

# Look What Came with Dinner!

## Ridding Your Body of Unwanted Parasites

When most of us think of parasites hideous images come to mind, such as ten foot tape worms being coaxed out of human hosts—or starving children in third world countries with swollen bellies. But, not all parasites are giant worms, many are microscopic, single-celled organisms. Furthermore, parasites aren't limited to people living in third-world countries. Many people in North American also have problems with parasites and don't realize it.

People can pick up parasites from food, water or pets, or through the skin or mucus membranes. Fortunately, where clean food and water are the norm, odds are very small that people will have a serious parasite problem. However, as more and more food is coming out of third-world countries, parasite problems are on the rise.

Furthermore, if you have pets or animals with parasites, there is a high probability that you have them, too. It's also easy to pick up parasites while traveling in foreign countries. So, if you've experienced a change in your health after traveling, parasites may be the reason.

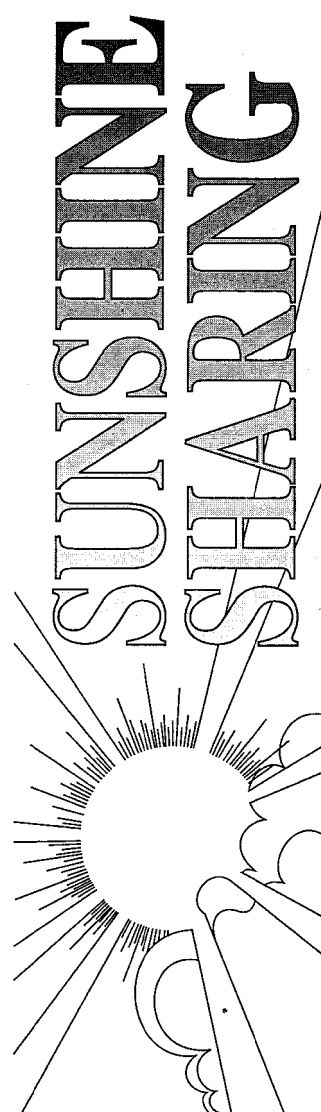
### Diagnosing Parasite Problems

Once parasites are in the body, they can be very hard to diagnose. A stool analysis may or may not reveal their presence because a particular sample may not contain them. In fact, parasite problems are often so evasive to standard medical investigation that no one can accurately estimate how much of the population may be afflicted.

Fortunately, they leave telltale signs, including chronic fatigue, anemia, an illness that won't go away, nervousness, teeth grinding, diarrhea, ulcers or digestive pain, nausea or diarrhea, extremes of appetite, weight loss or gain, itching (especially in the rectal area), aches and pains that move from place to place, chronic foul breath, furred tongue, liver jaundice, wide mood swings, fever, colitis, insomnia, and lowered immune response. Just because you have these symptoms doesn't mean that you have parasites, but if you do have a lot of these symptoms and other therapies you've tried aren't working, a parasite cleanse may be useful.

In the pages that follow we'll discuss a few of the major parasites people can be affected by and some of the herbs and nutrients one can use to get rid of them. The good thing about herbal remedies for parasites is that they have low toxicity, which means that if you do a parasite cleanse and you don't have parasites, it isn't going to hurt you. So, if you suspect that parasites may be a problem, try doing a parasite cleanse and see if your health improves. If it doesn't, you've ruled out parasites as a possible cause of your health problems.

***Learn about unwanted parasite "guests" and how to evict them inside...***



### Important Notice

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# Know Your Enemy

There are many types of parasites that can use your body as a host. Besides various worms (like tapeworms and ringworms), there are microscopic, single-celled organisms like giardia, *H. pylori*, candida and amoebas which can all be considered parasites. In fact, there are over 1,000 organisms that are known to play a parasitic role in human beings.

If we count these single-celled organisms as being parasitic in humans, between 70-90% of us have at least one form of parasite. These parasites may or may not adversely affect our health, because in some cases we may have a symbiotic relationship with them. Others, however, are downright detrimental to human health, and some of the more common ones in this category include the following.

## Nematodes (worms)

Nematodes are tiny worms such as pinworms (*Enterobius vermicularis*), whipworms (*Trichuris trichiura*) and hookworms (*Uncinaria stenocephala* and *Necator americanus*). The most prevalent of these are pinworms, which are common in school children. They are highly contagious and easily passed around the family.

Pinworm eggs can contaminate clothing, bed linens and toilet seats. When the eggs are ingested, the worms hatch in the intestines and their eggs are passed from the rectum. Pinworms can also infect the vulva, uterus and fallopian tubes in women.

Fortunately, pinworms are one of the easier parasites to detect because they cause rectal itching. If one examines the rectal area at night with a flashlight, the worms appear as white threads at the anal opening. Other symptoms include: nervousness, inability to concentrate, lack of appetite and unusual dark circles around the eyes.

Take precautions to prevent pinworms from spreading by washing bed linens, bed clothes and underwear of the entire family, having the infected child take daily morning showers to remove eggs deposited in the rectal region during the night, disinfecting toilet seats, bathtubs, sinks and door handles daily, and being sure everybody washes their hands (and fingernails) before meals. Clean cat litter boxes daily. Also, avoid a diet high in sugar and other junk food, which gives parasites more to feed on.

Whipworms and hookworms are less common, but pose a more serious threat to human health. Whipworms inject a fluid which, liquefies colon tissue so the worms can ingest it. This creates severe nutritional deficiencies and infections.

Hookworms bite and suck on the intestinal wall, causing bleeding and destroying tissue. This can be severe enough to cause death. Since they consume iron, they cause severe anemia, which can help in detecting them.

Natural therapies for nematodes include garlic enemas or suppositories, **Para-Cleanse**, **Artemesia Combination**, **High Potency Protease** and **Herbal Pumpkin**.

## Tapeworms

Other parasites may actually be more dangerous to one's health, but tapeworms (*Taenia saginata*—beef tapeworm and *T. solium*—pork tapeworm) are emotionally disturbing because of their size. Tapeworms require an intermediate host, so they are usually ingested by eating improperly cooked beef, pork or fish.

Tapeworms are composed of 3,000 to 4,000 segments per worm. New segments are formed near the head, and the ones on the end are cast off with egg packets. When passed, these segments look like grains of uncooked rice or cucumber seeds. This is one of the ways they can be diagnosed. Other symptoms of tapeworms include diarrhea or constipation—or alternating diarrhea and constipation. Some people lose weight with tapeworms, but it is more common for the host to be overweight and retaining water. Tapeworms raise blood sugar levels, cause anemia and interfere with vitamin B12 uptake.

Natural therapies for tapeworms include **Para-Cleanse**, **Herbal Pumpkin**, **Artemesia Combination** and **High Potency Protease**. Fasting on raw pineapple has helped in destroying them. Raw fig juice and pumpkin seeds have also proven helpful.

## Giardia lamblia

This single celled organism is the most common cause of waterborne disease in the United States. It is picked up by drinking or swallowing contaminated water. Because giardia form cysts that are not destroyed by chlorination, they must be filtered from water.

Symptoms of giardia include diarrhea, gas, upset stomach or stomach cramps, nausea and/or greasy stools that tend to float. Symptoms usually appear 7-14 days after exposure. **Goldenseal** and **Activated Charcoal** are helpful natural remedies for giardia.

## Yeast and Fungus

Various strains of yeast and fungus (such as *Candida albicans*) can be considered parasites because they weaken intestinal membranes and make them more permeable. They also weaken the immune system. Yeast overgrowth is very common after a person has had several rounds of antibiotics. It can also occur from chemotherapy and other drugs, which damage friendly bacteria in the intestines. **Candida Clear**, **Yeast/Fungal Detox**, **Caprylimune**, **High Potency Garlic** and **pau d'arco** are good remedies for fungal infections. Probiotics, such as **Probiotic Eleven** or **Bifidophilus Flora Force** help prevent both yeast and bacterial infections.

## Bacteria

We don't usually think of bacteria as parasites, but strains such as *H. pylori* can function as parasites because they are involved in the development of ulcers. The balance of bacteria in the intestines also plays a role in keeping the gut from being susceptible to invasion from other parasites. Probiotics help keep harmful bacteria in check in the intestines and **High Potency Garlic**, **GastroHealth** and **Goldenseal/Echinacea** are good remedies for getting rid of harmful bacteria in the intestinal tract.

# Evict Those Unwanted Dinner Guests

If you or your doctor determine that you have parasites, you should waste no time in evicting them. Even if you haven't been diagnosed with parasites, it may be helpful to do a periodic parasite cleanse—especially if you have pets or animals, recently traveled to a foreign country, or have a chronic illness that seems to linger no matter what you do. Here are some options.

## Para-Cleanse:

### A Pre-Packaged Parasite Cleanse

Para-Cleanse is a convenient and effective parasite cleansing program. It contains Herbal Pumpkin Combination, Paw Paw Cell-Reg, Black Walnut ATC Concentrate and Artemesia Combination. Para-Cleanse can help to remove worms, yeast, bacteria and other parasites from the intestinal tract.

Para-Cleanse is a 10-day program. To use it, take the contents of one packet (6 capsules) 15 minutes before breakfast and 15 minutes before dinner daily for 10 days. Drink one glass (8 ounces) of water with each pack. After consuming one box of Para-Cleanse, wait seven days, then do a second round of the program.

The idea behind this is that the first cleanse removes the parasites and the break in-between allows any eggs to hatch so that the second cleanse removes any newly-hatched parasites. Cleansing for longer than this is not recommended and it is a good idea to follow up with a round of probiotics after the cleanse to help repopulate the friendly intestinal flora. Para-Cleanse is not recommended for children under the age of 12 or for pregnant women or nursing mothers.

You can also use the individual components of Para-Cleanse for specific parasite problems. Several of these remedies can be taken over longer periods of time and are safe for pregnant women, nursing mothers and younger children.

### Herbal Pumpkin

This traditional parasite cleansing formula utilizes two gentle antiparasitic remedies: pumpkin seeds and black walnut. This formula helps get rid of worms and has a soothing effect on the digestive tract. It can also be helpful for prostate problems. It is safe for children, pets, pregnant women and nursing mothers. The normal dosage is 2 capsules one to three times per day.

### Artemesia Combination

This is a more potent antiparasitic formula because it contains wormwood and mugwort. These powerful antiparasitic herbs are not recommended for children, pregnant women or nursing mothers. Artemesia Combination also contains elecampane, clove buds, garlic, ginger, turmeric root and olive leaf. It can be helpful for nematodes, yeast and bacteria and even for tapeworms when taken in higher doses. The normal dosage is also 2 capsules three times per day. For tapeworms you may have to double the dose.

### Yeast/Fungal Detox

This blend is targeted at yeast, but it also helps knock down infectious bacteria and has a mild antiparasitic effect. It makes the

intestinal environment less friendly for other parasites. The ingredients are caprylic acid, sodium propionate, sorbic acid, *echinacea purpurea* root, oregano, garlic, pau d'arco, selenium and zinc. Many of these ingredients also build general immunity.

### Paw Paw Cell-Reg

This is a standardized extract of acetogenins from the American paw paw tree. Acetogenins are very effective antiparasitic remedies because they destroy the ability of bacteria, viruses, yeast and other organisms to reproduce. They do this by depriving them of the energy they require for replication. The inclusion of Paw Paw Cell-Reg in the Para-Cleanse program is what makes it one of the strongest natural antiparasitic programs in the marketplace. Paw Paw Cell-Reg is also used for cancer. It should be used with professional supervision with pregnant women, nursing mothers or children under the age of 12.

### Black Walnut

Black Walnut is frequently used for parasites, as it is believed to help kill their eggs. Its high iodine content may be part of the reason it is effective against a variety of microbes and parasites. It is one of the best antiparasitic remedies for children and is available in liquid form. Black Walnut is also a good remedy for parasites in pets. It can be safely taken for long periods of time.

## Other Anti-Parasitic Remedies

In addition to the Para-Cleanse and its ingredients, here are some other useful antiparasitic remedies.

### Gastro Health

This blend contains pau d'arco, cloves, elecampane and licorice, which were tested and proven effective against *H. pylori* bacteria believed to be responsible for ulcers. Gastro Health not only helps ulcerations to heal, it also helps to rid the GI tract of other parasites and bacteria. It encourages the growth of friendly bacteria, which help protect against parasites, too.

### Candida Clear

Like the Para-Cleanse, Candida Clear is a pre-packaged program that helps to rid the body of yeast and fungal parasites. It can also be helpful for bacteria and other invaders as well. It contains pau d'arco, Caprylic Acid Combination, Yeast Fungal Detox and special

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## Additional Help and Information

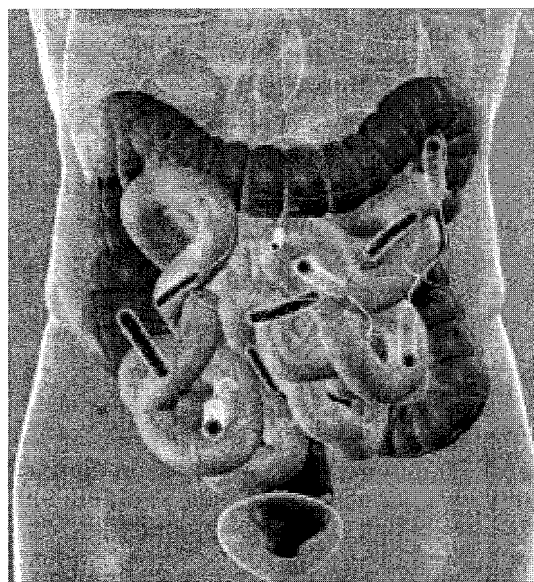
For more information on parasites and how to get rid of them naturally, contact the person who gave this newsletter to you. Their contact information should be found at the top of the last page. You can also consult some of the following sources:

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light  
*Guess What Came to Dinner?* by Ann Louise Gittleman  
*Every Body Has Parasites* by Valerie Saxion  
*Parasites the Enemy Within* by Hanna Kroeger

# Parasites!

Many of us have unwanted “dinner guests” inside our bodies called parasites. They range from critters like hookworms, pinworms and tapeworms, to single-celled organisms like giardia, *H. pylori* and candida albicans.

Learn about natural options for evicting these unwanted guests inside.



## *Continued from Page Three*

enzymes which are taken between meals. These enzymes are very helpful in getting rid of other parasites besides yeast.

### Single Herbs

In addition to black walnut, two other herbs are very helpful for evicting parasites. **Goldenseal** is recognized in the Materia Medica of many countries as an effective remedy for giardia. The required dose is high—10 grams per day (about 20 capsules) for ten days. **Activated Charcoal** can also be helpful for dealing with diarrhea.

Raw garlic is a potent antiparasitic agent and also works on intestinal fungal and bacterial infections. It is used for worms (pinworms, roundworms, hookworms, tapeworms), giardia, amoebic dysentery and yeast. A garlic enema is an effective way to get rid of worms. **High Potency Garlic** can also be used as a suppository.

Other antiparasitic herbs include cloves, pumpkin seeds, watermelon seeds and horsetail. Raw almonds (with skins), raw carrots, raw onions, raw papaya, figs, cucumbers and lemon water are other helpful remedies for parasites, especially in children.

### Additional Tips

During any parasite cleansing program, it is helpful to avoid simple sugars, alcohol and caffeine. Enzymes such as **High Potency Protease** and an herbal laxative like **LBS II** may also prove helpful in flushing out parasites. Always drink plenty of water, too. Since family members unwittingly share parasites with each other, best results are obtained when all family members do a parasite cleanse at the same time. If you have pets, it may be a good idea for you to do a parasite cleanse for both your pets and your family once or twice a year.