PARASITES

If you are living with pets or handling animals, eating raw leafy vegetables, lean meats or raw fish, you have an excellent chance of acquiring parasites. It is estimated that 80-95% of the population is plagued by parasites. An unclean colon is a breeding ground for parasites, a foundation of chemicals and other poisons in your body is also a breeding ground.

WHEN TO TREAT:

Take remedies starting 5 days before full moon (critical for Protozoa). Parasites are recyclers.
Wherever there is something stagnant that needs recycling they are found. They work on a 28 day cycle. They sleep around the new moon time therefore are not eating and won't consume the treatment as planned.

Not advised to do parasite cleanse if nursing mother.

HOW TO TAKE A PARASITE HOMEOPATHIC:

Many remedies are homeopathics. Wait at least 30 seconds between taking the different ones you may have, 20 minutes is even better. Do not take any peppermint (as in mouthwash, toothpaste, candy) or coffee or foods within an hour of taking homeopathics.

If the homeopathics are little white pills, don't touch them with your hands, dump them into the lid and then under your tongue.

If the homeopathic is liquid you can put it in a little distilled water or just squirt it into the mouth under the tongue. If sensitive to alcohol, put drops into 2 oz hot water to help it evaporate.

SUPPORTIVE THERAPEUTIC DIET:

- **A diet composed of 25% fat, 25% protein and 50% complex carbohydrates works well**
- **Low sugar foods are best. Parasites feed off simple carbohydrates (white flour, white or brown sugar, refined processed foods).**
- **Eat sufficient, properly cooked protein (meat, fish, chicken, eggs). Ordinarily it is not wise to eat much acid forming foods such as animal meats however in this case it is preferable to have an acid environment.**
- **Eliminate dairy products during and after treatment (esp. if any giardia present).**
- **Reduce intake of wheat and rye and to a lesser degree oats and barley esp. if you have a protozoa infection.**
- **Heavy intake of raw fruits and vegetables, cold or iced foods and drinks should be cut back which cause intestines to contract, holding in toxins rather than releasing them.**
- **If you are vegetarian or depend upon protein sources like beans, nuts, seeds,**

peas, legumes you will need to restrict your intake of such foods. If you have a parasitic infection they can cause flatulence and irritate the gastrointestinal tract. If you are vegetarian take spirulina or chlorella or B12 supplement.

- **Add water-soluble fiber supplements such as psyllium seed husks, rice bran and oat bran if you need more fiber. These are less irritating. A high-fiber diet helps prevent giardiasis.**
- **Soy products should be used in moderation, say 1-2 times a week. Soy leaves an alkaline residue in the system.**
- **Do not take B vitamins when doing a parasite cleanse.**
- **You need a sufficient amount of unprocessed oils each day (at least 1-2 tbsp daily) from cold pressed safflower, sesame, flaxseed, or canola. Do not cook with these oils.**
- **Diets deficient in Vit. A indicate increase in tissue penetration by larvae. Include lots of carrots, squash, sweet potatoes, yams, greens.**
- **Fresh pineapple and papaya contain high amounts of natural protein digesting enzymes like bromelain and papain which help cure worm infestations. Because of the sugar content, take them in supplement form where the extracts are often combined with pepsin and hydrochloric acid.**

Note: As parasites die off you may experience some nausea.

SUPPLEMENTS

- **Decreased absorption of fats and proteins and vitamins including beta-carotene, vitamin A, folic acid and B12 is common in parasite infection. A fish tapeworm is able to obtain 75-100% of a physiological dose of B12 before the vitamin is absorbed. Therefore taking spirulina, or chlorella, or a B12 supplement may be necessary. Note: it can take up to one year for B12 levels to return to normal after eliminating a fish tapeworm from the body.**
- **Taking regular B vitamins during the cleanse (not incl. B12) should be stopped, especially during their feeding time from 7 days prior to the full moon to the new moon. Take 50,000 IU Vitamin A a day. If you have roundworm or giardia they interfere with Vit. A absorption.**
- **If you have hookworm, you will need extra iron. Get the vegetable source at your health food store or eat dessicated liver, molasses, organ meats, prune juice, oysters, dried apricots.**
- **Taking ox bile or bile salts should be avoided, esp. if you have giardia.**
- **Onions, carrot tops, radish roots, kelp, raw cabbage, ground almonds, blackberries, pumpkin, sauerkraut, and fig extract have anti-parasitic qualities.**

HERBAL TREATMENT FOR PARASITES

- **Take parasite remedies before meals when stomach is empty (say 20 min before). If you have already eaten, wait at least an hour before taking the remedy.**
- **Black Walnut Bark kills many types of worms, eve tapeworm.**
- **Wormwood is very effective against worms, especially roundworms.**
- **Cloves kills worms and is reported to also kill the eggs.**
- **Garlic has been used for centuries to kill and expel parasites and worms. Freeze dried garlic is best.**

- **Grapefruit seed extract helps eliminate protozoa and fungus on contact.**
- **Homeopathics specific to each type of parasite may be recommended by the health practitioner.**
- **One person did an effective parasite bowel cleanse doing a coffee enema first by adding 4 Tbsp of coffee in the hot water bottle used for the enema. Once that was completed she did another enema, this time adding 1/4 cup aloe; 5 drops of 35% hydrogen peroxide, 4-6 caps probiotic and 8 drops cats claw tincture. One half hour after that was finished she took extra probiotics by mouth.**

OTHER REMEDIES:

- **start with 1,000mg salt tablet(s) and 1,000mg Vit. C once a day, each day increase by one until you get to 10 which you take spread out over the day (eg. 2 salt tablets with 2,000mg Vit. C five times a day). Do for one year if you have bad infection. Not if high blood pressure.**
- **up to 4 glasses a day of pomegranate juice (no sugar of course) is good for tapeworms**
- **for tapeworms fast two days on fruits and vegetables, then eat nothing but pineapple for 3 days, then do another day of fruits and vegetables. Do this around the full moon time of course.**
- **papaya seeds can be used in salad dressings**
- **chew well, or grind fine pumpkin seeds (1/4 - 1/2 cup) and add to cereals or salads**
- **2 cloves raw garlic a day for roundworms, pinworms, tapeworms, hookworms**
- **for protozoa a combination of grapefruit seed extract, garlic, slippery elm, and cranberry concentrate. If you put into capsules, use 2-4 capsules before each meal for 2 weeks at full moon, then another 2 weeks at next full moon.**
- **enemas may be helpful. It dislodges and removes toxins in the large colon. You can use garlic enemas (blend 1-2 cloves in the enema water); vinegar enemas (2 tbsp apple cider vinegar to 1 qt water); blackstrap molasses enema (1 tbsp to 1 qt water.); Sterilize everything after each use.**

REBUILDING AFTER PARASITE CLEANSING:

- **It is important to reintoduce friendly bacteria into the intestinal tract. Take 2 acidolphilus capsules in the morning and 2 in the evening for a month.**
- **Lungs were affected: Vit. A, E, Sound breath for 3-4 weeks.**
- **Intestines were affected: Acidolphilus, Vit. A, Aloe Vera juice, minerals**
- **Liver was affected: Goldenseal, goldenrod, cloves, B complex, Vit. E, maple syrup and calcium.**
- **Blood flukes or Spirochete: 1 gallon hyssop tea a day for 2 days, no food during this time.**
- **Protozoa: 2 tsp liquid chlorophyll in 4 oz water twice daily.**
- **If you have had hookworm, use Spirulina or Chlorella each day for the next 6-12 months.**

PREVENTION OF PARASITES:

- **Make your own salad dressing with apple cider vinegar. 2 tbsp a day is needed.**
- **Pumpkin seeds help keep away. Raw pumpkin seeds also have lots of zinc.**

- **Garlic is a worm destroyer. Include it in the diet or take garlic capsules.**
- **Mix:**
  1 part apple cider vinegar
  2 parts apple juice
  1 part apple brandy
  Take 1 tbsp every day in the water.
- **Moisten the skin after cleaning it with soap and water with a little vinegar water (1 tbsp vinegar, 3 tbsp water). Dab all over body. Soap is alkaline and vinegar is acid which protects you against infection and parasitic influences.**
- **For the intestines: apple cider vinegar and cranberry juice.**
  Also, these foods can be added to the diet to help:
  Pumpkin seeds.
  Calmyrna figs (tears the skin off the worms).
  Garlic
  Apple Cider Vinegar
  Cranberry Juice
  Pomegranates.
- **Foods to avoid:**
  Raw or undercooked beef, pork, fish, chicken
  Sugars and carbohydrates
  Mountain water (unless it is boiled 20 minutes)
  Water chestnuts and watercress
  Fruits and vegetables that are unwashed or washed in questionable water.
- **Always wash your hands prior to eating. Wash hands with soap and water after going to the bathroom, changing a baby's diaper, or handling pets.**
- **An unhealthy colon is a breeding ground for parasites. Don't allow yourself to become constipated.**
- **Have a water filter installed in your home, even if you are on well water, or buy bottled water.**
- **Do not walk outside without shoes on.**
- **Cook all meats, poultry and fish well done.**
- **Be careful with imported produce from Mexico and other Latin American countries. Wash foods.**
- **Don't sit on a bare toilet seats without first wiping it or protecting it with toilet paper. This goes especially for mud baths, water baths and sauna benches.**
- **Don't use tap water to clean our contact lenses. Buy sterilized lens preparation for all cleansing and disinfecting purposes and remove your contact lenses before swimming.**
- **Don't walk barefoot, especially in warm, moist sandy soil.**
- **Cooking:**
  Vegetables: 180 F
  Beef: 160 F internal temp.
  Lamb, veal, pork: 170 F internal temp.
  Fish: 140 F internal temp. for fish for at least 5 minutes. Cook fish till flaky and white.
  A good rule of thumb is to bake at 400 F for 8-10 minutes per inch of thickness.

- **Avoid sampling dishes like sausage and gelfite fish before they are thoroughly cooked.**
- **Parasites thrive on sweets and simple carbohydrates so limit even natural sources of sugar from fruit and fruit juice to 2-3 portions a day.**

CHILDREN:

- **Keep toddlers away from puppies and kittens that have not been regularly dewormed.**
- **Make sure children wash after contact with pets. With infants you will have to assume this responsibility.**
- **Don't let toddlers kiss household pets or allow themselves to be licked by them.**
- **Don't allow children to eat dirt.**
- **Don't allow children to play in yards, playgrounds, or sandboxes in which animals are allowed to roam loose.**
- **Clean children's bedrooms with a damp mop or vacuum to avoid stirring up possibly infested dust.**
- **Sanitize toilet seats and bowls used by children, clean also the undersurface of the seat.**
- **Clean children's toys with mild soapy water.**
- **Keep children's fingernails short and clean.**
- **If children are infected:**
  - bathe daily
  - use one washcloth and towel for the face and hands and a different one for baths.
  - scrub hands thoroughly after bathroom use and before each meal.
  - wear close-fitting underpants at all times (under sleeping garments also)
  - do not share a bed
  - have bedclothing and personal clothing laundered daily
  - keep toothbrushes in containers (don't expose to bathroom dust that transmit pinworms)
  - scrub toilet seats daily
  - clean and vacuum daily, removing eggs along with the dirt.
  - keep all rooms, esp. bedrooms well aired
  - once in a while superheat the home to 95 F for a day. You may want to do it when the family is out. It is an effective way to kill embryos in the eggs.
- **If you have a nanny or babysitter, make sure she or he understands the rules for cleanliness.**

IF YOU HAVE PETS:

- **Keep pets free of parasites and fleas.**
- **Have puppies and kittens dewormed on a regular basis.**
- **Keep an eye out for signs of infection and take to vet at the first sign for a checkup:**
  dull coat, pot belly, poor growth, diarrhea, constipation, vomiting, fatigue, anemia.
- **Avoid feeding animals raw meat or raw fish which harbour tapeworms. Well fed animals are less likely to hung and eat rodents and birds etc. No chemical can**

yet kill all the toxocara eggs in the soil so best protection is to look after your animals. Consider worming every 6 months or so (have treatment prescribed by proper veterinarian). Don't use pet manure for composting.

- **Do not sleep with your animals.**
- **Don't allow your animals to use the neighborhood as their bathroom; use a pooper-scooper. Burn or flush feces down the toilet.**
- **Keep the cat litter clean daily. Wear plastic gloves when cleaning cat litter.**
- **Give clean water to your pets daily.**
- **Routinely check animal's stool for worms.**
- **Buy flea collars or apply topical insecticides to dogs and cats if fleas are present. Check to see if there are "natural" type available. Flea baths will help an infestation too.**
- **Adding fennel, rosemary, rue or garlic to the pet's food helps repel fleas. Garlic and yeast wafers are parasite and flea-proof foods for animals.**
- **Regularly disinfect animal's food dish and water bowl.**
- **Keep sandboxes that children play in, covered.**
- **Make sure eating surfaces or food preparation counters are off-limits to pets.**

TRAVELLING?

- **Be careful when travelling to drink clean water and wash fruit and vegetables in the same. Use bottled water.**
- **Take lots of acidolphilus when travelling to other countries to build up healthy bacteria in the intestines. You may need to take up to 20 capsules a day.**
- **Do not swim in tropical water.**
- **Do not walk on the beach or sand without shoes.**
- **Have a parasite examination twice a year if you travel frequently.**
- **Avoid regional foods and special dishes that include raw, pickled, smoked or dried fish, crabs and crayfish. All beef and lamb should be thoroughly cooked.**
- **Avoid having ice cubes in drinks.**
- **Eat only cooked or peeled fruits and vegetables.**
- **Don't use tap water to brush your teeth.**
- **Bentonite, a clay-like liquid, is a good preventative. Take at least 1 tbsp in the morning and another in the evening. It protects by absorbing poisons in the intestinal tract and flushes them out of the system.**
- **Avoid swimming in freshwater lakes.**
- **If sleeping in a tent in a tropical area, don't wear perfumes or aftershaves, use well-screened netting.**
- **In the tropics, Africa, Asia, Middle East, stay covered up with long sleeves and long pants, esp. at night. The malaria mosquito comes out between dusk and dawn. You might also try taking 100 mg B1 a day or 3 tablets 3 times a day of Brewer's yeast to help repel fleas and mosquitoes.**

WOMEN:

- **after urinating, wipe from front to back**
- **when having pap smear, have lab look for pinworms, roundworms or sexual disease**

problems

- **if pregnant, be screened for toxoplasmosis**
- **if pregnant, limit exposure to cats**
- **if pregnant, avoid undercooked meat**