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How To Get The Bugs Out

Many diseases and disease syndromes source to parasites, bacteria, yeast or fungus. Here are some natural ways to prevent microorganisms from finding a home inside your body, and ways to remove them if they have already set up housekeeping.

If microbes are present, certain foods, medications, and food chemicals can stimulate them. However, you may have unknowingly contracted microbes years ago, yet they have remained dormant. Ask yourself: did you ever cut your foot in a lake, or deal with animals? Where and when could you have picked them up?

Fungus or bacteria generally refer to Candida (yeast) and a variety of bacteria or fungi. Remember to avoid all sugars, food chemicals, and fermented foods if you suspect having microbes. Fermentation feeds microorganisms. A colon cleanse is recommended when detoxing from microbes to help secure their healthy removal - all the way out of your body. At the first sign of health symptoms returning, begin another round of cleansing supplements until symptoms completely disappear.

If you suspect having parasites within you may be contributing to the root of your health concerns and to the root of many cancers, more specific nutrients may be necessary to remove them. Interestingly, I have discovered through years of performing the hair analyses that parasites (including most bacteria) attach to toxic metals (such as lead, mercury, copper or titanium) like barnacles attach to a ship! It is important to remove them all.

PARASITE DESTROYERS

BLACK WALNUT - The dried and ground green hull of the Black Walnut contains tannin, which is organic iodine, as well as juglandin, extractive matter from the juice of the green shucks of the walnut. Black walnut has been used for centuries to expel various types of worms, including parasites that cause skin irritations such as ringworm. It oxygenates the blood, which also helps kill parasites. Black Walnut is very effective against tapeworms, pinworms, Candida albicans (yeast infections) and malaria. It is also effective in reducing blood sugar levels, and helping the body rid itself of toxins.

WORMWOOD - This is one of the MOST POWERFUL tools in the parasite-killing herb kingdom. It is most effective against roundworms, hookworms, whipworms and pinworms. Wormwood contains the potent chemicals thujone and isothujone, which are the primary components that kill parasites. Wormwood also contains santonin, an effective remedy for parasitic diseases.

Wormwood is the second most bitter herb known to man and has been proven as a POWERFUL remedy for malaria. Wormwood also contains sesquiterpene lactones, which work similarly to peroxide by weakening the parasites membranes therefore killing them. Wormwood also helps produce bile, which in turn helps the liver and gallbladder.

CLOVES - Cloves contain eugenol, caryophyllene, and tannins, which are powerful antimicrobial agents. These components travel through the bloodstream, killing microscopic parasites and parasitic larvae and eggs. Eugenol has a pleasant, spicy, clove-like odor, and is the main biologically active compound in clove cigarettes.

Cloves are tremendously effective in killing malaria, tuberculosis, cholera, scabies and other parasites, viruses, bacteria and fungi, including Candida. Cloves also destroy *Pseudomonas aeruginosa* (a pathogen from plants), all species of *Shigella*, *Staphylococcus*, and *Streptococcus*.

THYME - Thyme contains flavonoids that are most commonly known for their antioxidant activity, and thymol and carvacrol, which are effective in killing bacteria, fungal infections, and yeast infections. Thyme is especially effective in killing hook-worms, roundworms, threadworms and skin parasites. Thyme also destroys *Cryptococcus neoformans*, *Aspergillus*, *Saprolegnia*, *Salmonella typhimurium*, *Staphylococcus aureus*, and *Escherichia coli*.

Used as an antibiotic, thymol is 25 times more effective than phenol (a manufactured substance found in a number of consumer products known to cause liver damage), yet less toxic to parasites. Thyme is the primary ingredient in the original LISTERINE® MOUTHWASH because of its germ killing power.

HYSSOP - Hyssop contains essential hormone oil that is very effective in destroying a variety of parasites and is very effective against the herpes simplex virus.

GARLIC - Garlic is known to slow and kill more than 60 types of fungi and 20 types of bacteria, as well as some of the most potent viruses known to humans. Garlic has a history of killing parasites and controlling secondary fungal infections, detoxifying while gently stimulating elimination, and has antioxidant properties to protect against oxidation caused by parasite toxins.

Alliin and Ajoene are the components in garlic that kill parasites, including one-cell varieties, as well as pinworms and hookworms. Alliin is not present in garlic in its natural state. When garlic is chopped or otherwise damaged, the enzyme alliinase acts on the chemical alliin converting it into allicin. Ajoene is the principal chemical responsible for garlic's anticoagulant properties and contributes to its strong odor.

Garlic has antimicrobial properties, including antibacterial, antiviral, antifungal, antiprotozoal, and antiparasitic, that kills: *B. subtilis*, *E. coli*, *P. mirabilis*, *Salmonella typhi*, *Salmonella enteritidis*, methicillin-resistant *Staph aureus*, *Staph faecalis*, and *V. cholerae*, *Staphylococcus*, *Escherichia*, *Proteus*, *Salmonella*, *Providencia*, *Citrobacter*, *Klebsiella*, *Hafnia*, *Aeromonas*, *Vibrio* and *Bacillus* genera. Garlic is also very effective against *Mycobacterium tuberculosis*. Garlic has also been known to eliminate *Candida albicans*.

FENNEL - This herb is known to be antiparasitic. Fennel seed is used to help remove and expel parasites and their wastes. Fennel is also very effective against *Candida albicans*.

CAYENNE - A member of the Capsicum genus, known for assisting with assimilation, healing, improved circulation, cleansing, indigestion, urinary tract health, colds, flu and other benefits too numerous to mention, cayenne also destroys parasites.

GINGER - The components of gingerol, the active constituent of fresh ginger, destroys parasites including the roundworm, the blood fluke, the anisakid worm, and the Salmonella bacteria.

GENTIAN - This herb is wonderful for ridding the body of parasites including plasmodia, which is a malaria-causing parasite. Gentian is also good for treating anemia and counteracting the effects of parasite toxins in the body by stimulating the liver to produce more bile.

BODY & BLOOD PURIFIERS THAT REMOVE TOXINS

MILK THISTLE - Silymarin is the primary component in Milk Thistle that removes liver toxins. Milk Thistle promotes liver cell regeneration, and its antioxidant action protects against cell damage from toxins. Milk Thistle is most helpful in cleansing the toxins given off by parasites.

MARSHMALLOW ROOT - Marshmallow Root contains mucilage, a gummy substance obtained from certain plants. When Marshmallow Root gets wet, it becomes soft and sticky, which soothes the mouth, throat, stomach and intestinal tract. When parasites are dislodged from body tissue, they can leave an open sore. Marshmallow Root coats these sores so there is less irritation.

PAU D' ARCO- Pau d'Arco is used for Candida, yeast infections, fungal infections, viral infections, and parasitic infections. It also helps relieve cystitis, prostatitis, ringworm, gonorrhea, and syphilis. Pau D'Arco is one of the most powerful antioxidants known, and stimulates the immune system. Pau d'Arco also helps relieve leaky bladder syndrome.

BURDOCK - Burdock removes accumulated waste and toxins from the skin, kidneys, mucous and serous membranes. A very effective blood purifier, Burdock is wonderful for head, face and neck skin problems including, eczema, psoriasis, boils, carbuncles, eyesores, and dermatitis.

ELECAMPANE - This herb is to the lungs what Marshmallow Root is to the digestive tract. It is a natural expectorant, which helps coat and soothe the lungs as impurities are coughed up and expelled. Elecampane also has an antibacterial effect that purifies the lungs.

FENUGREEK - This herb works very much like elecampane with an added blood purifying quality.

LICORICE - Licorice is also an expectorant and demulcent just like elecampane and fenugreek. It also is an anti-inflammatory, anti-spasmodic and mild laxative. It purifies the organs and the endocrine system, especially the liver.

COLON & BOWEL HELPERS

BARBERRY - The ingredients of Barberry, columbamine, berberine, and oxyacanthine, have antibacterial and antiviral properties. Research indicates that berberine in Barberry is specifically effective against cholera, giardia, Shigella, Salmonella and E. coli. The berberines aid in the secretion of bile and are good for liver problems.

Barberry is also a mild laxative, and helps the digestive processes. Barberry also helps with Staphylococcus, Streptococcus, Salmonella, cholera and chronic candidiasis (yeast). Berberines are highly bactericidal, amoeboidal and trypanocidal.

Barberry acts the same as chloramphenicol, a commonly prescribed antibiotic drug. Barberry helps to purify the respiratory and digestive systems, and also has an antiparasitic effect.

CASCARA SAGRADA - Also known as Buckthorn, Cascara Sagrada stimulates increased wavelike contractions of the large intestines. Cascara has also been known to expel parasites through its wavelike actions in the lower intestines, and is highly recommended during parasite removal. Cascara Sagrada is considered one of the safest laxatives, and is useful in detoxifying the colon.

SENNA - Senna is a powerful laxative that is excellent for expelling worms. Senna works best when combined with other anthelmintic herbs (used in the treatment of roundworm), such as ginger or fennel. These herbs increase regularity and reduce the chance of bowel cramps due to Senna's strong action. Senna effectively cleans the elimination system, and has a vermifuge action that repels parasites. Senna is the ingredient in many over-the-counter laxatives, including Fletcher's Castoria^a, Senokot^a and Innerclean Herbal Laxative.

SAGE - Sage has the power to relax the muscles lining the digestive tract. Sage contains relatively high levels of thujone which is the same ingredient in wormwood that kills parasites. Sage is also used to increase circulation, and is considered an excellent remedy for poor digestion and stomach problems.

PSYLLIUM - Removes toxins from the colon and is especially useful in cleaning out all of the pockets in the colon wall. Psyllium swells up to 50 times its size, and is powerfully effective in removing waste and toxins from the colon.

YELLOW DOCK - Works as a laxative, but unlike other laxatives, yellow dock also promotes bile flow, which purifies the blood. It is rich in digestible iron that helps restore blood nutrients to the body.

CRAMP BARK - The components of Cramp Bark (Vitamin K, viburnin, isovalerianic acid, hydroquinines, coumarins, salicin, salicosides, arbutin, sterol, tannin, and resin) greatly calm gastrointestinal cramping by relaxing the smooth muscles. It also helps with general muscle cramping; reducing any cramping that might occur while the colon is working to expel parasites.

PEPPERMINT - Peppermint is well known for relieving indigestion, but it also relaxes the stomach muscles, relieves gas, and is also good for nausea and vomiting. Peppermint also has antiparasitic properties.