Anti-Parasite Herbal Cleanse Outline

Parasite Factoids:
- 3.5 million people worldwide are infected with parasites
- oral, intestinal, genital, blood, and tissue parasites
- infect your organs and even your brain
- worms, protozoa, bacteria, viruses, and yeasts

Symbiosis is a way that organisms live together.
- There are three main categories of this:
  - Mutualism is when the two organisms living together are benefitting each other. This means that they often cannot survive without each other.
  - Commensalism is when one receives benefit and the other is neither harmed nor benefitted.
  - Parasitism is when one organism lives at the expense of the other.
    - Parasites cannot live independently
    - Lifecycle is inherently connected to that of their host
    - Invertebrates

Helminth Therapy
- There is some controversy about whether or not parasites are good for us. In fact, there are entire treatment protocols for ulcerative colitis and other autoimmune disorders that actually involve ingesting various parasitic worms that help calm down an overactive immune system and get rid of issues ranging from allergies to Crohn’s disease.
- [http://autoimmunetherapies.com](http://autoimmunetherapies.com)

Symptoms
According to Dr. Lawrence Wilson if more parasites are present, symptoms can be distinguished based on what the parasite is.
Worms and flukes tend to cause a bloated belly to some degree, fatigue, a sad look on the face, slightly darker skin tone, malnutrition if the case is bad, and interestingly, a craving for fat, even more than cravings for sugar or sweets.

Protozoal parasites cause diarrhea, constipation, abdominal pain, fatigue, weight gain or weight loss, intestinal bleeding, rectal itching or itching anywhere in the body. Sometimes there is anemia, headaches and many other symptoms are possible if the case is severe.

Spirochetes such as the Lyme parasite (borrelia burgdorferi) causes a bullseye rash early on, which fades and later may causes joint pain, neck pain, headaches, brain fog, and other symptoms as it invades various tissues and organs.

Candida albicans and other fermenting organisms may cause gas, bloating, brain fog, confusion, fatigue, weight gain and other symptoms depending upon where and how severe.

Symptoms
- Repeated diarrhea or constipation
- Chronic, unexplained nausea, often accompanied by vomiting
- Fatigue and weakness
- Intestinal cramping
- Unexplained dizziness
- Foul-smelling gas
- Indigestion
- Bloating
- Multiple food allergies
- Loss of appetite
- Itching around the anus, especially at night
- Difficulty sleeping
- Difficulty maintaining a healthy weight (over or underweight)
- Itching on the soles of the feet, often accompanied by a rash
- Coughing blood (severe cases)
• Palpitations (hook worms)
• Anemia
• Facial swelling around the eyes (round worms)
• Wheezing and coughing, followed by vomiting, stomach pain and bloating (suggesting round worms or thread worms)

**Parasitic infection is common**
• Lyme spirochetes
• liver flukes
• trichina cysts or worms
  o **Infection with parasites is more likely**
    ▪ work or live in contaminated areas
    ▪ not clean sexual habits
    ▪ travel the world
    ▪ live in Lyme-infected areas.
    ▪ theorized that eating pork, ham or bacon exposes people to the trichinosis cysts no matter how well cooked it is.
    ▪ in the tropics

**Parasites are opportunists and thrive when the bioterrain breaks down and the body gets sick.**
• bio terrain is unhealthy
• if you are sick
• body is weak
• acid-alkaline balance is off (meaning there aren’t enough minerals to help with the process of regular metabolism and detox)

**Testing for parasites**
• **isn’t always easy.** Some are very small, some live deep in the liver or the brain,
• It is fine to do testing, but do not rely on testing alone - look at symptoms.
• **CDSA 2.0 w/Parasitology-Genova KIT** from direct labs is a great start for people who need to get an idea of what is going on in their gut.
HEALING PARASITIC INFECTIONS

- reducing the parasite load

  **Stage 1) Reducing the parasite load.** This is what most medical and natural methods achieve. It is often adequate to improve one’s health. It can be done with medical drugs, or with toxic herbs such as cloves, black walnut husks, wormwood and others.

  Other methods such as realkalinizing the body and balancing nutrition help strengthen the bioterrain making it harder for the parasites to live comfortably. You may reaklinize the body through the PPC or GRP. Strengthening digestion is an excellent adjunct as this helps you build nutrient stores and balances pH within the digestive tract and throughout the body. Saunas, infrared saunas, and a clean diet are very helpful. Some people recommend coffee enemas though I never suggest doing these without the recommendation of a practitioner who knows your case well.

- completely eliminating all the parasites.

  **Stage 2) Getting rid of all the parasites.** This is much more difficult because parasites can hide all over the body where drugs and herbs cannot reach them. Also, if the body is weak or ill, there is a lot of debris and other matter for them to nourish themselves with.

  Some are relatively easy to get rid of such as pinworms. Others, such as liver flukes, are very tenacious. Also, even if you get rid of them all, re-infection occurs easily because they are all around us, to a degree.

  When people say they have gotten rid of their parasites, usually it means they have reduced their numbers to where they are not bothersome and they are harder to detect.

1. **There are two basic ways to get rid of most parasites:** 1) kill them with usually toxic methods, and/or 2) make the body a less hospitable host, which either kills them or they leave on their own.

   In my experience nutritional balancing can eventually get rid of parasites completely, but it takes a number of years of building one’s health. Ultimately it
will take rebuilding the gut and the bioterrain to make your body strong enough to not harbor parasites. All other techniques are part of the process, but cannot get rid of the parasites without the dietary component. You will learn a lot in the Low Microbe Healing Diet Intensive that I teach. This is a good method for quickly cleansing the bioterrain of unwanted matter that feeds parasites and dysbiotic organisms.

2. Most parasite remedies are toxic to some degree and therefore best used with caution and not long term. This includes medical drugs, herbs, colloidal silver, grapefruit seed extract, oregano oil and the others. They also usually do not remove all the parasites, but only reduce their numbers.

3. Nutritional balancing does not kill parasites with toxic products. However, it makes the body less suitable for their survival, so they are either expelled or simply leave and go elsewhere.

   Important advantages of this method of handling parasites are: 1) no toxic products are required, and 2) re-infection is much less common. Even if you are re-exposed to them, the body will not support them nearly as well. The disadvantage to this method is it may be slower than taking drugs or herbs, although not necessarily.

IDENTIFYING COMMON PARASITES

   Parasites are a large class of infective organisms that live on or in human beings, animals and plant species. They include:

   1. Flukes and worms. This includes several hundred types of flat worms (such as tape worms) and round worms (such as hook worms and ascaris). Also in this group are liver flukes, the most common parasites in America. These infect most people, to some degree, at least, because their eggs are so often found in swimming pools, hot tubs, bathtubs, gymnasium floors, and everything you touch that others touch such as armrests on aircraft, buses and trains, toilet flush levers
in public or private bathrooms, and elsewhere. Even some municipal water supplies contain some, as they are difficult to kill.

A very important parasite in this group is the trichina worm, found in ALL pig products except we have not found it in pig pancreas or pig thyroid, both of which are used medicinally. However, no pig product is safe, in my opinion. For more on this topic, please read Trichinosis on this website.

Worms and flukes usually don’t kill people outright. In most cases, they just accumulate in the liver, colon or elsewhere and cause certain symptoms.

- **Round worms:** Living in the stomach and intestines, these worms enter through undercooked and contaminated food. Remember that manure used in organic farming may be contaminated with worms. Therefore, this parasite is one reason to avoid raw produce diets if you are deficient or sick. Always wash your hands after having contact with pets; especially if there has been any contact with their feces.

- **Heart worms:** It is extremely rare for heart worms to occur in humans. In the few cases that were reported, they usually occurred as a single worm in the lungs, rather than the heart. They cannot be spread from one animal (or human) to another, but must be spread through mosquitoes.

- **Tape worms:** Enter the body through undercooked beef, fish or pork. They live in the lower intestinal tract. Use gloves and wash thoroughly after preparing meat for consumption to prevent them.

- **Pin worms:** Living inside the intestinal tract and lungs, these small white worms come out at night to lay eggs around the anus. The eggs hatch, and then the young worms reenter through the anus. If the person scratches during his sleep, the eggs get under the fingernails, spreading to wherever the person touches. It is believed that they are small and lightweight enough to become airborne, leading people to inhale them. This is how they are purported to arrive inside the lungs.

- **Hook worms and thread worms:** These can be found in contaminated drinking water, or they can enter directly through the feet. They are tiny in size, and can enter through the soles of bare feet; even without open wounds. Always wear shoes when walking outside. These worms are unique because they have a lifespan of several years, and the eggs can incubate for up to 10 years.
2. **Protozoa such as amoebas and giardia lamblia.** These are microscopic in size, and more associated with Mexico, South America, and unclean food and water in tropical countries. These can kill the weak or ill people if they move from the intestines through a weak spot in the intestinal wall and migrate to the brain, lungs, heart or other vital organs. Another common protozoa that is tough to get rid of is Blastocystis hominis. Eating food cooked with spices like cumin, cinnamon, turmeric, asafetida, fennel, epazote, and other herbs containing anti-parasitic compounds can help to keep protozoa under control.

3. **Spirochetes or spiral-shaped organisms** such as those that cause Lyme disease and malaria, and others. These are also very common, especially Lyme spirochetes, spread by flies, ticks and many other insects. These are one of the most difficult parasites to rid out of the body. [http://www.newswithviews.com/Howenstine/james26.htm](http://www.newswithviews.com/Howenstine/james26.htm)

4. **Yeast and fungi.** Some people also include yeasts and fungi such as candida albicans in the group of infective agents that are termed parasites. Candida is extremely common, as it is a hardy organism. You may check out the anti-candida intensive for more detailed info about getting rid of this organism. The cool thing is that for some people who have struggled for years with trying to rid their bodies of *Candida* they find major relief by using the anti-parasite protocol. This could be because there is a co-parasitic relationship happening.
Ok, let’s talk about how to get rid of this stuff!

You can proceed herbal, pharmaceutically, and dietarily. We will discuss herbal and pharmaceutical options. I am not a doctor, so I am only sharing with you what I have read is the best pharmaceutical options. I cannot diagnose or prescribe any of these drugs to you. I can share stories of clients I’ve worked with and what their results are, but you have to take full responsibility for your health and make decisions that work for you.

I am a trained herbalist. I will share with you herbal remedies that are best used for their anti-parasitic actions. There are many different herbs that can be used. In fact, parasites have been following us humans around for hundreds of thousands of years. During that time we have developed relationships with plants and foods that help combat their lifecycle and keep them under control so they don’t completely wipe us out.

**Allopathic Treatments**
If a conventional doctor believes that you have parasites, an anti-parasitic pharmaceutical will be prescribed. These pharmaceuticals are always toxic, for it is their toxicity that kills the parasites. Thus, swelling of the lymph nodes, hands and feet are common with these drugs. Vision problems, lack of coordination, and convulsions can also occur. Diarrhea is typical too.

**Meds**
*Blastocystis hominis*
I have worked with clients who have suffered from this tricky protozoa. There are few instances where I recommend medications, but in this case I would urge you to contact your doctor and ask for a prescription of Nitazoxanide. My clients have used 1 gram twice a day for 14 days. It was a large amount and the only side effect was peeing neon yellow. It seems to be fully effective without affecting gut bacteria. Way better to have something that only affects a stage in the lifecycle of protozoa. It is used for giardia as well.

Metronidazole and Tinidazole:
Metronidazole and tinidazole are the best available choice of treatment against amebiasis, giardiasis and trichomoniasis. 'Drug therapy for amebiasis should generally consist of a luminal agent that is capable of eradicating the luminal (intestinal) infection' say the authors.

Read more: Common Anti-parasitic Drugs Used in the United States [link]

Ivermectin:
Ivermectin is the most popular antiparasitic but not the most effective drug in the United States. Although it is FDA approved for systemic infections by larval forms of *Onchocerca volvulus* and intestinal strongyloidiasis (infected by small intestine roundworms), but it is widely used for lice, scabies and enterobiasis (pinworms).

Read more: Common Anti-parasitic Drugs Used in the United States [link]

Pyrantel Pamoate:
Pyrantel pamoate is used for curing enterobiasis, usually caused by pinworms (*Enterobius vermicularis*). Pyrantel pamoate is also used against ascariasis and is employed as an alternative for mebendazole for hookworms.

Common adverse effects of pyrantel pamoate are dizziness, somnolence and headache.

Read more: Common Anti-parasitic Drugs Used in the United States [link]
Albendazole:
Albendazole is FDA approved and as effective as mebendazole against helminth infestation. It is highly effective in treating neurocysticercosis (tapeworm larvae invading the central nervous system of humans) and echinococcosis (allergic reactions and damage to organs by larva of tapeworm; infecting humans through contact with dogs and livestock).

Read more: Common Anti-parasitic Drugs Used in the United States http://www.medindia.net/news/healthwatch/common-anti-parasitic-drugs-used-in-the-united-states-108051-1.htm#ixzz3YeDkT5gk

The most prolific protocol for herbal treatment of parasites is black walnut (tell story of gathering with hands turning brown), wormwood, and cloves. (tell story of kitchen aid and capsules getting all messed up from the caustic clove oil).
I actually like Dr. Hulda Clark’s protocol for taking these herbs - even though much of her claims are questionable, her herbal parasite protocol is good. She starts small and has you work up to a full dose after one week and then you do the protocol weekly indefinitely after that. Pretty simple, right?

http://www.drclark.net/cleanses/beginners/herbal-parasite-cleanse/parasite-chart-for-adults

<table>
<thead>
<tr>
<th>Dose</th>
<th>Black Walnut Hull Tincture Extra Strength</th>
<th>Wormwood Capsule (200-300mg)</th>
<th>Clove Capsule (500mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>1 drop (or 1 capsule)</td>
<td>1</td>
<td>1,1,1</td>
</tr>
<tr>
<td>2</td>
<td>2 drops (or 1 capsule)</td>
<td>1</td>
<td>2,2,2</td>
</tr>
<tr>
<td>3</td>
<td>3 drops (or 1 capsule)</td>
<td>2</td>
<td>3,3,3</td>
</tr>
<tr>
<td>4</td>
<td>4 drops (or 1 capsule)</td>
<td>2</td>
<td>3,3,3</td>
</tr>
<tr>
<td>5</td>
<td>5 drops (or 1 capsule)</td>
<td>3</td>
<td>3,3,3</td>
</tr>
<tr>
<td>6</td>
<td>2 tsp. (or 2 capsules)</td>
<td>3</td>
<td>3,3,3</td>
</tr>
<tr>
<td>7</td>
<td>Now once a week</td>
<td>4</td>
<td>3,3,3</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>4</td>
<td>3,3,3</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>5</td>
<td>3,3,3</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>5</td>
<td>3,3,3</td>
</tr>
</tbody>
</table>
Now once a week

2 tsp. (or 2 capsules)

7

Wormwood and black walnut hulls are known to kill adult worms, whilst cloves kill eggs.

The other herbs listed can be used to augment this primary herbal anti-parasite cleanse protocol.

**Diatomaceous Earth**

Diatomaceous earth is probably the best natural anti-parasitic medication. It is a natural pesticide that does not harm humans or pets. It is believed to kill insects, worms and parasites by dehydrating them. When used on ants, it usually takes approximately 20 minutes before they are all dead. One tablespoon of diatomaceous earth taken by an adult, once a day for seven days, is believed to be extremely effective for killing all parasites. When it is used on children, bear in mind that height is a better indicator of the size of their G.I. tracts than their weights. Thus, a child who is 4 feet tall should take 2 teaspoons, and a child who is 2 feet tall should take 1 teaspoon.
If you take the diatomaceous earth route, then we advise you to only buy it food grade. Industrial diatomaceous earth is used for swimming pool filters, but it has been chemically treated, so this type is not safe to eat. Try to avoid rubbing it onto your hands, since it will have a drying effect upon the skin. Diatomaceous earth contains heavy metals as part of its mineral content, but it also contains selenium, which allows otherwise accumulative heavy metals to be safely flushed from the body. Therefore, it is not really a health concern despite the trace presence of aluminum and lead. We recommend taking selenium supplements for a week after discontinuing this treatment to ensure that the body thoroughly neutralizes the metals. Concerned individuals can follow the parasite cleanse with a metal cleanse. Our research indicates that diatomaceous earth is the best overall parasite treatment for humans, because it can kill blood-borne parasites as well. When using it, be sure to drink plenty of fluids, because it will dehydrate a person considerably.

**Cat’s Claw (aka Samento)**


These are the people who make it. You can also get it from Amazon and other places cheaper.

[http://www.nutramedix.ec/ns/samento-library/229-samento-health-for-everyone](http://www.nutramedix.ec/ns/samento-library/229-samento-health-for-everyone)

So, dosing on Samento starts at 8 drops a day. Increase by 1 drop per day until you reach 60 drops per day (about 2 droppers full I think). Once you reach the 60 drops a day dose, then it’s about 18 months to kill them in all their forms. If you get sick at any point during the dosing it’s called a Herxheimer Reaction and you need to reduce your dose by half and slowly work up again from there. Never seen this problem with the olive leaf.
Olive Leaf

provided by taking capsules of olive leaf extract. They are:

- the generalized degradation of pathological microorganisms of all types—viruses, retroviruses, bacteria, *spirochetes*, rickettsiae, chlamydiae, fungi, yeasts, molds, protozoa, helminths, and other parasites
- the relief of arthritic inflammations, especially osteoarthritis and rheumatoid arthritis
- the reduction of insulin dosages for better control over the risks of symptomatic diabetes
- the elimination of chronic fatigue and the symptoms associated with its syndrome
- the creation or restoration of abundant energy with prolonged stamina
- the normalization of heart beat irregularities (arrhythmias)
- the improvement of blood flow in cardiovascular and/or peripheral vascular disorders
- the lessening of pain from hemorrhoids
- the attenuation of toothaches
- the antioxidant quenching of free radical pathology


Take 2 to 4 capsules a day. I've seen some clients really get rid of their spirochetes with this.

Agrisept - GSE. 1000mg per day is the highest therapeutic dose that should be taken and only in severe cases. Normally, 5-15 drops mixed in water or juice2-5 times per day with or without meals is ideal.
Neem
Goldenseal and Oregon Grape Root (non-endangered) can be taken for Giardia. The amount to consume is based on weight, whether in animals or humans and should be divided into three or four doses per day for a period of at least 5 days. Sleepy Hollow Farm's Goldenseal Advanced is easy to use, simply mix the required amount with water or juice. See chart below.

<table>
<thead>
<tr>
<th>Body Weight in Pounds</th>
<th>Daily Dosage divide into 3 to 4 doses per day</th>
<th>Hydrastis Complete™ Required For a Single 5 Day Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 - 175</td>
<td>1 1/2 Tablespoons/6 Capsules</td>
<td>4 ounces/30 capsules</td>
</tr>
<tr>
<td>175 - 250</td>
<td>3 Tablespoons/12 Capsules</td>
<td>8 ounces/60 capsules</td>
</tr>
<tr>
<td>250 +</td>
<td>4 Tablespoons/15 Capsules</td>
<td>12 ounces/90 capsules</td>
</tr>
</tbody>
</table>

Many have reported back to us that a second round consumed 30 days after the first tends to completely eliminate the issues.

NOW Super Odorless Garlic should be taken 3 times per day with meals for 2 weeks to rid the body of parasites. This works well against rod bacteria found in the blood.

Colloidal Silver is listed as a remedy, but I am not a fan of this product taken internally.

**Other herbs that show anti-parasitic properties and should be added to the diet to maintain a parasite-free environment within.**

- Pumpkin Seeds
- Oregano
- Thyme
- Garlic
- Epazote
- Cumin
- Cinnamon
- Turmeric
- Asafetida
- Fennel
- Onion
- Nutmeg

And of course, fermented foods are great for rebuilding the gut and the bioterrain. The probiotics in these foods help crowd out the bad microorganisms. Take my
Making Fermented Veggies class at [http://www.summerbock.com/probiotics](http://www.summerbock.com/probiotics) to learn more.

Want more? Check out these resources on classifications of parasites, statistics of parasitic infection, and scientific definitions.

For more scientific details

- [http://m-learning.zju.edu.cn/upload/843de834-6b81-4c03-9711-d7e882f1c0b5.pdf](http://m-learning.zju.edu.cn/upload/843de834-6b81-4c03-9711-d7e882f1c0b5.pdf)

Books


Resources on specific parasites

**http://www.kitchenstewardship.com/2013/03/28/true-or-false-everyone-has-parasites-in-their-body/#VDdxhS0xMBaX4PwA.99**

**http://www.mayoclinic.org/diseases-conditions/blastocystis-hominis/basics/definition/con-20026572**

**http://books.google.com/books?id=1Fz7ich8LGQC&pg=PA32&lpg=PA32&dq=spirochetes+olive+leaf&source=bl&ots=JGG1uuYKe8&sig=C1T7Lhp67WFYr8-e6tbt102AE_E&hl=en&sa=X&ei=mQw2UbCIDcH1ygGS1YH4A0&ved=0CCIQ6AEwAA#v=onepage&q=spirochetes%20olive%20leaf&f=false**

**http://drlwilson.com/Articles/TRICHINOSIS.htm**