

Q. What are parasites and how do you get rid of them?

R. Parasites come in many forms, microscopic to very long as in tapeworms. They can be picked up from anywhere in the world, though many more exist in the hot, tropical areas versus the colder climates. They can be picked up through contaminated water & food. You can be a meat-eater or a vegetarian, it doesn't matter. Parasites can be picked up from vegetables, fruit, meat etc. One of the factors to lessen your exposure is to wash all fruits and veges in a peroxide solution using 35% foodgrade peroxide. (Check your bottle for proper dilution etc.) With meat it has to be cooked enough to kill the eggs or cysts. Usually with meat it is the worms you are concerned about. Hence, don't eat pink pork, pink ground beef or pink chicken or turkey. Steaks and roasts can be slightly pink or could be even rare. The factor is "handling by contaminated hands" and anything ground is handled more, so it must be cooked more thoroughly. For the poultry you are concerned about Salmonella as well...which is a bacteria.

Also, parasites are attracted to "garbage dumps" so you must keep your body clean. Do a colon cleanse two times per year. Fall and Spring are the best times for this. Make sure the cleanse includes Bentonite Clay, Psyllium, Ground Golden Flax, and some herbs or mixtures to take for parasites like Caprylic Acid, Black Walnut, Wormwood, Cloves, Elecampane, Garlic, Quassia, Mandrake etc. There are many things that can be used to get rid of parasites including some very good homeopathic remedies so you may need to be tested in order to determine exactly what will work for you.

Make sure you stay away from refined foods and preservatives and eat organic foods. Even if you do all these things you could get a parasite or many altogether. Look for signs of tiredness, itchy nose, hang nails, cravings for sweets, nail-biting, trouble sleeping etc. You could have diarrhea, but you may not. Sometimes people become constipated with parasites. The big thing is to do something about it early because it can take up to 1 year to have your gut turned around if you let it go on for a long time...like more than 3 months. The parasites set up "house" in your guts so they have a nice place to eat, sleep and reproduce! Gross but true! Take care of your parasites before they take care of you!