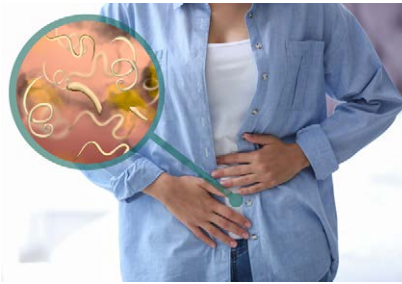


Parasites

Evicting the Unwelcome Guests



Squatters are people who move into an empty home and pretend they live there or renters who stop paying rent but continue to occupy the dwelling. Evicting these unwelcome occupants can be challenging and sometimes require difficult legal battles. And, even after a successful eviction, the dwelling often needs extensive repairs to fix the damage done.

Parasites can act like squatters in the body. They move in and consume and compete with the body for nutrients and refuse to leave. They are also challenging to evict and cause damage to the body. Parasites are a common, and frequently undiagnosed, component of chronic health problems and evicting them is necessary to restore health.

When most people think of parasites, they typically think of intestinal worms, like tapeworm and roundworm, but certain single-celled organisms like amoebas, *Giardia* and yeast can also be squatters. If we include these single-celled parasites, the majority of people have some unwelcome occupants that need to be evicted. So, if you're not feeling well and can't quite figure out what's wrong, consider filing an eviction order by doing a parasite cleanse. This is especially wise if any of the following apply to you.

1. If you have pets, it's wise for everyone in the family (pets included) to do a parasite cleanse at least once per year. Pets can easily pick up parasites and pass them onto family members.
2. If you've traveled abroad and noticed a decline in your health after returning, that's another good reason to do a parasite cleanse. It's easy to pick up squatters while traveling.
3. If you have symptoms like teeth grinding, anal itching, severe weight loss, diarrhea or alternating diarrhea and constipation, or experience chronic digestive pain or upset, you can try doing a parasite cleanse to see if it helps you feel better, as parasites may be the underlying causes of problems like these.
4. Also consider doing a milder parasite cleanse if you have symptoms of intestinal dysbiosis, such as gas and bloating, frequent belching, brain fog, fatigue, constipation or diarrhea, reduced immunity, and even nervous problems like insomnia, anxiety, and depression.

If any of these things apply to you, it's worth trying a parasite cleanse. Because, even if you don't have parasites, doing a cleanse won't hurt you. In this issue of *Sunshine Sharing*, we'll talk about some of the unwelcome guests, how to do a parasite cleanse, and tips for dealing with parasites in children and pets.

Identifying the Squatters

There are over 1,000 organisms that are known to play a parasitic role in human beings. Some of the more common ones include the following.

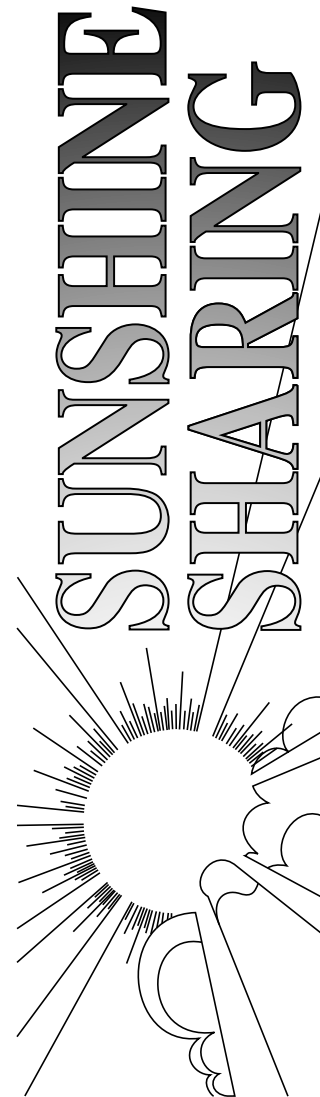
Nematodes (worms)

Nematodes are tiny worms such as pinworms (*Enterobius vermicularis*), whipworms (*Trichuris trichiura*) and hookworms (*Ancylostoma duodenale* and *Necator americanus*). The most prevalent of these are pinworms. They are highly contagious and easily passed among children at school or around the family.

Pinworm eggs can contaminate clothing, bed linens and toilet seats. When the eggs are ingested, the worms hatch in



Continued on page 2



Your guide to better health the natural way

Vol. 35 No. 7

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to comments@treelite.com.

Copyright © 2024

Steven Horne Creations, LLC

P.O. Box 1868, Cedar City, UT 84721

Copying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne

Editor: David Horne

Associate Editors: Carolyn Hughes, Katie Horne

Continued from page one

the intestines and their eggs are passed from the rectum. Pinworms can also infect the vulva, uterus and fallopian tubes.

Fortunately, pinworms are one of the easier parasites to detect because they cause rectal itching. If one examines the rectal area at night with a flashlight, the worms appear as white threads at the anal opening.

Other nematodes can cause more serious intestinal problems, damaging intestinal walls and causing nutritional deficiencies, anemia, and infections. These may require medical diagnosis and attention, but an herbal parasite cleanse will still be helpful.

Tapeworms

Tapeworms (*Taenia saginata*—beef tapeworm and *T. solium*—pork tapeworm) are emotionally disturbing because of their size. People can get tapeworms from eating improperly cooked beef, pork or fish. They are composed of 3,000 to 4,000 segments per worm. New segments are formed near the head, and the ones on the end are cast off with egg packets.

When passed, the segments look like grains of uncooked rice or cucumber seeds. This is one way tapeworms can be diagnosed. Other symptoms of tapeworms include diarrhea or constipation—or alternating diarrhea and constipation. Some people lose weight with tapeworms, but it is more common for the host to be overweight and retaining water.

Single Celled Squatters

Various single-celled organisms can also be squatters, such as *Giardia*. *Giardia* is the most common cause of waterborne disease in the United States. These protozoans are picked up by drinking contaminated water. Symptoms of *Giardia* include diarrhea, gas, upset stomach or stomach cramps, nausea and/or greasy stools that tend to float. Symptoms usually appear 7-14 days after exposure. To avoid *Giardia* never drink water from lakes, rivers, or streams without treating the water first.

Fungus like *Candida albicans* can also be squatters. An overgrowth of yeast can cause digestive upset, brain fog, cravings for sugar, and reduced immunity. Yeast overgrowth is common after a person has had rounds of antibiotics or chemotherapy.

Ringworm is not caused by a worm. It is a fungal infection of the skin that forms an itchy, circular rash. It's related to athlete's foot and jock itch. Signs and symptoms include a round patch of itchy skin, a clear or scaly area inside a reddish ring, or overlapping rings.



Helicobacter pylori is an example of a bacterial squatter. *H. pylori* is involved in the development of ulcers, but can produce stomach inflammation (gastritis), dull burning pains in the stomach, which get worse when your stomach is empty, bloating, burping, and loss of appetite. If you suspect you may have *H. pylori* there are medical tests which can be used to detect it.

Your Herbal Eviction Allies

There are many herbal remedies that have antiparasitic activity. Some are mild and can be used regularly. The milder ones are also safer for children and pets. Mild antiparasitic herbs are indicated by the letter M after their name.

Stronger antiparasitic agents are not suitable for children under 12, small pets, pregnant mothers, or nursing mothers. They should also be taken for shorter periods (usually 2 weeks or less). These are indicated by the letter S after their name.

Black Walnut (M): The hull of the black walnut is used for parasites, but also has general antimicrobial properties to help correct dysbiosis. It is believed to help kill parasite eggs. It is also one of the best antiparasitic remedies for children and pets. It can be safely taken for months instead of just weeks. A tincture of the green hulls is the most potent remedy, but even the powdered herb in capsules can be effective in higher doses.



Clove Bud (M): This pungent kitchen spice was introduced as a parasite cleansing agent by Dr. Hulda Clark, who used it along with wormwood and black walnut as a strong parasite cleanse. For adults, it is taken internally in capsules (1-2 500 mg. capsules a day). For children, the essential oil is diluted in a fixed oil and massaged on the belly.

Garlic (M): When raw garlic is crushed it forms allicin, which is a potent antiparasitic, antifungal, and antibacterial agent. Allicin rapidly degrades into other compounds, making dried garlic less effective. Raw garlic has been used for expelling worms (pinworms, roundworms, hookworms, tapeworms), *Giardia*, amoebic dysentery and yeast.

One of the most effective ways to use raw garlic as an antiparasitic agent is to use a garlic enema. Blend 1-2 cloves of raw garlic in one pint of water. Strain out the garlic pulp using a fine cloth and then use a syringe or enema bottle to inject the solution rectally. The solution should ideally be held for a few minutes before going to the bathroom. This can be repeated daily for two or three days.

Raw garlic can also be taken orally. (Eat 2-4 cloves a day.) A *Stabilized Allicin Formula*, which contains garlic where the allicin is stabilized is also an option (1 tablet twice daily).

Goldenseal (M): is recognized in the materia medica of many countries as an effective remedy for *Giardia*. The required dose is high—ten grams per day (about 20 capsules) for ten days. You can also take 6-8 capsules per day of activated charcoal to help stop the diarrhea associated with *Giardia*.

Male Fern (S): This potentially toxic herb is used to expel worms and is most safely taken as part of a formula.

Mugwort (S): A close relative of sweet annie and wormwood mugwort is an antiparasitic agent that is best used as part of a formula. It is also a strong uterine stimulant which should never be used during pregnancy.

Neem (S): This Ayurvedic remedy is antibacterial, antifungal, antiviral, and antiparasitic. Capsules of the leaf powder or tinctures are used in parasite cleanses. Neem oil should not be used.

Paw Paw (S): The twigs, unripe fruit, and mature seeds of the American paw paw tree contain acetogenins. Acetogenins help to destroy parasites, bacteria, viruses, and yeast by depriving them of the energy they require to reproduce. A standardized extract is the best way to use paw paw. For parasites take one capsule two or three times daily for 10-14 days along with other antiparasitics.

Pumpkin Seed (M): Pumpkin seeds are a traditional remedy for intestinal worms, such as tapeworm and ringworm. The crushed seeds appear to immobilize worms and help the body expel them.

Quassia (S): The bark or wood chips of this South American tree have been used orally and rectally for intestinal parasites. They are also a bitter digestive tonic and have been used to treat malaria. Quassia is typically used as part of an antiparasitic formulas.

Sweet Annie (S): This member of the *Artemisia* genus contains a sesquiterpene lactone, artemisinin, which has anticancer, anti-malarial, and antiparasitic effects. It is usually used in a formula.

Tansy (S): This is another relative of mugwort and sweet anise. It's a potent antimicrobial and antiparasitic, as well as a strong uterine stimulant. It's a potentially toxic remedy that should be used internally with caution or as a small part of a formula.

Wormwood (S): This *Artemisia* species is a strong digestive stimulant that also helps expel parasites, especially pinworms. It's also a strong digestive stimulant. Wormwood should be used internally only for short periods of time. It's best used as part of a formula.

Parasite Cleansing Formulas

The following are useful formulas containing some of the above remedies. Again the letter M indicates a milder remedy, while S indicates a remedy with the same cautions as the single herbs.

Antifungal Formula (M): This blend is targeted at yeast, but it also helps knock down infectious bacteria and has a mild antiparasitic effect. It contains pau d'arco, garlic, and Mexican oregano.

Antifungal Formula with Caprylic Acid (M): This blend contains caprylic acid, a medium-chain saturated fatty acid that helps the body fight fungal and bacterial infections. It also contains black walnut and eucalyptus.

Antiparasitic Formula with Pumpkin Seed (M): This is a gentle anti-parasitic formula containing black walnut and pumpkin seeds. It is a good formula for children and pets.

Antiparasitic Artemisia Blend (S): This stronger antiparasitic formula contains sweet anise and mugwort, along with clove buds, garlic, and eucalyptus. This formula may be helpful for nematodes and for getting rid of yeast and bacteria causing dysbiosis. It may even help eliminate tapeworms when taken in higher doses (2-3 times the label recommendation).

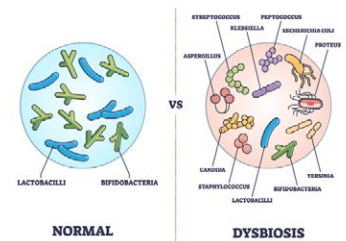
H. Pylori-Fighting Formula (M): This blend contains pau d'arco, cloves, eucalyptus and licorice, which were tested and proven effective against *H. pylori* bacteria, but are also helpful for yeast overgrowth and other microbes associated with dysbiosis.

Parasite Cleanses

Let's look at some specific parasite cleanses and techniques.

Pre-Packaged Yeast Cleansing Program

If you have signs of intestinal dysbiosis, but don't believe you have parasites like worms, this 14-day *Pre-Packaged Yeast Cleansing Program* is a good option. It will help to evict yeast, harmful bacteria, and even some parasites.



This program contains two different packets of remedies. The first packet contains antifungal supplements like the *Antifungal Formula*, the *Antifungal Formula with Caprylic Acid*, *Caprylic Acid*, and *Pau d'Arco*. The second packet contains an enzyme formula with cellulase, protease concentrate, amylase, and other enzymes.

The first packet should be taken three times a day with meals. The enzyme packet is taken twice daily between meals. The enzymes help break down intestinal biofilm. Biofilm is an external structure microbes use to colonize an area. It protects them from the antimicrobials. The dental plaque that forms on your teeth is a biofilm. By breaking down the biofilm, the enzymes expose the yeast and bacteria to the antimicrobial agents.

Additional Suggestions for Dysbiosis Cleansing

A yeast cleanse will be much more effective if you avoid all simple carbohydrates during the cleanse. This includes refined sugar, high fructose corn syrup, white flour, and white rice. It's best to focus the diet on protein and vegetables while on the cleanse as this also helps create a better environment for friendly flora.

It's also important to drink plenty of water, 6-8 glasses a day, during the cleanse. If the bowels are not moving at least once a day, also consider adding a *Stimulant Laxative Formula*, containing cascara sagrada, buckthorn and/or Turkey rhubarb. If you suspect that you might have an *H. Pylori* infection add two capsules of the *H. Pylori-Fighting Formula* twice daily to the cleanse. After doing the cleanse, take probiotic supplements to help establish a healthy microbiome.

Pre-Packaged Parasite Cleansing Program

A *Pre-Packaged Parasite Cleansing Program* is an effective cleanse for getting rid of parasites. It contains the *Antiparasitic Formula with Pumpkin Seed*, the *Antiparasitic Artemisia Blend*, a standardized extract of paw paw acetogenins, and black walnut. Take one packet, which contains all four formulas, twice daily 15-20 minutes before breakfast and dinner. Be sure to drink plenty of water (6-8 glasses a day).



After completing the first cleanse, wait seven days and repeat the cleanse for another ten days. The reason for doing this is that

Continued on page 4

This issue of *Sunshine Sharing* is provided by:

AskMara.com & Energy Wellness Products

Mara Gerke

9898 N 200 E, Decatur, IN 46733

Phone: 800-728-2425

Website: <http://www.askmara.com/>

Email: askmara@gmail.com



Notice: This issue of *Sunshine Sharing* has been created for use by **AskMara.com & Energy Wellness Products** to send to their customers and NSP down-line. Printing for personal use is allowed. It is not permissible to modify this document or distribute it.

Continued from page 3

the first cleanse removes the parasites but may not remove all their eggs. The rest period allows the eggs to hatch so the second round of the cleanse can get rid of these newly hatched parasites before they have a chance to lay any more eggs.

Additional Suggestions for Parasite Cleansing

If you are constipated (less than one bowel movement per day) or have hard, dry stools you may wish to do a colon cleansing program first, or at least take a *Stimulant Laxative Formula* for a few days to get your bowels moving better before starting a parasite cleanse. Take the laxative formula in the evening if you do not have at least one bowel movement per day while on the cleanse.

During the parasite cleansing program, it is helpful to avoid simple sugars, refined carbohydrates, alcohol and caffeine. It's helpful to eat a lot of vegetables.

Since family members unwittingly share parasites with each other, best results are obtained when all family members do a parasite cleanse at the same time. If you have pets, it may be a good idea for you to give them some antiparasitic remedies, too.

This parasite cleanse is not for pregnant women, nursing mothers or children under 12. If you develop loose stools or abdominal pain discontinue the cleanse.

If you're treating pinworms, you should also take precautions to prevent pinworms from spreading by washing bed linens, bed clothes and underwear of the entire family, having the infected person take daily morning showers to remove eggs deposited in the rectal region during the night, disinfecting toilet seats, bathtubs, sinks and door handles daily, and being sure everybody washes their hands (and fingernails) before meals.

Parasite Cleansing for Children

You can help eliminate parasites from children (ages 2 and up) by giving them milder antiparasitic remedies. For younger children give them black walnut extract (1/2-1 teaspoon) twice daily with water. For older children give them 1-2 capsules twice daily.

You can also give children two *Papaya Enzyme Tablets* (containing papaya fruit and peppermint) in between meals. You can also give them raw pineapple to eat between meals. The papain in papaya and the bromelain in pineapple are proteolytic enzymes that can aid the elimination of parasites.

Another method for eliminating parasites in children is to dilute the essential oil of clove, tansy, or cedar in olive oil using 10-20 drops of olive oil for each drop of essential oil. Massage this onto the abdomen twice daily for three to five days.

Older children can take two capsules of an *Antiparasitic Formula with Pumpkin Seed* along with two capsules of black walnut twice daily with breakfast and dinner. They can also take one capsule of a protease enzyme between meals.

For worms, it can be helpful to also give a child a garlic enema. Follow the directions listed under garlic.

Parasite Cleanse for Pets

All the antiparasitic remedies can also be used with dogs and cats. For smaller pets stick with the milder remedies or smaller doses of the stronger remedies. A good choice is to mix black walnut and an *Antiparasitic Formula with Pumpkin Seed* with their food. This can be done on a regular basis to help prevent parasites. The dose would be one capsule of black walnut and one capsule of an *Antiparasitic Formula with Pumpkin Seed* for a twenty pound pet. Adjust the dose up or down depending on the pet's weight. You can also mix diatomaceous earth with pet's food to both prevent and eliminate parasites.

Additional Help and Information

For more information about parasites contact the person who gave you this newsletter. You can also consult the following resources:

Guess What Came to Dinner: Parasites and Your Health by Ann Louise Gittleman

Parasites: The Enemy Within by Hanna Kroeger and Jerald Foote

Strategies for Health by Steven Horne