

Natural Help 4...

Intestinal Worms



What are Intestinal Worms & Parasites?

Intestinal worms & parasites live in the gastrointestinal tract. There are **two main groups of intestinal worms** – protozoa (organisms with one cell only) and helminths (worms with many cells). Protozoa multiplies in the human body. The most common protozoa include cryptosporidium, microsporidia and isospora that often affect HIV-infected persons. The most common helminths include tapeworm, hookworms, pinworms, roundworms, threadworms, whipworm and giardia.

These parasites attack the body through the consumption of contaminated food and water, through the nose or skin, **poor hygiene habits, sexual conduct or transmitting** agents such as mosquitoes. Children tend to be very susceptible to intestinal worms but adults may also be affected.

Diagnosing Intestinal Worms & Parasites

When food is not digested properly, it lies in a semi-digestive state in our intestines (bowels). A multitude of 'good' bacteria gather in the intestine to help digest the food further. A common by-product of this fermentation process is intestinal gas. Further **gastro-intestinal disorders can result from irritation of the bowel**, due to food intolerance or other irritants – and cause irritable bowel syndrome (IBS), impacted stool (constipation) and watery stool (diarrhea).

Symptoms and signs

Some people do not experience any symptoms although intestinal worms & parasites are living in their intestines for years. The most common symptoms and signs include:

- Diarrhea
- Constipation
- Nausea
- Vomitting
- Gas or stomach bloating
- Abdominal pain or tenderness
- Weight loss
- Fatigue
- Loss of appetite
- Skin rashes

What causes Intestinal Worms & Parasites?

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

[Intestinal worms](#) can develop as a result of the following factors and these include:

- Consumption of food and water that has been contaminated with human or animal feces
- Eating raw or undercooked meats such as pork, beef, lamb or venison
- Poor hygiene habits such as washing or bathing infrequently, not washing your hands before eating or preparing food after using the bathroom
- Unsanitary living conditions
- Livestock such as cattle or pigs may become infected by been exposed to contaminated pastures
- Traveling frequently to developing countries where there are poor sanitary conditions

Help for Intestinal Worms & Parasites

Depending on the type of worm and the severity of the infections, medications such as Vermox or albendazole may be prescribed. If one person in your family has been infected, it is generally recommended that the **whole family be treated to eliminate the worms effectively.**

Practicing good hygiene habits is imperative to prevent intestinal worms. Eating a healthy diet that incorporates fresh fruit and vegetables as well drinking purified water daily helps to boost the immune system. Natural remedies have been used for centuries to **eliminate intestinal worms & parasites from the body's system.** Herbal and homeopathic remedies are gentle for both children and adults to use without the harsh side effects of prescription medication.

Herbs such as Glycyrrhiza glabra (licorice root), Agrimonia eupatoria (Agrimony), Althea officinalis (Marshmallow) and Artemisia africana (Wormwood or Wild-Als) have immune-supporting properties and help to keep the body worm-free. Homeopathic ingredients such as Chamomilla and Cina promote balance and harmony in the digestive system and keep the **intestinal system free of worms & parasites.**

Tips to prevent intestinal worms

- Practice good hygiene habits and teach your children to wash their hands thoroughly before eating, after using the bathroom and playing outside or with pets
- Incorporate more fiber into your diet and eating refined and sugary foods
- Drink purified water
- Wash all fruit and vegetables, especially before cooking
- Cook all meat and fish properly and avoid eating them undercooked
- Cook meat thoroughly at a temperature of 150F to kill tapeworm eggs or larvae
- Keep your living area clean by wiping down all surfaces and vacuuming dust particles regularly
- Wash bed linen in hot water if you or your children have worms and change them regularly
- Wear shoes when walking on grass or soil as some worms can penetrate the skin
- Avoid eating raw produce when traveling in endemic areas – wash and cook fruit and vegetables with filtered water before eating



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite

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frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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