

Source of Toxicity: Parasites

What are Parasites?

A parasite is an organism that is dependent on a host. 85% of the world's population is hosting at least one strand of parasite so it is nothing to be embarrassed about.

Why is a parasite a source of toxicity?

A parasite lives within, or on, humans and animals, feeding from their cells, their energy and the food they eat to survive. It is therefore very depleting for our system if we are hosting any kind of parasite and it could prevent us from healing fully from any condition. It's also believed that parasites like to live in toxic bodies and since most thyroid patients tend to be toxic, this is an ideal environment for them to live it.

A parasite, like any living organism, creates by-products, or toxins. Any toxins that a parasite produces as it digests and excretes within us, is going to be delivered to our bloodstream and therefore all our body's systems and cells... Yuck!

This toxicity is another foreign poison that our poor liver has to detoxify, another load which prevents it from doing other important jobs within our systems.

There are two main groups we are concerned with in the human body:

Protozoa are single cell organisms such e.g. Malaria/STAFF and even the common cold. These are microscopic and can make their way through our blood stream very quickly. Despite their size they can be the deadliest (malaria kills on child every 30 seconds!)

Multiple cell organisms are visible to the eye and these are commonly called tape worm, round worm, flukes and pin worm. Rather than affecting our blood systemically, these live within our intestinal tract and produce toxins whilst depleting us nutritionally.

A parasite will disrupt our delicate gut flora and heavily disrupt our digestive chemistry and function (we all know now how important a healthy gut is to our thyroid health!) In turn, an unhealthy, congested digestive tract is a perfect home for a parasite, so it attracts them even more. The more damaged our digestion, the



weaker our immune system, so the more susceptible to parasites we are...and so it goes on!

Another to watch out for are bacterial infections:

H.Pylori is a very common bacteria (more than 50% of world population) found in the stomach and the duodenum (part of the digestive tract after the stomach) which can lead to all sorts of unexplained stomach and digestive disorders, ulcers, hives and heavily affect digestion. Because it clings to the stomach lining despite the powerful HCL acid, it is a very persistent parasite.

Helicobacter pylori infection is a most frequent cause of chronic gastritis. H.pylori may decrease absorption of thyroid medication by decreasing gastric acid secretion in the stomach. You can get it diagnosed by doing a breath tests, blood test or endoscopy. There are many healing options ranging from natural herbal remedies to antibiotics. However, the easiest way to combat H.pylori is by increasing the amount of the hydrochloric acid in your stomach. Starting your day with 2 tbs of lemon or apple cider vinegar in a glass of water (or straight up if you can do it) is the best first-line of defense. If this fails, you might need to seek specific treatment recommendations from a qualified physician or herbalist. Always use antibiotics as the last resort. Treating h.pylori can be a long-term healing journey.

How do we get parasites?

- **Water.** Some protozoa such as 'Giardia' can even resist chlorine
- **Food.** The biggest risk is raw or rare meat and fish...Yes, sushi.
- **Animals.** Touching them and then our mouths or even 'kissing' them! DO NOT let your dog lick your face.
- **Each other.** We can pass on parasites through sexual contact with lovers, hand shaking in meeting, not washing hands in office or in public toilets.
- **How stomach HCL** – parasites thrive in a low-acidity environment.

How to avoid them?

The best technique is to avoid getting them in the first place. To avoid infestations:

1. Always wash your hands.
2. Freeze meat and fish before using them in cooking.



3. Never kiss your pets.
4. Wash all fruit and vegetables well before cooking them.
5. Keep your immune system strong so it will destroy them before they even get into your system.
6. Chew really well to get all your natural antibacterial saliva coating the food.
7. Chewing also increases production of hydrochloric acid in the stomach which should be able to kill a lot of invading organisms.
8. Make sure you check your children regularly as schools are a breeding ground for parasites (look out for itchy bottoms).
9. Detox your body regularly (twice per year) to minimize the toxicity in your body – parasites love to live in a toxic body.
10. Improve your stomach HCl, as highlighted above.

How do we know if we have them?

This can be the tricky part because parasites can give us symptoms which can be easily blamed on other causes.

What to look for:

- Skin conditions (like eczema, rosacea)
- Bloating
- Gas
- Appetite changes
- Anxiety
- Thyroid imbalances
- Frequent/recurring illness/virus
- Foggy Thinking
- Food Cravings
- Abdominal discomfort
- Itching
- Headaches

Unfortunately you cannot always rely on your GP to be able to detect a parasite. They can test for only a few of the thousands of strands of parasite and even then their methods are often flawed. For example, a stool sample may not display evidence of a parasite buried further up the intestinal tract.

If you are unsure it is best to treat them naturally with or without a diagnosis.

How to get rid of them?

Fasting with specific herbs which you are taking as part of the Hormones Detox are a really effective way to target most multiple cell invaders. It is essential you continue with a 30 day herbal program to destroy the full life cycle (egg/larvae and live adults).

However with some resistant strains such as H.Pylori (you can get this tested with your doctor easily), you need to do a more focused, long term treatment with a recommended naturopath or herbalist who is well versed in such treatment.

In all cases nutritional support is essential as if you have a parasite, you are almost definitely malnourished nutritionally and need extra vitamins and minerals as part of your daily routine.

Most of all, remember to treat parasitic issues with the same balanced approach we have discussed throughout the detox. It is impossible to limit all exposure to these pests and we will not be severely damaged by a small infestation. There is no need to be alarmed by this information, simply do your best to avoid risk factors and do a herbal cleanse. Problem solved! ☺

Sources and recommended further reading:

<http://www.ncbi.nlm.nih.gov/pubmed/21435090>

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