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Rewriting the rules of nutrition

# *Natural Healing* *for Parasites*

By Ann Louise Gittleman, PhD, CNS

## Introduction

Parasites are the most immunosuppressive agents in the human body—especially wreaking havoc on the GI tract. As my colleague Dr. Leo Galland so eloquently wrote, *“I strongly believe that every patient with disorders of immune function, including multiple allergies (especially food allergy), and patients with unexplained fatigue or with chronic bowel symptoms should be evaluated for the presence of intestinal parasites.”*

Referred to as the “great masqueraders”, parasites have been implicated in a whole host of seemingly unrelated conditions. In fact, many mysterious illnesses like **Chron’s Disease, Ulcerative Colitis (UC), fibromyalgia, myasthenia gravis, scleroderma, Syorgens Syndrome, lupus, peptic ulcer, rheumatoid and osteoarthritis, chronic fatigue and even cancer** have been linked to parasitic infection.

Parasites can also be the root cause of commonly experienced health problems including the **inability to lose or gain weight, diabetes, hypoglycemia, hypothyroidism, irritable bowel syndrome (IBS), Inflammatory Bowel Disease (IBD), constipation, diarrhea, bloating, vague joint and muscle aches, depression, hyperactivity, anemia and insomnia.**

When my clients experience frustrating issues, such as GI discomfort, I regularly recommend that they complete parasite testing as a first step.

Parasitic infections are not rare conditions experienced only in poor, underdeveloped countries. In fact, *The Journal of the American Medical Association* reported that by the year 2025 more than half of the 8.3 billion people on the planet would be infected. According to Dr. Theodore Nash of the National Institute of Allergy and Infectious Diseases in Bethesda, Maryland, parasitic infections are a major cause of illness in the United States. In fact, some experts say North Americans are exposed to more parasites than people in other parts of the world! All signs indicate that parasites are a greatly underestimated threat to everyone’s health.

A study published in *The American Journal Of Tropical Medicine and Hygiene* found that from nearly 3000 stool samples submitted, **one in three Americans tested positive for parasites.** That means, statistically, it’s almost certain that you or somebody in your family has a parasitic infection!

Parasites are an insidious public health threat in the United States today. Over 130 various species of parasites have been identified in the USA. Once they invade your body, parasites upset digestion, trap fat, and zap your energy. Few people talk about parasites and even fewer people listen. Physicians rarely suspect or recognize classic symptoms of parasitic infection. ~~Even if physicians are aware of the threat,~~ many use outdated or inadequate testing procedures that result in falsely negative diagnosis. Sometimes the best method of detection is through careful assessment of symptoms.

*Take this quiz to see if you may be harboring parasites*

If you answer “Yes” to five or more of these questions, you are likely being affected by parasites.

- Are you consistently exhausted for no reason?
- Do you have dark circles under your eyes?
- Do food cravings often make you prone to binge eating?
- Do you have breathing difficulties?
- Do you get ringing in your ears?

- Are you always constipated?
- Have you had continual diarrhea?
- Do meals leave you unsatisfied and still hungry?
- Do you have trouble either losing or gaining weight?
- Have you had rectal and anal itchiness that won't go away?
- Do you have bloating and intestinal gas after meals?
- Are you plagued by frequent stomachaches and cramps or vomiting?
- Do you have persistent insomnia?
- Do you experience frequent patches of itchy skin or rashes?
- Do you suffer frequent allergic reactions to foods or environmental inhalants?
- Do you have a problem with grinding your teeth at night?

*Travel History:*

- Have you ever experienced mysterious symptoms after a trip?
- Have you been overseas to Asia, Africa, Europe, Central America, South America or Mexico and eaten exotic foods?
- Do you go on hikes and/or swim in rivers, lakes, streams, reservoirs, or rock quarries?

*Inside and around your home:*

- Do you live on or near a farm?
- Does your drinking water come from a well?
- Do you consume a large amount of raw foods?
- Does your family eat meat that is very rare?
- Do you have pets that go both indoors and out?
- Do you often use your microwave for cooking?
- Do you always disinfect counters and cutting boards, especially after exposure to raw meats?

*Diet:*

- Do you eat sushi?
- Do you eat pork hot dogs?
- Do you eat at salad bars?

*Work history:*

- Do you work in a hospital, doctor's office or veterinarian clinic?
- Are you employed in child care?
- Do you work in the sanitation department or housekeeping?
- Have you ever been in the military and assigned overseas duty?
- Do you perform farm work?

### *Additional children's symptoms:*

- Do any of your children wet the bed or complain that their bottoms are itching?
- Do any of your children cough for no apparent reason?
- Are any of your children short for their ages or too thin?
- Do any of your children suck their thumbs or bite their nails?
- Do any of your children experience - pica - the desire to eat sand or dirt?
- Do any of your children have unexplained skin lesions or rashes?

### *Infant's symptoms:*

- Does your baby cry all the time?
- Does your baby repetitively bang her head?
- Does your baby suffer persistent colic?
- Does your baby have a rash around his/her diaper?

Although parasites are a serious and overlooked problem, the good news is that you don't have to be a victim of these internal hitch-hikers. By following the suggestions in this booklet, you can parasite-proof your diet and lifestyle and naturally overcome these problematic pests.

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## How parasites can damage our bodies

Parasites destroy cells faster than they can be repaired, which can lead to ulceration and perforation of the digestive tract, or anemia. The toxic substances produced by parasites can push the body's immune response into overdrive and cause immune system exhaustion. Pain and inflammation can result from tissue damage caused by infection.

These "uninvited guests" also block nutrient absorption, create an acidic environment in the body, and trigger yeast overgrowth.

Various types of dermatitis often result from parasites that penetrate the skin. Parasitic cysts can even exert pressure on the brain, spinal cord, heart, eyes and bones. These cysts have been known to obstruct the intestines, pancreas, and bile ducts in the liver and gallbladder.

## Reasons behind parasite's prevalence

- ***The rise in international travel*** – As tourists are traveling to remote areas of the world they are being exposed to parasitic organisms – big and small.
- ***Contaminated water*** – One of the greatest parasitic hazards is contaminated water - not only abroad but right here in this country, too. The two most prevalent water-borne parasites in America, **giardia and cryptosporidium, are not even killed by chlorination.**
- ***Day care centers*** – Day care centers provide an environment for easy transmission of parasites.
- ***Raw or undercooked foods*** – Fascination with and increasing consumption of exotic foods has led to an increased incidence of parasites in America. Foods that are prepared raw or undercooked (i.e., sushi, sashimi, ceviche, steak tartare, and Dutch herring) pose a significant parasite risk.
- ***Household pets*** – Pets bring joy and enhance our lives in many ways, but they are often hosts to numerous parasites. Of approximately 240 infectious diseases transmitted to humans from

animals, at least 65 are spread by dogs and 39 by cats. Parasites commonly spread to humans by animals include round worm, toxoplasmosis, tapeworm, hookworm and cryptosporidiosis.

- **Antibiotic use** – When the intestinal system is in healthy balance, there is less opportunity for parasitic infestation. Antibiotics kill both good and bad bacteria indiscriminately and upset the natural ecology of the gastrointestinal tract and vagina, which sets the stage for infection.

## Testing, testing, testing

If you suspect that you have contracted a parasite and want to clinically verify and identify the infection, you may want to find a qualified health professional in your area who specializes in diagnosing and treating parasites.

If you have trouble locating a parasite specialist to help you, you can contact **Uni Key Health Systems** at 1-800-888-4353 or visit [www.unikeyhealth.com](http://www.unikeyhealth.com) to order a state-of-the-art parasite test kit. The Expanded GI Panel has been made available to my readers and clients through an association between my office, UNI KEY, and a certified parasite laboratory. The test is performed in the privacy of your own home.

## UNI KEY'S Expanded GI Panel tests for:

- **Bacteria** - Normal flora, pathogens, H. pylori, and C. difficile
- **Yeast** - *Candida albicans* and other fungi
- **Parasites** - Protozoa and worms including Giardia, *Endolimax nana*, *Entamoeba histolytica*, *Blastocystis hominis*, Roundworm, Toxoplasma, *Trichinella spiralis* and Tapeworm.
- **Food Sensitivities** - Allergies to gluten, cow's milk, eggs and soy.
- **Intestinal Function Markers** - Includes GI immunity-SIgA, pancreatic enzyme output, colonic inflammation, blood in stool and stool pH.

*A scaled down version of the GI Panel, called the Parasite Flexi-Test, which tests for bacteria and parasites only, is also available. These tests can help you determine underlying causes of acid reflux, nausea, intermittent diarrhea, constipation and chronic skin problems.*

## Opting for natural healing

If you've tested positively for parasites or your health care practitioner wants to treat you for parasites based on your symptoms, you don't automatically have to turn to harsh prescription drugs with unpleasant and sometimes harmful side effects.

Many individuals who opt for natural treatment have outstanding results. A multi-faceted approach that combines dietary modifications with herbal-based products and enzyme supplementation is incredibly effective.

## Cleansing program for parasites

Because many parasites become imbedded in the intestinal wall, no type of treatment can reach them until mucus-encrusted waste that surrounds the worms is softened and eliminated. Natural substances like *psyllium husks*, *agar-agar*, *flax seeds*, *comfrey root*, *alginate*, *beet root*, *bentonite clay*, and *citrus pectin* all act like brooms to sweep out the debris found in the digestive system.

Water-soluble fiber sources like psyllium husks, flax seeds and agar-agar are bulking agents that gently remove accumulated waste, and natural laxative agents like comfrey root and beet root help loosen and eliminate the layers of mucus on the colon wall.

A fiber-based supplement like UNI KEY's Super-GI Cleanse contains a mix of 5 sources of soothing soluble and insoluble fibers such as oat bran, rice bran, apple pectin, ground flaxseed, and psyllium. Targeted colon cleansers like butternut, alfalfa, fennel, peppermint, Irish moss, licorice root, and anise complete the formula along with a special enzyme and probiotic blend.

UNI KEY also offers a 30-day internal cleanse called My Colon Cleansing Kit, **designed to eradicate all forms of parasites, so that all stages of parasite development are addressed and cleared.** While there are other fine anti-parasitic systems and products on the market, I have verified the efficacy of My Colon Cleansing Kit with before and after parasite testing.

This 30-day system provides safe and gentle colon cleansing that targets accumulated waste, microorganisms, and toxins. Increased energy, enhanced nutrient absorption, and improved digestion are among the benefits reported by users of My Colon Cleansing Kit.

The kit includes three time-tested and unique products designed to help eliminate parasites and recolonize your digestive tract with friendly probiotics. Para-Key capsules, a liquid tincture called Verma-Plus, and the powdered probiotic called Flora-Key promote a clean colon, strengthened immunity and healthy digestion.

I recommend using the kit for 30 days. If gas or bloating persists after the initial thirty days, you may consider another thirty day course. Do not use this kit during pregnancy or while nursing. You can order by calling Uni-Key Health at 1-800-888-4353 or visiting [www.unikeyhealth.com](http://www.unikeyhealth.com)

## Kit ingredients



### Para-Key:

- **Cranberry concentrate** – Rich in organic acids that aid digestion
- **Grapefruit Seed Extract** – A powerful antimicrobial substance
- **Pomegranate** – A time-honored fruit for ridding the system of tapeworms
- **Peppermint** – A well-respected herb that helps to reduce flatulence, soothe digestion, and reduce protozoan infestation
- **Sweet Wormwood** – An internationally-recognized microorganism eliminator



### Verma-Plus:

- **Black Walnut Hulls** – Used for centuries by Native Americans and Chinese medicine to expel intestinal waste and unwanted microorganisms
- **Wormwood** – For the elimination of worms from the body and intestinal tract
- **Centaury** – An eliminator that helps release the “hooks and suckers” from intestinal walls according to Native American herbal lore
- **Male Fern** – A widely-accepted purgative for larger microorganisms
- **Orange Peel** – Aids digestion, circulation and promotes peristalsis
- **Cloves** – Helps improve digestion and circulation, and helps gas and intestinal spasms
- **Butternut** – For elimination of common pinworms and microorganisms



**Flora-Key:**

- *L. acidophilus* – Helps prevent yeast overgrowth, urinary tract infections, lactose intolerance, allergies, and aids in absorption of nutrients.
- *Bifidus (B. longum, B. bifidum)* – Helps guard against indigestion and allergies.
- *L. reuteri* – Helps inhibit diarrhea, acne, psoriasis or eczema, H. pylori, colic and oral health.
- *L. plantarum* – Helps diminish bloating or gas, irritable bowel syndrome, Crohn’s disease or colitis, soy allergies, seasonal allergies, bacterial infection and constipation.
- *FOS* – A special prebiotic substance to transport beneficial bacteria to your gut.

**Directions for My Colon Cleansing Kit**

**Weeks 1 and 2**



**5 Day Break**



**Weeks 3 and 4**

*Para-Key*

Take two capsules three times daily, about 20-30 minutes before meals.

*Verma-Plus*

Take one dropper (27 drops or ¼ teaspoon) in four ounces of water three times daily, between meals.

*Flora-Key*

Do not begin until after week two.

*Para-Key*

Rest.

*Verma-Plus*

Rest.

*Para-Key*

Take two capsules three times daily, about 20-30 minutes before meals.

*Verma-Plus*

Take one dropper (27 drops or ¼ teaspoon) in four ounces of water three times daily between meals.

*Flora-Key*

Take one teaspoon daily on an empty stomach, mixed into a glass of water.

To promote maximum effectiveness of these products, be sure to stay well hydrated. A good rule of thumb is to drink at least half of your body weight in fluid ounces of water per day.

Professionally administered colon hydrotherapy sessions and home enemas can also be helpful in cleansing the colon.

*Please note that for the first two weeks and five day rest period while on a colon cleansing regimen, it's important to omit any heavy-duty antioxidants and probiotics from your supplement routine.*

According to Dr. Hermann Bueno, parasites can feed on probiotics and antioxidants like vitamins C, E and A as well as iron. So for the initial two week course of treatment and five day rest period, please omit these items from your regimen.

## Healing diet to overcome parasites

A diet top heavy in fats and protein, rich in vegetables and limited in fruits is the most effective dietary approach to overcoming parasites. Think 40% fat, 30% protein and up to 30% carbohydrates.

**Limit Sugars and Processed Carbs.** Sugary and refined foods are like manna to parasites, yeast and other pathogens. Cut out all honey, maple syrup, molasses, brown rice syrup, agave, and other so-called “natural sweeteners.” Only Stevia and D-ribose are acceptable during this program.

**Get Good Fats.** Make sure you are eating at least 2–3 tablespoons of healthy essential and saturated fats from organic *coconut, olive and macadamia oils, raw butter and cream, flaxseed oil, fish oil, and black currant seed oil.* These oils and fats lubricate the intestinal tract, serve as a carrier for fat-soluble vitamin A, and help strengthen cell membranes.

**Avoid Gluten-based Products and Most Dairy.** Many parasites precipitate secondary gluten and lactose intolerance. Rice, quinoa, amaranth, and buckwheat are allowable substitutions for wheat products. Corn products are not recommended. You may continue to enjoy organic yogurt, kefir, butter and cream, but cut out milk and cheese.

**Eliminate Cold Drinks.** Cold beverages hamper detox by constricting the intestinal tract and impairing the release of waste material.

**UP the Beta Carotene.** Brightly colored orange and green veggies should be added liberally to the diet to supply vitamin A, which is proven to increase resistance to tissue penetration by parasitic larvae. Think cooked carrots, squash, sweet potatoes, yams, etc.

**Think Zinc.** Include plenty of beef, turkey, lamb, eggs, and pumpkin seeds to parasite-proof your diet.

**Cook With Time-Tested Ingredients.** Onions, garlic cloves, thyme, and fennel ward off intestinal invaders.

**Sip Therapeutic Tea.** One or two daily cups of mugwort tea will keep the worms away.

## Precautions for parasite prevention

Although there are a number of natural ways to eliminate parasites, prevention is still the best remedy. The most common avenues of parasite transmission can be avoided with the following practical tips.

- Always wash your hands prior to eating.
- Make sure to wash your hands after going to the bathroom, changing diapers, or handling pets.
- Be sure that routinely wash their hands after playing outside or handling pets.
- Breast-feed your children if possible. Mother’s milk has anti-protozoan properties that provide your children with antibodies against giardia and amoeba.
- Drink only filtered water. I recommend the **CWR Crown Ultra-Ceramic Filters**, available through UNI KEY. These filters provide the ultimate in water protection with ultrafine ceramic filtration efficiency down to 0.8 microns. Tap water is cleansed of parasites, chlorine, chloramines, heavy metals, cloudiness and sediment.

- Treat meat, fish, eggs, vegetables, and fruit in a special cleansing bath of my Chemist's Formula by Larry Ward, a biochemist. Mix 18 drops of grapefruit seed extract, 4 ounces of 3% hydrogen peroxide, 1 teaspoon baking soda, and enough filtered water to bring the volume to 1 quart. Soak food for 15 minutes, rinse 3 times with plain filtered water.
- When cooking meat in a conventional oven, always set the temperature to at least 325 degrees and ensure the internal temperature of the meat is at or above 160 degrees.
- Use a mild natural disinfectant solution to clean all cooking utensils, cutting boards or surfaces that have come in contact with uncooked foods, then rinse thoroughly with water.
- If you are pregnant or attempting pregnancy, be screened for toxoplasmosis and limit your exposure to cats, which are common carriers of this parasite.
- When travelling through foreign areas, use My Colon Cleansing Kit to offset parasite protection and lessen the likelihood of contracting infection.

## Parting Words

The key to remember about parasites is that they cannot infect a healthy body if the environment isn't conducive to them. Andreas Marx, a doctor in oriental medicine, said it best when he linked disease to "an imbalance of the body's terrain (pH, oxidation factor, and mineral imbalance)."

Parasites won't be a problem for us if we can stay healthy by nourishing our bodies with healthy food; supplementing our diets with immune-enhancing vitamins, mineral and herbs; and eliminating parasite risk factors from our environment.