



Parasites

Natural Ways to Rid the Body of Unwelcome Guests

A parasite is an organism which lives in or on another organism, feeding on the host in a destructive manner. Some organisms live in or on the body in a symbiotic relationship, which means these organisms benefit the body and are benefited by the body. Parasites only take, they don't give anything beneficial in return.

Diagnosing the presence of parasites can be difficult, even for modern medicine. Medical diagnosis is typically done by analyzing a stool sample, but a single stool sample may not contain evidence of parasites, even if they are present.

If yeast and other single celled organisms are included, it has been estimated that about 70% of Americans have some form of parasite. Even intestinal worms are more common than people think. People who de-worm their dogs and cats don't realize that they are being exposed to the same parasites. In fact, anyone who has pets or animals should consider doing a parasite cleanse once per year just as a preventative measure. It is also a good idea to do a parasite cleanse after foreign travel.

A good general parasite cleanse is the Para-Cleanse with Paw Paw. This cleansing program contains several antiparasitic and antimicrobial agents. The first is Herbal Pumpkin, a formula containing pumpkin seeds and black walnut (both excellent antiparasitic agents) with other herbs. Artemesia Combination is also part of the Para-Cleanse program. This blend contains five antiparasitic herbs: wormwood, mugwort, eleanor, cloves and garlic. It is active against a wide variety of parasites and harmful microorganisms.

Yeast/Fungal Detox, an anti-fungal combination, is also part of the Para-Cleanse program. This is important because yeast are one form of parasite that is very prevalent in people's intestines, and yeast overgrowth must be eliminated to restore proper colon health.

The last ingredient in the Para-Cleanse is Paw Paw Cell Reg, a standardized extract of acetogenins from Paw Paw twigs. Paw Paw Cell Reg is both antiparasitic and antifungal and makes this one of the most powerful natural parasite cleanses available.

The Para-Cleanse with Paw Paw is a ten day program. Most people recommend doing one ten day cleanse, then waiting one week and doing a second cleanse. The theory is that the first cleanse will destroy any parasites, then the break between cleanses will allow any remaining parasite eggs to hatch so they can be destroyed in the second cleanse.

The program can also be used on animals, just be sure to reduce the dose to compensate for the size difference between an adult and a pet. The Para-Cleanse with Paw Paw is a very powerful program and should not be used by pregnant or nursing mothers or small children. For young children and pregnant women, Herbal Pumpkin, black walnut and High Potency Garlic are safe antiparasitics.

Here are some additional suggestions for specific parasites.

Pinworms are common in schoolchildren and are easily passed around the family. Plenty of garlic and onions will clear the system of this and many other types of parasites. Raw garlic is best, but High Potency Garlic can also help. Whole, raw pumpkin seeds will also help, or take Herbal Pumpkin capsules, adjusting the amount for the person's age and weight. Six capsules a day is probably sufficient for an adult. A tablespoon of aloe vera juice three times a day is recommended, and you may also serve slippery elm mixed in the child's cereal.

Although other parasites may be harder on the body, tapeworms are emotionally disturbing and frightening because they can get to be 10 feet long. Besides the Para-Cleanse program, proteolytic enzymes are helpful in destroying tapeworms. Eating nothing but raw pineapple for several days or taking large doses of Protease Plus will help. A cleansing enema of garlic in water is also good.

America has prided herself on excellent municipal water systems and inspection standards. In spite of this, the parasite *Giardia lamblia* continues to be a problem. Drinking water from open streams is the most common way to become infected with this single celled organism, but it can also be transmitted via food or hand-to-mouth contact.

Ten grams of goldenseal daily for ten days has been proven effective in ridding the body of Giardia. Other herbs reported to be useful in eradicating Giardia include grapefruit seed extract, black walnut, and wormwood. Artemesia combination may be helpful here.

These are not the only parasites that can come as unwelcome guests and disrupt our health, but the remedies listed in this handout should work on all but the most stubborn organisms. For more information about dealing with parasites naturally, contact your local herb specialist or consult some of the references below.

Selected References

The One Spirit Encyclopedia of Complementary Health, Nikki Bradford, Editor
Professional Guide to Conditions, Herbs and Supplements by IntegrativMedicine

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