Parasites
Well More Than a Gut Story
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PARASITES: Well More Than a Gut Story

- What is a parasite
- Why SO important in our health picture
- What is the prevalence
- Are they a friend or a foe?
- What types exist
- How are we affected – health conditions and more
- What organs are affected
- Role in gut health
- How contracted
- Why not easy to detect
- Reproduction cycles
- Antiparasitic foods
- Remedies – herbals, etc.
- What can block the clearing of parasites
- How to not be a good host
What Is a Parasite

A parasite is an organism that derives its food, nutrition and shelter by living in or on another organism.

That which lives off of another.

It is likely we have less research on human parasites than what we have to further understand.
Why SO Important in Our Health Picture

Cause physical stress & damage – can cause perforations in intestines, circulatory system, lungs, liver, etc.

Can block function when they lump together in a ball and move to other areas of the body (lymph, biliary, organs)

Use our nutrition for their benefit

Release of their metabolic waste creating toxin load
Critical aspect - **Immune system modulation** – tH2 dominance

→ Balance needed in immune function in order to recover from chronic illness (if TH1 or Th2 is dominant, then difficult to heal)

**Evade our host defense/immune system**

**Create inflammation** leading to increase in cytokines – leading to further illness

Can be **the missing link** for clearing mold, Lyme, chronic illness, autoimmunity, cancer, etc
PREVALENCE

70-85% of US population have parasites – unexplained symptoms

70% of all parasites are microscopic – we can’t see them

CDC assessed for 1 parasite and stated over 60 million Americans have it

Recent outbreak (NY City and others) – Cyclospora from food/water – raw imported broccoli?
Forty-six million people—14 percent of the US—have toxocariasis, although the CDC says true numbers are higher because people rarely connect eventual blindness with roundworms slithering undetected through the body.

Can live in us for days, weeks to decades to a lifetime.
Are They a FRIEND or a FOE?

Hard to appreciate → They can come to support us.

Save us from internal pollution.

Parasites hold metals (*lead, cadmium, mercury, etc*) many times their body weight 30-100-700x.

Parasites hold *Lyme/co-infection, yeast, virus.*

Safer for them to ingest and hold the infections, chemicals and toxins than those toxins to reach our brain, and other organs.
The more **toxins** and **infections** we have the more parasites will be present.

The **weaker our immune system**

→ the more parasites are strengthened.

**Symbiotic - Helminth immunotherapy** – Pork whipworm address incorrect immune system modulation (autoimmunity, asthma, Crohn’s, colitis, malignancies) – one egg taken in every 6 months, then killed, repeated
It is not as much about exposure, but rather

ARE YOU A GOOD HOST?

Exposure still matters.

Then, it is all about balance. An excess and overgrowth leads to issues.
What Types Exist

Well over 100 types that humans can be a host to:

- Tapeworms
- Flukes
- Roundworms
- Spirochetes
- Single cell parasites → protozoa
- Within us or on us (Ectopic parasites) → lice, bed bugs
ROUNDWORMS

Ascaris lumbrocoidees (common round worm) – 6-13”, like an earthworm

Hookworm – have teeth, blood loss, anemia

Strongyloides – thread worm, soil borne, most common to complete a life cycle in us and proliferate, nasal/sinus, migraines, headaches, GI pain, rashes, lungs, fatigue, dairy allergy, depression, anxiety

Whipworm – 3-5 cm, 3000-7000 eggs a day, develop in SI, mature in large intestine, appendicitis
**ROUNDWORMS**

**Toxacara** – cat, dog roundworm – eggs on soil contaminated with pet feces, touching pets, or produce with eggs on them. Can affect retina.

**Pinworm** – 2-13 mm, white, itchy rectum, 5000-16,000 eggs a day, crawl several inches outside of rectum before returning

**Dog heartworm** – dogs and humans, cough, chest pain, transmitted by mosquito bite

**Trichinosis** – trichinella spiralis – eating larval cyst in infected meat (pork)
ROUNDWORMS
Giardia – most common, sets up for leaky gut, food or waterborne, diarrhea

Cryptosporidium – water borne, easier to find, no specific treatment, chlorine tolerant
Single cell parasites
PROTOZOA

Babesia – Lyme co-infection

Cyclospora – food or waterborne

Amoeba – entomoeba hystolytica,
entomoeba gingivalis
(teeth, gums, jaw bone)
This Is Your Brain on Parasites
by Kathleen McAuliffe

How Tiny Creatures Manipulate Our Behavior and Shape Society

KATHLEEN McAULIFFE
Cats, cats, cats! Vegetables, gardening, livestock.

Behavior & personality affecting, mental illness, OCD, ADD, swollen lymph, spleen, fatigue, reckless behavior/driving (seasoned transplant surgeon told resident...always check organs from motorcycle deaths for toxo)

Small number will know they have it or be impacted. Subtle.

High incidence in schizophrenia (Study of 44 - MRI scans of brains showed missing grey matter in parts of cerebral cortex of 12 participants. 12 of these 12 had toxoplasmosis)

Schizophrenia = often elevated dopamine
Neurons harboring this parasite make 3.5 times more dopamine
“Most compelling, people with schizophrenia are two to three times more likely to have antibodies against the parasite than those who don’t have the disorder. That's based on an overview analysis of the world literature on the topic- a total of thirty-eight high quality studies- that he conducted in collaboration with Robert Yolken, a pediatrician and neurovirologist at Johns Hopkins University.”

E. Fuller Torrey - Psychiatrist/Researcher
Your Brain on Parasites
TAPEWORMS

→ Cestodes
→ Long, flat, ribbon like
→ Live in our intestines – absorb our nutrients especially B12, folic acid
→ Feel toxic, dizzy, brain fog, poor digestion, allergies
→ Can create ball under right rib cage
→ Gain weight or lose weight

Beef tapeworm, bladder tapeworm, pork tapeworm, dog tapeworm, fish tapeworm (up to 30 feet long) – raw fish
TAPEWORMS
FLUKES

Flat worms with two suckers to allow them to attach to host

**Liver** – swelling, pain, jaundice, toxic
**Blood** – cause blood clots, heart weakens, nighttime awakenings
**Blood** – Schistosoma (bilharzia or snail fever), anemia, urogenital inflammation
**Lung** – weaken lungs inviting more flu, pneumonia, fungal infections
**Intestinal**
FLUKES
Spiral formed organism – more like a bacteria

Bend and oscillate

**Difficult to diagnose**

Multiply in blood and lymph

Spirochaeta, Lyme, Wyles disease *(swelling of liver)*
SPIROCHETES
Very common and very challenging to our health
Not technically a parasite
Are actually Biofilms
→ Complex surface attached communities of microorganisms held together, extracellular film supports pathogens and parasites as they multiply.
→ Provide resistance to antimicrobials and allows exchange of communication with the growing community of bugs
→ Sticky, mucus like, can move

DNA testing shows mixture of parasitic, viral, and Lyme components
How Are We Affected
HEALTH CONDITIONS AND MORE

Any symptom can be caused by parasites.

All nutrition is compromised due to parasites taking nutrients for themselves, thus **ALL health can be compromised** in any and every way.

If parasites exist, then **we must have another stressor**.

Go to intestine to feed, then recede to organs/tissues where they want to live.
Key Indicators And Symptoms

- **Chronic gut issues** – reflux, bloat, diarrhea, constipation, nausea

- **Mental distress** – nervousness, anxiety, depression, seizures, cognitive challenges, brain fog, behavior changing

- **Autoimmunity** – Hashimoto, rheumatoid arthritis, fibromyalgia, etc
Key Indicators And Symptoms

- Leaky gut, constipation, diarrhea, SIBO
- Skin health – eczema, acne, hives, rashes, psoriasis
- Sensitive/allergic to many things or everything – meds, foods, environment, etc.
Key Indicators And Symptoms

- Elevated eisoniphil (25% of time) → greater than 1
- Low WBC under 5000
- Slightly elevated monocytes → greater than 7
HEALTH CONDITIONS EXPANDED
→ autism
→ seizures
→ autoimmunity
→ (chronic) fatigue
→ schizophrenia
→ endometriosis
→ oxalate issues
→ SIBO
→ eczema/skin rashes
→ biliary fibrosis
→ teeth grinding
→ allergies
→ brain fog
→ acne
→ headaches
→ anemia
→ cough
→ sinus congestion
→ hormone imbalance
→ anxiety
→ bloat/gas
→ infertility
→ joint pain
→ hemorrhoids
→ histamine intolerance
→ mast cell activation
→ asthma
→ depression
→ cancer
→ diabetes
→ UTI
→ night sweats
→ itchy rectum
→ food/sugar cravings
→ perpetual hunger
→ methylation issues
→ restless legs
→ interrupted sleep 1-3 am
→ nail biting
What Organs Are Affected
**GUT**
- abdominal region

Pain: dull, sharp, migrating

Bloating, diarrhea, constipation, nausea

Lower half of Small intestine – most parasites

SIBO – fluke or any parasites in SI

Intestinal blockages

**EARS**
- itch, discharge

**MOUTH**
- blisters inside lower lip (children)

**EYES**
- floaters, cataracts, vision impairment /loss, Toxoplasma gondii, Toxocariasis
NOSE
→ picking is a sign, inflamed

SINUS
→ congestion, drainage, pressure, pain, headaches

SPLEEN
→ inflamed, schistosomiasis, hydatid cysts, Plasmodium-mosquito borne malaria

BRAIN
→ brain fog, depression, anxiety, Lewey body dementia, tapeworm, easy place to live, little defense, delayed development in children

**Schizophrenia brain** scans show high toxoplasma gondii
**JOINTS**
→ inflammation, pain

**HEART**
→ myocarditis, pericarditis, cardiomyopathy, endomyocardial fibrosis, and pulmonary hypertension

**SKIN**
→ rashes, eczema, hives, sores, Morgellons, psoriasis, elbow spots

**LUNGS**
→ asthma, COPD, cough, wheeze, strongoloides - pneumonia, lung collapse- Schistosomiasis

**KIDNEYS**
→ Chagas disease, filariasis, leishmaniasis, malaria and schistosomiasis, plasmodia

**MAST CELL ACTIVATION**
→ to address parasites & infections
**BLADDER/URETER**
- pain, Interstitial cystitis, UTI
- schistocymiasis (lake swimming), Trichomonas vaginalis

**APPENDIX**
- Entamoeba histolytica, Schistosoma, Taenia, Ascaris lumbricoides

**MUSCLES**
- pain, weakness, fibromyalgia

**OVARIAN DERMOID CYSTS**
- inflammation, pain

**LIVER/GALLBLADDER/BILIARY**
- ALL parasites affect the liver in some way
- If liver function impaired, always consider parasites
- Blockage of bile ducts and blood flow
- Roundworms - biliary fibrosis/cancer
All cancers have parasites present.

Cancers include multiple infections/toxins.

Tumors analyzed for pathology often come back showing worms and parasites.
Woman's 'brain tumor' turns out to be parasite growing in her head
A parasite in the brain sounds like the plot of a horror movie, but it’s a preventable infection from tape worm that can be found in pork.

Parasites that can lead to cancer
Certain parasitic worms that can live inside the human body can also raise the risk of developing some kinds of cancer. These organisms are not found in the United States.

CDC researchers link cancer cells from parasite to human tumors
Unique case raises questions about misdiagnosis and treatment

Press Release
Embargoed Until: Wednesday, November 4, 2015, 5:00 p.m. ET
Contact: Media Relations
(404) 639-3286

Scientists at the Centers for Disease Control and Prevention (CDC) today announced a unique case that suggests a previously unreported connection between a type of parasitic worm and cancer. The researchers, publishing in the Journal of the American Medical Association (JAMA), provide evidence that the tapewormienchymatous (T. enigmaticum) can cause cancer.
Brain ➔ tapeworms, Toxoplasma gondii, Neurocysticercosis

Breast ➔ Parasitic invasion by a nematode worm is often mistaken for cancer in women presenting with breast lumps. Pork tapeworm larvae.

“The larvae enter the lymphatic vessels of the mammary gland, causing lymphangitis, fibrosis, and disruption of lymphatic drainage.”

In late, inactive phases, the larvae appear on mammography as serpiginous calcifications – Medwire News, 2005. Not picked up in earlier phases.
Clonorchis, Opisthorchis and Schistosome Infections

- Inflammation
  - Inflammatory Cells
  - Cytokines, Chemokines

- Parasite-derived products

- Physical damage

- Metabolic oxidative stress
  - Cellular transformation and proliferation

- DNA damage
- Mutation
- Oncogene activation

- Activation of signaling pathways
  - p53, NF-κB, Jak/Stat, Rb...

- Modification of cell growth, survival, and proliferation

- Tumor initiation, promotion and progression
Lung → stage 3, coughed up 2 cups of soup/parasites, with treatment, 10 days later repeated CT scan showed no cancer, no collapsed lung

Liver → liver flukes, hyatid cyst disease (cystic echinococcosis), schistosomiasis.

Lymphatic → Hodgkins, leukemia, Plasmodium falciparum, Strongyloides stercoralis, schistosomiasis.

GI → Cryptosporidium spp., Schistosoma spp., and Strongyloides stercoralis

Colon → blastocystis, Pentatrichomonas hominis protozoa, schistosomiasis.
Role in GUT HEALTH

All aspects of gut health compromised

Gut will not heal until parasites are addressed.

Nutrient malabsorption – of all nutrients

Nutrient consumption – all, amino acids, serotonin, GABA, B vitamins
Food sensitivities – especially dairy, and all others

- MAJOR role in food sensitivities/allergies

- Must address parasites to overcome allergies/sensitivities

- Gut healing diet helps greatly, but often will need specific parasitic support

- The more advanced the sensitivities/allergies, the more likely parasites are in overgrowth.
HOW CONTRACTED
Food – raw fish, sushi, undercooked pork/meats, unwashed vegetables/fruits (larvae on them)

Pets – cats, dogs – feces, lick us

Fresh water – swimming

Drinking water supply – well, public, etc

Travel – 3rd world, and anywhere

Contact with soil (even beach), sandboxes

Insects – ticks (40% have nematode larvae), mosquito, fleas, spider bites
Farm animals – goats, pigs, etc.

Bathrooms

Coughing/sneezing

Partners/spouses

Caregivers – daycare providers, food preparers, housekeepers, etc.

REMEMBER

The goal is to not be a good host.
Why NOT Easy to Detect

**Symptoms are non-specific** – most symptoms can overlap with many other issues (viral, bacterial, Lyme, mold, etc).

**Non comprehensive stool testing** – simple, quick analysis – **80% false negative**

May **not** be in the portion of stool tested
Length of time from collection of stool sample until lab analysis

→ Enzyme emitted that dissolves the parasite and DNA

Saliva testing not conclusive

Parasite genome not mapped thoroughly

Colonoscopy – not a good data point for parasites, some are in small intestine, so not good indicator, colon flushed prior, no food to feed them

May be in lung, sinus, intestinal walls – not in stool
Reproduction and Life Cycles

Female roundworm 100,000-200,000 eggs/day

→ Ingestion of eggs from soil, infected produce, etc.

→ Then to digestive tract, then blood, lymph.

→ Then to organs – liver, lungs, trachea, swallowed and return to intestines to mature.

→ Could migrate to eyes, brain, ears, etc.
Burrow in through skin, circulatory system, lungs, trachea, matures in intestines

**Pinworms** – female ones crawl down intestine, pass out of anus to lay eggs 5,000-15,000 eggs a day, can crawl several inches before returning. Eggs than can then infect others and stay viable for weeks on sheets, clothes, carpet, etc.

40 year life cycle – perhaps within us for whole lifecycle

Can leave us dead or alive (rare to see a moving one)
**ASCARIS LIFE CYCLE**

1. Ingestion of Ascaris eggs from feces
2. Eggs hatch in intestines through gut wall, and migrate to the lungs via the blood
3. Larvae break into the alveoli and travel up trachea where they are coughed up and swallowed
4. Larvae pass through the stomach into the intestines for a second time where they become adult worms
CYSTIC ECHINOCOCCOSIS
LIFE CYCLE

1. Adult in small intestine
2. Embryonated egg in feces
3. Oncospheres released
4. Hydatid cyst in various organs (commonly liver and lung)
5. Protoscoleces from cyst
6. Scolex attaches to intestine

Ingestion of cysts (in organs)
Ingestion of eggs (in feces)
Oncosphere hatches; penetrates intestinal wall
Hydatid cysts in various organs

Definitive Host
Intermediate Host

CDC
DPDx
Antiparasitic Foods

Let Food Be Thy Medicine
<table>
<thead>
<tr>
<th>Foods</th>
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<tbody>
<tr>
<td>Garlic</td>
<td>Sage</td>
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<tr>
<td>Pumpkin seeds</td>
<td>Holy basil</td>
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<tr>
<td>Oregano</td>
<td>Fennel/fennel seed</td>
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<tr>
<td>Clove</td>
<td>Cranberry Juice</td>
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<tr>
<td>Ginger (and wasabi for all sushi eaters)</td>
<td>Pomegranates</td>
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<tr>
<td>Capsicum – hot peppers of all types</td>
<td>Papaya seeds</td>
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<tr>
<td>Turmeric</td>
<td>Yogurt (especially schistosomiasis)</td>
</tr>
<tr>
<td>Onions</td>
<td>Herbs, herbs, herbs and spices – use them generously in all food preparation – makes for delicious food, increases nutrition and offers safe daily medicine</td>
</tr>
<tr>
<td>Myrrh</td>
<td>Homemade salad dressing with lots of herbs, ACV, garlic, EVOO</td>
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REMEDIES - Herbals, etc.

- **Mimosa Pudica** (sticky seed & leaves, excellent for biofilms, liver health)
  - **Black walnut**
  - **Artemisia (wormwood)**
    - **Vidanga**
    - **Yellow dock**
  - **Olive Leaf extract**
- **Berberine** (especially for parasites in the liver)
  - **Pine oil** (pine gum spirits/extract)
- **Ozonated Myrrh/Gamma** (with castor & olive oil) – 10 drops 3/day for 6 weeks
REMEDIES - Herbals, etc.

→ Fig extract (paraficus – Fig skin)
   → Monolaurin
   → Diatomaceous earth.
   Evening Primrose Oil

→ Yogurt, Mimosa Pudica and Fig: Mix a cup of yoghurt with 1 tsp with mimosa pudica powder. Add 1-2 heaping tsp fig extract. Stir. Twice daily
   May need pulse dosing over time.

→ Coffee & garlic enemas
→ Probiotics – likely better after treatment phase
Use of Pine Oil/Pine Gum Gum Extract

Protocol developed by Jennifer Daniels MD

Long time use in southern US *(Georgia is primary state where produced)*

Sugar & pine oil in combination
Sugar is used as an attractor to parasites
Pine oil is very anti-parasitic

Website – **MUST read and watch her video**, bowels must be moving well before using protocol or any protocol

https://vitalitycycles.com/collections/the-candida-cleaner-report

Timing – once every 4 days, week, or month or as recommended by your practitioner

Diamond G Forest Products
Gubarev Ropeworm/Parasite Protocol

First to identify ropeworms

Alex Wolinski FL professor

Enema protocol using milk & salt, then baking soda, progressing to eucalyptus leaves, juice of lemons, etc.

Goal of holding for 2 hours each type.

https://www.curezone.org/forums/am.asp?i=2158985
Dr. Natasha Campbell-McBride
Parasite Cleanse

ADULTS ONLY

mix 50ml of **brandy** with 50ml of **organic Castor Oil**

2am for 3 days leading up to and on the full moon
helps eradicate parasites from gut
brandy causes them to become drunk

**Castor Oil will loosen their grip and help remove**
need to be near a toilet shortly after (usually between 5am, until midday) – loose stool release
What Can BLOCK Successful Clearing of Parasites

Our diet – **parasites love processed carbs, sugars**, foods we are not able to fully digest become their free food (wheat and dairy)

**Poor digestion**
→ Must address all basics of good digestion – hydration, **sufficient stomach acid production**, 1-3 stools per day, properly balanced protein, fat, carbohydrate intake

**Insufficient bile production**

Poor lymphatic flow
Weakened immune system

Not addressing **metal toxicity** & binding of metals

**EMF** – cell, WIFI, electrical breakers – all increase growth of pathogens

**Stress** – body in sympathetic dominant state, so healing potential is lessened.

Upstream **jaw infections** – weakening immune system, allowing parasites to take hold
Best Testing Options

Be cautious with recommending common stool testing to family/loved ones (false negative may mislead them for years)

Most predictive, comprehensive and prioritized approach:
→ Highly recommend autonomic response testing (Dr. Dietrich Klinghardt’s technique) for assessment of parasites and other stressors that would impede resolution of them (EMF, heavy metals, dental/jaw health, Lyme, scars, other infections)
Parasitology Center Inc (PCI)
https://www.parasitetesting.com/
→ blood, urine, stool, water

Parawellness Research
https://parawellnessresearch.com/
→ stool, urine

Live blood cell analysis

GI MAP – Diagnostic Solutions Lab

GI Effects - Genevo
How to Address Parasites

Gut – **start addressing first**

Eliminate inflammatory foods (processed carbohydrates, sugars, sensitive foods - wheat, dairy)
  - Let inflammation settle
  - Offload immune system so energy can be used to heal
    - Remove unnecessary work by gut/immune system
  - If diet not right, no treatment approach will resolve the issue

Need detox pathways open
Support liver health and bile production first—bitters, beets, ACV, ox bile, TUDCA, Chanca Piedra, coffee enemas and more)

Bowels eliminating at least once/day, but should be 2-3 times

Support toxin binding—dietary fiber, earth clays, charcoal, supplements designed for toxin binding

Heavy metal detox support first

Castor oil packs

Gut, lung, sinus - Follow an herbal/natural protocol (some may need an Rx) that is aligned
Lung – inhalation of propolis, iodine, HOCl, pine oil – nebulize with mouth piece or steam tent

Sinus – some oral herbal remedies, nasal sprays, nebulize with mask

Best to treat all in the household

Treat parasites prior to addressing Lyme

Need to kill and draw out of the body

For Rx meds – review work of Simon Yu MD
How Long to Clear Parasites

Months to a year +
Dependent on types and volume and other infection/toxin load

Minimal protocol of 3 months
More likely a 6 month protocol – varies on bioindividual stressors present, but can be far longer

Always recheck when completing a protocol and again 6 months later
Best to do a parasite cleanse 1-2/year

Rx do not address all stages and only go to the gut (not systemic)
What About the Full Moon

**Serotonin** levels increase – our feel good hormone

**Melatonin** levels decrease

Parasites love and thrive on serotonin

Increases their activity and reproduction at this time.

_Start protocol_ days/week prior and continue for a days/week after, can repeat over several months.

_Note: this doesn’t mean all parasites are addressed even when following a full moon protocol for a few months._
When to NOT Try Parasite Cleansing on Own

**Chronic illness** – weak, long standing issues, autoimmunity, Lyme, cancer

**High toxin load** – heavy metals, dental amalgams, industrial toxins, mold, etc

**Constipation** – if not eliminating at least once a day EVERY day

You don’t have **basic nutrition, gut function** and **hydration** correct.
How to NOT BE A GOOD HOST to Parasites
Eat a **nutrient dense diet** of **properly prepared foods** sufficient in protein, fats and whole food source carbohydrates

Enjoy sunshine, time in nature, sufficient and quality sleep, manage and lessen stress

**Lessen EMF – WIFI, cell exposure**
- Sleep environment is MOST critical
- Increases growth of fungus, yeasts, molds, mycoplasmas, and parasites

**Pets – test! twice yearly parasite protocol** *(humaworm.com)*
Review all SOURCE factors and make changes for those that are relevant to your life (daycare worker, sushi eater, etc.)

Follow a **gut healing dietary protocol** (GAPS, etc) while needed *(www.gaps.me)*

Correct stomach acid and bile production

Address heavy metal, mold, yeast overload

Address bacterial, viral, and Lyme/co-infections
Drink distilled water (can often lessen toxin load for many due to unknown contaminants in water – thus strengthening immune system)

Rinse your produce well (vinegar, hydrogen peroxide, Hazell Purcells, etc.)

Freeze meats 4+ weeks for pork
NOTE: wild game & eastern Asia freshwater fish may have freeze resistant parasites
Fermented foods & probiotics

Take in some **antiparasitic foods** each day

**Great hygiene** – bathrooms, handwashing, under nails, etc.

Follow antiparasitic herbal protocol once or twice a year
Are Parasites More Prevalent at This Time?

YES.

Increased viral cleansing weakening our immune system

Additional toxins through medications, vaccinations causing increased burden for immune system to detoxify

Increased toxin load – **glyphosate, pollution, chemicals**

Increased EMF exposure
Biofilm disruption during viral cleansing (parasite eggs released from biofilm)

Climate changes – parasites adapt to more conditions

**Increase of Lyme** in past years and decades
→ Babesia
→ Bartonella can act as a parasite
→ Spirochetes can be infected with nematodes (now in brain)

Increased world travel – any parasites in world are in the US/Europe

Increased stress
KEY TAKEAWAYS

We must all consider parasites in our health picture

None of us are immune to them

Pets. Pets. Pets.

Mindful approach if working on own

What works for one person may not work for another in the same family
Seek **professional guidance** if you aren’t sure if it is best to trial on your own.

**Start with general gut healing first**
- lessen the load

It’s not a one and done issue – even after successful addressing of parasites, it is easy to get **reinfected** (source factors).

It’s all about balance of the immune system.
AT HOME WITH WELLNESS SERVICES:

BIOENERGETIC WELLNESS
AUTONOMIC RESPONSE TESTING
*DISCOVERY CALL*

NUTRITIONAL THERAPY
FLOWPRESSO
FLOW VIBRATE
INFRARED SAUNA

LEARN MORE ON
ATHOMEWITHWELLNESS.COM
REFERENCES

Guess What Came to Dinner? (BOOK)
by Ann Louise Gittleman, Ph.D.

Parasites the Enemy Within (BOOK)
by Hanna Kroeger

https://www.cdc.gov/parasites/npi/index.htm
Neglected Parasitic Infections

Rope worms

Rope worm stages


https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8692736/

https://www.hindawi.com/journals/crigm/2020/8886460
Colorectal cancer

https://jamanetwork.com/journals/jama/article-abstract/230529
Hodgkins
Lungs

Lung collapse

Research on pine oil

Appendicitis
Get your personal roadmap on kickstarting your journey with our services.