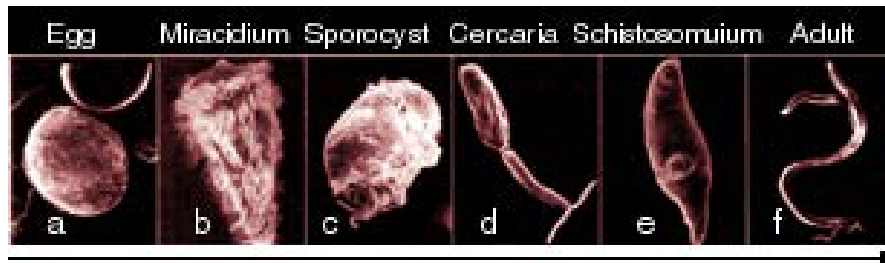


Parasites

A Brief Overview and Clinically Proven Solution

What is a parasite?

A parasite is an organism which lives off, and generally within, a host body, such as our own body or other living organisms, such as plants and animals. They live off the “life” of another body by feeding on the nutrients, cells and organs of the host and also, reproducing by depositing thousands of eggs or simply replicating by cell division, within the host’s tissues and cells.



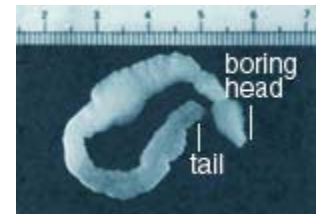
Life Cycle Stages of a Parasite, from Egg to Adult

Should you be concerned about parasites?

Yes! Parasites are known to infect almost every person at some time in their life. It’s estimated that as many as 85% of the world’s population is infected. In fact, it is highly likely that you are infected right now by one or more of over 1,000 known parasites which can live in your body at any one time. Due to the global disruption by parasites in the body’s normal functioning and maintenance, some scientists believe that parasitic infection is often responsible for many chronic diseases such as cancer, diabetes, liver dysfunction, HIV infection and others.

Parasites are difficult to diagnose using lab tests. Giardia intestinalis and Entamoeba histolytica are among the most common parasitic infections. The best lab test for these two parasites is a serology (blood) test now commonly available. Most other lab tests are all but useless. A parasitically infested person may often present with symptoms of other diseases, such as flus and colds, migraine headaches, cysts, neurological disorders, anemia, chronic fatigue, general tiredness, frequent constipation, chronic weight problems, iron deficiency, etc. Often, parasite infestation is not even suspected or tested for.

Parasites prefer an acid pH to live in and often cause a worsening of pH wherever they choose to infest. This is due in part to their secretion of numerous toxins which imbalance pH, creating too much acidity which in turn, can cause the body to enter into an emergency ammonia state. In this emergency state, the body may appear to be highly alkaline when testing the first morning urine pH, but in reality, there is a high acidity condition which has become masked by the body’s emergency production of ammonia to buffer the acidity.



How do we become infected with parasites?

Most parasitic infections come from our food and water sources. Undercooked meat (watch out for rare meat - beef, poultry and pork), undercooked, raw seafood (raw oysters, clams, sushi) are common vectors (i.e. carriers), as well as unwashed fruits and vegetables. Drinking contaminated water and swimming in water as found in lakes and rivers will expose us to parasites as well.

Parasites can also be transmitted by human contact alone, through drinking from the same glass, eating from the same utensils, kissing (even a kiss on the cheek can transfer some parasites which can either enter the skin at that point or migrate across your skin into your mouth), sneezing and other exchanges of body fluids.

Animals (especially pets which may have fleas, mites, or ticks) are also common vectors which can transmit parasites to human hosts. Even petting and grooming our pets can facilitate infection if the parasites' eggs pass from their fur to our hands, nose and mouth. Some parasites such as pinworms can even be transmitted through the air and may be in the dust we breath. Therefore, it's often likely that those who live in the same household may all have the same parasitic infections, whether they are currently symptomatic or not.



Can't my immune system handle any parasites infecting me?

Sometimes. Parasites are curious organisms built for survival. They are able to survive because they have evolved to go generally undetected with many defenses. And they're very good at it! Although your immune system may be able to control some parasitic growth on its own, in more advanced cases, your immune system needs help to eliminate parasitic organisms which are multicellular and much larger than most bacteria and viruses.

Some parasites have even learned how to successfully invade the immune system by incorporating themselves around macrophages, suppressing immune responses, and releasing different antigens, so that the parasite, in effect, presents a moving target to the host's immune system. To make their detection even more difficult, parasites generally spread throughout your body in very sophisticated ways, occupying different body sites at various life stages, varying their size, shape and cellular composition in ways and degrees which are designed to operate beyond the immune system's detection and eradication abilities.

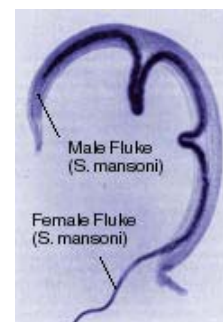
What kind of parasites should I be concerned about?

Many types! Parasites are more common than most people realize, and they can be easily contracted. There are a number of major common parasites which can live in the human host such as Protozoans, Flukes (flatworms), Roundworms and Tapeworms.

Protozoans are organisms that live in the blood, tissues and intestines. They are usually very small, generally microscopic, and are capable of infecting every tissue in the body. Malaria is the most common protozoan disease worldwide. Their vectors (or carriers) are generally contaminated waters and insects (such as mosquitoes). Although exceptionally small, these parasites may remain active in the human body for the person's entire life time, causing multiple complications and re-visitations, such as malaria fever.

The most common protozoan infections in America and Europe are Giardia and amoebae (especially *Entamoeba histolytica*). Amoebae alone infect over 500,000,000 people every year, killing 50,000 to 100,000 people yearly due to fatal consequences of the infection. Thus, amebiasis still kills annually more people than AIDS has killed in the entire time since its recognition. This widespread infection by amoebae almost makes AIDS look like a minor problem.

Flukes (*Trematodes*), or flatworms, are likely the most common form of parasite found in humans worldwide, including Europe and North America. They're generally flat and oval in shape. One particular type of common fluke, *Fasciolopsis buski*, is 1 mm to 70 mm (3.5 inches) in length. They commonly infect the intestines and other tissues including the heart, lungs, liver and kidneys. Flukes are very difficult to get rid of once infected, and can live over a period of 10 to 20 years.



Common Blood Flukes in Man: Adult blood flukes of *Schistosoma mansoni*: the short, flat male encloses the long, pigmented female in its gynaecophoric canal and stays permanently attached. Both sexes absorb nutrients and ingest the host's blood cells, living from 3 to 7 years on average, although some have reportedly lived up to 30 years.

The female can produce eggs at the rate of 300-3,000 per day. They can be found throughout the vascular network, including the liver and kidneys in humans.

Roundworms (*Nematodes*) include the families of hookworm, pinworm, whipworm, threadworm, etc.

These can range from 1 mm to many centimeters/inches. They are commonly found in the intestines. They are often contracted through the skin, and like other parasites, may migrate throughout the body and cause multiple symptoms of disease, such as skin rashes, sore throats, chronic coughing, etc.

Tapeworms (*Cestodes*) are generally the largest of the parasites. They are surprisingly motile and can change their location even daily within the host's body. These segmented worms, containing 50,000 eggs within each of its 3,000-4,000 segments, can release up to one million eggs per day! Some tapeworms may live as long as 25 years and can quickly reach upwards to 10 meters (about 33 feet) in length within the gastrointestinal tract. However, their larvae can be found in almost any organ, and are capable of infecting other tissues in varying stages of their development. Again, parasites have survival skills and infectivity rates that are typically beyond the irradiation capabilities of your immune system (without serious nutraceutical anti-parasitic support). That is why tapeworms can generally live so long – even for years -- within their host.

Tapeworm Larvae: The larvae or “sparganum” of the tapeworm, *Sparganosis mansoni*, can grow into adult tapeworms and reach lengths of 100 cm or 40 inches. After penetrating the mucosa lining of the small intestine, they can migrate systemically throughout the body, invading a variety of tissues and organs, especially lungs and liver, and are capable of living for years.

Are there medical tests available to test for parasitic infection within me?

Yes, but unfortunately, typical medical lab tests are dismally inaccurate in diagnosing parasitic infections. Typical medical tests can only detect some 50 out of 1,000 different varieties of parasites. However, these tests can detect only about 20% of those individuals who are truly infected, because parasites can take so many different physical forms within their developmental stages that are not detectable by testing. Not very good odds! That's why medical diagnosis of parasitic infection translates to some rather abysmal confidence levels in the accuracy of these tests and the probability of them correctly diagnosing you.

Are there any medications that effectively eliminate a broad spectrum of parasites?

Unfortunately not! Most available pharmaceutical drugs (parasiticides) are usually specific for only one particular parasitic organism. In addition, most parasiticides are generally not effective because they target only certain areas of the body's physiology or are only effective for certain stages of parasitic growth. Worse yet, parasiticides can be generally very toxic, even in the small doses needed, and thus, must be used very carefully. Because of the cunning survival strategies of parasites, and the fact that most are strikingly motile, they can quickly migrate from the area of your body that is being medicated, to one that is not, thus making it almost impossible for complete elimination by most pharmaceuticals.

Then what can be done to rid ourselves of parasites?

We need to return to the wisdom of the ancients. For many centuries in various countries, Holarrhena antidysenterica, an ayurvedically grown and processed Indian botanical agent, has been effectively used to clear all known parasites in the gastrointestinal tract. In fact, even today, this herb is the leading anti-parasitic agent in India, Europe, Asia and other countries. Many so-called anti-parasitic formulas on the market in the U.S. are typically narrower in spectrum, often contain poorly grown herbs and generally are not effective against many varieties of parasites.

How does Holarrhena work against parasites?

Holarrhena antidysenterica contains a broad spectrum of naturally occurring phytochemicals which are known lethal antagonists to parasites. In addition, it contains bitter alkaloids which act as a natural toner and strengthener of the gastrointestinal tract.

Are there any side effects when using Holarrhena?

Holarrhena is completely safe and non-toxic to use. Unlike other anti-parasitic medications, it works naturally without toxic side effects or the use of toxic drugs that may cause nausea, diarrhea, headaches, etc. However, it is not recommended for use by pregnant or nursing mothers, not because it is harmful, but because during gestation and infancy, the nutritional focus should be on nurturing the developing fetus (or child), rather than detoxifying the mother. Only after breast-feeding has been concluded do we recommend

that the mother begin an anti-parasitic treatment using Holarrhena.

How long does it take before Holarrhenna works?

As soon as you begin taking Holarrhenna, it begins to work immediately. Often within days, you may begin to pass parasitic organisms, hulls and eggs within the feces. At times, some people may actually see these parasitic forms and their particles being shed in the toilet (such as the appearance of thin white strings mixed in the stool or thousands of small husk-like particles floating on the water). However, many people do not necessarily visually notice anything. At the same time you are taking Holarrhenna, you may begin to feel an increase in energy and a return to good health.

How long do you have to take Holarrhenna?

The initial recommended use for Holarrhenna is to take it for daily (about 500 mg capsules, 2 to 3 times daily) for about 3 months (90 days). Taking it for less time may not ensure complete removal of all parasites, their heads, larvae and eggs, or you may become re-infested if small amounts of lingering parasites begin to reproduce again.

After 90 days, some people like to take a daily maintenance dose such as 1 or 2 capsules daily to protect against re-infestation. In general, the recommended use, especially if the individual is frequently eating out at restaurants, is to repeat the 90-day cleansing regimen at least once a year. This may seem like a lot of trouble, but remember, parasites are everywhere, and they are very easy to contract from numerous sources. The best recommendation is prevention.

Is there anything else I should do besides taking Holarrhenna?

Absolutely.

Good Hygiene. First of all, practice good hygiene every day such as washing your hands well after using the bathroom. In addition, it is important to wash your hands well after petting animals, after working outdoors, and after shopping in stores, so as to avoid various forms of auto-infestation (from hand-to-mouth) of parasites. Be sure to thoroughly wash vegetables, meat and seafood in a light salty brine. Even if vegetables are to be eaten raw, first wash them in a light salty brine.

Super Food Nutrition. Secondly, be sure you are providing your body every day with elegant, baseline, Super Food nutrition. It is important for your body to obtain a broad spectrum of comprehensive, organic, whole-food nutrients to maintain outstanding health and to be strong in the fight against parasites.

Avoid Parasites in Your Pets. Thirdly, if you have pets, feeding them inferior pet food from commercial cans or boxes can leave them devoid of healthy, raw nutrients – which encourages poor health and thus, infection. Instead, feed your pet a healthy diet composed predominantly of fresh, raw, nutrient-dense Super Foods every day. You can dramatically decrease or eliminate the chances that your pet will have parasites by feeding your pet highly nutritious and immune-supporting nutrients such as whole colostrum (not defatted), lecithin (GMO-free), whey protein powder (made by ion exchange only with 25% glycomacropeptides) and nutritional yeast flakes.

These Super Foods help your pet to be strong and healthy so they can easily avoid parasitic infestation. Then you won't have to be afraid of having pets that might transfer parasites to you – instead, keep them so healthy that parasites simply can't set up housekeeping inside them.