



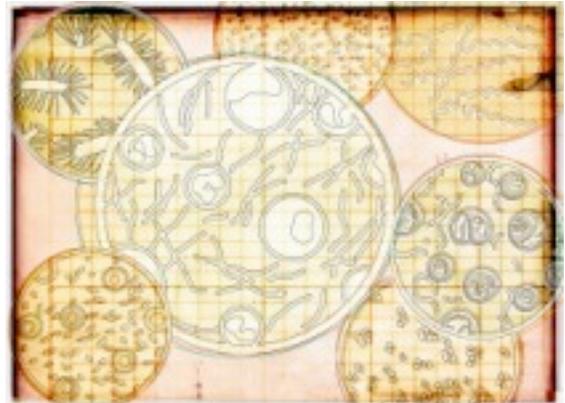
Do We Need to be Thinking About Parasites?

The simple answer is yes, we should. It is estimated that more than 60% of people on this planet carry at least one parasite within their body. And many people may carry many more than that. And we're not talking about Ethiopia, we're talking about North America. The truth is that there are many, many species of parasites and you can find them not just in our food, but also in our water, in our gardens, at the beach or in your pet's furry coat.

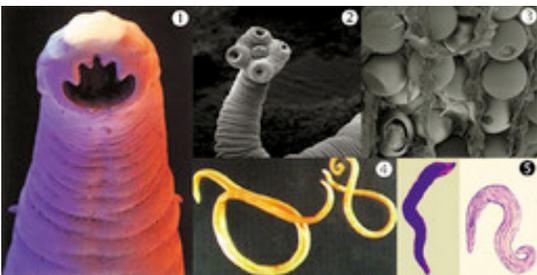
So we have to stop thinking that parasites are something that may join us just on vacations south of the border, and realize that we are hosting a dinner party for parasites at this very moment. In many other countries, anti-parasitic treatments are standard each year for everyone from children through retirees.

Studies at the University of California have found that 900 million people worldwide and some 4 to 15 percent of the population in the southeastern U.S. are infected with hookworm. Some one billion people are infected with roundworm, and 500 million people worldwide are infected with pinworm, including many of our children.

So how did this happen? Climate and sanitary conditions breed parasites worldwide, and they find a home in contaminated municipal and rural water supplies, household pets and daycare centers. They are also spread throughout the world via international travel. So don't make the mistake of thinking you are immune. **In fact, the chances of a parasite causing your chronic issues are more than 50%.**



What are parasites?



The word parasite comes from the Greek para, meaning "beside," and sitos, meaning "food." This means "an animal or plant that lives on or in another organism from which it obtains nutrients." Some parasites are larger than bacteria and viruses but they are usually so small that you cannot see them without a microscope. Others can grow quite large and can be seen with the eye. Parasites enter your body in one of four ways: through food and water intake; through a transmitting agent, such as a mosquito; through sexual contact; and through the nose and skin. Parasites are often harmful. Any number of them can infect your gastrointestinal tract.

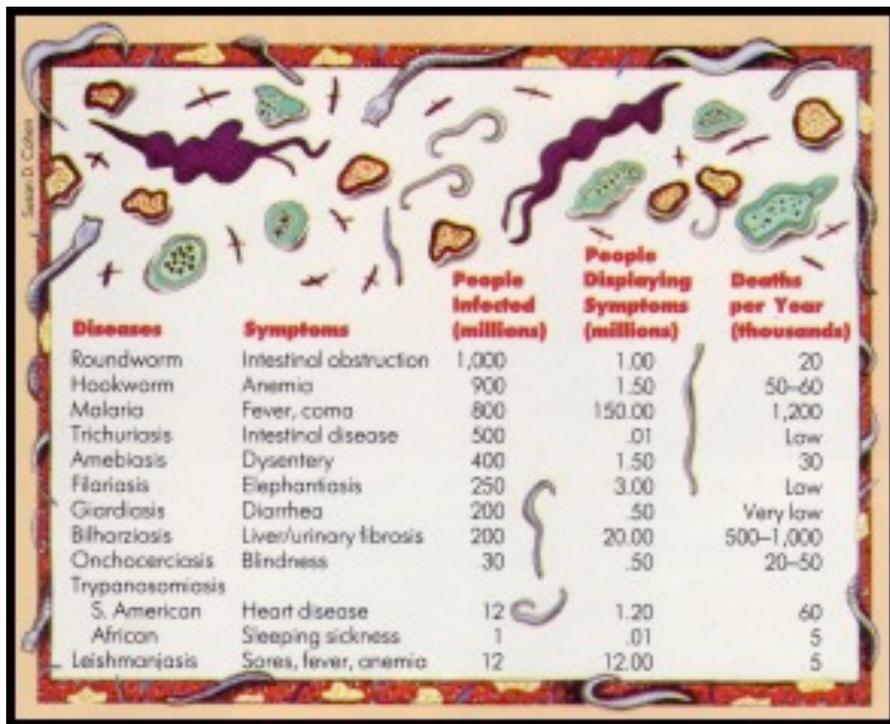
Essentially we all carry some form of parasite at some point in our lives, whether from traveling, lying in the sand at the beach, cuddling our pet or eating something raw such as fruit, vegetables, meat or sushi.

What symptoms would I have?

Most parasites produce similar symptoms. Common symptoms are:

- skin itching, redness, irritation, rash
- chronic skin issues such as eczema, psoriasis, vitiligo
- digestive symptoms such as bloating, gas, diarrhea, constipation and irritable bowel
- anemia
- allergies
- nervousness
- insomnia
- teeth grinding
- chronic fatigue

Many parasites go undetected because they are not producing serious symptoms. It is easy to attribute feeling ill to other causes because parasitic infections look like lots of other conditions.



Diseases	Symptoms	People Infected (millions)	People Displaying Symptoms (millions)	Deaths per Year (thousands)
Roundworm	Intestinal obstruction	1,000	1.00	20
Hookworm	Anemia	900	1.50	50-60
Malaria	Fever, coma	800	150.00	1,200
Trichuriasis	Intestinal disease	500	.01	Low
Amebiasis	Dysentery	400	1.50	30
Filariasis	Elephantiasis	250	3.00	Low
Giardiasis	Diarrhea	200	.50	Very low
Bilharziasis	Liver/urinary fibrosis	200	20.00	500-1,000
Onchocerciasis	Blindness	30	.50	20-50
Trypanosomiasis				
S. American	Heart disease	12	1.20	60
African	Sleeping sickness	1	.01	5
Leishmaniasis	Sores, fever, anemia	12	12.00	5

How can parasites hurt me?

Parasites can damage the host's body in a number of ways. They can:

- destroy cells faster than cells can be regenerated.
- produce toxic substances overloading the body's elimination systems.
- irritate body tissue, causing itching, hives, rashes and eczema.
- invade body tissue, including the skin and intestinal lining.
- put pressure on body organs.
- depress immune system function while activating immune system response.
- cause nutrient malabsorption.

So what do I do?

We at Conscious Body Natural Medicine have developed a wonderful cleanse that can be done each year to rid the body of parasitic infestation and ensure that you are not feeding more than your own body! This is great because it can help to reduce many symptoms that you may have thought were caused by other things.

First, any cleanse needs to be done for at least 4 to 6 weeks for optimal results. During this time, you need to reduce most fruit, white flour, sugar and all simple carbohydrates as much as possible. These are the foods that parasites thrive on, and their presence will only serve to increase parasitic populations. At the same time, we have compiled a list of the best antiparasitic food items for you to include in your meals during this cleansing time:



Raw Garlic – we have included raw garlic tablets in your protocol, but you can never get too much garlic. Besides killing parasites, it also helps to lower cholesterol and sterilize the digestive tract.

Apple Cider Vinegar – this helps to restore stomach acid levels, which tend to lessen in vegetarians and in the elderly. This is very important as one of the first lines of defense against invasion via your food!

Pineapple – this contains the enzyme Bromelain which is very anti-parasitic. Some parasite cleanses suggest three days of just pineapple!

Unsweetened cranberry juice – dilute this with water and use it as your drink along with ionized water throughout your cleanse.

Carrots / carrot juice – these help to alkalize the small intestines and make the environment less friendly to many parasitic species.

Coconut Oil – besides being one of the most comprehensive essential fatty acids available, coconut contains lauric acid which helps the body secrete antiparasitic substances in the gut.

Fennel Seeds / Fennel Seed Tea – this is a traditional treatment in India for both parasites and stomach issues. It acts as a mild laxative and is very irritating to parasites in the gut.

Cooking spices – India once again leads the charge against parasites with many spices that are common in traditional Indian cooking. Turmeric, cinnamon, nutmeg, cloves, cardamon, chilis, cayenne.



Cleanse Instructions

First 10 days (Elimination Phase):

Zymex II – 6 capsules per day, 2 just before each meal.

Whole Food Fiber – 1 tsp. twice each day, before breakfast and dinner.

Wormwood Complex – 6 tablets per day, 2 before each meal.

Garlic tablets – 2 per day, 1 before breakfast and 1 before dinner.

We also recommend colonic hydrotherapy to help cleanse the intestinal tract and enhance your natural bowel movement regularity. We recommend a session on day 5 and day 10.

Second 10 days (Rebuilding Phase):

Zymex II – 6 capsules per day, 2 just before each meal.

Whole Food Fiber – 1 tsp. twice each day, before breakfast and dinner.

Gut Flora Complex – 4 tablets per day, 2 before breakfast and dinner.

HLC High Potency – 1 capsule before bed.

Colonic hydrotherapy session is recommended again on day 20.

Third 10 days (Secondary Elimination Phase):

Zymex II – 6 capsules per day, 2 just before each meal.

Whole Food Fiber – 1 tsp. twice each day, before breakfast and dinner.

Wormwood Complex – 6 tablets per day, 2 before each meal.

Garlic tablets – 2 per day, 1 before breakfast and 1 before dinner.

Colonic hydrotherapy session is recommended again on day 30.

After the 30 days, you can follow an old Chinese recipe which has been used for centuries to expel parasites from the gut. You take 1/3 cup of shelled pumpkin seeds (pepitas) and grind them. They will taste very bitter so you add 1 cup raw honey and 1 cup of soymilk. Blend them together well. Drink this mixture three times a day for three days. Be sure to drink lots of Kangen ionized water during the three days to cleanse the gut. We also recommend considering an additional colonic at the end of this three day purge and before you begin your restorative phase.

Fourth 10 days (Restorative Phase) in place of the three day purge, or after:

Gut Flora Complex – 4 tablets per day, 2 before breakfast and dinner.

HLC High Potency – 1 capsule before bed.

**To begin your Parasitic cleanse, simply give us a call at
857-891-0991 or email us at consciousbodynatmed@gmail.com**