



The Dreaded Topic: ' Parasites '

Worm and parasitic infections can range from mild and hardly noticeable, to serious and, in a child, even life threatening. Worms are parasites that live and feed in the intestinal tract. Amoebas cause dysentery, acute unremitting diarrhea, and are usually contracted from parasite-infested water, food, or in third world or tropical countries. Other types of parasites also seem to be able to move all over the body, including the brain, weakening the entire system. Nutritional therapy is a good choice for thread and pinworms, but is very slow in cases of a heavy infection. A strong immune system is the best defense against parasites. New research shows that liver flukes also may be a cause of cancer. Some of the common symptoms of parasites are:

- Pin Worm:** The most common intestinal worm - found mostly in children, but can infect an entire family.
- Round Worm:** Second most common intestinal worm. Causes fevers, intestinal cramping, etc.
- Hookworm:** Anemia, abdominal pain, diarrhea, lethargy. Affects approx. 900 million people.
- Blood Flukes:** Lesions on the lungs, hemorrhages under the skin – typical also in AIDS cases.
- Protozoa (amoeba):** Arthritis-like pain, leukemia-like symptoms, uncontrollable running of the bowels, pain, dehydration. They coat the intestine lining preventing nutrient absorption.
- Flukes** Cramps, diarrhea, blood-tinged urine, swollen liver & spleen, varices
- Tapeworms:** Intestinal obstruction (even from a single worm). Tapeworm eggs in the liver have been mistaken for and treated with chemotherapy as if they were cancer.
- Giardia:** Diarrhea, weakness, weight loss, cramping, bloating, and fever. Found in contaminated lakes, rivers, and streams, sand, pets; affects one in five people.
- Common Causes:** Low immune defenses; poor diet (low-nutrition = low immunity); poor hygiene; Fungal and/or yeast overgrowth conditions; infested, poorly cooked, or spoiled meat.

One of the favorite hiding places in our intestinal tract is the diverticular pockets characterized by small hernias that protrude through the wall of the colon, especially the sigmoid portion. These small sacs become infected and inflamed by the presence of parasites—from highly refined diets lacking enough fiber and bulk, from uneliminated food residues, etc. A constipated colon is most at risk for pouch-like hernias that essentially trap and hold toxic waste.

Colon Cleanse products such as Herb Cocktail, H/C Plus, and Para-Cleanse are cleansers that most of us need. The latest estimates show that over 90% of diseases in America are directly or indirectly attributable to an unhealthy colon. Being the solid waste management organ for the entire body, your colon is also the easiest breeding ground for putrefactive bacteria, viruses, and parasites. (A nationwide survey reveals that one in every six people has parasites living somewhere in their body.) Health problems like headaches, skin blemishes, bad breath, fatigue, arthritis, and heart disease are all linked to a congested colon. Colon and bowel malfunctions are one of the biggest factors in accelerated aging too! When colon health is compromised, waste backs up, become toxic, and releases those toxins through the bowel walls into the bloodstream. Cleansing the colon lightens the toxic load on every part of your body...even your mind (mental dullness is a sign of colon congestion). In fact, hardly any healing program will work without a colon cleanse as part of it. Real healing takes place at the deepest levels of your body, your cells—all your cells are fed by your blood. The nutrients that reach your blood get there by way of the colon. So a clogged, dirty colon means unwanted toxins in your blood.