

## **Suggestions for Parasites**

**Indications** – Parasites can cause a multitude of illnesses/symptoms that mimic other diseases and conditions. They generally go to the intestines first but then can travel through the bloodstream and settle in any of the organs Symptoms include anemia, allergies, chronic fatigue, constipation, diarrhea, restlessness, eating disorders, grinding teeth, tumors, AIDS, cancer, bloating, immune dysfunction, arthritis, irritable bowel syndrome, anal itching, B vitamin deficiency conditions, craving dairy products, always present in cancer patients

**Causes** – Parasites enter the body in a variety of ways, contaminated food and water, walking barefoot, insect bites, eating raw meat/seafood, transferred by pets, children and others residing in the household, breathing dirty and dusty air, sexual contact

**Good foods** – Garlic, psyllium husks, pumpkin seeds, flaxseeds, beet roots, apple cider vinegar, blackstrap molasses, complex carbohydrates, cooked fruits and vegetables, squash, sweet potatoes, papaya, pineapples, pomegranate juice, onions, kelp, cabbage, blackberries, ground almonds

**Harmful foods** – raw or undercooked meat, fish and pork, sugar, milk and dairy products, raw fruits and vegetables unless soaked in grapefruit seed extract or chlorine, water from lakes and streams

**Alternative treatment for parasites** – Wormwood tincture or capsule, black walnut hull tincture, cloves, garlic, goldenseal 1 mg 3 times/day, aloe vera, grapefruit seed extract, Vitamin A, Vitamin B-12, calcium/magnesium, probiotics, psyllim husks, turmeric, bentonite clay, neem, piper longum. It is best to start a parasite cleanse five days before a full moon. An effective parasite cleanse will last at least six weeks in order to address larvae

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.