

Kill Parasites with Home Remedies

Parasites are living organisms that live off of a host organism. Parasites take and utilize the host organisms nutrients and in so doing hurt the host organism. Parasites take on a number of different forms and can thrive throughout the body. They most often live within the human intestines. It is estimated that about 50% of Americans have an abundance of parasitic organisms in their gut. Take action and cleanse your system of parasites naturally.

How do We Get Parasites?

Parasites enter the human body through the air we breathe, the food we eat, and the water we drink. In 3rd world countries the most common way to encounter parasites is through contaminated water. Anyone traveling to a foreign country should be cautious about drinking the water. Poor sanitation and poor hygiene are the most common ways people encounter parasites. In America, parasites are spread through pork products and shellfish as well as contaminated food and water.

There are thousands of different types of parasites that are common to humans. Protozoa consist of a single cell and multiply in enormous numbers inside the human intestine. The most commonly found protozoic parasites are giardia, neospora, amoebae, toxoplasmosis, cryptosporidium, and sarcocystis.

Parasites and Worms

Another form of parasite is the Helminth worm. This includes tapeworms, pinworms, hookworms, threadworms, roundworms and others. Many individuals doing a parasite cleanse will see the worms in their stools as they are eliminated from the

body.

The body's immune system goes after the parasites once they are identified. Often times the parasites are extremely strong and multiply too quickly for the immune system to keep them at bay. Some of the most common symptoms associated with intestinal parasites include diarrhea, gas, bloating, flu-like symptoms, nausea, rashes, joint pain, chronic fatigue, and chronic sinusitis.

Destroy Parasites in Your Body

Parasites love sugar and everything that turns into sugar. So the best way to starve the parasites is through using healthy fasting and cleansing strategies while eliminating as much sugar and grains as possible from the diet.

Several herbs and foods act as very strong antiparasitic agents. Extra-virgin coconut oil is loaded with medium chain triglycerides that enhance the immune system in its battle against pathogens. Raw garlic and onions provide sulfur containing amino acids that are antiparasitic. Eat six tablespoons of raw, extra virgin coconut oil, one whole clove of garlic, and one large red onion daily to help parasite proof your body.

Dried oregano and especially essential oil of oregano are extremely volatile and antiparasitic. Use 2-3 drops of oregano oil in water with fresh squeezed lemon and drink this 3x daily. Clove works just as well so you could also substitute or use clove oil with oregano oil. Ginger, wormwood, black walnut are also commonly used in antiparasitic strategies.

Fasting with fermented drinks such as fermented whey from grass-fed cows and fermented ginger, kombucha, coconut kefir, apple cider vinegar, etc. are powerful tools to help destroy parasites. Many holistic health coaches recommend a three to

twenty-one day low calorie, liquid diet that is rich in fermented beverages, water and fresh squeezed lemon. Probiotic supplements are highly recommended to help destroy parasites and re-innoculate the gut.

After the cleansing period, it is especially important to utilize high quality fermented raw dairy and vegetables. Raw, grass-fed fermented dairy products like amasai & cheese and kimchi, sauerkraut, and fermented veggies should be used abundantly. These foods are rich sources of L-glutamine, an amino acid that helps rebuild the gut. These fermented foods also contain very powerful strains of good bacteria, organic acids, and enzymes that act to keep parasites out of the body.

If you are in the market for supplements to help speed along the process of ridding the body of parasites I recommend MicroDefense – Pure Encapsulations and Oil of Oregano, two powerful supplements for ridding the body of parasites.” – Michael Edwards

Sources For This Article Include:

<http://www.drjockers.com/2012/11/beat-parasites-naturally/>

<http://www.buzzle.com/articles/intestinal-parasites-in-humans.html>

http://www.naturalnews.com/032154_candida_solutions.html