



Parasites

Well More Than a Gut Story

LAURA VILLANTI
AT HOME WITH WELLNESS

KLINGHARDT AUTONOMIC RESPONSE TESTING PRACTITIONER
FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER
GAPS PRACTITIONER

DISCLAIMER

The information/products shared here have **not** been evaluated by the Food and Drug Administration and are **not** intended to diagnose, cure, treat or prevent any disease or illness.

This material is for informational and/or educational purposes only, and does **not** substitute professional medical advice or consultations with healthcare professionals.

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**

Why SO Important in Our Health Picture

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**.

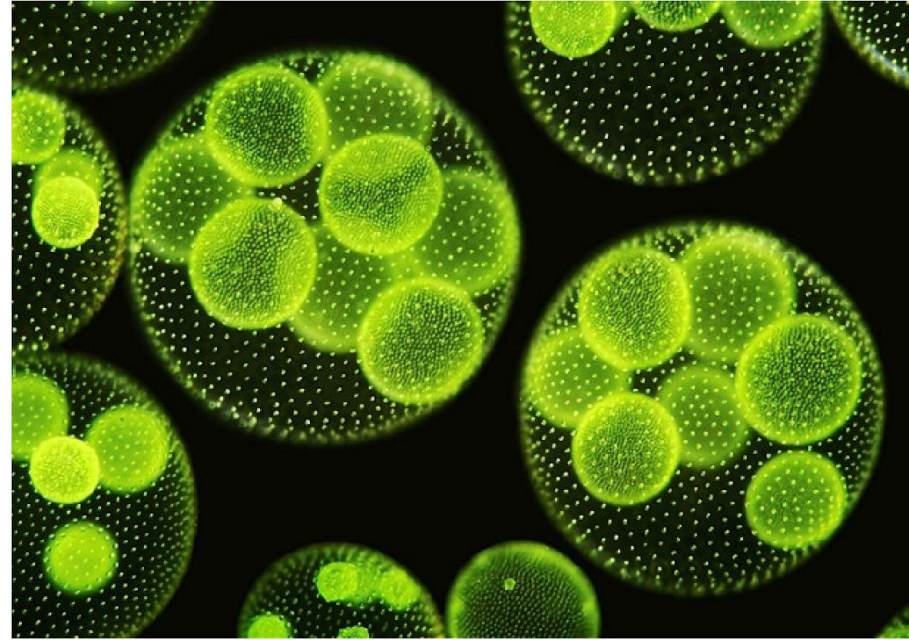
Parasites **hold metals** (*lead, cadmium, mercury, etc*) many times their body weight 30-100-700x.

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.

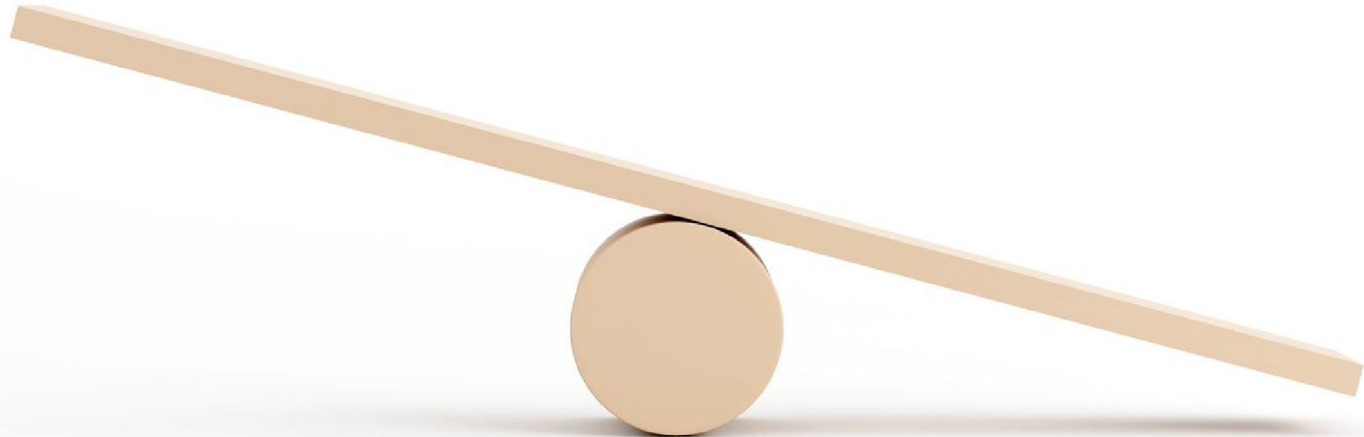


Symbiotic - Helminth immunotherapy – Pork whipworm address incorrect immune system modulation (*autoimmunity, asthma, Crohn's, colitis, malignancies*) – one egg taken in every 6 months, then killed, repeated

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 lumbricoides (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



fineart
america

Single cell parasites

PROTOZOA

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

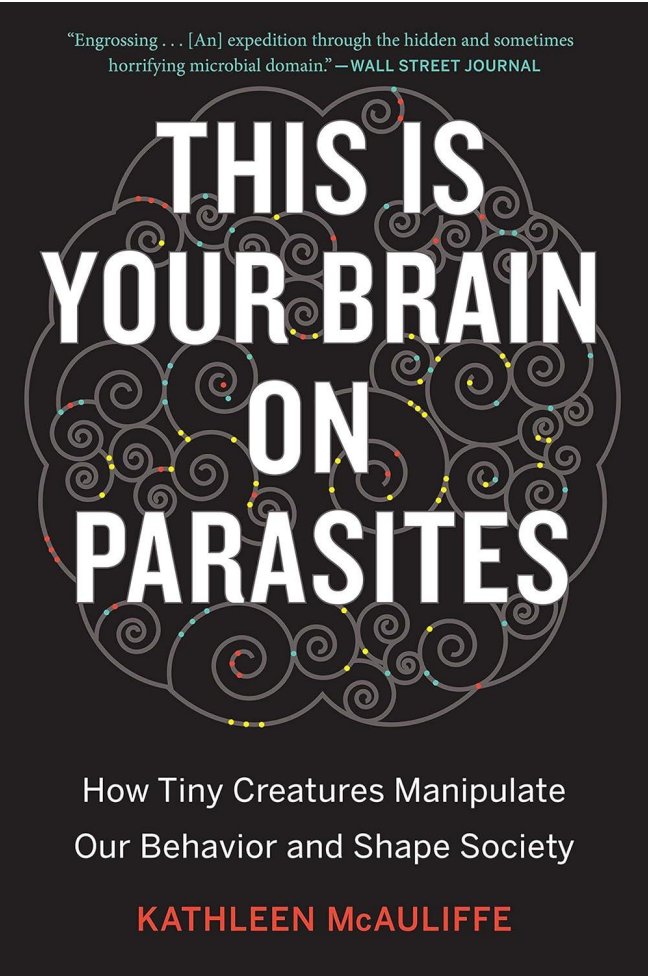
Babesia – Lyme co-infection

Cyclospora – food or waterborne

Amoeba – *entamoeba histolytica*,
entamoeba gingivalis
(teeth, gums, jaw bone)



“Engrossing . . . [An] expedition through the hidden and sometimes
horrifying microbial domain.” —WALL STREET JOURNAL



THIS IS YOUR BRAIN ON PARASITES

How Tiny Creatures Manipulate
Our Behavior and Shape Society

KATHLEEN McAULIFFE

This Is Your Brain on Parasites
by Kathleen McAuliffe

protozoa - TOXOPLASMA GONDII

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

protozoa - TOXOPLASMA GONDII

“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

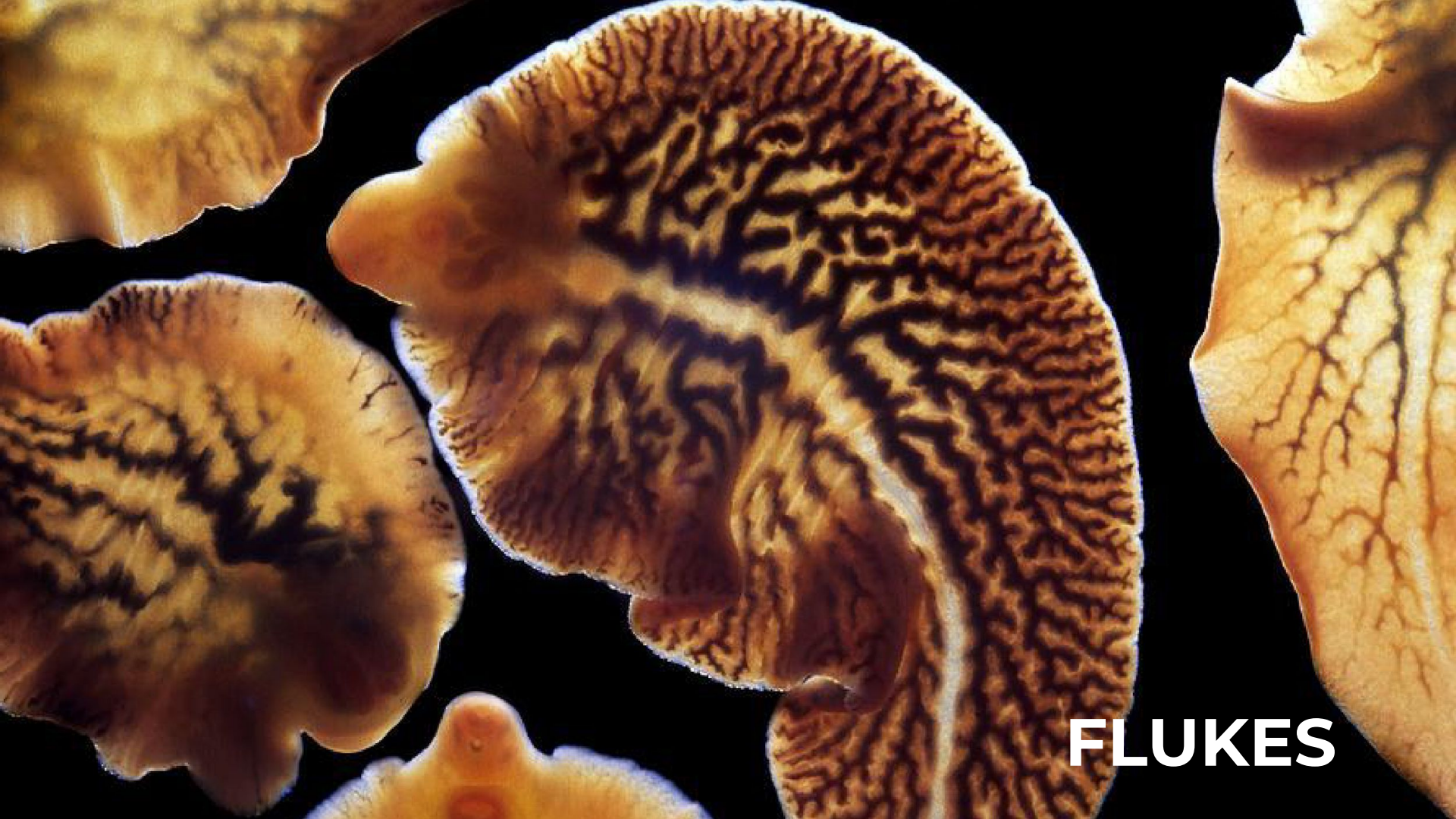
Liver – swelling, pain, jaundice, toxic

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

SPIROCHETES

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*)

The image displays several spirochetes, which are thin, helical bacteria. They are shown in various stages of focus, with some in sharp detail in the foreground and others blurred in the background. The spirochetes have a characteristic corkscrew shape and are colored in shades of green and orange. The background is a solid black color.

SPIROCHETES

What about ROPEWORMS

Very common and very challenging to our health

Not technically a parasite

Are actually Biofilms

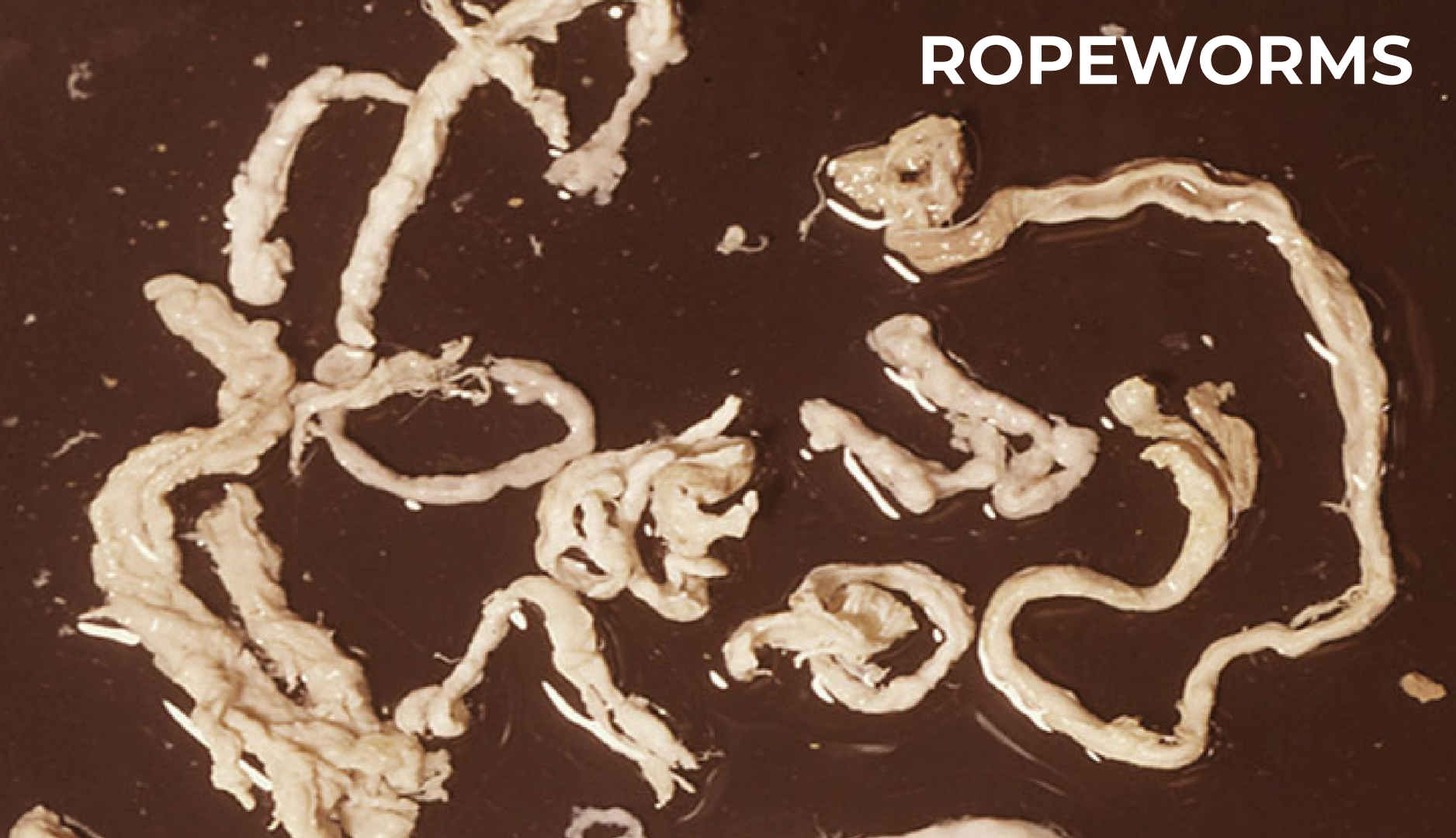
→ Complex surface attached communities of microorganisms held together, extracellular film supports pathogens and parasites as they multiply.

→ 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

ROPEWORMS



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.

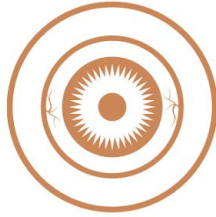
Key Indicators And Symptoms

- **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

CANCER

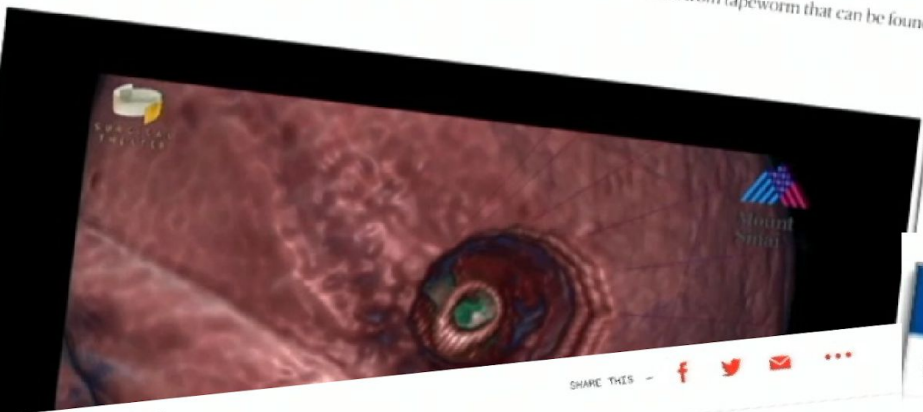
All cancers have parasites present.

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 tapeworm that can be found in pork.



SHARE THIS — [f](#) [t](#) [e](#) [...](#)



Woman's grapefruit-size 'liver cancer' tumor was actually a parasite

A dull ache in her right ribs led to a grim diagnosis, then a startling discovery.



[Sign Up For Email](#)



GIVE IN HONOR & MEMORIAL

TREATMENT & SUPPORT

NEWS

OUR RESEARCH

GET INVOLVED

OUR PARTNERS

[CANCER A-Z](#) > [WHAT CAUSES CANCER?](#) > [INFECTIOUS AGENTS](#) > [INFECTIONS THAT CAN LEAD TO CANCER](#)

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 Newsroom

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 have found cancer cells originating in...

Brain → tapeworms, *Toxoplasma gondii*, Neurocysticercosis

Breast → Parasitic invasion by a nematode worm is often mistaken for cancer in women presenting with breast lumps.

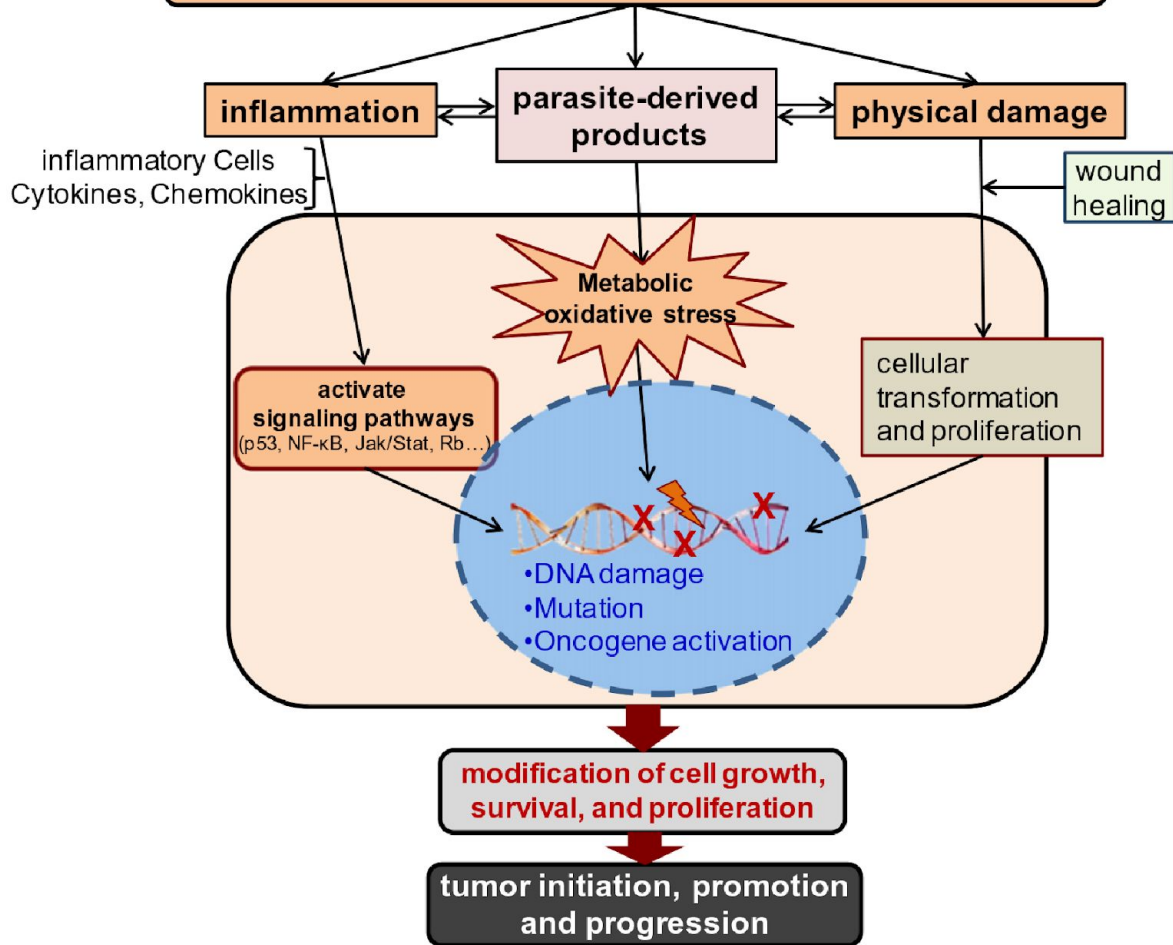
Pork tapeworm larvae.

“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



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**

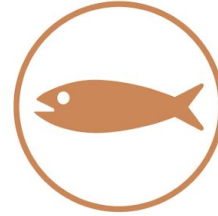
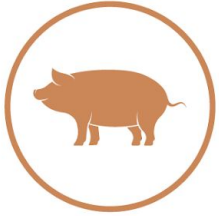
→ Gut healing diet helps greatly, but often will need specific **parasitic support**

→ 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.

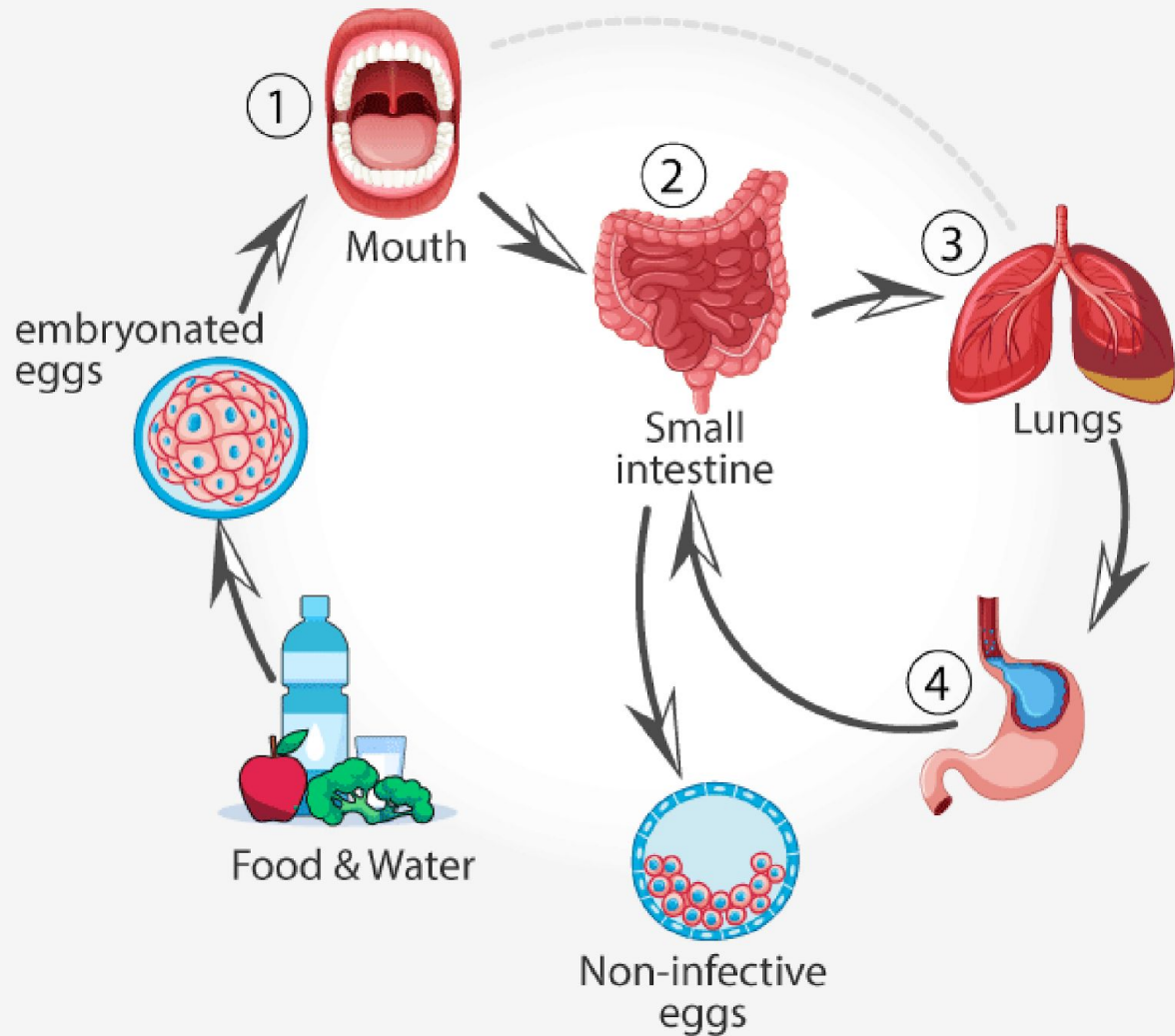
Burrow in through skin, circulatory system, lungs, trachea,
matures in intestines

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

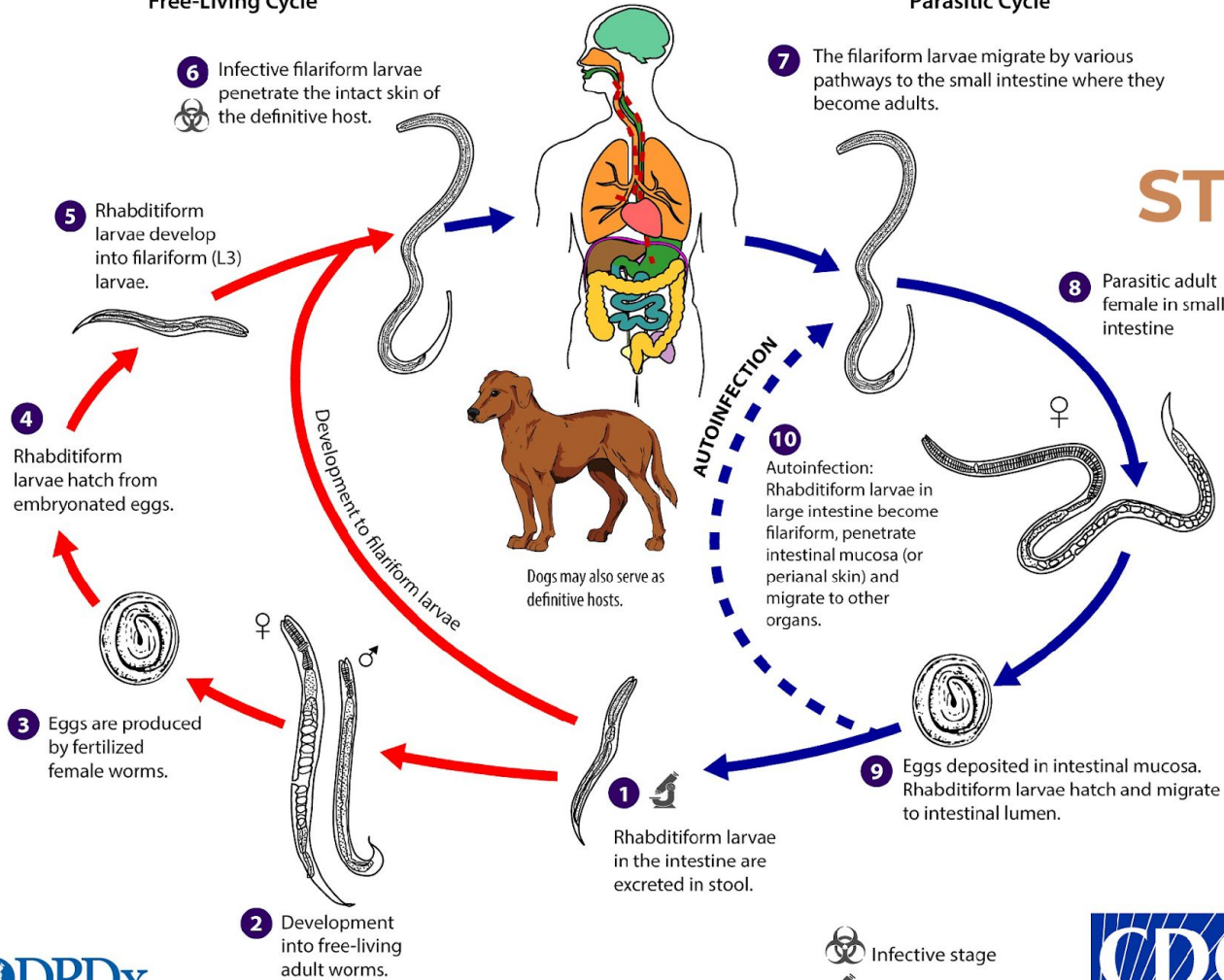


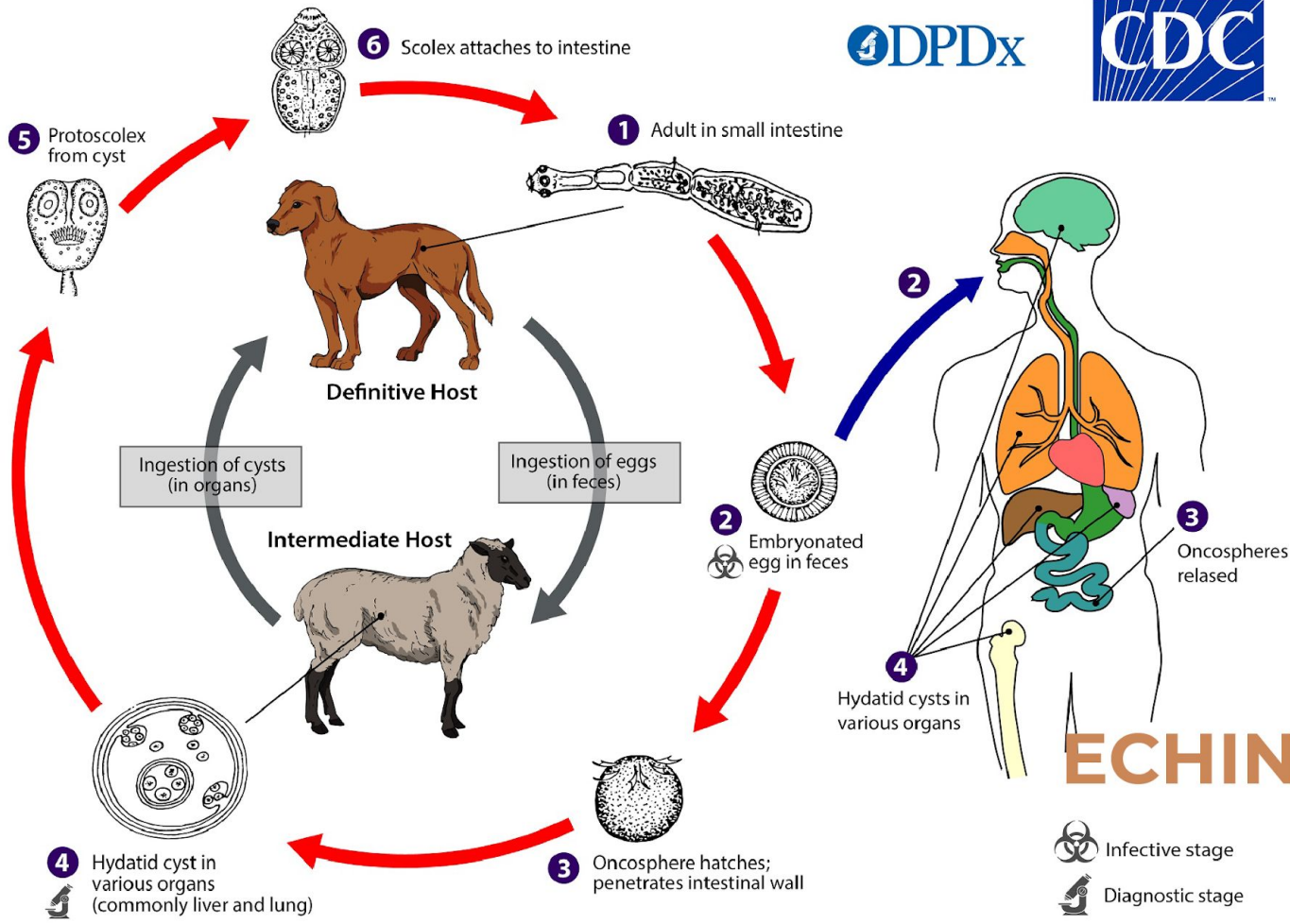
- 1** Ingestion of Ascaris eggs from feces
- 2** Eggs hatch in intestines through gut wall, and migrate to the lungs via the blood
- 3** Larvae break into the alveoli and travel up trachea where they are coughed up and swallowed
- 4** Larvae pass through the stomach into the intestines for a second time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

Free-Living Cycle


Parasitic Cycle

STRONGYLOIDES STERCORALIS LIFE CYCLE





CYSTIC ECHINOCOCCOSIS LIFE CYCLE

 Infective stage
 Diagnostic stage



Antiparasitic Foods

Let Food Be Thy Medicine

- **Garlic**
- **Pumpkin seeds**
- **Oregano**
- **Clove**
- **Ginger (and wasabi for all sushi eaters)**
- **Capsicum – hot peppers of all types**
- **Turmeric**
- **Onions**
- **Myrrh**
- **Apple Cider Vinegar**
- **Calmyrna Figs**
- **Ghee**

- **Sage**
- **Holy basil**
- **Fennel/fennel seed**
- **Cranberry Juice**
- **Pomegranates**
- **Papaya seeds**
- **Yogurt (especially schistosomiasis)**
- **Herbs, herbs, herbs and spices – use them generously in all food preparation – makes for delicious food, increases nutrition and offers safe daily medicine**
- **Homemade salad dressing with lots of herbs, ACV, garlic, EVOO**

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



MIMOSA PUDICA



BLACK WALNUT



ARTEMISIA



YELLOW DOCK



VIDANGA



BERBERINE

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 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

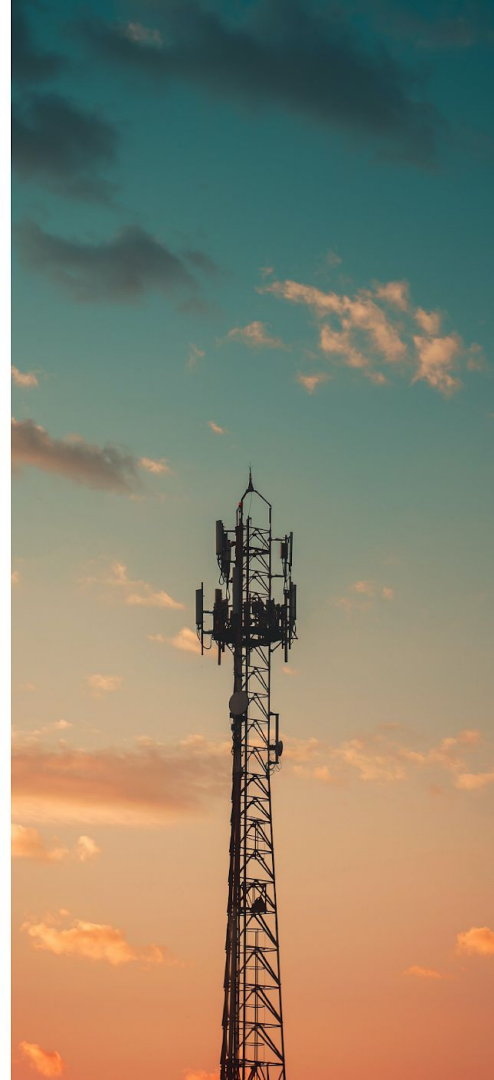
Weakened immune system

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

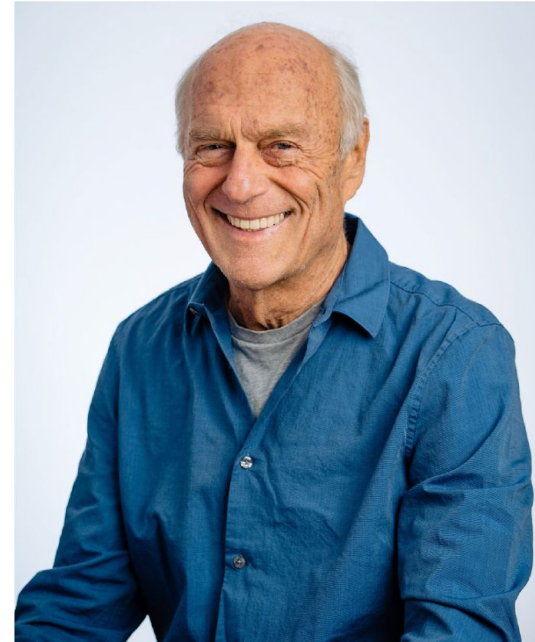


Best Testing Options

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

KEY TAKEAWAYS



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](https://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

<https://arxiv.org/ftp/arxiv/papers/1301/1301.0953.pdf>

Rope worms

<https://arxiv.org/ftp/arxiv/papers/1301/1301.2845.pdf>

Rope worm stages

<http://www.hormonesmatter.com/parasites-possible-cause-endometriosis-pcos-chronic-degenerative-illnesses/>

<https://www.cancer.org/cancer/risk-prevention/infections/infections-that-can-lead-to-cancer/parasites.html>

<https://www.cancer.org/research/acs-research-highlights/nutrition-and-physical-activity-research-highlights/parasite-in-food-and-water-may-increase-risk-of-certain-brain-cancers>

<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

<https://parasitesandvectors.biomedcentral.com/articles/10.1186/s13071-021-04681-x>

<https://thorax.bmj.com/content/66/6/528>

Lungs

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8582618/>

Lung collapse

https://www.researchgate.net/publication/41669083_The_essential_oil_of_turpentine_and_its_major_volatile_fraction_a-_and_b-pinenes_A_review/link/09e4150bff4546ef29000000/download

Research on pine oil

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3579054/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5387911/>

Appendicitis

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

