



Parasites & Worms

"When attending to a sick animal, a veterinary surgeon will often facilitate the healing process by starting with a de-worming (or anti-parasite) program. Ironically, that's usually the very last consideration in human healing..."

Marna Coetzee

WHAT IS A PARASITE?

A parasite is an organism that lives off another organism. Parasites living inside the human body will feed off our cells, off our energy, off the food we eat, even off the supplements we take. Parasites have invaded our bodies so that many diseases are merely symptoms of infestations of microscopic viruses, bacteria, moulds, fungi, protozoa, fluke and worms. There are over 3000 varieties of parasites that fall in one of 4 categories:

- **Tapeworms** - up to 12 meters in length in the intestinal tract; infected from beef and pork.
- **Roundworms** or **thread worms** - from 0,2 cm to 35 cm long in intestinal tract, lymphatic vessels, pancreas, heart, lungs, liver or body cavities.
- **Protozoa** - microscopic single celled parasites in bloodstream and migrate to all body parts.
- **Flukes** - from 1 cm to 2,5 cm, travel through the tissues to liver, kidneys, lungs or intestinal tract.

**Parasites can mimic other disorders and/or produce no noticeable symptoms.
The following can be symptoms of parasite infestation:**

- Irritability / Nervousness, Low grade fever
- Brain fog, Overall fatigue, Disturbed sleep
- Light sensitivity, Dark circles under eyes
 - Headaches / neck aches / back aches
- Nose picking, Post-nasal drip, Coughing
- Nail biting, Swollen glands, Teeth grinding
 - Food and environmental sensitivities
 - Sugar cravings, Weight loss (or gain)
 - Ravenous appetite (or loss of appetite)
- Digestive complaints (gas, bloating, cramps)
- Pain in umbilicus, Persistent skin problems
 - Muscle cramps, Joint pain
 - Itchy anus or ears, Prostatitis
- Granulomas (tumor-like masses that encase destroyed larva or parasites)
 - Depressed secretory IgA (an antibody)
 - Diarrhoea or constipation, Bed wetting
 - Mucus in stools, Foul smelling stools

Sources of Contamination:

- Contaminated soil, fruit and vegetables
- Polluted water/tap water, raw or rare meat
 - Pets, Insect carriers - Mosquitoes
 - Contact with faeces
- Contact with someone who has parasites



Recommendations:

We recommend a 2 yearly herbal parasite cleanse. Use herbal remedies for 3 weeks. In severe cases it might be necessary to use remedies for up to 3 months.

- Take more fibre for cleansing. It is important to have one or more bowel movements a day.
- The die-off or Herxheimer reaction of departing parasite infestations may cause symptoms like headaches, nausea, tired, flu-like symptoms, irritability, cramps and skin rashes.
 - To ease symptoms, incorporate other detox methods.

Please Note:

This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs/medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.



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