Symptoms of Roundworm Infestation

While many individuals infected with roundworms show no signs of infection, others will have symptoms. It's important to mention children infected with roundworms often exhibit signs of slow growth, or overall poor health.

A person who has roundworms may exhibit one or more these symptoms:

- ✓ Nutrient depletion
- ✓ Fever
- ✓ Cough
- ✓ Fatigue
- ✓ Abdominal pain
- ✓ Allergic rash
- ✓ Shortness of breath
- ✓ Weight loss
- ✓ Nerve problems
- ✓ Diarrhea
- ✓ Vomiting
- ✓ Overall feeling of being sick
- ✓ Blood in the stool

A person who has roundworm larvae in the lungs might experience wheezing, a cough that won't go away, or other unexplained respiratory problems. Sometimes roundworms can result in a severe illness.

For example, a blockage in the intestines can be caused by a severe roundworm infection. Yet another reason to take preventative action to ensure you are not infected with roundworms.

Here's something pretty gross; just so you know what we are dealing with here (this is Ascaris from the kid's mouth and nose). And, YES, this parasite is common in the Western hemisphere and the USA. I found a good number of cases in my practice in the UK.

If doctors would only test patient who have unexplained cough, abdominal pain or general ill health they would find that up to 50 percent of people will return positive samples. Once treated, the community will become a lot healthier.

Parasitology is not the field for wimps and deniers. It's real, it's common and it's horrific at times.

Hookworms

Hookworms include two serious human pathogens: Necator americanus ("American killer") and Ankylostoma duodenale. The former is prevalent worldwide (380 million plus victims by 1947) but has had major economic impact in the southern states of the USA, where in 1947 it was estimated that 1.8 million citizens were infected (it is important to realize these figures will have increased, not decreased with time). Ankylostoma is predominant in, but not confined to, Africa, India, China and south-east Asia.

The Hookworm infections occur in the larvae stage, when it comes in contact with human skin, through contaminated soil or feces.

The hookworms penetrate the skin and from there they make their way to the liver and the lungs.

They finally attach themselves to the small intestine where they will stay until becoming mature adults, who then lay more egg, which then move down into the feces and pass in the stool.

Once passed the larvae will grow in the feces or soil for surviving up to 4 weeks and then the lifecycle repeats itself. Most adult hookworms are eliminated from the body within 1 to 2 years, but they can actually live in your body for many years.

The hookworm depletes the body of nutrients and because it feeds off a person's blood, anemia can occur. It is especially common in children. Hookworms of the Necator Americanus species are the most common and range from ¼ inch to a ½ inch in length.

According to the WHO, Hookworms are thought to infect more than 600 million people worldwide.

Symptoms of Hookworm Infestation

Symptoms of a hookworm infestation are not always present. However, there are times when one or more of these symptoms will occur:

- ✓ Depletion of nutrients
- ✓ Itchy Rash
- ✓ Itch foot or rash at the point of the hookworms entry
- ✓ Cough or Wheezing
- ✓ Difficulty breathing
- ✓ Blood in the stool
- ✓ Diarrhea
- ✓ Intestinal cramping
- ✓ Colic
- ✓ Nausea
- ✓ Vague abdominal pains
- ✓ Weight loss
- ✓ Loss of appetite

Filariasis – For Those That Are Traveling

Filariasis is a type of roundworm parasite, which lives in the lymphatic system of those it infects. Filariasis is found throughout Western and Central Africa, South East Asia, and parts of South America. India, Nigeria, Indonesia, and Bangladesh account for 70% of the Filariasis infections.

While we aren`t going to delve too deeply into Filariasis, it's important to know that if you travel to any of the mentioned countries you could be at risk. With an incubation period of 10 to 12 months many return home, with no symptoms until months later. Then they fail to make the association.

Filariasis is spread by the bite of an infected female mosquito or the bite of an infected female black fly. Initially the bite may become red and fester. But generally it will disappear, and a person will completely forget they were ever bitten until mysterious symptoms begin to appear.

Symptoms of Filariasis Infestation

- ✓ Nutrient deficiency
- ✓ Dermatitis
- ✓ Nodules under the skin
- ✓ River blindness
- ✓ Lymphatic infections
- ✓ Rash
- ✓ Ocular lesions (the most serious)
- ✓ Swelling in the genital area

Elephantiasis

This crippling condition follows as a late stage of extensive filiariasis infection with *Wuscheria bancrofti*.

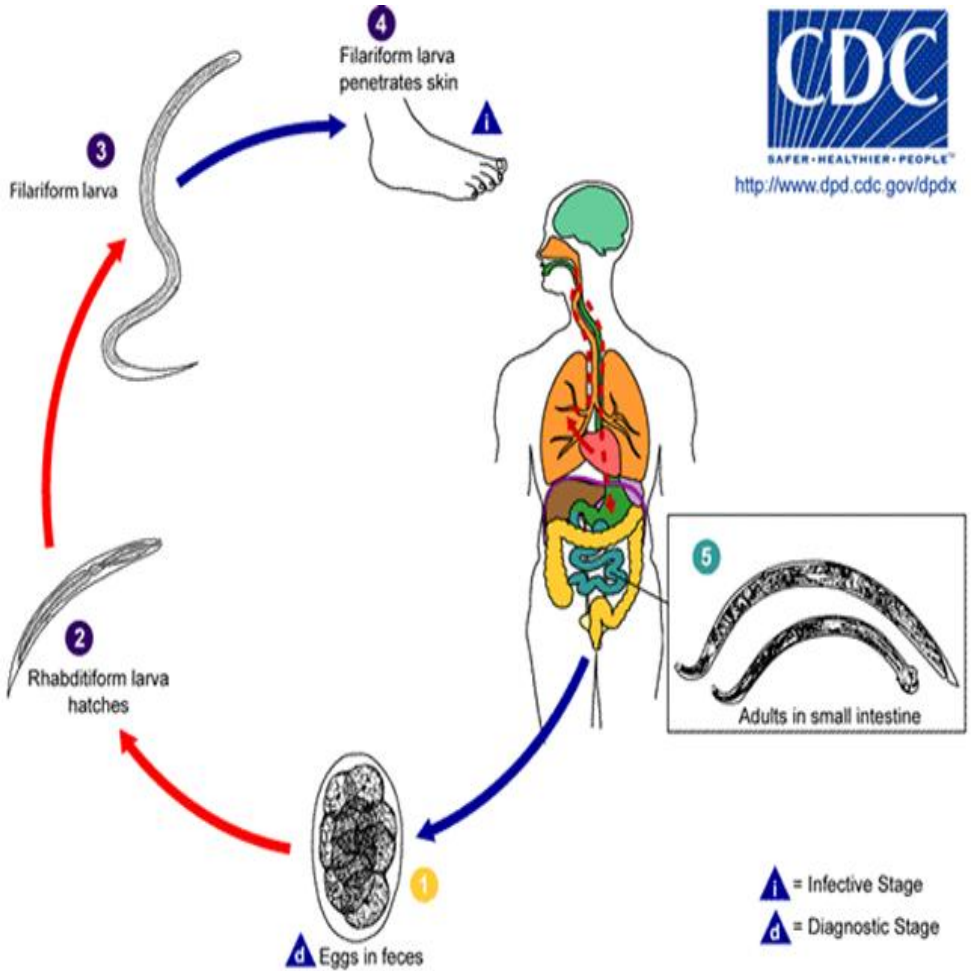
Heavy infestation blocks lymphatic drainage from a limb, which swells up alarmingly. This is a picture of an 18-year-old woman from Tanzania with severe elephantiasis in both legs.

Some US troops were affected this way, having served in the Pacific theatre, World War II and Vietnam.

The Life Cycle of the Nematodes

Nematodes are a real problem in humans. Too often, we assume symptoms we have are related to something else. We may see our doctor, start taking prescription drugs, and not once consider the idea that we may have parasites living in our body.

The following diagram provided by the CDC (Center for Disease Control) depicts the life cycle of the Nematodes…



Summary Of Types

The main nematodes we deal with as parasites are:

Whipworms
Pinworms
Hookworms
Filaria
Larger worms, like Ascaris and stongyloides
Toxocara Canis (dog roundworms) and Toxocara Cati (cat roundworms) cause a disease called Toxocariasis.

Cestodes (Tapeworms)

Human tapeworm infestations are prevalent in the United States. In fact, it is estimated that between 95% and 98% of the population are infected at any given time.

There are different types of tapeworms humans can be infected by, but all types of tapeworms need a host to complete its development.

Adult tapeworms can reach a whopping 30 feet and they can live in a human body for up to 30 years.

Tapeworms have hooks, spiny structures and little suckers on their heads, then their body is flat and ribbon like. Tapeworms are able to reproduce their own worm eggs.

There are 4 main tapeworms that can infect us and use our bodies as their host. They are the:

- ✓ Pork tapeworm (Taenia Solium)
- ✓ Beef tapeworm (Taenia Saginata)
- ✓ Fish tapeworm (Diphyllobothrium Latum)
- ✓ Dog tapeworm (Echinococcus Granulosus)

Many tapeworms do not produce symptoms in their human hosts. If left unnoticed tapeworms can get into your organs, muscle tissue, and form cysts and cause serious illness. They can be responsible for diseases like Alveolar Hydatid Disease or AHD, Neurocysticercosis, and Cysticercosis.

The human is the primary host for tapeworms. Once infected with the adult tapeworms, you pass their eggs in your stool.

In turn, the feces enters the sewage system, later reaching the soil, irrigation waters, or finding its way into the environment in another form.

You can also pick up worms from cows, pigs, and fish if it is not fully cooked so all the larvae is killed. When you ingest the eggs through contaminated food or water, you become infected. The eggs attach themselves to the intestinal wall and the cycle repeats itself.

The Pork Tapeworm (Taenia Solium)

Taenia Solium is the pork tapeworm and it comes from (you guessed it) pork. The pig ingests tapeworm eggs that find their way into your intestines, later migrating into your muscles.

There it becomes a cyst like creature called a cysticercus and it can survive for many years. Pork tapeworms can grow 15 to 30 feet in length, and survive for many years in your body.

You can become infected when they ingest either raw or undercooked pork meat that is infected. You then become the host for the pork tapeworm.

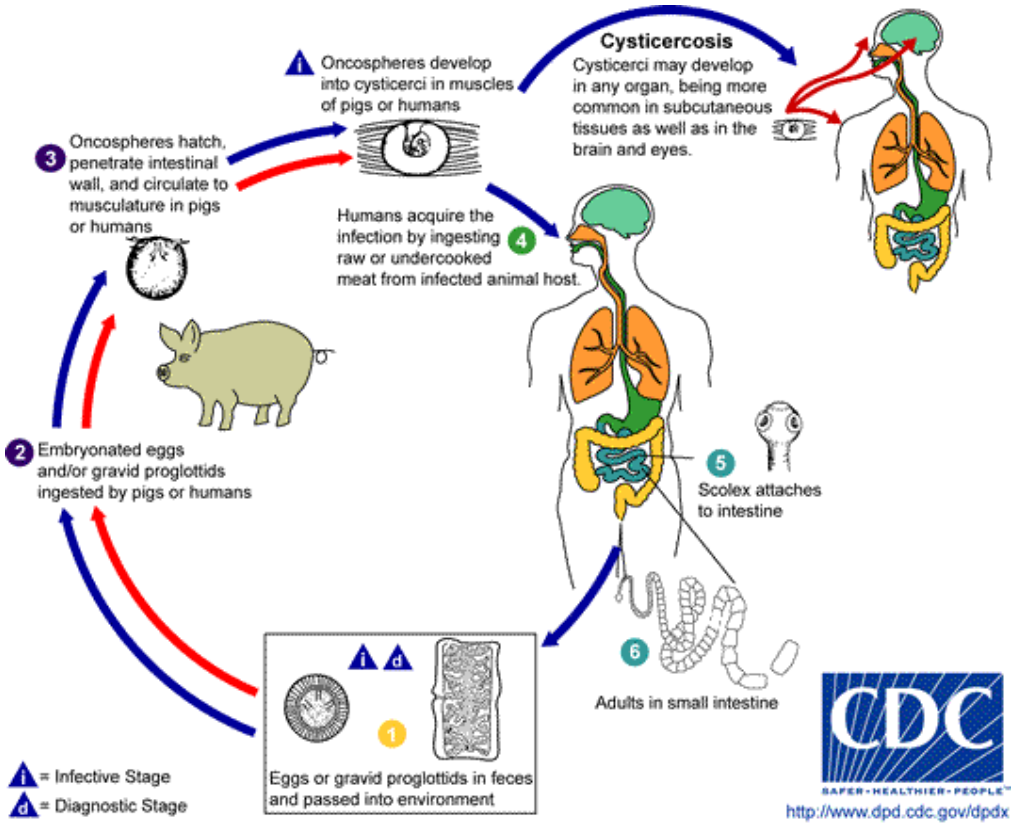
If you ingest pork tapeworm eggs, you become infected with cysticercus in the same manner the pigs do. This can spread into your organs and often leads to Central Nervous System symptoms.

Ingesting pork tapeworms can become a serious health concern. In the earliest stages, you likely will not have any definable symptoms. However, if you have many tapeworms, the symptoms are much more likely to appear. When the worms move into your muscle tissue, you may develop little cysts under the skin.

If these cysts are in the brain or spinal cord, they can have serious consequences. If you are lucky, they will not rupture, instead causing one or more of the symptoms.

If these cysts are on the brain, they can cause severe headaches and seizures. If you are unlucky, one of these little cysts can rupture in the brain causing coma and then usually death.

The cysts which get into the brain can imitate a brain tumor and sometimes that's the first diagnosis, until the truth emerges. We call this condition cysticercosis. It can be life-threatening. See diagram for the prok tapeworm life cycle.



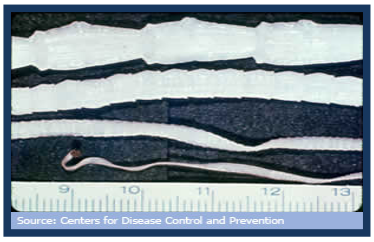
Besides undercooked or raw pork, infected food handlers, who are not diligent about good hand washing, can also infect you.

Eating improperly washed raw vegetables or drinking water that has been contaminated with feces are also sources of pork tapeworm infestation.

Symptoms of Pork Tapeworm Infestation

- ✓ Nutrient deficiency
- ✓ Central Nervous System symptoms
- ✓ Epigastric discomfort
- ✓ Nausea
- ✓ Hunger
- ✓ Weight loss
- ✓ Lentil size lumps under the skin
- ✓ Cysts in various parts of the body
- ✓ Diarrhea
- ✓ Abdominal pain
- ✓ Fever
- ✓ Constipation

The Beef Tapeworm (Taenia Saginata)



Taenia Saginata is the beef tapeworm derived from beef. Like pigs, cattle ingest the eggs, and then become infested.

The first stage larva makes the intestine its primary host, later separating and then migrating into the striated muscles.

There it develops into a cysticercus, which is a cyst like formation. The cysticercus is able to live for many years in the cattle's tissue.

You can become infected with beef tapeworm if you eat raw or undercooked beef meat that is infected. You will then become the primary host. Beef tapeworms can grow 15 to 30 feet in length and live for many years in your body.

Because the beef tapeworm lives for years in your body, and over time, pieces of the tapeworm break off, leaving the body in your stool. These pieces can cause obstructions that lead to appendicitis or pancreatitis.

Symptoms of Beef Tapeworm Infestation

Like other tapeworms, the beef tapeworm does not always show symptoms. However, the following are symptoms that may be experienced.

- ✓ Depletion of nutrients
- ✓ Nausea
- ✓ Loss of appetite
- ✓ Weight loss
- ✓ Diarrhea
- ✓ Abdominal pain
- ✓ Fever
- ✓ Constipation
- ✓ Headache
- ✓ Seizures
- ✓ Confusion

The Fish Tapeworm (Diphyllobothrium Latum)

Diphyllobothrium Latum is the fish tapeworm and it comes from eating infected fish. Fish tapeworms are found in arctic and sub arctic waters as well as in freshwaters. Freshwater and ocean fish like pike or salmon are often infected. The final host in the Pacific Northwest seems to be the bear.

D. latum is the largest tapeworm of all and can grow to a length of 10 metres (30 feet or more). That's longer than the intestinal tract and its lower end strap may appear at the anus and flop out (Ugh!). This tapeworm is actually Man's largest parasite. Each worm can shed up to 1 million eggs *per day*.

Little or no protective immunity develops, owing to the lack of an intimate tissue phase in the human host. Re-infection is common.

The fish tapeworm has the basic tapeworm body, but it also has some of the features of the fluke. The eggs also resemble those of the flukes.

If you eat fish that is raw or uncooked, you could become infected with fish tapeworm. With sushi and sashimi becoming a popular food choice, in America the incidence of fish tapeworm infestation in humans has risen to alarming rates.

The way to prevent this is freezing and storing the fish at -20^0 C for 7 days or -35^0 C until solid and then storing it at -35^0 C for at least 15 hours. Unfortunately, sushi connoisseurs like it made with never-frozen fish.

Symptoms of Fish Tapeworm Infestation

- ✓ Nutrient depletion
- ✓ Anemia
- ✓ Abdominal distention
- ✓ Flatulence
- ✓ Intermittent abdominal cramping
- ✓ Diarrhea
- ✓ B12 deficiency

The fish tapeworm causes a B12 deficiency anemia because it is competing with the host for B12.

The Hydatid Tapeworm (Echinococcus Granulosus)

The Echinococcus is found in dogs, and it can easily be transferred to humans. It is endemic in sheep-rearing territories. The Hydatid tapeworm grows from 4 inches to 6 inches and it is approx. 1/5 of an inch in diameter.

It is one of the smallest tapeworm species. Because the Hydatid tapeworm causes few symptoms in your dog, it can be difficult to discover your dog is infected.

One of the most common symptoms is when the dog drags its bum. While this is not the only dog tapeworm humans can be infected with, it is the most concerning.

For the most part, this is a parasite that goes unnoticed unless you develop **Hydatid disease**, which can be deadly. It results from the presence of one or more massive cysts, or hydatids, which can develop in any tissue site, including the liver, lungs, heart, brain, kidneys, and long bones. The clinical manifestations of this infection therefore vary greatly, depending on the site and size of the cyst, but resemble those of a slow-growing tumor that causes gradually increasing pressure.

Infections in the liver, lungs, or subcutaneous tissue sites may be asymptomatic for many years, but pressure effects eventually develop. In sensitive or vital areas, hydatids produce a panoply of symptoms, chiefly owing to mechanical compression or blocking effects but also include collapse of infected long bones, blindness, and epileptiform seizures. The rupture of a hydatid cyst may induce sudden anaphylactic shock in a previously asymptomatic individual.

While Hydatids can be picked up from wildlife, the most common cause of infection is the pet dog.

There are several ways you can become infected. You can become infected by eating food that is infected because it is either not properly washed, or it is not properly cooked.
You might handle infected dog feces directly. If you come into contact with grass or soil that is infected, and then put your hands in your mouth, you will become infected.

If you swallow fleas that are infected, you will become infected. Think that's impossible – actually it's really quite easy – if your dog licks near your mouth or your face you can swallow infected fleas and never know it.

> According to Nova Science News Those who live on farms have twice the risk of having a tapeworm infection and developing Hydatid Disease

Eggs live on a dog's fur, muzzle, or tongue and these parasites can be transferred to you without you even being aware it has happened. Flies can be a source of transference landing on dog feces and then land on human food or even on your face. There are many ways to become infected.

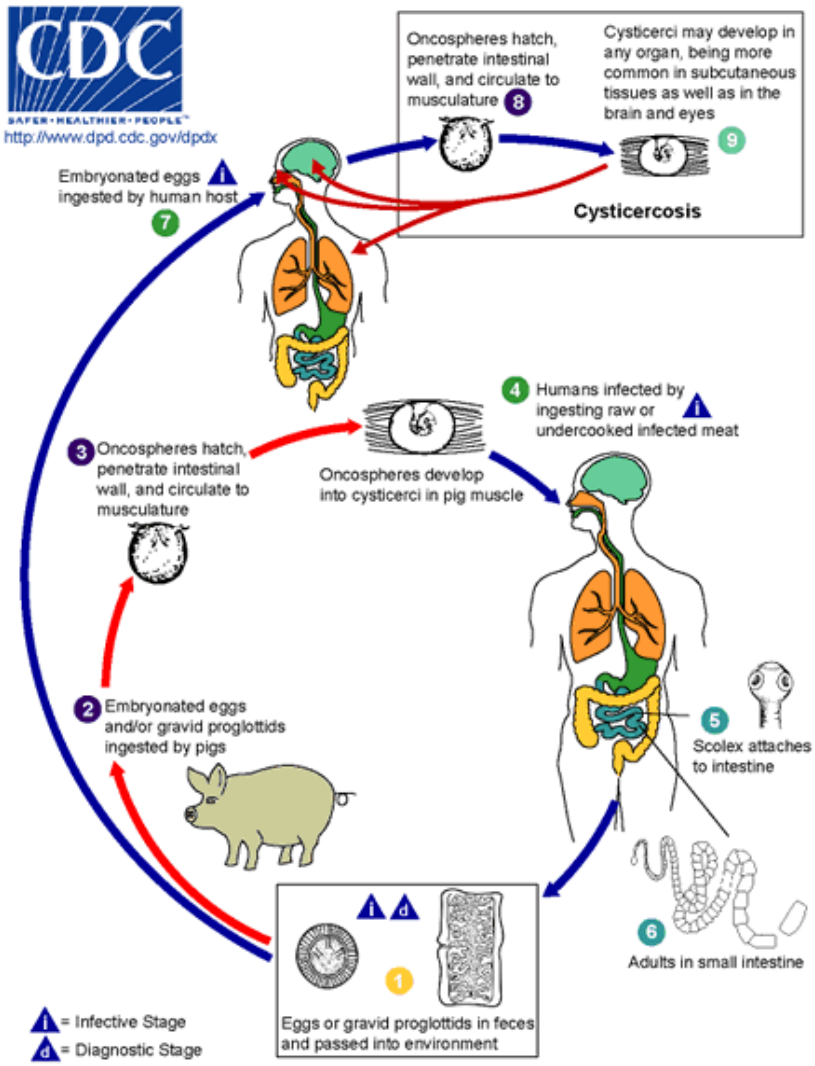
While Hydatid disease does not kill the number of people it did back in the 1800's, it is still responsible for some deaths each year. You can develop a Hydatid cyst if you become infected with the Hydatid tapeworm.

If the cyst becomes lodged in the lungs, liver, or brain, and if it ruptures it can cause a serious allergic reaction.

The Life Cycle Of The Tapeworm

Tapeworms can affect you and your family. There are ways to find out if you are infected with parasites. Later on we will cover diagnosis and treatment options so stay tuned.

The following diagram by the CDC (Center for Disease Control) shows the life cycle of the pork tapeworm. The beef tapeworm follows much the same life cycle.


CDC
SAFER·HEALTHIER·PEOPLE
http://www.dpd.cdc.gov/dpdx
Oncospheres hatch, penetrate intestinal wall, and circulate to musculature 8
Cysticerci may develop in any organ, being more common in subcutaneous tissues as well as in the brain and eyes 9
Cysticercosis
Embryonated eggs ingested by human host 7
4 Humans infected by ingesting raw or undercooked infected meat
3 Oncospheres hatch, penetrate intestinal wall, and circulate to musculature
Oncospheres develop into cysticerci in pig muscle
2 Embryonated eggs and/or gravid proglottids ingested by pigs
5 Scolex attaches to intestine
6 Adults in small intestine
1
Eggs or gravid proglottids in feces and passed into environment
= Infective Stage
= Diagnostic Stage

Trematodes (Flukes)

Trematodes or flukes are leaf shaped with an outer layer that is either spiny or smooth. There are two suckers (anterior oral sucker and posterior ventral sucker) and the size of the Trematodes hole depends on the type of flukes and the host environment.

Adult flukes are from ½ inch to 3 inches in length. They use their suckers to attach themselves to the small intestine.

Unlike so many other parasites that are non-symptomatic in the early stages, Flukes are the opposite.

Many times, there will be abdominal pain, nausea, and alternating between diarrhea and constipation.

According to the World Health Organization, Fluke infestations are reaching epidemic levels in some parts of the world.

If left untreated the body can become weak and start to retain fluids that can lead to serious health conditions, even death. Flukes are especially dangerous in children.

Flukes create an infection in the digestive tract. Trematodes or Flukes are a flat worm that has other hosts other than humans. You can get a Fluke infection if you eat uncooked fish, animals, or plants from waters infected with Flukes.

The Fluke life cycle is more complex than some others, because Flukes must have several hosts. There are many different types of Flukes but only three can affect humans - liver, lung, and blood flukes.

It is estimated that 50 to 100 million people around the world have some type of fluke infection. The actual number of people infected with Flukes or some other parasite is over 95% of the world's population.

Liver Flukes (Phylum Platyhelminthes)

Liver Flukes can be found throughout North America. While there are other locations, the southeastern corner of the United States, the Great Lakes basin, and the Pacific Northwest are where the highest infestations are seen.

In Canada Liver Flukes are found in the British Columbia Rocky Mountains and the Alberta Rocky Mountains, Vancouver Island, central Saskatchewan, northern Quebec, and Labrador.

The highest infection rate is seen in areas around wetlands where large numbers of hosts are likely to be found. The life cycle of the Liver Fluke is complex. There are two intermediate aquatic hosts and one mammalian host.

If mammals or humans ingest the metacercariae (tiny cases) found in pickled, raw, or inadequately cooked fish or wildlife, the larva will enter the biliary duct where it will mature into an adult worm living off mucosal secretions. The adult worm then lays eggs, which are passed in the stool.

Symptoms of Liver Flute Infestation

- ✓ Nutrient depletion
- ✓ Abdominal pain
- ✓ Fever
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Eosinophilia
- ✓ Urticana

The above symptoms occur during the acute stages. However, during the chronic phase symptoms become more discreet such as ectopic locations of infection in the lungs, intestinal wall, or pharyngeal mucosa.

Human Blood Flukes (Schistosoma Mansoni)

Human Blood Flukes are found mainly in the warmer regions of the world. The eggs of the human Blood Flukes will hatch in freshwater bodies. They will then develop into larvae and penetrate the snail's soft tissue.

Here they will transform into a different larvae type and swim out of the snails seeking a host that has fatty acids in the skin. This can be a human or other mammal such as dogs, cattle, or rodents.

Once in your body these immature Fluke will travel to your circulatory system and then move to the veins near your large intestine where they will feed on your blood.

Once in the veins, the Flukes mature, mate, and then lay more eggs, which will leave the body with feces. The cycle once again repeats itself.

The mature female Blood Fluke is white, thin cylindrical, and measures ½ inch to 1 inch long. The mature male Blood Fluke is also white, but slightly shorter and thicker.

The male Blood Fluke has tiny spiny suckers along the body and mouth. The female Blood Fluke spends their life attached to the male Fluke.

Symptoms of Human Blood Flute Infestation

- ✓ Abdominal pain
- ✓ Nutrient deficiency
- ✓ Diarrhea
- ✓ Fatigue
- ✓ Intestinal bleeding
- ✓ Decrease in red blood cells
- ✓ Overall weakness

Lung Flukes (Paragonimus Westermani)

Lung flukes are usually larger than Liver Flutes, but they share a similar life cycle. A Lung Fluke is ½ inch to 1 inch in length. You can contract Lung Flukes by eating undercooked or raw crayfish and crabs, or by drinking water that is contaminated.

One the Lung Flukes are inside the body they will travel towards your small intestine, and from there they will migrate towards your lungs. They will lay their eggs causing inflammation, and eventually scar tissue. If the egg pockets actually rupture, it can cause you to cough up blood, inflamed lung tissue, and fluke eggs.

Lung Flukes can lead to the pneumonia, lung abscess, or bronchitis. In about 1% of all lung fluke cases the flukes migrate to the brain, which can lead to seizures and a fatal inflammation of the brain.

Symptoms of Lung Fluke Infestation

- ✓ Nutrient deficiency
- ✓ Coughing
- ✓ Chest pain
- ✓ Low grade fever
- ✓ Abdominal pain
- ✓ Bloody sputum
- ✓ Diarrhea

Fasciolopsis buskii

I mention this separately because, according to the late and very silly Hulda Reger Clark (self-styled doctor), this is the sole cause of cancer. The woman was mad and dangerous in the extreme. Her several accomplishments, worthy of note, are more than cancelled out by the damage this stupid preaching has had on the gullible public.

She knew very little about her own testing method: not enough to be aware that practitioners find their own conditions when energy medicine testing. Therefore it comes up over and over and the ignorant practitioner declares that "everybody seems to have this infection/disease/deficiency/whatever…"

Maybe *she* had it?

Fasciolopsis buski is a large fluke that infects humans, pigs, dogs and rabbits in southern Asia and would be exceptional elsewhere (see the lifecycle, to understand why it cannot easily live outside the area where it is endemic). F. buskii is often called the giant intestinal fluke because it is one of the largest flukes to infect people—adult worms can be 75mm (about three inches) long and 20mm (nearly an inch) wide.

These large leaf-shaped worms inhabit the upper regions of the small intestine. When there are many worms, they are also found in lower areas of the intestine and in the stomach. Large infestations can be fatal.

Geographical distribution and life cycle

Fasciolopsis buski has a limited geographical distribution. It is found only in Bangladesh, Cambodia, China (in the central and southern regions), India, Indonesia, Laos, Malaysia, Pakistan, Taiwan, Thailand and Vietnam. Animal reservoirs (animals that also become infected and spread the parasite in the environment), and the use of untreated human feces for fertilizer make it difficult to prevent human infections.

The main intermediate host is a small snail. Live worms shed about 25,000 eggs per day into the sewage effluent. Some of these eggs will infest the snails. A more mature form of the organism, called cercariae will emerge.

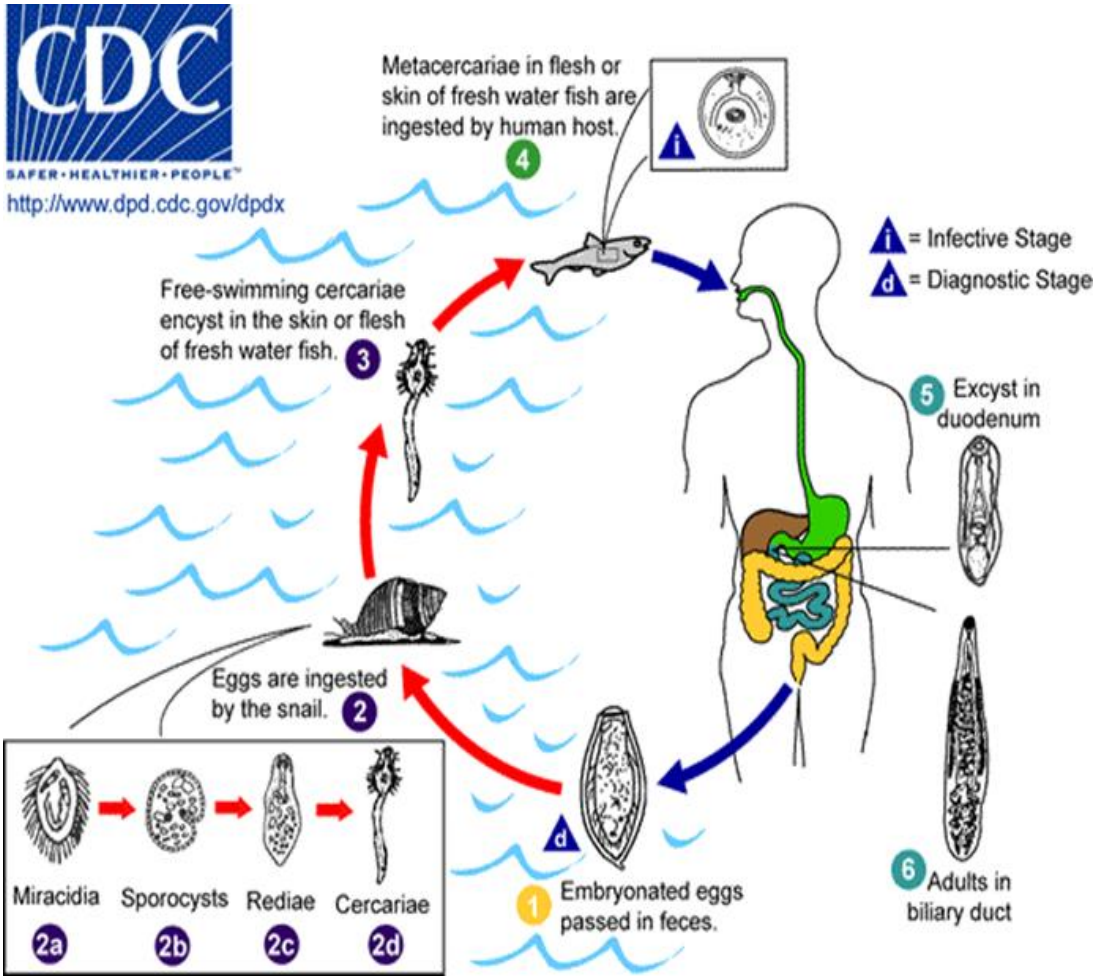
They attach themselves to water plants and encyst. The cysts are then eaten when the water plant is consumed raw by a suitable species of animal (human, pig, dog, rabbit). The developing worms can mature to adults in the intestine. In about three months, they will begin producing eggs, starting the life cycle over again.

Trust me, if you can: this does NOT cause cancer in the Western hemisphere (or even in Asia, for that matter).

The Life Cycle Of Flukes

Flukes of several kinds can be a serious health concern for anyone in your family. There are ways to find out if you are infected with parasites. Later on, I will cover diagnosis and treatment options so stay tuned.

The following diagram by the CDC (Center for Disease Control) shows the life cycle of flukes.



Other Parasites

We've looked at the main classification of commonly occurring parasites, but there are other parasites, of many different types, that need to be addressed in at the very least short form. They are still occurring and that means you need to be aware of the dangers that lurk as well as the symptoms they can cause.

Amebas (Entamoeba Histolytica)

Certain groups of one-celled organisms are called Amebas. What is unique about amebas is that they are shape shifters.

Their bodies can do this because of the amoeboid phenomenon, which involves the formation of temporary body extensions. This shape shifting is used for locomotion and for feeding.

The protozoan infection is actually quite common with 5% to 10% of the American population being infected, and with around 20 deaths annually. While those infected may be symptom free, it is only because they are well nourished and overall healthy.

In temperate parts of the world where sanitization is poor or non-existent, where nourishment is poor, and where poor health is prevalent, symptoms are much more likely to be apparent.

Most mild infections have no symptoms. More severe infections can have symptoms. While dysentery can occur as a result of a protozoan, infection this killer disease usually occurs only if you are immune compromised. Some strains are more dangerous. For example, although rare, an amoebic abscess can occur on the liver or brain.

Infection occurs when contaminated food or water is ingested. The ameba multiplies and moves around your intestine, scavenging for bacteria and morsels of food. You can have ameba in your intestines, be excreting amebic cysts, and still have no symptoms of infection.

You can reduce your likelihood of becoming infected:

- ✓ By drinking water that is either properly purified or bottled
- ✓ By eating only cooked foods
- ✓ By peeling your vegetables and fruits
- ✓ By protecting your food from contamination from flies
- ✓ By making sure to wash your hands often
- ✓ By practicing good overall hygiene

Symptoms of Amebas Infestation

Mild infections don't always have symptoms but both mild and more severe can show the following.

- ✓ Nutrient deficiency
- ✓ Profuse diarrhea
- ✓ Fever
- ✓ Abdominal pain
- ✓ Anorexia
- ✓ Weight loss
- ✓ Jaundice
- ✓ Mucus secretion in the intestines
- ✓ Diarrhea
- ✓ Abscesses in the most serious cases

Naegleria

Naegleria is found in warm freshwater, and is often referred to as the brain-eating amoeba. Serious cases of Naegleria can lead to an attack on your nervous system, which leads to death in almost all of its victims.

While not common, according to the Centers for Disease Control (CDC) 23 people have died from 1995 to 2004. Almost all were children who had been swimming in warm, stagnant or lake water, so it is important to be aware.

The occurrences seem to be on the rise in the last few years. According to the Centers for Disease Control (CDC) there have been 6 deaths already this year. So while not common it is usually fatal. These cases almost always occur during the hot, dry, summer months when water is warm and at its lowest levels.

The infection occurs when the amoeba enters the body through the nose. It invades the central nervous system through penetration of the olfactory mucosa and the nasal tissue.

There will be tissue death with the early infection. The amoeba will climb along your nerve fibers until it reaches the brain.

Naegleria is found in warm fresh water and soil. Warm bodies of freshwater, hot springs, and industrial plant warm water discharges are all high-risk habitats.

According to the CDC A survey of drinking water supply wells in Arizona determined that wells can be colonized and may be an unrecognized source of the Naegleria organism that could present a human health risk.

Symptoms of Naegleria Infestation

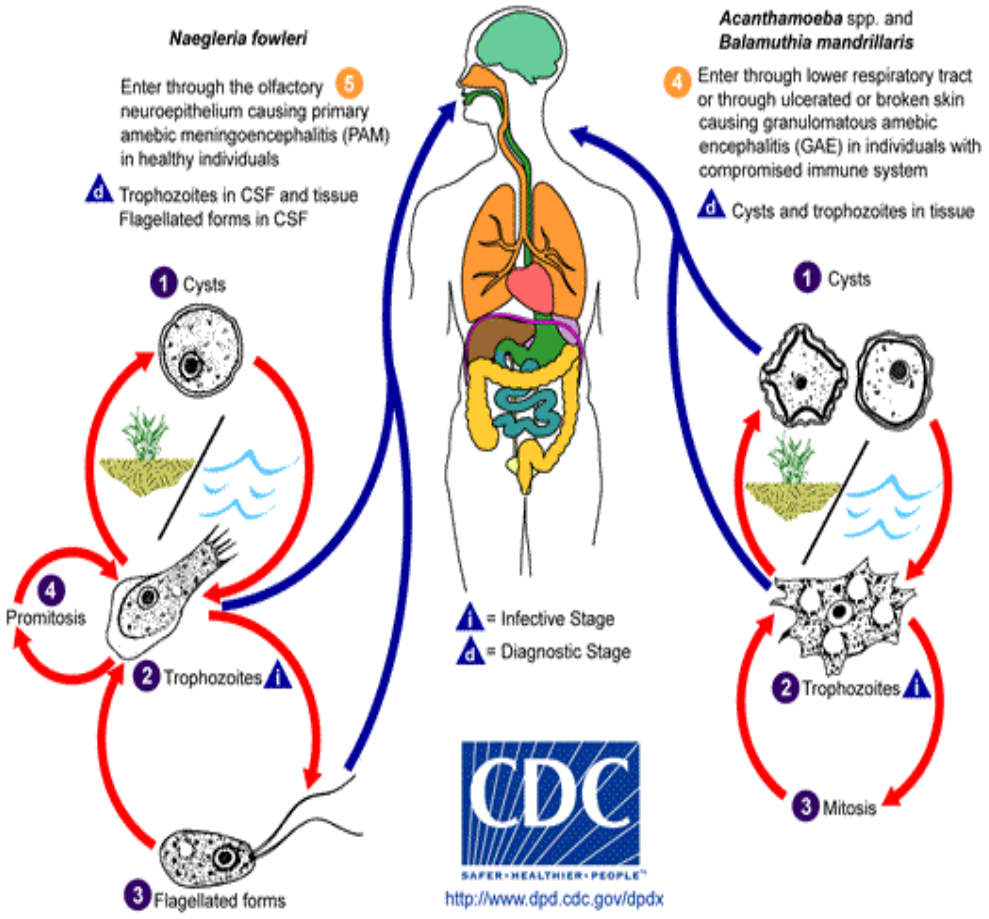
Initial symptoms occur from 1 to 14 days after infection. Symptoms include:

- ✓ Nutrient deficiency
- ✓ Headache
- ✓ Nausea
- ✓ Fever
- ✓ Vomiting
- ✓ Stiff neck

As the infection becomes more serious you can expect the following symptoms:

- ✓ Disorientation
- ✓ Confusion
- ✓ Loss of balance
- ✓ Seizures
- ✓ Hallucinations

The Life Cycle Of Naegleria



American Trypanosomiasis (Chagas Disease)

American Trypanosomiasis (Chagas) is a serious disease. In 20% to 40% of those infected, it leads to chronic progressive heart disease. Next to coronary heart disease, it is one of the leading causes of sudden death.

Chagas occurs in around 150 different species of animals both wild and domestic. It is transmitted to humans by the Trypanosoma cruzi parasite. Chagas occurs in North America and South America. The risk is higher in less developed countries. In fact, 18 million

people are infected and 100 million people are at risk in Mexico, Central, and South America.

There are three ways Chagas are transmitted to humans.

- ✓ You can be bitten at night, by an infected Triatomine insect, found in poor housing especially mud or thatch housing.
- ✓ You can be infected by a blood transfusion that is infected.
- ✓ You can become infected during pregnancy or during the delivery. This is the only time mother can pass it on to the baby.

Symptoms of Chagas Disease

During the acute stage, which occurs shortly after infection, symptoms are rare except in children. Those that do have symptoms can expect them to last 4 to 8 weeks. These symptoms include.

- ✓ Depletion of nutrients
- ✓ Fever
- ✓ Fatigue
- ✓ Swollen lymph glands
- ✓ Enlarged liver or spleen
- ✓ Eye swelling
- ✓ Brain swelling in infants

The chronic state actually appears 10 to 20 years after the initial infection, making it difficult for one to make the association between Chagas and the symptoms being experienced. In other cases, symptoms are never developed.

Irreversible organ damage can occur – the esophagus, colon, peripheral nervous system, and the heart area at risk. If you already have a compromised immune system, as is the case with AIDS or HIV, you are at risk for severe Chagas.

Morgellons

Morgellons was first named Morgellons disease or Morgellons Syndrome back in 2002, by a woman named Mary Leitao. Mary took the name to the CDC proposing it become the official name for an unexplained skin condition.

Morgellons is one of those diseases that remains unexplained. It is important to know that Morgellons has not definitively been accepted as a parasite or nematode, but it is a possibility being considered.

While Morgellons may or may not fit with the parasite theme, it has become such a problem that I feel it's important to educate you on this mysterious and somewhat controversial condition.

Conventional medicine does not widely recognize Morgellons as a medical condition. With infection rates rising at an alarming rate, and hospital labs doing a poor job of diagnosing Morgellons, if you are tested through conventional methods and your results are negative, it does not mean you do not have Morgellons disease.

If you have unexplained skin conditions such as a crawling sensation or a stinging sensation, you might have Morgellons. Other symptoms include finding fibers on the skins surface or just under the skin and persistent lesions like a rash or sore.

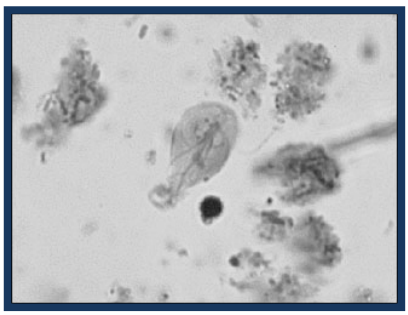
The 2009 Journal of Medical Case Reports released the following Morgellons stats pertaining to their case studies. There is no correlation between age, geographic spread, and gender neutrality in who will develop Those with Morgellons consistently showed a lower core temperature than average and a higher resting heart rate than average. About one-third of patients with Morgellons had dark filaments protruding from their skin.

Symptoms of Morgellons Syndrome

Fibers can twist themselves into balls called fiber balls or fuzz balls. These fibers are usually white but sometimes they are black, blue, or red.

- ✓ Fibers in your skin
- ✓ Skin lesions – these can be unbearably itchy or painful
- ✓ A crawling sensation under the skin often feeling like insects are moving or biting
- ✓ Muscle or Joint pain
- ✓ Fatigue that is bad enough to interfere with your life
- ✓ Changes in behavior
- ✓ Short term memory problems
- ✓ Concentration problems
- ✓ Changes in Vision
- ✓ Changes in the tone and texture of your skin
- ✓ Stomach pain
- ✓ Other gastrointestinal symptoms

Giardiasis (Giardia Lamblia)



1 in 6 people carry Giardia. This minute protozoan can cause bowel disturbances and severe fatigue. Giardia has been prevalent throughout tropical regions.

However, it has made its way to more temperate climates thanks because of the amount of travel that occurs in our modern world. This microscopic parasite affects the digestive tract.

Giardia is the number one cause of traveler's diarrhea. An upset stomach while traveling is often caused by Giardia, yet goes undiagnosed as such.

Giardia attaches itself to the small intestine where it goes about sabotaging the body's ability to absorb carbohydrates and fats from the food you eat, and infection is much more common than one might think.
Giardia has a high rate of infection. If you are exposed to just 10 cysts it translates to 100% infection, according to studies that have been conducted. When you consider the majority of bacterial illness requires at a minimal hundreds of organisms to cause an illness and in some cases thousands of organisms, it becomes apparent just how quickly Giardia can infect.

It's easy to spread Giardia from person to person especially in residential institutions, schools, day nurseries, and also among male homosexuals.

It's common for a carrier to be symptom free, so you can pass on an infection without even knowing you have it.

The most common way for contamination to occur is through food and water. Like so many parasites, it is spread by eating food or drinking water contaminated by fecal material. Humans are the main host for Giardia but it is also seen in domestic and wild animals, which can in turn infect humans.

Contamination through water is a huge problem even in municipal water systems, because Giardia can survive chlorination treatments used to purify water supplies. It can also live for more than a couple of months in cold water. It takes as few as 10 microscopic Giardia parasites in a glass of water to give you sever gastro problems.

> In the United States, *Giardia* is the most frequently identified etiologic agent causing waterborne outbreaks and the most frequently identified parasite in stool specimens submitted for ova and parasites

Children are three times more likely to develop Giardia than adults. It's believed it's because this happens because over time our body is able to build up some immunity to Giardia.

From 1% to 20% of Americans are infected with Giardia at any given moment, and 75% of those people will never show any symptoms that they are ill. An entire family can be infected and each person can have a different response to that infestation.

Symptoms of Giardiasis

- ✓ Diarrhea
- ✓ Fatigue
- ✓ Nausea
- ✓ Anorexia
- ✓ IBS
- ✓ Weight loss
- ✓ Prolonged unexplained illness
- ✓ Malabsorption
- ✓ Flatulence
- ✓ Bloating
- ✓ Vomiting
- ✓ Severe gastrointestinal disorders
- ✓ Biliary tract dysfunction

Toxoplasmosis

Toxoplasmosis is cause by an intracellular *Toxoplasma Gondii* protozoan. When it comes to food borne illness in the United States, Toxoplasmosis is the third leading cause of death. It is the leading cause of blindness. 20-70% of US adults have or have had toxoplasma infections.

In Europe Toxoplasmosis is at epidemic levels with almost everyone being a carrier. In America, there are more than 60 million adults and children that are carriers but with no symptoms because their immune system is working optimally and stops the parasite from making you sick.

You should know if you become infected and you have compromised immune system or you are pregnant you can become very sick.

Toxoplasmosis is not transferred from one person to another except during natural childbirth it can be transferred from mother to baby. There are two main ways to become infected: Animal to human, and through food that is contaminated.

Food contamination can occur from eating food that is raw or undercooked. It can also occur if you handle infected food products and do not properly wash your hands. Utensils, cutting boards, and cross contamination of food also occur.

The cat is the definitive host for Toxoplasma.

5 Major Clinical Forms of Toxoplasmosis

- **A mild asymptomatic form** – with this form there are generally no noticeable symptoms. Occasionally there will be swollen lymph glands. Mild toxoplasmosis is almost always found by accident.

- **A more severe form** – This form of Toxoplasmosis can lend itself to mild fever and swollen lymph nodes. It can mimic mononucleosis. The Paul Bunnell test can be used to diagnose if it is toxoplasmosis as

mononucleosis will show a negative test result.

- **Neurological abnormalities** – This can include sore throat, headache, stiff neck, and even a rash. There is raised pressure on the cerebral spinal fluid which is indicative of the brain having a significant invasion of toxoplasmosis.

- **Acute febrile illness** – A swollen liver and spleen combined with a rash that covers a good portion of the body are common. There can be complications that result in eye inflammations, and myocardium inflammations. In cases where there is a compromised immune system (i.e. Aids) liver inflammation can occur.

- **Congenital Toxoplasmosis** – This is very serious and often results in the development of epilepsy or mental retardation. There can also be paralysis with Congenital Toxoplasmosis.

Signs Of Toxoplasmosis

Often Toxoplasmosis is asymptomatic. However, the following are a list of symptoms that do occur.

- ✓ Mild digestive symptoms
- ✓ Diarrhea – acute and chronic
- ✓ Fever
- ✓ Inflammation of the digestive tract
- ✓ Nausea
- ✓ Abdominal bloating
- ✓ Abdominal pain
- ✓ Pale stools
- ✓ Fatty stools
- ✓ Foul-smelling stools
- ✓ Loss of appetite
- ✓ Flatulence
- ✓ Abdominal cramps
- ✓ Weight loss
- ✓ Malabsorption
- ✓ Epigastric cramps
- ✓ Anorexia
- ✓ Vomiting

Preventing Toxoplasmosis From Food

There are several general sanitation and food safety steps you can take to reduce your chances of becoming infected with Toxoplasma gondii.

1. Cook food to safe temperatures. A food thermometer should be used to measure the internal temperature of cooked meat. Do not sample meat until it is cooked.
2. Beef, lamb, and veal roasts and steaks should be cooked to at least 145°F throughout.
3. Pork, ground meat, and wild game should be cooked to 160°F.
4. Whole poultry should be cooked to 180°F in the thigh.
5. Peel or wash fruits and vegetables thoroughly before eating.
6. Wash cutting boards, dishes, counters, utensils, and hands with hot soapy water after contact with raw meat, poultry, seafood, or unwashed fruits or vegetables.
7. Freeze meat for several days before cooking to greatly reduce chance of infection.

Reduce Risk of Toxo from the Environment

Avoid drinking untreated drinking water, particularly when travelling in less developed countries.

Do not get a new cat while you are pregnant.

Wear gloves when gardening and during any contact with soil or sand because it might be contaminated with cat feces that contain Toxoplasma. Wash hands thoroughly after gardening or contact with soil or sand.

Keep outdoor sandboxes covered to prevent pets using them as a latrine.

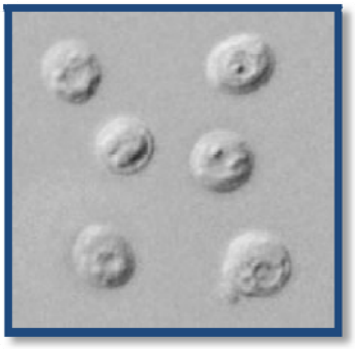
Feed cats only canned or dried commercial food or well-cooked table food, not raw or undercooked meats.

Change the litter box daily if you own a cat. The Toxoplasma parasite does not become infectious until 1 to 5 days after it is shed in a cat's feces.

If you are immune compromised, avoid changing cat litter if possible. If no one else can perform the task, wear disposable gloves and wash your hands thoroughly with soap and water afterwards.

Keep cats indoors and do not adopt or handle stray cats, especially kittens.

Cryptosporidia



It is only in the past decade that it has been recognized that gastroenteritis can be caused by the cryptosporidia parasite.

Cryptosporidia is found in water and in foods. Water chlorination does not kill the cryptosporidia parasite. This means you can get cryptosporidia as easily from your urban tap water as you can from a stream in the backcountry.

According to the FDA, if you ingest 137 cysts you have a 50% likelihood of becoming infected with cryptosporidia. While cryptosporidia is commonly seen in farm hands, it also affects about 2% of the North American population and of that, 80% will develop cryptosporidia at some point.

The cryptosporidia parasite is a single celled protozoon that is spherical in shape. It is approx. 5 microns in diameter. Six species can infect humans, mammals, fish, reptiles, and birds. Transmission happens when cysts are excreted in feces, and because of improper hygiene, they make their way into your mouth infecting you and making you a host.

Symptoms of Cryptosporidiosis

In most cases, Cryptosporidiosis is a self-limiting parasitic infection lasting only a couple of weeks. This is exactly why this particular parasite might not get the attention it should. This is not the case when there is a compromised immune system. In these cases dehydration and diarrhea can be life threatening.

Other symptoms can include:

- ✓ Fatigue
- ✓ Headache
- ✓ Joint pain
- ✓ An overall feeling of not being well
- ✓

A Historical Note On Fearsome The Guinea Worm

A hideous parasite, the guinea worm, uses a human host (Dracunculus medinensis). It migrates under the skin where it is quite visible, wriggling, and can grow to many feet in length, causing great pain and damage.

It takes up to a year for a person to have symptoms of infection. While not prevalent in the Western hemisphere, it is worthy of mentioning because so many people travel to infected areas each year.

The traditional way to get rid of these worms is to grab one end through a cut in the skin and wrap it round a stick; by winding the stick over a period of days, the worm is gradually drawn out.

The reader may know that the traditional symbol for a doctor is the serpent wound round a stick (the Rod of Aesculapius). This has always been supposed to be a snake but a more serious suggestion is that the creature is the guinea worm and the sign of a healer is a man who can get rid of this burdensome pest! I go along with this suggestion.

It would also make good sense of a quote from the Bible, concerning the Israelites on their migration back from Egypt: "And the Lord sent fiery serpents among the people, and they bit the people; and much people of Israel died.. And the Lord said unto Moses, 'Make thee a fiery serpent and set it upon a pole; and it shall come to pass that everyone that is bitten, when he looketh upon it, shall live'." NUMBERS 21:6

Some Also-Rans

Let me not, by the use of this term, imply these are trivial or to be dismissed. They are controversial, to be sure. Some physicians deny these act as parasites at all. I used to search for them, and find them, in my practice in the UK. However, as I had to emphasize to patients, finding them is one thing: proving they are the real cause of symptoms may be another matter and altogether impossible.

Good practice says they should be eradicated when found however.

Blastocystic hominis

Many different types of Blastocystis exist, and they can infect humans, farm animals, birds, rodents, reptiles, amphibians, fish, and even cockroaches. B. Hominis is so named because it is primarily found in Man.

Interesting sidebar note: Blastocystis species are currently classified with the Stramenopiles, as is the blight organism which caused the Irish potato famine in the years 1845- 1852.

Blastocystis hominis is now getting acceptance as an agent of human intestinal disease. In twenty-three symptomatic patients, B. hominis represented the only causative parasitic agent. The most common symptoms were diarrhoea (30.4%), abdominal pain (26.1%), flatulence (21.7%). vomiting (13.1%) and fatigue (8.7%). High concentrations of B. hominis were found in symptomatic patients than in asymptomatic ones with statistical significant difference (8.2 cells/100 x field versus 3.8 respectively). The mean number of B. hominis was significantly high in patients complaining of diarrhoea and abdominal pain.

[Blastocystis hominis among symptomatic and asymptomatic individuals in Talkha Center, Dakahlia Governorate, Egypt. El-Shazly Am. et al. J Egypt Soc Parasitol. 2005 Aug;35(2):653-66]

First choice of treatment is Metronidazole or Nitazoxanide.

In one study, B. hominis resistance to furazolidone, metronidazole and ciprofloxacin at 0.01 mg/mL was 32% (8/25), 40% (10/25) and 100% (25/25), respectively. B. hominis isolates varied in their degree of susceptibility to the three drugs studied, being greater with furazolidone than with metronidazole, and complete resistance with ciprofloxacin."

[Br J Biomed Sci. 2004;61(2):75-7].

Dientameba fragilis

Dientamoeba fragilis is a single celled parasite found in the gastrointestinal tract of some humans, pigs and gorillas. Its presence does not always result in symptoms. D. fragilis is an important cause of travellers diarrhea, chronic diarrhea, fatigue and failure to thrive in children.

Very few laboratories carry out the right staining procedure and would miss this organism completely.

Dientamoeba fragilis is more prevalent than Giardia duodenalis in children and adults attending a day care centre in Central Italy.

Crotti D , D'Annibale ML , Fonzo G, Lalle M , Caccio SM , Pozio E .

Parasite. 2005 Jun;12(2):165-70.

Endolimax nana

E. nana is another protozoan found in humans and is related to amebas. It causes no known disease, though it is suspected of being the cause of rheumatoid arthritis and collagen-related diseases.

E. nana is very significant in medicine because it can provide false positives for other tests, notably the similar species Entamoeba histolytica, the pathogen responsible for amoebic dysentery, and because its presence indicates the host has consumed fecal material.

Clinically its presence can become a problem, if the host is immune compromised. Otherwise it’s a red herring and a nuisance.

The Fashion of Parasites

Parasites have actually become quite fashionable. So much so that there are actually weight loss programs written around the role of parasites in a person gaining weight.

Nasty parasites could be the reason why you have gained weight and have trouble shedding those extra pounds. In fact, this could be why low carb diets, low fat diets, and every other kind of diet do not work.

According to the World Health Organization there are at least 3.5 billion people who are infected with some type of parasite. The world population is 6.5 billion, which translates into 50% of the people on the planet are infected. In actuality **the infection rate is much higher between 94% and 98%** of the world population is infected with one or more parasites.
For those that are dealing with weight gain that they cannot lose no matter what they try, many companies are now claiming that it is because of a parasite infestation and getting rid of that weight begins with a cleanse.

Diarrhea, IBS, gas, bloating, joint pain, nervousness, allergies, constipation, chronic fatigue, sleep disturbances, and weight gain are all symptoms of parasite infestation. There are now weight loss plans that focus on ridding the body of parasites rather than diet and exercise.

Diagnosing Parasites

Diagnosis is dependent on seeing eggs, juveniles, cysts, or another characteristic pathogen when the stool is examined. Sputum may be an alternative to stool. Some parasites like Giardia may require a biopsy to confirm infestation. Pinworms can be collected by applying cellotape to the anus. This can also be used to collect eggs.

Laboratories will test the samples sent to them. Shortly we will provide you with a list of some laboratories that test for parasites around the globe, their strengths, and weaknesses and how you can get their test kits if applicable.

With 94% to 98% of the population infected with one or more parasites, it's important to get accurate diagnostics. Sadly, that seldom happens.

Most hospital laboratories are very poor at detecting parasites, even when the patient clearly has symptoms. Results suggests that a single stool specimen examination will miss many pathogenic protozoan infections in symptomatic persons, according to the American Journal Of Gastroenterology [Hiatt RA, Markell EK, Ng E Am J of Gastro 1983 Oct;78(10):634-6].

And again… "Because competence to accurately diagnose parasitic infections is not easily obtained, physicians should perhaps be more concerned about the competency of the laboratory to which they submit their samples" [Yang & Scholten, D.fragilis: A review with notes. Am.Journal of Trop. Med. & Hygiene 1977].

Multiple specimens are important: Even under ideal circumstances, a single stool specimen is diagnostic only 50% to 60% of the time; three samples increases the sensitivity to 80% and six samples to 95%. [Vol. 18, No. 4 The John Hopkins Microbiology Newsletter. Monday, January 25, 1999].

The study of parasites is little more than touched on in med school. In some facilities, it is not part of the curriculum at all. Seldom will you see Parasitology covered in medical journals and the WHO or CDC give little time to parasites. This means that the likelihood of your physician determining you are infected with parasites is virtually nil. They simply don't consider parasites as a cause for an illness.

Diagnosing Difficulties

The lifecycle of a parasite is complex. Since there is no regular interval shed for parasites it makes it that much more difficult to diagnose a parasitic infection and stool samples may be necessary on several different days.

Another common problem is because of so many emerging pathogens. There are all kinds of new parasites that have not been studied sufficiently. While other parasites are reclassified, and in still other cases it is years before a particular parasite is understood and even recognized. On top of it all, there are elusive parasites that are extremely hard to recognize in the body.

All of these combined with a lack of understanding or interest by the medical community leave 94% to 98% infected with parasites and not understanding why they are ill.

Types Of Toxicology Tests

While there are several lab tests used to diagnose parasites, it is important to recognize that these tests are about as reliable as the physicians ordering these tests, yet another reason not to rely on these tests. Let's explore the available tests.

Ova Test

The Ova test is also called a stool or fecal exam. If you suffer from watery or loose stools, diarrhea, flatulence, cramping, or you suffer from other abdominal illness, this test can be used. This test looks for parasites and their eggs.

You will be asked to collect a stool sample. Some doctors will ask for a sample for three or more days in a row. You may be asked to put your stool into a special container that has a preservative in it. If you are not asked to use the special container you will have to put your stool in the refrigerator until you deliver it to the lab. Do not freeze it.

I need to stress, tests to diagnose parasitic infections are not very reliable, so it's likely even if you show negative on a parasite test that you are infected.

The following may interfere with the recovery of the parasite and should be avoided for 3 weeks prior to submitting samples for testing. Discuss with your doctor before stopping any medications.

Tetracyclines, sulfonamides, antiprotozoal agents, laxatives, antacids, castor oil, magnesium hydroxide, barium sulphate, bismuth kaolin compounds and hypertonic salts, anti-parasitic herbs, certain laxatives & mineral compounds, antibiotics, antacids and anti-diarrheals.

The Kato-Katz Method

The Kato-Katz Method is the oldest protocol for detecting the presence of helminth eggs in feces. A 2007 study by Goodman et al. pinpointed the relative accuracy of this method to be 77.1% for the detection of Ascaris eggs in human feces. The same study also found that the Kato-Katz Method combined with the Simple Gravity Sedimentation Method resulted in 100% relative accuracy compared to all testing methods.

While the Kato-Katz Method has not been utilized on soils and composts, it has shown continuous success in detecting Ascaris eggs in human feces. Possible reasons for the lack of research of the Kato-Katz Method on soils and composts are:

The Kato-Katz technique is as follows:

A small amount of fecal material is placed on newspaper or scrap paper and a piece of nylon screen is pressed on top so that some of the feces sieve through the screen and accumulate on top. A flat-sided spatula is scraped across the upper surface of the screen to collect the sieved feces. A template is placed on the slide and the sieved feces are added with the spatula so that the hole in the template is completely filled. The spatula is passed over the filled template to remove excess feces from the edge of the hole. The template is removed carefully so that a cylinder of feces is left on the slide. The fecal material is covered with a pre-soaked cellophane strip. The slide is then inverted and the fecal sample is pressed firmly against the hydrophilic cellophane strip to spread evenly. The slide is placed on the bench with cellophane upwards to enable the evaporation of water while glycerol clears the feces.

For all helminths, except hookworm eggs, the slide is kept for one or more hours at room temperature to clear the fecal material, prior to microscopic examination.

While the standard EPA and Tulane Methods require nearly a month to complete, an established laboratory, and skilled technicians, the Kato-Katz Method is a quick and simple method feasible for regional clinics, remote labs, or portable labs. The Kato-Katz Method does require a technician skilled in microscopy technique and the visual detection of Ascaris eggs. An important difference between the Kato-Katz Method and the EPA/Tulane Methods is the focus of test application. While the EPA and Tulane Methods focus on eliminate disease transmission pathways from soils and composts to humans, the Kato-Katz Method focuses on pinpointing infected individuals for medical treatment. Therefore, the applicability of the Kato-Katz Method to verify the quality of human excrement composts is limited, but may be useful in gauging the potential input of Ascaris infected feces into such composts.

Endoscopy

If the stool exam does discover the cause of your watery or loose stools, diarrhea, flatulence, cramping, or other abdominal illness, then the endoscopy test can be used. This test is usually done by a gastroenterologist. A tube is inserted either through the rectum or the mouth and then the gastroenterologist exams your intestines looking for parasitic infections.

Blood Test

Some parasites are diagnosed using a blood test. Not all parasites can be found through blood but for those that can your doctor can order one of two tests.

Seratology

This test looks for parasite antigens or antibodies that are produced when your body is infected by parasites, and your immune system is trying to fight the infestation. A health care provider will take your blood and it will then be sent to the lab for diagnoses.

Blood Smear

The blood smear looks for parasites that live in the blood, such as Filariasis or Malaria. A drop of blood is placed on a microscope slide, which is then examined under a microscope.

Saliva Testing

It can be very useful to do a simple saliva IgA antibody test. This method of testing has been rated as high as over 90%. However, do remember that the test may only show that you have had the parasite at some stage in your life. It is not necessarily present or the cause of your current symptoms.

One of the great benefits of the saliva test is that samples can be sent by post to any laboratory which offers this service. Physical presence of the patient at the lab to take a sample is not required.

Technically, a better test is that of oral mucosal transudate (OMT), a fluid that is secreted at the base of the gums before it becomes saliva. In fact, the level of antibodies in OMT is comparable to that of blood plasma, making it an excellent sample.

MRI, X-Ray, or CAT Technology

In cases where there is swelling on organs or scarring that is considered abnormal, MRIs (Magnetic Resonance Imaging), X-rays, or CAT Scans (Computerized Axial Tomography) are sometimes used to look for parasites.

This can be particularly important when the parasites have grown large and threaten internal organs, for example cysticercosis of the brain or infestations of the liver and kidneys.

Laboratories That Provide Tests

Below is a list of some of the laboratories providing parasitic testing. This is by no means a complete list but gives you some good starting points. Phone numbers, email addresses, and websites have been provided when available.

USA Laboratories

- **MUSC Health**
  171 Ashley Avenue
  Charleston, SC 29403
  1-843-792-1414
  http://www.muschealth.com/lab/

- **EMS Analytical Inc**
  North East 1-800-220-3675
  South East1-888-958-8170
  South Central 1-866-318-3920
  West Coast 1-888-455-3675
  MidWest 1-866-736-4824
  http://www.emsl.com/

- **International Institute of Holistic Healing, Inc.**
  2331 Gus Thomasson, Suite 115
  Dallas, TX 75228
  972 227-3445
  Adams@DoctorAJAdams.com
  http://www.DoctorAJAdams.com

- **Parasitology Center Inc.**
  11445 E. Via Linda, # 2-419
  Scottsdale AZ 85259-2638
  (480) 767-2522
  omaramin@aol.com
  http://www.parasitetesting.com
  We recommend Dr Omar Amin from Parsitology Center Inc

- **Benchmark Labs Inc**
  4319 Indianola Ave
  Ohio, Columbus 43214
  614-267-4588
  benchmarklabs@gmail.com
  http://benchmarklabs.biz/parasitetesting.htm

- **Micro Scan Services Inc**
  P.O. Box 9167
  Niskayuna, NY 12309
  518- 374-6406
  microscn@nycap.rr.com
  http://www.micro-scan.com/

- **Armstrong Forensic Laboratory, Inc.**
  330 Loch'n Green Trail
  Arlington, TX 76012
  817-275-2691
  CPSC@AFLab.com
  http://www.aflab.com/select/cpsc2.html

- **Delsen Testing Laboratories Inc.**
  1024 Grand Central Avenue
  Glendale, CA 91201
  888-433-5736
  info@delsen.com
  http://www.delsen.com/

- **Alane Palmer, Naturopath & Nutrition Counselor**
  890-F Atlanta Street, Ste. 253
  Roswell GA 30075
  678-372-2913
  Alanepndsupport@gmail.com
  http://www.gastrointestinaltest.com/

- **Uni Key Health Systems, Inc**.
  PO Box 2287
  Hayden Lake, ID 83835
  1-800-888-4353
  http://www.unikeyhealth.com/contact

Europe/UK Laboratories

- **Scottish Parasite Diagnostic Laboratory**
  Stobhill Hospital
  133 Balornock Road

Glasgow
G21 3UW
UK

- http://www.spdl.scot.nhs.uk/

- **West Midlands Toxicology Laboratory**
  Department of Clinical Biochemistry
  City Hospital
  Dudley Road
  Birmingham
  West Midlands
  B18 7QH
  United Kingdom
  +44 (0) 121 507 4135
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- **Intertek Australia**
  218 Lorimer Street
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Canada Laboratories

- **Toxicology Center**
  Univ of Sask
  44 Campus Drive
  Saskatoon
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We cannot stress enough how inaccurate and unreliable parasite testing methods are. That's why 94% to 98% of the population is infected with parasites right now. In the next section we'll look at treatments.

Parasite Treatments

Your First Line Of Defense

Shortly, we'll look at various treatments, but before we do, let's look at your first lines of defense. They included your diet, your lifestyle, and your pets. Tests to diagnose parasitic infections are not very reliable, so it's likely even if you show negative on a parasite test that you are infected.

Your Diet and Your Health

You should never attempt to eliminate parasites from your body unless you have committed to a major change in your diet.

There is a direct connection between your body's pH and parasites. The human body has a pH of 7.4, which is slightly alkaline. It also means that bad bacteria, viruses, amoebas, and parasites are unable to survive. That's because none of these can survive in a pH of 7.2 to 7.4.

The trouble is most of our diets contain far too much sugar that comes not just from junk food but also from processed and packaged foods. Sugars and starches make the body more acidic. For parasites this is just what they need.

That acidic environment makes the perfect breeding ground for parasites. Parasites are able to destroy cells very quickly. In fact, so quickly that your body cannot regenerate them fast enough. This can lead to a host of symptoms that we have already talked about.

In their award-winning documentary, The Body Snatchers, National Geographic reported, "Parasites have killed more humans than all the wars in history."

- ✓ **Cook** – All meat should be thoroughly cooked to kill both bacteria and parasites.
- ✓ **Separate** – Keep food separated so that it cannot become cross-contaminated. Wash utensils, cutting boards, and hands.
- ✓ **Clean** - Fresh fruits and vegetables are very healthy but you must always wash them thorough to ensure any parasites that might have been transported from the soil are eliminated before the food is ingested.

- ✓ **Proper Hygiene** – Wash hands regularly while you are preparing food, after eating,

Eat right. Avoid fast food, and prepared foods from the grocery store. Shop the outer perimeter of the store. This is where you will find the healthiest foods. By eating healthy you give your immune system the boost it needs to help you stay healthier.

Treating Parasites With Diet

In treating parasites you must always start with a major diet change.

- ✓ Refined carbohydrates and sugars help parasites thrive and they harm your immune system, yet another reason why you must remove them from your diet.
- ✓ Initially upon treatment you should avoid fruit juices, fruits, dairy, coffee, tea, alcohol, and wheat, as they all place stressors on your system. Instead opt for foods that are high in roughage such as salads, rice products, or beans.
- ✓ Eat more pumpkin seeds, raw garlic, carrots, beets, and pomegranates because they all have anti-worm properties.
- ✓ A mixture of honey and papaya can clear parasites in a large percentage that use it.
- ✓ Drink lots of water to promote good bowel elimination, which helps to move parasites and their eggs out of the body.
- ✓ A diet high in fiber can help rid your body of worms.
- ✓ Probiotics stop the spread of parasites.
- ✓ Digestive enzymes can help you restore balance your intestinal tract making it inhospitable to parasites.
- ✓ Vitamin C at 500 mg twice daily up to 6000 mg a day will support your immune system. Cut back Vitamin C dosage when you see diarrhea develop.

Proper Sleep

A good sound sleep equals better health Proper sleep fuels your immune system and that means you are better able to fight off bacteria, viruses, and even parasites. Scientists studied the sleep patterns of animals and concluded mammals that have the longest sleep cycles have the strongest immune systems and the fewest parasitic infestations. The same applies to humans. So get a good night's sleep!

Your Pets

Great - We've looked at the lab tests that can be used to diagnose parasites. Before we talk about treatments, let's have a look at how your pets could be putting yourself and your family at risk of becoming infected with parasites. After all, that should be your first line of defense.

Animals pass parasites to humans, and yes that includes cuddly, loveable Fido. While we all love our pets, you should not let you or your children be kissed or give kisses to their pets. You should also not let your pet lick you or your children.

If your pets have not been wormed, you should keep children away from them. This is especially true of infants and toddlers who can become very ill if they become infected with parasites. Don't get a cat for any child that's three or younger. You truly are endangering their well-being.

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

To avoid putting yourself at risk, wash your hands after every contact with your pets. No we are not saying pets are bad, or that you can't give your pets love. You just have to be **smart** about it.

We've all heard it – my dog's (or cat's) mouth is cleaner than my mouth. If only that were true. Dogs and cats clean their anus using their tongue, and if they lick you they can transfer parasites to your skin. If they lick your face the chances of being infected increase because the parasites are more likely to reach your mouth and then head on down to your intestines.

Toxoplasmosis is generally picked up from cats, but dogs also transmit it. All it takes is a little scratch. Cats that use litter boxes move around feces and urine, making the litter a heavy source of parasite contamination. It's important to scoop out the litter box every day, and always wear two pair of gloves when handling the litter box to prevent transmission of parasites.

Then bleach the litter box at least once a week, using hot water. If you use your bathtub or sink to clean the litter box you then must disinfect it with bleach and hot water to kill any parasites that got away. Don't make the mistake of thinking that one of the fancy, mechanical cat boxes is better. They are actually a bigger problem, creating a breeding ground for parasites.

If your dog is dragging its backside on the carpet, your pet needs to be de-wormed. It's a good idea to have your carpets steam cleaned a minimum of three times a year. If you have your own carpet shampooer then more often is great!

Raw diets have become popular alternatives to commercial pet food. Don't do it! If you feed raw you increase your pet's risk of getting a parasite infection, and that increases your risk.

When you are gardening, wear gloves to protect yourself from cat feces. The soil can contain more than 100 different parasites. If you have even the smallest cut, you should not work in the soil because parasites can directly enter your blood stream. When you are picking up dog feces you should either wear gloves or use a double bag to reduce your risk of infection.

Many don't realize that fleas are a carrier of tapeworm. You should never walk barefoot in your home if you have pets that go outdoors. You can become infected. You should always keep your pets treated for fleas and if you discover a flea problem, you should immediately have your floors, carpets, and furniture treated. All bedding should be watched in hot water and bleach.

In essence, you need to keep your food safe, your water safe, and keep yourself safe from the parasites your pets can transmit to you and your family.

Sweating

Sweating is a powerful way to cleanse the body of toxins including parasites. Here are several ways to sweat out parasites. You can exercise with lots of clothing on, use a sauna, drink warm tea in a room that's hot, and eat cayenne pepper.

Physical Activity

Physical activities can help cleanse the body of parasites and other toxins, as well as reduce stress, and bring balance. Mini trampolines, walking, jogging, dancing, aerobics, swimming, and weight lifting are all excellent forms of physical activity. Look for exercise types that suit you. Meditation, Tai Chi, Yoga, and Martial Arts are also good forms of physical activity.

Bowel Cleanse

When attempting to excrete parasites with treatments, bowel cleanse is an important element. It's important to regularly empty the bowel. This can be done using a gentle laxative.

The one I recommend is **NATURAL BALANCE** from Resources For Life in the UK. It consists of Fennel Seed, Psyllium Seed Husk, Rhubarb Root, Peppermint Leaves, Black Seed, Cumin Seed, Cinnamon Stick, Ginger Root. It is a 500 year old recipe from an ancient Lebanon household (Aboukhazaal family) which helps to cleanse the colon, liver and other digestive organs, breaking down and removing old putrefactive faecal build up in the large and small intestines. The program is gentle yet very purgative.

Taken regularly it accelerates the cleansing process and helps keep the intestinal system in a state of internal hygiene. **Natural Balance** cleanses and re-educates the muscle tone and helps return healthy peristaltic action to the colon. The fibre in **Natural Balance** also helps eliminate heavy metals, toxins and other poisons from the body's cells.

Considered to be 'colonics in a capsule', **Natural Balance** is a safe alternative to colonic irrigation and is vital for anyone embarking on an anti-parasite or an anti-Candida programme. Although Natural Balance can be used on its own as an exceptional detox, anyone wanting to use herbs to eliminate parasites should start by using Natural Balance as a primary cleanse.

It will strip the parasites naked and expose them to the next stage of treatment:

Follow Natural Balance with **Natural Cleanse**:

Ingredients: Green Hull Black Walnut (husks), (Juglans regia L.) Cloves (flower) (Eugenia caryophyllata), Pumpkin Seed (Cucurbita pepo L.), Gentian Root (Gentiana Lutea L.), Hyssop (leaves) (Hyssopus officinalis L.), Black Seed (Nigella sativa), Wild Peppermint Leaves (Mentha x piperita), Thyme Leaf (Thymus Vulgaris L.), Fennel Seed (Foeniculum vulgare), Grapefruit Seed (Citrus paradise Macf.), Oregano (Origanum vulgare).

A 500 year old recipe, **Natural Cleanse** is known to help the body rid itself of health-destroying parasites. It also has strong anti-fungal properties and is used to assist with the elimination of moulds, fungi and yeasts, including Candida albicans. Acting as a scavenger in the bloodstream, **Natural Cleanse** uses taste, texture and heat to create an inhospitable environment for parasites to exist. This explains its broad spectrum application for the

many different parasite groups. **Natural Cleanse** is recommended over a minimum four month period in order to catch parasites in all their stages of development. It is a safe programme for adults, children and animals.

To order **Natural Cleanse** and **Natural Balance** go to:

http://www.resourcesforlife.net

Drug Therapies To Fight Parasites

Your medical practitioner will determine which drug to prescribe based on the type of parasites you have. Drug treatments for parasites can be a single dose or they can occur over weeks. You must take the medication as prescribed if you want it to work.

You may need a strong stomach in the metaphorical as well as physiological sense. Treatments often lead to coughing up live worms or parts and seeing a flush of dead worms in your stool is only slightly less horrifying. Be warned!

Drug	Parasites
Mebendazole (Vermox, Telmin, Telmintic, Mebenvet)	Roundworm, Hookworm, Pinworm
Thiabendazole (Mintezol, Erquizole, Omnizole, TBZ, Tiabendazole)	Threadworm, Pork Worm, Strongyloides
Metronidazole (Flagyl, Metric 21, Metro IV, Metrolyl, Protostat)	Giardiasis
Nitazoxanide (Alinia)	Giardiasis, Cryptosporidiosis
Piperazine (Bryel, Pipcide, Hexahydropyrazine, Pipzine, Wormelix, Piportil)	Pinworms
Levamisole (Ergamisole, Indicol, Levasole, Levicon, Milverm, Ripercol, Telskoot, Tetramisole, Totalon, Tramisol)	Roundworms
Albendazole (Zental, Valbazen)	Strongyloides

Other drug treatments for tapeworms include praziquantel, bithionol, paramomycin, sodium amidotrizoate and meglumine amidotrizoate. Obviously

these are the territory of licensed and expert physicians. **Do not attempt self-treatment with any anti-parasitic drug, even if your "friend" has got some tablets left.**

Drug treatments can have side effects ranging from minor unpleasantries to life threatening situations. Minor side effects can include:

- ✓ Nausea
- ✓ Vomiting
- ✓ Colic
- ✓ Diarrhea

Allergic reaction can include:

- ✓ Dizziness
- ✓ Brochospasm
- ✓ Urticaria
- ✓ Dizziness
- ✓ Muscular incoordination (worm wobble)
- ✓ Angiodema
- ✓ Drowsiness
- ✓ Confusion

Anti-parasitic should not be administered to those with poor kidney function or liver disease unless done so under the direction of a physician. Some anti-parasitics such as piperazine, can make some neurological disorders worse.

Often it is best to treat everyone in the household at the same time. The eggs of Pinworms are so light they can become airborne and as a result inhaled. Therefore, it's a wise idea to also clean towels, linens, and carpets. In all situations, it's important to improve the overall hygiene to reduce the risk of reinfection.

The Protocol of Dr. Wm Stuppy MD and Alinia

Dr. Wm Stuppy MD, practices in Los Angeles, and he is a Gastroenterologist, Internist, Anatomic Pathologist, and he also practices preventative medicine. Dr. Wm. Stuppy is also the doctor that has a successful protocol for the elimination of those nasty parasites, using a drug called Alinia. It's also known as Daxon in Mexico.

The generic name for this drug is Nitazoxanide, and it is extremely effective at eradicating parasites, protozoa, helminthes, pathologic bacteria, and many other gastrointestinal pathogens.

In Dr. Wm Stuppy's study, his success rate using Alinia was very good. It was as follows.

- ✓ Cryptosporidium parvum, reduced by 99%,
- ✓ Amoeba histolytica, down by 100%,
- ✓ Giadria lamblia, 98%
- ✓ Blastocystis hominis, 96%
- ✓ Ascaris lumbricoides, 90% (difficult one, that)
- ✓ Clostridium difficile, down 100%,
- ✓ T. solium, 100%
- ✓ T. spiralis, 100%

Dr. Stuppy MD prescribes 1 gram of Alinia twice daily for a period of two weeks. Make no mistake this is a serious medication. Once you are worm free, it's a great idea to use Alinia as a worming pill like you would for your pets. Just take 1 gram twice a day for three days. Repeat every 6 months and you'll be able to stay healthier and parasite free.

You can purchase Alinia in the United States for about $18 a capsule but it would be amiss on my part if we didn't tell you it's much cheaper to buy in Mexico, under either the name Daxon or its generic name Nitazoxanide. It will kill a wide range of parasites.

There are alternatives to purchasing Nitazoxanide in the United States. Cheaper generic brands can be purchased from Mexico, Europe, India, and Canada. Always follow the directions provided.

Alternative Parasite Treatments

Herbal Anti-Parasitic Treatments

- **Natural Balance**

  We talked about Natural Balance a little earlier. This is an ancient herbal blend that is a natural digestive herb. It breaks down old fecal matter that builds along the colon and intestines and then removes if from the body, eliminating any parasitic infections you might have.

  Resources For Life Ltd.
  Eden Lodge, 1 Clydesdale Avenue, Chichester, West Sussex, PO19 7PW
  Tel: + 44 1243 775 760 email: enquiries@resourcesforlife.net
  website: www.resourcesforlife.net

- **Para Cleanse with Paw Paw**

  This is a 10 day program designed to support your intestinal system during the cleanse. It creates an environment that is not hospitable to parasites. The blend contains many of the well-known anti-parasitic herbs like black walnut husks, or pumpkin seeds. Paw Paw disrupts the energy to the parasites while the pumpkin expels them from the body.

- **Colonix**

  This is a combination of 18 herbs that do an excellent job of rounding up any suspected parasites and the removing them from the body. It's safe for adults and there is a children's formula available too.

- **Humaworm**

  This natural parasitic cleanse covers the entire life cycle of most parasites. It must be taken twice a day for 30 days to be effective. If you stop mid stream you'll land up feeding the worms making them bigger and you sicker.

- **Bromalite**

  This product introduces to the body a healthy level of Probiotics, and healthy intestinal bacteria, which makes it difficult for parasites to live in the body. The natural cleansing cycle forces them out of the body.

- **Eight Day Cleanse**

  The Eight Day Cleanse includes the parasite cleans, aloe vera powder, seven essentials, and cleansing enzymes. Combined they do an excellent job of removing parasites from the body, but it is important that you follow the directions carefully.

- **Worm Defense**

  This formula helps expel worms from both humans and pets. It's safe and effective with no side effects. Worm Defense contains herbs that are beneficial to destroying the climate the parasites can comfortably live in. This includes Tansy, Poke Root, Garlic, and White Willow.

- **Yeast Para Control**

  This formula helps control the growth of excessive yeasts and it destroys the environment parasites need to live in thereby ridding the body of parasites.

- **Naturally Pure Parasitol**

  This formula has no side effect. It works by attacking the major intestinal parasites including roundworms, tapeworms, protozoans, and flukes.

  Besides removing the parasites from the body, it also removes toxic levels of ammonia that are created as the parasites die. It reduces headache and nausea that can occur when parasites are dying.

- **Herbal Anti Para Parasite Cleanse**

  This formula gently cleanses removing harmful parasites from throughout the body. It has no laxatives in it, and is very gentle on the body. It takes a total of 21 days to complete the cleanse and rid the body of all parasites.

- **Purify**

  This formula is complete and helps to naturally remove all parasites. It is certified organic and is a broad spectrum formula. It does not contain Wormwood or any other potentially dangerous ingredients. There are no fillers and no artificial ingredients. It is one of the safest parasite cleanses on the market.

There are many herbal formulas on the market designed to rid the body of parasites. Some are simpler than others. Some are more effective than others, and some take longer than others.

Whatever territory you are in, search around for options. For example the product Parasitin by the Swedish firm VÄXA is readily available in Europe but not so easily elsewhere. However you can get it in the USA.

VÄXA International
600 N Westshore Blvd
Suite 800
Tampa, FL 33609
Toll Free Phone: 1-877-622-8292 (VAXA)
Toll Free Fax: 1-888-734-4154
Or Email **Customerservice@vaxa.com**

Always read the label carefully before starting any herbal treatment, in case any of the ingredients have unfamiliar actions and side effects.

Generally speaking, parasite remedies are designed to KILL living forms, so they are not in any sense “nice” or “holistic”. Use them with care. To remain safe and to work effectively it is important to follow all instructions carefully.

Anti-Parasitic Herbs

- **Artemisia Annua**

  Best known as an antiparasitic is Artemesia annua. It is currently under study by the World Health Organization as a possible treatment for chloroquine-resistant malaria. Activity is thought to be due to an alkaloid with the Chinese name of qinghaosu. A. annua is available as a bowel preparation take 1 g three times a day for 60 to 90 days. Better

results may come from combining it with some other herbs, notably grapefruit seed extract.

If a short-term course of metronidazole 400 mgm twice or three times a day, or nitazoxanide (Alinia) 1 gram twice a day for is added, this makes up just about the best ammunition we have got.

- **Black Walnut Husk (Juglans Nigra)**

  Used to rid the body of several different types of parasites, eggs, and worms, including roundworms, ringworms, pinworms, and tapeworms. Black Walnut is a powerful anti-fungal and anti-parasitic herb. Black Walnut and Wormwood are often combined. It should be collected while green.

- **Wormwood (Artemesia Absinthum)**

  The bitter action of Wormwood stimulates the digestive system making it one of the best herbs available for the treatment of parasites and worm infestations. It can be taken as a general tonic.

- **Grapefruit Seed Extract (Citricidal, DF100, Parcan)**

  This is a very safe herb to use, and it has many benefits, one of them being that it is an anti-parasitic so it can be used to remove parasites, as well as fungal infections.

  Grapefruit-seed extract, known under several brand names such as DF100, Parcan and Citrocidal (100 mg three time a day).

- **Oil of Cloves**

  Cloves have long been used as a pain medication, antiseptic, antimicrobial, and anti-parasitic. It will dissolve the eggs deposited by intestinal worms. It is delicious but overwhelming in both smell and taste.

  Dissolve 5 to 10 drops in water.

- **Garlic**

  The value of garlic is underestimated. It is an anti-parasite, but it is also an anti-fungus, antiviral, and antibacterial. In fact, it is one of the simplest anti-parasites there is.

- **Pumpkin Seeds**

  Here is another affordable, easy to use parasite cleanse. Raw pumpkin seeds can excrete many different parasites. You can eat pumpkin seeds by the handful if you like. Tasty and they work great.

- **Barberry (Berberis Vulgaris)**

  This herb has long been used throughout the Middle East, India, Europe, and China for healing purposes and as an anti-parasitic.

- **Goldenseal (Hydrastis Canadensis)**

  Goldenseal has had a lot of research surrounding it. It is commonly used for Giardia. It is one of the greatest healing herbs there is.

- **Myrrh**

  In a combination of volatile oil and resin Myrrh the cure rate of 98%. You require 10 mg per 2.2 pounds of body weight used over 3 days.

This list of anti-parasite herbs can be used individually or combined in a variety of ways, producing different commercial formulas to combat and excrete parasites effectively.

Treatments can be unsettling. Seeing dead worms in your stool is hard enough, but coughing up live worms or parts of live worms is not just gross, it's horrifying. So while it's a difficult task to undertake, it's necessary for your overall health.

Here's A Protocol Using Formulas From The USA

Before Breakfast:
Black Walnut Tincture: 25 drops in water or under tongue
Castor oil by Nutritional Counselors of America: 4-6 caps (depending on weight)

10-15 mins later:
'K-min' by Nutritional Counselors of America: 3 caps
'6-N-1' by Nutritional Counselors of America: 4-6 caps

Before lunch: take the Walnut Tincture again

Before Bed: repeat supplement routine from 'Before Breakfast"

Remember, all dietary recommendations must still be applied.

Preventing Recurrence

It makes no sense to try and eliminate parasites, unless you take steps to prevent recurrence.

Parasites are often contacted through unhygienic habits. However many, such as hook worms and pin worms, can pass through the unbroken skin. Merely touching something that has been handled by a parasite victim could pass it onto you or your family. There is absolutely no point in feeling ashamed or trying to pretend it couldn't happen to you. Just face facts and get to work on an effective cleansing program. Before or while you take the anti-parasitic remedy, whether allopathic or herbal, consider sources of infection:

People may infect each other in a "ping pong" fashion. Treat everyone in the household at once.

Remember pets are the main source of human infestations. Worm your pets regularly and never allow a pet to lick your face around the mouth.

Always wash your hands thoroughly before handling raw food (salads etc). Never taste uncooked foods, even one lick can produce fatal Trichinella (if you are very, very unlucky, that is)

Cook all meat products thoroughly. If you have a predilection for rare-cooked steak and pork etc. YOU MUST FREEZE IT FOR A MINIMUM OF 20 DAYS. This will kill the tapeworm scolex. Remember offal is just as dangerous as muscle meat.

Finally, as well as cleaning up your outer environment, change your inner terrain to make it very hostile for parasites. This means to cleanse your tissues and remove toxins, so that the body's nutrition and defence systems work well.

Without doubt the number one toxin for the inner terrain, or what Professor Albert Pischinger called the "matrix", is heavy metal poisoning. Toxic metals include arsenic, antimony, aluminium, chromium, lead and—most important of all—mercury.

You MUST take appropriate steps to eliminate these toxins before you can hope to beat off renewed parasite attacks.

The removal of heavy metals we call "chelation". My good friend Dr. Garry Gordon runs a website with lots of information about oral chelation, which you can do for yourself. Check out Garry's resources at:

http://www.gordonresearch.com

You can get a copy of his book here:

http://www.longevityplus.com/CatalogueRetrieve.aspx?ProductID=1030391

Homeopathic Treatments

[See the next section for homotoxicology, which is similar but different!]

Homeopathic treatments are a little harder to understand, and are best if administered by a homeopathic health care provider. The homeopathic health care provider will combine your constitutional type (Your intellectual, physical, and emotional makeup) and the symptoms you are experiencing to determine the right homeopathic treatment. Here are a few of those choices:

- ✓ Cina
- ✓ Cuprum oxidatum nigrum
- ✓ Indigo
- ✓ Teucrium
- ✓ Podophyllum
- ✓ Spigelia
- ✓ Sabadilla
- ✓ Stanum
- ✓

Parasite Nosodes

Nosodes are a homeopathic remedy that is made from the disease or the infection they are treating. In this case it is parasites that are being treated. Nosodes are not infectious. A common Nosode for parasites is made up of Toxoplasma Gondii 6X, 200C, 1M, CM, Anthracinum 1M.

Nosodes for parasites were one of the first treatments used for heartworm in dogs. The work in the same manner when treating humans. There are no side effects when homeopathic Nosodes are used, making them a favorable choice.

The Centers for Disease Control and Prevention (CDC) warned parents not to let a parasitic pest spoil a family trip to the pool.

Health experts are concerned about a chlorine-resistant parasite called Cryptosporidiosis or Crypto.

The CDC said Crypto is the leading cause of recreational water illnesses, and more of those illnesses were reported in 2007 than ever before.

Homotoxicology Treatments

Homotoxicology is all about the physiology and body's function. When your body is in fine shape and healthy parasites will not be able to survive, because your immune system will attack it.

Parasites will look for opportunities to move into an area where there is already trouble. It makes it much easier for them to be able to set up shop.

Parasites do not cause the problems in the body (or at least seldom are they), but rather they are the result of a body that is not in optimum health.

We already talked about nutrition and how important it is. It is also very important to avoid foods that you have allergies to because they can put a lot of stress on your body.

Detoxifying and anti-parasite remedies are certainly helpful, but if you really want to take the threat of parasites out of your life and your body, the best choice is to create a healthy body from the intracellular level. Here are some remedies that can help you do that.

- ### Lymphomyosot

  This will clean out the lymphatic system. This major detox pathway, is mostly ignored by allopathic doctors, except if it is blocked with worms. Lymphomyosot is excellent at removing toxic residues in the body from illnesses of the past. It's also wise for the first 6 weeks of an anti-parasite program.

- ### Echinacea Compositum

  Do not confuse this with regular Echinacea herbal products. This is a homeopathic version that is considerably more powerful because it is made up of the following: Echinacea, sanguinarea, aconite, Lachesis, Pulsatilla, Bryonia, Influenzinum-nosode, staphylococcus-nosode, strepto-coccus nosode, Arnica and argentum nitricum.

The purpose of this product is to boost the immune system a dozen various ways.

- **Hepar Compositum**

  Liver support is very important. Milk thistle is one of the most well known herbal supports for the liver. There is also chelidonium and Peruvian bark. Cells that have poor mitochondrial energy function are not easy to detox because it requires a great deal of energy to remove poisons from the body. Hepar Compositum can help do just that. Besides it is vital that the liver be protected from damage from parasites.

- **Schwef-Heel**

  Contain 5 different sulfur potencies that stimulate the body's defense mechanisms. Sulfur is a reactant in all chronic illnesses and it is a good choice in the fight against parasites.

- **Nux Vomica**

  This is yet another good choice for shedding flukes and worms, and settling bowel disturbances that were caused by these parasites.

- **Traumeel**

  The strong sulfurous properties sooth tissue that is inflamed.

- **Tanacet**

  This traditional anti-worm treatment deals with some of the effects of worm infestations such as nervous irritability, tics, and restlessness in children.

Colloidal Silver

Colloidal Silver can safely kill more than 650 viruses, fungi, bacteria, molds, and parasites that can cause disease, and it has no negative side effects, which is something few products that work can claim.

Colloidal Silver near any single cell pathogen or bacterium disables the oxygen metabolism enzyme. It takes just 6 minutes for the pathogen to suffocate.

When colloidal silver is ingested, it takes 3 to 4 days for it to reach the cells in sufficient quantity to be beneficial.

> Dr. Louis Parish MD, an investigator for the Food and Drug Administration, reported that an estimated 20% of the world's population is infected by protozoa, the large majority without symptoms.

UCLA Medical Labs tested Colloidal Silver and it killed every virus for which it was tested. Colloidal Silver has been around for a very long time. In some countries, it is still the choice of treatments. In America with the advent of antibiotics, Colloidal Silver went by the way side.

There is no other product known to man that has the power to fight so many germs, parasites, and bacterium, while remaining non-toxic and safe in adults, children, and pets.

Acidified Sodium Chlorite Protocol

Somebody referred me a reasoned and scientific article about the use of the acidified sodium chlorite protocol (Jim Humble's "Magic Mineral Solution") for certain parasitic infections. I have already drawn the attention of my readers to the huge success of Humble's MMS in treating malaria, which is after all just a parasites disease. But until I read this paper I was unaware that members of the phylum Apicomplexa should also be sensitive to this treatment. This phylum includes Toxoplasma and Cryptosporidium, two parasites which we are very much concerned with in the West.

These pathogens are thiol dependent and should easily be susceptible to acidified sodium chlorite.

For that reason, I'm summarizing the on-line paper here. You can read the full article, and make a suitable donation, at this website:

http://www.malariainitiative.com/147/information/the-science-behind-the-treatment/

(original by Thomas Lee Hesselink, MD. Susan Busse, MD., John Peterson)

Their purpose in publishing was to propose and hopefully stimulate research. Nothing in the article is intended as medical advice. No claims, promises or guarantees are made.

If you are not familiar with Jim Humble's MMS, sodium chlorite ($NaClO_2$) can be acidified as a convenient method to produce chlorine dioxide (ClO_2) which is a strong oxidant and a potent disinfectant when ingested. This procedure rapidly eliminates malaria and other infectious agents in only one dose.

Chlorine dioxide (ClO_2) is highly reactive with thiols, polyamines, purines, certain amino acids and iron, all of which are necessary for the growth and survival of pathogenic microbes. Properly dosed this new treatment is tolerable orally with only transient side effects. Hoewver, more research to better document efficacy in malaria and in other infections is urgently called for.

Materials And Dosage

The procedure as used is as follows: A 28% stock solution of 80% (technical grade) sodium chlorite ($NaClO_2$) is prepared. The remaining 20% is a mixture of the usual excipients (rendering agents) necessary in the manufacture and stabilization of sodium chlorite powder or flakes. Such are mostly sodium chloride ($NaCl$) around 19%, sodium hydroxide ($NaOH$) <1%, and sodium chlorate ($NaClO_3$) <1%. The actual sodium chlorite present is therefore 22.4%.

Using a medium caliber dropper (25 drops per cc), the usual administered dose per treatment is 5 drops, working up to 15 drops. In terms of milligrams of sodium chlorite, this calculates out to 9mg per drop or 54mg to 135mg per treatment. Effectiveness is enhanced, if prior to administration the selected drops are premixed with 2.5 to 5 cc of table vinegar or lime juice or 5-10% citric acid and allowed to react for 3 minutes.

The recommended proportion is actually 5:1, lime juice or acid, to sodium chlorite.

The resultant solution is always mixed into a glass of water or apple juice before being taken orally. The carboxylic acids neutralize the sodium hydroxide and at the same time convert a small portion of the chlorite (ClO_2) to its conjugate acid known as chlorous acid ($HClO_2$). Under such conditions the chlorous acid will oxidize other chlorite anions and gradually produce chlorine dioxide (ClO_2). Chlorine dioxide appears in solution as a yellow tint which smells exactly like elemental chlorine (Cl_2).

The above described procedure can be repeated a few hours later if necessary but dose is often dramatically effective, even against otherwise resistant organisms.

Children or in emaciated individuals should be given a scaled-down dose, according to size (actually body weight).

The solution can be taken without food to enhance effectiveness but this often causes nausea. Drinking extra water usually relieves this. Nausea is less likely to occur if food is present in the stomach (preferably starchy food not protein) about one hour after a meal.

Other side effects reported are transient vomiting, diarrhea, headache, dizziness, lethargy or malaise.

Significant amounts of vitamin C (ascorbic acid) must not be present at any point in the mixtures or else this will quench the chlorine dioxide (ClO_2) and render it ineffective. Vitamin C is a powerful antioxidant, remember; what is happening here is that the hyperactive chlorine dioxide oxidizes the pathogens (exactly what the immune system does, except is uses hydrogen peroxide). For the same reason antioxidant supplements should probably not be taken on the day of treatment.

Logical

It is totally logical that sodium chlorite or chlorine dioxide can kill parasites in vivo. It is well known that many disease causing organisms are sensitive to oxidants. Various compounds classifiable as oxides of chlorine such as sodium hypochlorite and chlorine dioxide are already widely used as disinfectants.

Oxidizers are atoms or molecules which take up electrons. Reducers are atoms or molecules which donate electrons to oxidants. Activated cells of the immune system naturally produce strong oxidants as part of the inflammatory

process against bacteria, parasites and even cancer, to rid the body of these diseases. Examples are: superoxide, hydrogen peroxide, hydroxyl radical, singlet oxygen and ozone (triplet oxygen).

Some work has been done using dilute solutions of sodium chlorite internally to treat fungal infections, chronic fatigue, and cancer; however, little has been published in that regard. Sodium chlorite acidified with lactic acid as in the product "WF10" has been shown to modulate immune activation. WF10 is currently being studied in the US, Europe and Asia for treatment of late-stage HIV disease, as well as recurrent prostate cancer, late post-radiation cystitis, autoimmune disease and chronic active hepatitis C disease. It is approved for use in Thailand under the name *Immunokine*.

Meanwhile, Humble's anecdotal book continues to circulate via the Internet (part 1 can be downloaded for free).

Targeting Thiols

Like bacteria, fungi and tumor cells, the ability of parasites to live and grow depends heavily on an internal abundance of reductants, to neutralize the deadly oxidizers. Thiols (formerly called mercaptans) as a class behave as reductants (electron donors) and as such they are quickly destroyed by oxidants (electron grabbers). Upon sufficient removal of the parasite's life sustaining thiols by oxidation, the parasite rapidly dies.

Targeting Polyamines

Other metabolites necessary for survival and growth in tumors, bacteria and parasites are the polyamines. For example the malaria parasite will quit growing and die, when polyamines are lacking, or when their functions are blocked. Polyamines are sensitive to oxidation and can be eliminated by strong oxidants such as chlorine dioxide. When oxidized, polyamines are converted to aldehydes, which are deadly to parasites and to tumors. (toxic to humans too, indidentally)

Targeting Purines

Purines are essential to many life processes. These molecules have a double ring structure. The rings are heterocyclic being composed of both carbon and

nitrogen. Their nitrogen atoms are vulnerable to reaction with chlorine dioxide.

Important biologic purines include guanine and adenine. Guanine and adenine are essential components of DNA and RNA necessary for all genetic functions and for all protein synthesis. Any purines lost by chlorine dioxide exposure can be readily replaced by host cells. But many parasites, including the large apicomplexa group (phylum), lack the enzymes necessary for making purines.

Apicomplexa

This is too technical for most people but information is given here for professionals who may encounter these organisms, in either human or animal medical practice.

The phylum Apicomplexa are a large group of protists. They are unicellular, spore-forming, and exclusively parasites of animals.

4516 species are now recognized, including:

Babesiosis (Babesia)
Malaria (Plasmodium)
Coccidian diseases including:

- Cryptosporidiosis (Cryptosporidium parvum)
- Cyclosporiasis (Cyclospora cayetanensis)
- Isosporiasis (Isospora belli)
- Toxoplasmosis (Toxoplasma gondii)

Many of the apicomplexan parasites are important pathogens of human and domestic animals. In contrast to bacterial pathogens, these apicomplexan parasites share many metabolic pathways with their animal hosts. This fact makes therapeutic target development extremely difficult – a drug that harms an apicomplexan parasite is also likely to harm its human host.

Currently there are no effective vaccines or treatments available for most diseases caused by these parasites. Biomedical research on these parasites is challenging because it is often difficult, if not impossible, to maintain live parasite cultures in the laboratory and to genetically manipulate these organisms.

Targeting Proteins

Chlorine dioxide (ClO2) is highly reactive with thiols, phenols, secondary amines and tertiary amines. Therefore, proteins composed of amino acids which present these reactive groups are vulnerable to oxidation by this agent.

Safety

You might wonder why all this powerful biochemical activity doesn't harm the human host.

So far, at least anecdotally, the dosages of chlorine oxides as administered orally per the acidified sodium chlorite protocol have produced no definite toxicity. Some have taken this as often as 1 to 3 times weekly and on the surface seem to suffer no ill effects. To be certain if this is safe more research is warranted for such long term or repeated use. Until then I do not recommend excessive or repeated use. The concern is that too much or too frequent administration of oxidants could promote oxidative stress, which we know is to be avoided.

Sodium chlorite, as found in municipal water supplies after disinfection by chorine dioxide, has been studied and is considered safe. Animal studies using much higher oral or topical doses have proven relatively safe.

In a reported suicide attempt 10g of sodium chlorite taken orally caused nearly fatal kidney failure. So care is clearly needed in patients with compromised kidneys.

Chlorine dioxide has been proven to be lethal to almost all known infectious agents in vitro using remarkably low concentrations. This includes parasites, fungi, bacteria and viruses. The experiences noted above imply that this compound is tolerable orally at effective concentrations. As the authors stated, we may be on the verge of discovering the most potent and broad spectrum antimicrobial agent yet known.

Electronic Treatment Devices

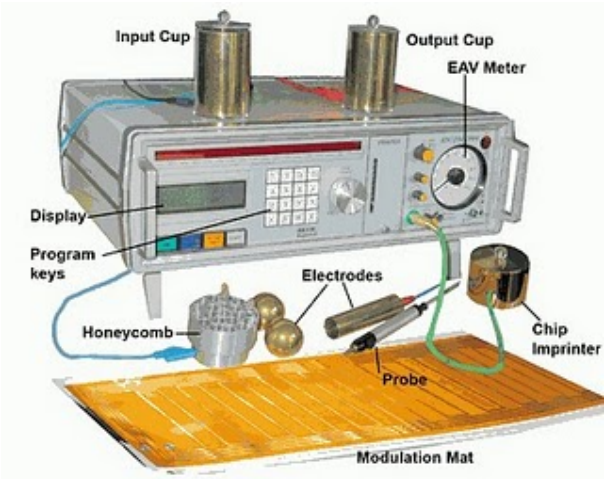
The Bioresonance Machine

If you have read my book Virtual Medicine (if you haven't, you should do so), you will know the theory and principle of bioresonance machines, such as the MORA machine and the Bicom.

Either of these can be effective against parasites and other organisms and are far superior to so-called "zappers", pioneered by Hulda Clark.

The machine works by picking up an electromagnetic signature signal from the input cup. This can be anything, from a food testing for allergies, pathogens and, of course, a parasite sample.

By inverting and modulating the "parasite signal", to cancel it out, and then playing it back to the body via electrodes or a mat, the organism is eradicated over a course of treatments.



If all this sound a little bizarre, you should read Virtual Medicine, which explains these incredible electronic devices and how they work in healing. Get it here:

http://www.alternative-doctor.com/virtual_medicine.html

Electronic Zappers

Sadly, Dr. Hulda Clark has gained many followers, so we would be remiss not to mention her and the electronic zappers, if to do little more than warn you that her electronic zapper has not been evaluated by the science community and it's not licensed by the FDA.

While Dr. Hulda Clark claims in her books that she has discovered the cure for "all diseases", she not only flouted good science and intellectual honesty, but effectively slights many other good researchers, doctors and scientists, who know that problem is not that simple.

Her greed and stupid claims did a lot to discredit alternative medicine (she had no medical training whatever but faked a few qualifications). Now she has passed on, perhaps we can get on cleaning up the exaggerated mess she left behind.

In her book she gave a circuit diagram for an easy zapper, which anyone could make from Radio Shack parts. That was freely given to the public. Since then many people have jumped on the bandwagon and manufactured and sold her idea at inflated profits. Not one of these devices has ever done any good in my experience.

You'd be better to forget these and don't be fooled by claims and silly "testimonials." This does not get round the fact that a large number of people will get well, WHATEVER THEY DO. It's Nature that heals. The zapper people and Hulda Clark just try and take the credit.

That's why we need to bring some real scientific integrity into this field.

There are other electronic zappers on the market. Let's look at a few of these:

- ### The Sputnuk

The Sputnuk is a type of electronic zapper, originating in Russia. You swallow this metal pill that then turns itself on once it comes in contact with body fluid. It then generates a low voltage electromagnetic emission while it travels through your gastro-intestinal tract. It stimulates your organs as it goes through causing parasites to be expelled from the body.

If you have IBS, bowel narrowing, bowel obstruction, or diverticulitis you should not use the Sputnuk. You should also not use it if you have a

pacemaker, internal lesions, nervous disorder, epilepsy, fever, kidney stones, thrombo-phlebitis, and several other conditions. Read the long list provided by the manufacturer before undertaking this option.

- ## The MiniZap

The miniZAP® is worn like a wrist watch. It's comfortable, flexible, and the information Is easy to read on the display. The miniZAP® is built of the specifications of the late Dr. Robert Beck, who invented the blood zapper also known as the Beck Zapper. The miniZAP® outputs an electric current within the blood vessels of the wrist pulse.

It must be worn for six weeks straight for a minimum of two hours a day. This is the first Beck Zapper than can be powered by a simple 3V battery. Unlike Dr. Hulda Clark (above) this is not a radionics zapper, or bioresonance zapper.

- ## A Better Circuit Diagram

If you want to know more about this zapper technology, you could do no worse than get info from Ken Nestler (http://www.ess-in.com/improved.htm). Read what he says here (with permission from Ken)…

Hulda Clark (she was not a doctor, despite always passing herself off as one) gave original specifications call for the electrical output of a Zapper to be: a positive offset square-wave of approximately 9 volts.

The Problem:

Most commercially available Zappers are prone to significant voltage drop and wave-form deterioration when an electrical load is connected to them.

Typically, "9 volt" zappers will drop to below five volts and "12 volt" zappers fall below seven volts when operated under the "electrical load" encountered in typical usage.

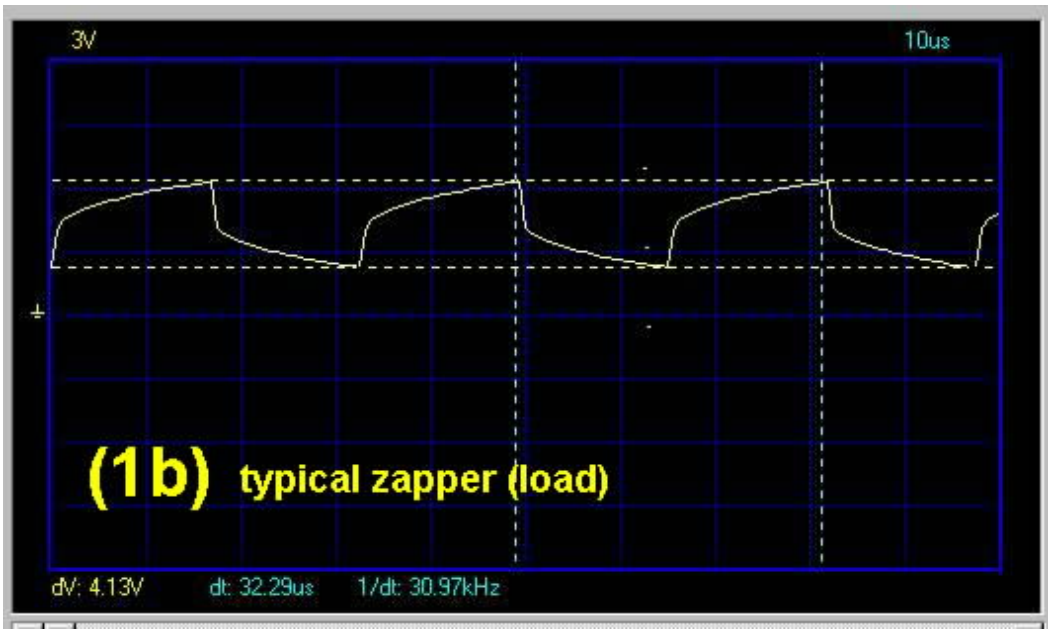
The circuit given by Dr. Clark does produce a fairly good square-wave as long as an electrical load is not connected to the device. Although, as soon as there is a "load" or current draw applied, the square-wave distorts and looses it's shape and amplitude(voltage). By "load" we mean anything that draws current from the device. When one uses the zapper; by attaching the copper

electrodes and holding on to them, a "load" is applied to the device as the body draws in the electricity.

Most commercially available zappers are based on the schematic given in *The Cure For All Diseases.* Some manufacturers have added features like a low battery indicator or timer etc., but most still utilize the same basic circuit for the "frequency generator" portion of their design.

The diagram below illustrate this point very well. It was taken directly from the screen of an oscilloscope.

A 9 v. zapper was placed under load and the results examined. Once under load, the voltage dropped to only 4.13 volts, which is ineffective. Moreover the required square wave deforms to a curved and irregular format, which is useless.



Conclusion:

Why a good square-wave is important.

Dr. Hulda Clark has noted that a significant attribute of 'Zapper' technology is the ability to generate strong harmonic frequencies. In several of her books she writes in detail of the importance of these harmonic frequencies. Since a true square-wave produces more harmonics then it follows that Zappers that

generate good square-waves are more desirable than those that do so to a lesser degree.

A square-wave will inherently radiate multiple harmonic frequencies above its base frequency. As the shape of the wave becomes less 'square' the relative strength of the 'radiated' harmonic frequencies diminishes. In other words, **the truer the square-wave, the greater degree of harmonics will be produced.**

Hulda Clark vs Royal Rife Frequencies

If you are knowledgeable about energy medicine, especially zapper-type machines, you will know that Hulda Reger Clark's work is not original but derivative of research by Royal Raymond Rife. His work goes back to the 20s and 30s; he is famous for an exceptional microscope that allowed him to see things that no-one had ever seen before. Plus he developed an electrical device that delivered lethal frequencies to cancer cells, bacteria and parasites.

There's been a lot of discussion lately about the differences between the frequencies that Hulda Clark identified and used and those that were discovered and used by Royal Rife using his Universal Microscope.

While Rife correlated Cancer with a virus which he identified and confirmed with his microscope (and named the "BX" virus) and found it's resonant frequency to be 1,604,000 Hz. Clark always claimed the absurd "discovery" that the human intestinal fluke *Fasciolopsis buskii*, which is almost unknown outside south east Asia, was the cause of Cancer (see section Tremetodes, earlier) .

The resonant frequency that Clark identified for the human intestinal fluke (fasciolopsis buskii) was 434,000 Hz. There is no harmonic correlation that can be found between these two frequencies. Frankly, I would find it strange if there was. These two researchers were involved in very different research. Hulda Clark was very solid in her conclusion that every disease could be correlated to one or more parasites. Rife on the other hand was a pleomorphic microbiologist and optical engineer, he never claimed to cure anything.

Rife was investigating the microbiology of the subject of what was causing tumors and cancer growth while Clark was attempting to correlate the existence of a parasite in ones system to pushing your body out of

homeostasis and into a state more conducive to having cancer. If she stated it this way she wouldn't have been so controversial so her words were more focused on "This is a possible contributory factor in Cancer" instead of claiming it was the cure for all cancers (that's aside from the fact she went for a parasite that hardly exists in the Western world).

The most important thing for you to understand is how to use and what instruments you can use the various frequencies on whether they are Clark frequencies, Rife frequencies, or from some other source. Clark frequencies range from 81,000 Hz for slime mold up to 878,000 Hz for bird mites but most of the common parasite frequencies that she identified fall into the range from 300,000 Hz to 450,000 Hz. These frequencies are unfortunately out of the range of MOST of the pad type generators on the market today but the key word there was 'most' and I'll get more into that in a minute.

To utilize the Clark frequencies on the common pad type generators that are only capable of running audio frequencies (lower than 20,000 Hz) the most common method of frequency conversion has throughout the last 20 years been simply dividing the frequency by 2 and again by 2, and again by 2, etc. until the frequency is in the desired range which a researcher was seeking.

This is commonly called the "octave method" because it essentially lowers the octave of the frequency. Now you know where a lot of the frequencies were derived from which are used in the parasite programs for common pad frequency generator devices! This method can also be used to increase the frequency by multiplying by 2's to reach a higher octave useful for a 'transmitting' type of frequency device.

Is there a better method of converting these higher frequencies?

This gets a bit more technical but I'll include it for those who just like to know. Another method which is highly respected among researchers was developed by Dr. Jeff Sutherland. This method involves dividing (or multiplying if a higher frequency is desired) the frequency by a scalar harmonic. The way it works is to divide the frequency by e raised to the 6th power.

Euler's constant is "e" and it is actually on some more scientific calculators specifically for calculations like this (ex). For the example above of the human intestinal parasite frequency of 434,000 Hz. Divide this by e6 equals: 1075.8 Hz. If you look for the ex function on a scientific calculator you'll be able to calculate this (don't even both trying in longhand!)

Why not run the exact frequencies if you can?

It's true, you can run these exact high frequencies if you have a generator that is capable of this (such as the GB4000). There is one caveat that you should know about this though. Royal Rife once stated that the resonant frequency of a particular organism would not in itself kill it! It could in fact thrive while 'bathing' in this frequency and this makes sense if you think about it. This is its resonant frequency so it should thrive in this environment.

So why is the resonant frequency lethal for the organism?

What really seems to make the resonant frequency deadly to an organism is being overpowered by it and increasing its energy so much that it explodes and this seems to be easier to attain while matching the resonant frequency.

Royal Rife did not use square waves in his original research, instead he was using a very unique waveform that was created because of the type of frequency generating technology of the era. The combination of the sine waves generated by his vacuum tube amplifiers with the lower frequency oscillator (Gating Oscillator) caused a sharp voltage spike on the leading edge of his frequency pulses.

The bottom line: this was a very unique waveform and it worked. Today's so called 'Rife Machines' mostly use simple square waves, maybe that's why they don't always work so well!

How may have Hulda Clark achieved her results? Instead of the complex waveform that Rife used she simply pushed up her frequency pulses higher into the positive range. The base of a wave is called the 'trough' and the peak is called the 'crest'. While Rife's waves had a trough in the negative range and a crest in the positive range (but had its unique shape described above), Clark's waves were shifted upwards (called "positive offset") so the trough is in the positive range but simply 'less positive' than the crest. So she was pushing more energy by simply increasing the power while Rife was using a subtle, special type of wave!

This sums up some of the differences between frequencies that you are likely to run across to eliminate Parasites so you can be better educated. The most versatile machine that I've found for running any of these frequencies (without any of the mathematical conversions that might drive you crazy) is the GB4000 Frequency Generator at www.FutureFrequency.com and while they do have a model that uses the positive offset effect that Hulda Clark used I prefer the regular model and the use of the Gating feature.

That link for more info again: **http://www.FutureFrequency.com**

Summary

That's it. You're now armed with all kinds of valuable information. You now know what types of parasites you and your family can be infected with, as well as how you can become infected.

You also know about the many treatment options, you can use to rid the body of these disgusting parasites.

However, prevention of parasitic infection is always the first line of defense.

You can prevent infection from occurring in the first place by:

1. Washing your hands with soap after every bowel movement and before eating.
2. Cooking food thoroughly to kill parasites. Freezing and smoking does not kill parasites.
3. Do not eat raw meat or fish.
4. Wash raw vegetables and fruit thoroughly.
5. Do not walk barefoot.
6. If you are travelling to South Asia, Africa, South America, or Central America take the necessary precautions to avoid parasite contamination.

Stay Parasite Free!