

The Parasite System

DESCRIPTION

A parasite is an organism that lives off another organism. Parasites living inside the human body will feed off our cells, the food we eat, the supplements we take, and our energy.

CONTRIBUTING FACTORS

Although many external factors contribute to parasite infestation, the biggest factor is internal: an unhealthy colon, largely the result of poor dietary and lifestyle habits and a bacterial imbalance in the digestive tract. Once the ideal ratio of 80% beneficial or neutral bacteria to 20% harmful bacteria is disrupted, the resulting imbalance creates an environment conducive to parasite infestation.

Nutritional deficiency appears to contribute to parasites. Daily diet affects the body's internal environment, which plays a key role in determining whether parasites will pass through or infest the body. Parasites can enter the body by ingestion, inhalation, or through the skin (including through the bottom of the feet). They can also be transmitted via insects. Common sources of parasites include contaminated soil, fruits, vegetables and water; raw or rare meat; pets; mosquitoes; contact with feces (such as in daycare centers); and contact with someone who has parasites. Another factor that contributes to the growing parasite epidemic is the widespread use of drugs that suppress the immune system. Many of the drugs in common use today are immunosuppressive and therefore increase our susceptibility to parasitic infestation.

SIGNS & SYMPTOMS

Parasites can affect tissue anywhere in the body. Disorders that have been associated with parasites include arthritis, multiple sclerosis, appendicitis, weight gain and weight loss, cancer and epilepsy. Parasites can mimic other disorders, but they may also produce no noticeable symptoms at all. Some common symptoms of parasites include:

- Allergies
- Anemia
- Bed-wetting
- Brain fog
- Diarrhea or constipation
- Digestive complaints (gas, bloating, and cramps)
- Disturbed sleep
- Granulomas (tumor-like masses that encase destroyed larva or parasites)
- Irritability/nervousness
- Irritable Bowel Syndrome
- Joint pain
- Muscle cramps
- Overall fatigue
- Pain in the umbilicus (navel)
- Persistent skin problems
- Post-nasal drip
- Prostatitis (inflammation of the prostate gland)
- Ravenous appetite (or loss of appetite)
- Rectal itching
- Sugar craving
- Teeth grinding

Because parasites can get into the bloodstream and travel to any organ, they can cause problems that are often not recognized as parasite-related. This can result in an incorrect or incomplete diagnosis.

STEPS TO ADDRESS PARASITES

1. **HERBAL SUPPLEMENTS.** Use an effective, natural formula to help to combat parasites.
2. **CHANGE YOUR DIET.** Avoid eating or drinking foods that may be contaminated, such as unwashed fruits or vegetables, sushi or sashimi, unfiltered water, and raw or undercooked meats.
3. **AVOID WALKING BAREFOOT.** Always wear shoes, especially in grassy areas used by animals.
4. **PET PROTOCOL.** Avoid letting your pets sleep with you or lick your face. Wear gloves when cleaning pet areas, especially cat litter boxes.
5. **DRESS APPROPRIATELY.** Wear protective clothing when you are outdoors to avoid being bitten by mosquitoes.
6. **ADOPT HEALTHY HABITS.** Exclude foods and substances known to contribute to bacterial imbalance, including refined and processed foods, sugar of any kind, alcohol, refined carbohydrates, antibiotics, and steroids.
7. **ADD FIBER.** Slowly begin to increase your fiber intake with a balance of soluble and insoluble fiber, such as the natural balance found in flax.