WORMS AND PARASITES

What is a Parasite? Biology An organism that grows, feeds, and is sheltered on or in a different organism while contributing nothing to the survival of its host.

How do we become infested?

Infestation can come from a number of sources: Walking barefoot in contaminated soil; eating unclean fruits and vegetables (especially water-cress), raw meat, raw fish (sushi), drinking contaminated water supplies; sexual intercourse, auto-intoxication from poor nutrition, liver flukes, kissing pets, working in the garden, mucus-forming foods, lack of proper bowel flora or proper digestive enzymes.

Why don’t we hear more stories?

It is not a subject the general public discusses, either because of embarrassment or people not knowing that they have parasites. They know they have diabetes, cancer, etc., but not that parasites directly or indirectly caused or contributed to their disease. For example, cancer is simply a symptom indicating a body that is auto-intoxicated with parasites, worms, yeast, virus and other bacteria, and whose colon lacks beneficial flora.

Parasites and where they live

The pin-worm, found mostly in children, lives in the lower intestine and rectum. The female worm comes out of the colon to lay her eggs (mostly at night, thereby contaminating pajamas and bedding as well). A single female may deposit 15,000 or more eggs, which are infective in a few hours. The crawling of the worm on the skin of the area surrounding the anus itches. The child scratches this area and contaminates his nails and hands with the eggs. The eggs are also transported by air currents, therefore other family members are easily contaminated. Statistics claim that one in five children today have pinworms. What about the ones not diagnosed?

Parasites and worms can travel anywhere in the body. If the infestation is in the colon, the body puts a protective barrier of fluid around them to keep them corralled off, (the bloating I spoke of earlier) to try to prevent them from traveling to other parts of the body. In diabetes, worms are in the pancreas. In multiple sclerosis, they are what is eating the myelin sheaths off the exposed nerve endings. (It is a misconception that the immune system of the body is attacking itself in MS)

Parasites are seldom picked up on blood tests, as they largely travel at night, not in the day when blood tests are generally given. Since they live in the liver, pancreas, lungs, bile duct, brain, muscles, joints, appendix, small intestine, large intestine, prostate, uterus, fallopian tubes, vagina, and gall bladder, they are difficult to detect.

Unfortunately, too, allopathic medicine deals largely with the relief and or masking of symptoms, rather than eliminating the root causes of symptoms.

That is why it is important to eliminate these parasites from the body before there is a full-blown disease such as diabetes or multiple sclerosis.

Parasites and worms feed on the good nutrients from food, and their excrement then circulates in the bloodstream.

Different types of worms

- **Roundworms and Hookworms**
  These are unsegmented worms. They produce eggs that require incubation in soil or in another host before becoming potentially infective to humans.

- **Roundworm (ascaris lumbricoides)** is symptomless in many people. It is estimated that over one billion people in the world may be infected with roundworm. The source of infection is contamination of soil and vegetables with feces. Adult roundworms live in the small intestines and can exit through the mouth or nose of the infected person. Occasionally, there is obstruction of the pancreatic or bile duct, appendix, or small intestines. Dry cough, fever, and sleep disturbance may occur. Diagnosis is by stool exam for eggs and blood test.

- **Necator americanus (hookworms)** is transmitted through unbroken skin by walking barefoot. Hookworms travel into blood and through the lung and intestines. Hookworm infection is usually symptom less. There may be itching at the area of skin penetration. There can be digestive symptoms. The worms attach to and suck the blood from the mucous of the small intestines, leading to iron deficiency anemia, low energy, and peptic ulcer-like symptoms in severe infections.
Worms and Parasites

Wormwood—expelling or destroying parasitic worms especially of the intestine and preventing the growth of microorganisms.

Black Walnut—Black walnut is said to effectively kill more than 100 types of parasites. anti-fungal, anti-parasitic, and antiseptic properties, which may be helpful for ringworm, constipation, fungal and parasitic infections, mouth sores, warts, bruising, herpes, poison ivy, acne, eczema, hemorrhoids, and toxic blood conditions.

Tansy—was formerly a household medicine and is still used as an anthelmintic and in the treatment of external bruises and inflammations.

Garlic—have antiparasitic properties against the roundworm, Ascaris lumbricoides, which is the most common type of intestinal parasite.

Pumpkin Seeds—Is used to eliminate Tape worms and is also a mild laxative.

Hyssop—Parasiticide: This herb kills parasites and worms

Ant-inflammatory: This herb counteracts and diminishes inflammation or its effects. Anti-viral: This herb opposes the action of a virus. Aromatic: This herb contains volatile, essential oils that aid digestion and relieves gas. Carminative: This herb relieves intestinal gas pain and distension; promotes peristalsis. Cathartic: This herb is a strong laxative which causes rapid evacuation.

Pomegranate—It is an effective vermifuge, especially in cases of tapeworm infestation and other parasites present in the intestines.

Blue Vervain—Vermifuge - Expels intestinal worms and parasites.

Senna Leaf—is a powerful cathartic used in the treatment of constipation, working through a stimulation of intestinal peristalsis.

Chapparal—has been used for thousands of years by Native Americans for a variety of purposes. It has been employed primarily in tea form to help with cramping pains, joint pains, and allergic problems, as well as to eliminate parasites.

Bayberry Bark—contains the triterpene ‘myricitrin’ which is effective in stimulating the flow of bile and also exhibits antibacterial activity.

Different types of worms cont’d

- Enterobius vermicularis (pinworm) infection is common in the United States. It is transmitted through contaminated food and water. The worms live in the intestines near the rectum and travel at night outside to the skin around the anus. From there it can be transmitted through person to person contact. It can be symptom less. There is often itching at night around the anus. There can also be unusual symptoms such as hyperactivity, vision problems, vaginitis, and psychological disturbances. Tape is often applied to the anal area at night. When the tape is removed, adult worms may be seen with the unaided eye. At least 5 to 7 tests are required to rule out infection.

- Trichuris trichiura (whipworm) is a large intestine parasite that rarely shows symptoms. It is transmitted by ingestion of the eggs in soil or on vegetables. Symptoms of heavy infection include diarrhea, stomach pain, rectal prolapse, and stunted growth.
Trichinella (Trichinella spiralis) infection is often due to eating undercooked pork. Worms travel from the intestines into the muscles of the chest, diaphragm, jaws, and upper arm. Symptoms include diarrhea, nausea, severe muscle pain, facial swelling, difficulty breathing or chewing, and enlarged lymph nodes.

3. Tapeworms Tapeworms are flat, segmented and shaped like ribbons. Tapeworms are the largest intestinal parasites and can grow to up to several feet in length. Tapeworm larvae can be found in undercooked meat or fish. From larvae, worms develop in the body and attach to the small intestine. It survives here by absorbing nutrients from ingested foods. Tapeworm infection is often symptom less.

- **Taenia solium (pork tapeworm)** infection most commonly occurs after eating undercooked pork, smoked ham, or sausages containing larvae. Adult worms attach to the intestines. Symptoms are similar to infection with beef tapeworm. Larvae can travel to subcutaneous tissue, muscle, the central nervous system, and/or the eye, where they eventually form cysts to which the person infected responds with an inflammatory response which can happen after 4 or 5 years. It can develop into blindness, seizures, neurological deficits, and hydrocephalus (swelling of the head).

- **Taenia saginata (beef tapeworm)** infection occurs most commonly after eating undercooked beef containing the larvae. It can live in the intestines for up to 25 years and grow to a length of eight feet. It is usually symptom less, although occasionally presents as abdominal discomfort, loss of appetite, weight loss and diarrhea. Segments can crawl out of the anus.

- **Diphyllobothrium latum (fish tapeworm)** infection is most commonly due to eating freshwater fish containing larvae. Fish tapeworm can grow to 15 meters in length. Symptoms are nonspecific abdominal symptoms, such as loss of appetite, heartburn, diarrhea, and nausea. Vitamin B12 deficiency can also occur, leading to macrocytic anemia and neurological symptoms such as muscle twitches.

Clonorchis sinensis is another worm transmitted by eating raw fish. The worms live in the gall-bladder area, so complications can include bile duct stomes, gall-bladder stones, and other gall-bladder disease.

4. Flukes Flatworms are leaf-shaped worms that attach to the host using abdominal suckers. They usually begin their life cycle as snails, then as larvae they infect fish, vegetation, or humans. Flatworms can travel to lungs, intestines, heart, brain, and the liver. Eggs can cause inflammation by releasing toxins that damage tissues.

- **Intestinal Fluke (Fasciolopsis buski)** - these worms live in the small intestines. They can cause intestinal ulcers and allergic reactions. Common symptoms are vomiting, diarrhea, nausea, and stomach pain. Intestinal fluke contamination comes from eating infected water vegetables, such as water chestnuts, bamboo shoots, watercress.

- **Oriental Lung Fluke (Paragonimus westermani)** is found predominantly in Asian countries. These worms can penetrate the intestines and travel to the brain or lungs. Symptoms of infection include irrepressible coughing fits and bloody sputum. Sources of these worms include undercooked crabs and crayfish.

- **Sheep Liver Fluke (Fasciola hepatica)** is most commonly transmitted from fresh watercress. The worm attaches to the gallbladder and bile ducts, causing inflammation and local trauma. Symptoms include jaundice, fever, coughing, vomiting, and abdominal pain.

- **Blood Flukes** are transmitted by swimming in contaminated water. They burrow into the skin and migrate to the heart, lungs, liver, or bladder. They can live in the body for up to 30 years.
Precautions to help avoid parasitic infestations

1. Never drink tap water, no matter how safe a water supply appears to be.
2. Never drink from rivers, creeks or streams, no matter how clean the water looks. The water may be loaded with larvae or parasitic spores. Hundreds of varieties are microscopic.
3. Salad bars may contain improperly washed produce, which carries spores that will later hatch in the body.
4. Many aged cheeses are crawling alive when looked at under a microscope. It is best to avoid aged cheese.
5. Keep a healthy environment in your colon. This is the main breeding-ground for a variety of parasites.
6. Never swallow mucus that has been coughed up.
7. Never go barefoot at the beach, horse stable, or in soil. Spores penetrate the skin.
8. Avoid raw fish (sushi).
9. Avoid raw or undercooked meat.
10. Avoid German steak tartar.
11. Always wash hands thoroughly after using the bathroom.
12. Parasites can be transferred through intimate contact.
13. Use separate feeding dishes for your pets – never yours.
14. Use separate cutting boards for meats, veggies and breads.
15. Clean cutting boards with Clorox or hydrogen peroxide.
16. Properly cleanse cutting knives used on meats, etc.
17. Rinse off your meats, poultry and fish, and then soak them in a mixture of hydrogen peroxide and water, or Clorox and water. A very small amount to a gallon of water is all that is necessary.
18. Don’t let your pet sleep on your bed.
19. Have your pets de-wormed on a regular basis.
20. Avoid refined sugar products and soft drinks. Worms and parasites love sugar and sweets.
21. Clean your pet’s bedding often and thoroughly.
22. Clean your carpets often.
23. Wash hands thoroughly immediately after gardening.
24. After your pet licks you, thoroughly cleanse your skin.
25. After handling raw meat, wash properly.

Here’s a partial list of ingredients in remedies that help remove parasites and worms for some individuals (but not from others): raw garlic, pumpkin seeds, juice from raw onions, Wormwood tea, cayenne pepper, Jerusalem Oak, American Wormseed, special enzymes and the sap of a Latin America Fig tree.

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