

# PARASITES

## RESISTING THE UNWANTED GUESTS

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Most people cringe at the thought of having parasites living in their body. But, the truth is, most (if not all) people do have parasites living in them, or at the very least, have parasites passing through them. They may be microscopic and go through unnoticed, or a person may never develop noticeable symptoms of their presence. After all, what kind of guests would they be if they cause their host distressing symptoms that would make us want to investigate and kill them? The majority of the time parasites try to go unnoticed while they live off our nourishment. They're intelligent creatures who, once they enter our bodies, can coat themselves with our own proteins so that our own bodies do not recognize them as foreign invaders and eliminate them. Some are roamers, swimming around in the blood until they find a favorite place. Others, such as flukes like to cozy down in an organ and feed off of it. Or they may just burrow into the colon wall and create a nest of encysted eggs within the wall. In order to travel to other areas of the body they may have to burrow through the colon wall to gain access to the rest of the body. Once they lay their eggs, their hatchlings and the lifecycles continue... IF we are not diligent about cleansing the body on a regular basis and maintaining a healthy internal environment that is not pleasing or supportive to parasites.

For the most part some parasites try not to damage their host, and in some cases they even function with us in a symbiotic way, cleaning up heavy metals and chemicals. Yes, heavy metal toxicity can contribute to parasitic infestation. If we have any metal in our body such as mercury amalgams (which leach into the body), or other metals, our body's innate intelligence will draw in and utilize parasites to help clean up the metals. Our bodies do not have the enzymatic functioning to process these metals, but thankfully, some parasites do. In these instances, the parasites are actually doing us a favor, working symbiotically to help us out. That doesn't mean we want to maintain this arrangement. It is imperative for our good health that we cleanse the metal out of our bodies, and at the same time we can take steps to rid ourselves of the parasites.

Since parasites can be found in almost everything we come into contact with, such as food, water, animals and people, it is unreasonable to think that *avoidance* is primary key in preventing parasite infestation. Instead, we should consider why and how these parasites are managing to get past our defense mechanisms. And, once they have managed to get into our systems, why were they able to set up house and survive in our internal environment? First let's look at these different lines of defense. If we can get these working optimally, our chances of parasitic infestation will be very minimal.

*The very first line of defense is our chewing process.* When we eat, the Parotid Gland is stimulated to produce saliva by the presence of food in the mouth. The saliva contains many enzymes and antibodies that help destroy parasites (and other pathogens) before swallowing. Therefore, it is very important to chew our

food thoroughly. Chew it to a pulp before swallowing so the saliva has had time to saturate every bit of it. This is the first step in pathogen killing and parasite prevention. There are times when the parotid gland needs support for this function, so it would be good to have it checked on a regular basis. If our food is not chewed to a pulp, the partially unchewed food (along with parasites) move on to the stomach.

*The second line of defense is our stomach acid.* When food reaches our stomach, hydrochloric acid (HCL) is stimulated to aid in the process of breaking down food, as well as killing parasites and other pathogens that managed to get through the chewing process. It is very important to have sufficient HCL in the stomach for good digestion, nutrient uptake, infestation prevention. It is pretty common these days for people to have an inadequate amount of HCL for optimum digestion. There are steps you can take to improve this situation of low HCL (check with your naturopath).

*The third line of defense is having adequate friendly bacteria in the gut* to fight off unwanted invaders. A high consumption rate of sugar and processed foods (which parasites love) contributes to an overgrowth of yeast (Candidiasis), which in turn, also contributes to an imbalance in the intestines. When there is an overgrowth of yeast and a lack of good flora, this is the kind of environment that parasites can thrive in. Also, if you've ever taken antibiotics and didn't recolonize with beneficial probiotics, it's likely the gut could be lacking in good flora. You might consider our flora as our internal army of pathogen fighters. Like any army that is lacking in number and strength, they can easily be overtaken by invaders. Probiotics alone may not be enough to recolonize and build a really strong army, though. Prebiotics, along with certain probiotic strains, help to lay down the matrix to recolonize the flora. Prebiotics are the food that probiotics feed on. Prebiotics do not feed anything else but probiotics. When you take a prebiotic along with a probiotic, you can strengthen the probiotics by about 25 times, since the probiotics are getting fed and multiplying. Now you are building your army. Now you are able to better fight parasites and other pathogens.

*The fourth line of defense is our pH balance.* This is especially critical for the elimination of parasites. If our terrain is too acidic, we have a wonderful environment in which parasites can thrive. Sadly, the typical American diet is a very acid-forming one. However, if we can adjust our diet and get our pH in balance, parasites will not want to live in us. We will not have a comfortable internal environment for them to dwell in, making it much easier for us to eliminate them.

There are ways to activate the parasitic cysts for elimination. However, a balanced pH (6.4-7.4) is important to have before even considering a parasite cleanse. Timing is important too, in order to make the cleansing most effective. Parasites live on a lunar cycle, so there are certain times during the month when parasites and their hatchlings are most active. This is a better time for the cleansing. Once you begin efforts to kill parasites, it's very important to clear out the die-off. The die-off of parasites can be very toxic and ammonia-like. This type of cleansing is not a "one size fits all". The type of parasites and a person's constitution must be considered.

If you suspect you have parasites, and are anxious to reclaim your own body and health, check with your Doctor or Naturopath for assistance. ♦

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