

# THE MYSTERY WORLD OF PARASITE

**Intestinal parasites** are parasites that populate the gastro-intestinal tract in humans and other animals. They can live throughout the body, but most prefer the intestinal wall. Means of exposure include: ingestion of undercooked meat, drinking infected water, and skin absorption. The two main types of intestinal parasites are helminths and protozoa. An intestinal parasite can damage or sicken its host. The major groups of parasites **include** protozoans (organisms having only one cell) and parasitic worms (helminths). Of these, protozoans, including cryptosporidium, microsporidia, and isospora, are most common in HIV-infected persons. Each of these parasites can infect the digestive tract, and sometimes two or more can cause infection at the same time.

## INFECTION

Parasites can get into the intestine by going through the mouth from uncooked or unwashed food, contaminated water or hands, or by skin contact with larva infected soil, they can also be transferred by the sexual act of anilingus in some cases and from pets. When the organisms are swallowed, they move into the intestine, where they can reproduce and cause symptoms. Children are particularly susceptible if they are not thoroughly cleaned after coming into contact with infected soil that is present in environments that they may frequently visit such as sandboxes and school playgrounds. People in developing countries are also at particular risk due to drinking water from sources that may be contaminated with parasites that colonize the gastrointestinal tract.

## SYMPTOMS

- Abdominal pain
- Weight loss due to malnutrition
- Weakness
- Immunodeficiency
- Nausea/vomiting
- Swelling of facial features
- Sweating
- Insomnia and nightmares
- Skin ulcers
- Rectal prolapse
- Mental problems
- Lung congestion
- Memory loss
- Night sweats
- Muscle spasms
- Hair loss or thinning
- Joint pain
- Dysuria
- Chills
- Chest pain
- Colitis
- Diarrhea
- Fever
- Dizziness
- Chronic fatigue
- Vaginitis
- Sugars craving
- Hitching bottom
- Headaches
- Digestive disturbance
- Coughing
- bloating

In some people, intestinal worms do not cause any symptoms, or the symptoms may come and go. Some parasites also cause low red blood cell count (anemia), and some travel from the lungs to the intestine, or from the intestine to the lungs and other parts of the body. Many other conditions can result in these symptoms, so laboratory tests are necessary to determine their cause. In children, irritability and restlessness are commonly reported by parents.

# CURE

Two common tests are used: stool samples may be collected to search for the parasites, and an adhesive may be applied to the anus in order to search for eggs. Prescription drugs are generally used to eradicate the parasites. Special poisons are tailored to kill one or more common varieties of intestinal parasites. It is best to repeat the treatment after two weeks to be sure that the parasites are all been killed. Good hygiene is recommended to avoid reinfection.

Embarking on a parasite cleanse can be extremely frustrating. You are dying to get those critters out of you, but have to work against the fact that a lot of times, parasites dictate your cravings. Another frustrating point is that different parasites feed on different foods to thrive. So in order to really do some damage, a general parasite cleanse can be a great help but it's also necessary to consume a wide range of foods that irritate parasites to ensure you have killed the various types. So a diet which includes special food against parasites is the best way to prevent it.

## DIET AGAINST PARASITE...WHAT TO EAT:

- Garlic(Raw or in pills)  
*(One of the number one ways to kill parasites.  
Uno dei piu efficaci cibi contro I parassiti.)*
- Pumpkin seed(Can help to get rid of tapeworms)
- Pumpkin, sweet potato, squash (Vit A.)
- Carrots( Vit. A)
- Papaya and seed  
*(Papaya seeds contain enzymes that help to digest protein. They can be chewed, but watch out, they are as hot as mustard seeds.  
I semi della Papaya hanno enzimi che favoriscono la digestione di proteine. Si possono masticare, ma attenzione sono speziati come i semi della mostarda.)*
- Pineapple  
*(Pineapple contains the digestive enzyme bromelain. A diet rich in pineapple can help to clear certain parasites such as tapeworms. Vitamin A is thought to increase resistance to penetration by larvae)*
- Turmeric
- Cloves  
*Cloves kills the parasite eggs that may be lingering in the intestinal tract.*
- Beetroot
- Anise
- Gentian
- Neem
- Olive leaf
- Oregano
- Propolis
- Oregon grape
- Thyme
- Barberry
- Apple cider vinegar before eating  
*(Increase stomach acids with Apple Cider Vinegar prior to your meals.  
This will keep the stomach free of parasites and will also ensure that you will kill off any larvae you inadvertently eat with your meals.*
- Fennel

- Cranberry
- Coconut oil  
*Contains lauric acid which is found in coconut products. Coconut oil is about 50% comprised of this saturated fat which after converted by the body creates a substance that efficiently kills parasites, yeasts, viruses, and pathogenic bacteria in the gut*
- Wormwood
- Black walnut  
Black walnut hull and wormwood kill the adult and developmental stages of around 100 different types of parasites. All three are essential.
- Cinnamon
- Chillie
- Cayenne
- Nutmeg
- Grapefruit seed
- Mangoes
- Avocado
- Alfalfa
- Wheat grass
- Barley grass
- Spirulina
- Miso
- Apples
- probiotics such as Lactobacillus acidophilus,
- Bifidobacteria, and L. bulgaricus can help to rebuild beneficial intestinal bacteria.
- A lot of Fibre
- Buckwheat
- Carrots Juice
- Cranberry Juice

**WHAT TO AVOID:**

- Coffee
- Refined sugar
- Alcohol
- Processed food

## **TRAVELLERS**

Travellers could be expose to a higher risk of getting parasite, especially if they are travelling in third world countries, where the hygiene is poor and the water is not safe. Is always better to avoid raw fruits and vegetables, if you are not sure with which water they have been washed.

Meat or fish not cooked properly are not safe to eat. Warm food also, could get contaminated in the while is seating on a food market or a shop. My advice is to be careful, but to enjoy your trip too. And once you have returned home is good to do a double treatment with parasite's killers whit two weeks of gap.

