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“When attending to a sick animal, a veterinary surgeon will often facilitate the healing process by starting with a de-worming (anti-parasite) program. Ironically, that’s usually the very last consideration in human healing.”

- Marna Coetzee

What is a parasite?

A parasite is an organism that lives off another organism. Parasites living inside the human body will feed off our cells, our energy, the food we eat, and even the supplements we take. If parasites have invaded our bodies many of the diseases we develop can merely be the symptoms of infestations of microscopic viruses, bacteria, moulds, fungi, protozoa, fluke and worms.

There are over 3000 varieties of parasites that fall into one of 4 categories:

- Tapeworms**- up to 12 meters in length in the intestinal tract; infected from beef and pork.
- Roundworms or Threadworms**- from 0,2 cm to 35 cm long can establish themselves in our intestinal tract, lymphatic vessels, pancreas, heart, lungs, liver or body cavities.
- Protozoa** - are microscopic single-celled parasites, that can enter our bloodstream and migrate to all body parts.
- Flukes** – can be 1 cm to 2,5 cm long, and travel through the tissues into the liver, kidneys, lungs or intestinal tract.

Parasites can mimic other disorders and or produce no noticeable symptoms.

Symptoms of parasite infestation

- | | |
|--|---|
| Irritability / Nervousness, Low-grade fever | Digestive complaints (gas, bloating, cramps) |
| Brain fog, Overall fatigue, Disturbed sleep | Stomach pain |
| Light sensitivity, Dark circles under the eyes | Persistent skin problems |
| Headaches/neck aches/back aches | Muscle cramps, Joint pain |
| Nose picking, post-nasal drip, Coughing | Itchy anus or ears, Prostatitis |
| Nail biting, Swollen glands, Teeth grinding | Granulomas (tumour-like masses that encase destroyed larvae or parasites) |
| Food and environmental sensitivities | Diarrhoea or constipation, Bedwetting |
| Sugar cravings, Weight loss (or gain) | Mucus in stools, Foul-smelling stools |
| Ravenous appetite (or loss of appetite) | |

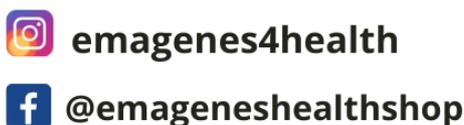
Sources of contamination

- Contaminated soil, fruit and vegetables
- Polluted water/tap water, raw or rare meat
- Pets, Insect carriers – Mosquitoes, spiders, ticks etc
- Contact with faeces
- Contact with someone who has parasites

Recommendations

- Take a 3-DAY VERMOX TO START WITH (optional), and then a **herbal dewormer** for 3 weeks. In severe cases, it might be necessary to use it for up to 3 months. We recommend a herbal parasite cleanse every six months.
- Take more **fibre** for cleansing. It is important to have one or more bowel movements a day.
- The **die-off** or Herxheimer reaction of departing parasite infestations may cause symptoms like headaches, nausea, tiredness, flu-like symptoms, irritability, cramps and skin rashes. To ease symptoms, incorporate **other detox methods**.
- Drink water !!
- After deworming it is advisable to treat/cleanse your liver/kidneys for 3 months.

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.

Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.