

## **Parasites**

**One of the most undiagnosed health challenge is parasites.**



Before you read over the following list of symptoms, you need to understand how and why parasites make us sick. Parasites are the HIDDEN DISEASE, they can occur ANYWHERE in the body, in EVERY organ, in ALL tissues, and in the blood. Parasites can cause problems that mimic other disorders and are not diagnosed as being parasite related.

The signs and symptoms of parasite infestation:

**Itchy ears, nose, anus**

**Constipation/diarrhea**

**Forgetfulness/ Brain fog**

**Persistent skin problems**

**Chronic gas and bloating**

**Overall  fatigue /  lethargy**

**Intense Sugar cravings**

**Ravenous appetite**

**Allergies/intolerances**

**Nasal itching/picking**

**Skin eruptions/markings**

**Still feel hungry after eating**

**Blurry or unclear vision**

**Joint pain /  Muscle  cramps**

**Anemia**

**Numb hands or feet**

**Burning sensation in the stomach**

**Women: problems with menstrual cycle**

**Drooling while sleeping**

**Craving dirt, clay, charcoal**

**Men: sexual dysfunction**

**Grinding teeth while asleep**

**Many people have them**

In reality, the health of the North American population is deteriorating. We may be living longer, but we are not living healthier, and the quality of life for the average North American over the age of 45 has decreased significantly in the last 10 years. So how has the situation gotten to this point? Well, there are many factors involved, but one of them is the existence of parasites in the human body. Parasites do not only occur in the Third World countries. They are in every country of the world.

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**The Parasite Menace**

What exactly is a parasite? A parasite is an organism that lives off the host, the host being you

or me. The parasite lives a parallel life inside our bodies, feeding off either our own energy, our own cells or the food we eat, or even feeding off the health supplements we use. In recent medical studies, it has been estimated that 85% of the North American adult population has at least one form of parasite living in their bodies. Some authorities feel this figure may be as high as 95%.

The immediate question that comes to mind when people are informed of this situation is: How can a parasite possibly live in my body and I don't even know it is there? The answer to this is simple. The purpose of a parasite is to not make itself known. A smart parasite lives without being detected because if it is detected, of course, something is going to be done to eradicate it. They are highly intelligent organisms, not intelligent in the same way humans are, but they are intelligent in their ability to survive and reproduce, which is of course, the purpose of any organism on this planet.

So how can a parasite exist in the body without making its presence known? If you know how to read the body and how to interpret its signals, then the presence of a parasite can be determined. However, if you accept that it is normal to have low energy levels, health challenges, skin rashes, pains, frequent colds, flu and constipation (the list is endless for the things parasites will cause), then you may never question whether you have parasites.

### **Parasites: Hard To Detect and Hard To Get Rid Of!**

If you were tested by a doctor for parasites, chances are the results would come back negative. Does this mean you do not have parasites? Unfortunately, medical testing procedures only catch about 20% of the actual cases of parasites. There are over a 1,000 species of parasites that can live in your body; tests are available for only approximately 40 to 50 types. This means doctors are only testing for about 5% of the parasites and missing 80% of those. This brings the ability to clinically find parasites down to 1%.

Once you've established that you do have parasites, taking drugs to get rid of them may not always work. This is because a drug will often drive a parasite from one organ of the body to another.

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#### **Parasites Eat Human Bodies**



How, then, do you determine if you have parasites? In order to understand how this is determined, you have to understand what a parasite does. A parasite eats, lays eggs and secretes. Sounds pretty simple, doesn't it? First let's look at the "eats" part. Depending on the kind, parasites will eat different things. Some parasites love sugar, for instance. If you are a person who craves sugar, you may have a sugar loving parasite. In fact, parasites are known to be one of the causes of diabetic tendencies and blood sugar discrepancies. These parasites live off the food that goes into your body. They exist mainly in the digestive tract, but can be found in the liver, as well as throughout the body.

Other parasites actually get their nutrition directly from the cells of the body. They can literally attach themselves anywhere and suck nutrition out of the cells. These parasites are significantly more dangerous because they can travel to places in the body where they can do a lot more damage than a parasite living exclusively in the digestive tract.

As if it wasn't bad enough to have an uninvited guest living in your body, the parasites eat your nutrients before you do! They grow healthy and fat, yet your organs and skin starve for nutrition. What's more, parasites can remain in your body for 10, 20, or even 30 years.

### **Parasites Reproduce Quickly**

There are two major categories of parasites: Large parasites, which are primarily worms and small parasites, which are mainly microscopic in size, including what are called protozoa and amoebae. Despite their almost invisibility, small parasites can be dangerous. Microscopic parasites can get into your joints and eat the calcium linings of your bones. This can lead to arthritic tendencies. They can also eat the protein coating on your nerves (the myelin sheath) and this can cause a disruption in the nerve signal from the brain. One type of tiny parasite which infects the colon is called *Entamoeba Histolytica*. This type of infection can also be found in the liver, the lungs, and the brain. The disease is called amebiasis, and is often transmitted via contaminated food or water.

Large parasites, which are the worm type, are usually large enough to be seen by the naked eye. Some can be up to 10, 12 or even 15 inches long and in most cases cannot travel to other parts of the body, other than the digestive tract. Although, in tropical countries there are cases of worms actually burrowing out of the digestive tract into blood vessels and muscles of the

body, where they can do significantly more damage. This is incredibly rare in North America. It never ceases to amaze me, when I hear about an adult passing a worm in total amazement, that they could have had such a creature living inside of their body for possibly years.

The smaller organisms, the protozoa and amoebae, can function almost like bacteria by traveling through the bloodstream to virtually any part of the body. They reproduce without laying eggs and behave more like an infection in the body than do the larger parasites.

The larger parasites are worms which reproduce by laying eggs. Eggs are deposited in the anal tract, where they stick to the walls of the intestines. When the eggs hatch, the young feed on the food that we eat and eventually grow into adults. The adults then repeat the process. The smaller parasites reproduce without the process of laying eggs. They reproduce by duplicating themselves in a manner similar to bacteria or viral reproduction.

### **Parasites Secrete Toxins**

The third thing that parasites do is secrete. All organisms secrete something, whether it be lubricants, waste materials, protective liquids for warding off viruses, bacteria and other harmful organisms, or secretions to help attract food. No matter what the secretion is - the secretion can be a toxin of the host organism. Simply put, the secretions from parasites in our bodies are poisons and toxins that our bodies are forced to deal with by increasing the process of detoxification.

On the other end, a chronic parasitic infection secreting low levels of toxins can create an extremely stressed immune system which may allow varied health challenges to develop. When the immune system is stressed over a long period of time it, of course, becomes weak. When the immune system becomes weakened, our bodies become susceptible to infections of other kinds. This can be an extremely dangerous situation in this day and age because we are exposed to more viruses than ever before. Also, they are changing and adapting at a very fast rate as are the bacteria, many of which are now resistant to antibiotics and other artificial measures that are used to combat them.

A healthy immune system is one of the primary sources of energy in the human body. People with a weakened immune system tend to feel tired all the time - some people refer to this as Chronic Fatigue Syndrome. If this sounds like you or someone you know, you may want to seriously consider the possibility of a depleted immune system caused by chronic parasitic infection.

## **Parasites Create Toxic Overload**

If parasites secrete toxins into our bodies that the bodies have to neutralize, and we happen to be one of those people who drinks alcohol, smokes cigarettes, eats junk food and breathes polluted air, the extra stress and strain on the body's cleansing system can be enough to push the body into what we call toxic overload. Toxic overload occurs when the four cleansing systems of the body have been pushed too far by an overload of toxins in the body. Parasite toxins in the body are one more thing a toxic body does not need. There are four cleansing systems of the body: the lungs, kidneys, skin and bowel. With toxic bowel syndrome, the excess of toxins absorbed from a clogged bowel goes to the liver.

The liver is then overburdened, eventually unable to cope with the toxic load and the toxins start to spill into the bloodstream. Once this happens, the kidneys, lungs and skin have to take over the job of cleansing and they too become challenged in their ability to remain healthy.

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#### **How Do We Get Parasites?**

So how do we get parasites? Well, let's have a careful look at this. If 85% to 90% of the adult population have parasites, and the parasites' goal in life is to live and reproduce, then the parasite needs to find a new place to live when its host perhaps isn't going to be around anymore.

Here is a list of ways parasites can get into your body: shaking hands, sharing someone else's soda can, kissing (even on the cheek), intimate sexual contact, and believe it or not, you can get parasites by inhaling dust which contains the dried form of these organisms. You can get parasites from the water of any of thousands of lakes, rivers, streams and creeks in North America. You can get parasites from eating meat. Another source of parasites is salads. The distressing thing about parasites is that if you get rid of them, you can easily be reinfected. Married couples tend to have them together, and if one person is treated for the parasitic infection, they are often reinfected by their spouse. It is extremely important that both be treated at the same time, and in many cases, the children should be treated along with their parents.

#### **How You Can Help Prevent Infestation.**

Follow the age old advice of DON'T DRINK THE WATER – especially on camping trips, while traveling in foreign countries and when swimming in public places. Filtering your home drinking water also helps, as does boiling water to drink while away from home (camping, in foreign countries, etc.). Avoid putting your hands in your mouth or touching your face and wash your hands often when out and about shopping, eating out, etc. Worm your pets (and livestock) twice per year and do not walk barefoot where animals have been known to defecate. Do not allow animals to lick you in the face or mouth. Thoroughly cook all meats – stay away from raw meats (including sushi) and cold cuts (including hot dogs) if possible.

Thoroughly wash all fruits and vegetables before consuming. Do regular colon cleansing with anti-parasitic herbs for you and your family at least once per year to stay clear of any parasitic infestations! **How do we Naturally Remove these Parasites?**

Generally, fairly strict dietary guidelines are necessary with controlled eating habits and no snacking. Of course, all sweet fruits and items with sugar must be eliminated. The colon needs to be cleansed first for about 7 - 10 days which should be a herbal cleanse with some cholonthyrophaty for some cases. Enemas with herbs is very effective. For some people, a liver detox is also necessary since it is often due to low bile output from the gallbladder and liver the allows them to survive initially in the intestinal tract. Herbal formulas, generally wormwood, black walnut and clove are used in Western herbalism with complementary formulas in other traditions. Cooking with and consuming juices with garlic is also integrated in the protocol were clearly intestinal parasites have been detected. If they are not in the intestinal tract the the process is longer and more intense to drive them them out of other tissue or organs. Again herbs are the main tool here. At least 30 days is required to remove any infestation and kill any that are unhatched. Its best to seek professional assistance so you don't waste your time.

I have found that a milder dose of parasite killing herbs over a longer period of time is the MOST EFFECTIVE way to rid your entire body of parasites and their toxins. Your body does not go into shock - and all parasites, larvae and eggs are removed over a thirty day period. Most parasites are destroyed within the first week of treatment, however, the remaining larvae and eggs are removed in the next twenty-three days. Parasites will try to migrate to any part of the body that is not being treated so they can stay with you - their host.

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DISCLAIMER: The FDA has not evaluated these statements. This information and recommend herbs are not intended to diagnose, treat, cure or prevent any disease. Consult with your Healthcare Professional before beginning any herbal treatment.



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