

Destroy Parasites with Natural Herbal Remedies

Human parasites are unwanted inhabitants of the gastrointestinal system that have the potential to cause serious damage to their host. These pathogens consume key nutrients from the foods we eat and release waste products that harm the human body. They also puncture holes in the intestinal membrane which leads to leaky gut syndrome and chronic inflammation. Use natural herbal remedies to reduce inflammation and restore integrity to your digestive system (1)

Parasites can range from 10 foot long tapeworms to microscopic amoeba. These organisms can drop their eggs into the gut lining where they can enter the circulation and travel to major organs such as the liver and cause serious harm.

The Power of Anti-Microbial Herbs

Various different forms of herbs have antimicrobial factors that reduce pathogenic bacteria, yeast and parasites. These herbs can be used to reduce the microbial load and be an important part of reestablishing a healthy microbial balance. Here are some unique ones that are clinically proven to be effective:

Sweet Wormwood

Also known as *Artemisia annua*, sweet wormwood is one of the bitterest herbs on the planet and this bitterness works to drive out worms and parasites.

This is also a potent anti-malarial agent and can kill the most deadly malarial parasite, *Plasmodium falciparum* (2). It works to break down iron bridges in the pathogenic organism,

causing massive oxidative stress and death of the parasite.

Pumpkin Seed

Pumpkin seed extract is a rich source of zinc and B vitamins and helps to reduce parasite formation. The vermifugal properties have been demonstrated in studies to be extremely effective at reducing gastrointestinal nematode (roundworm) levels (3).

Grapefruit Seed Extract

Grapefruit Seed Extract (GSE) has very high amounts of disease-fighting, free-radical eliminating antioxidants and phytonutrients called bioflavonoids. One of these powerful bioflavonoids (plant antioxidants) include the chemical component hesperidin, a well-known natural immune system stimulator and booster.

A recent study from The Journal of Alternative and Complementary Medicine found that grapefruit seed extract was effective in killing over “800 bacterial and viral strains, 100 strains of fungus, and a large number of single and multi-celled parasites.” (4) No other naturally occurring anti-microbial can come close to these results.

Wormseed

Wormseed, also called *Chenopodium ambrosioides*, are seeds that contain a compound called ascaridoles, which is highly toxic to fungus (5). Wormseed has been shown to reduce skin infecting fungus and fungal spores on food (6, 7). It has also been shown to be very effective against gastrointestinal worms (8).

Guarana

These seeds contain a strong antimicrobial and anti-oxidant effect against a wide variety of microorganisms (9). These seeds have a similar nutritional makeup as cacao and are a natural source of caffeine so they are stimulating and speed up metabolism and fat burning properties.

They also contain cardiac stimulants such as theophylline and theobromine and polyphenol anti-oxidants catechin and epicatechin (ECGC also found in cacao and green tea).

Passion Flower

This herb has been used for centuries to treat anxiety, hypertension, and insomnia. It has mild sedative qualities that improve mood and relaxation. This herb contains plant alkaloids, phenols, glycoside flavonoids, and cyanogenic compounds that have been shown to have profound antimicrobial effects against pathogenic microorganisms (10).

Lavender

This popular essential oil has great anti-microbial, anti-fungal, sedative, antidepressant, and carminative effects in the body (11). Research has shown it is effective against antibiotic-resistant staph infections (12). Other research has shown that it is highly effective against yeast overgrowth (13).

For more information on testing and overcoming parasitic overgrowth see [What Type of Parasites do You Have?](#)

Recommended Reading:

- *Common Parasites and How to Kill Them*
- *How to Kill Fungal Infections*
- *How to Kill Candida and Balance Your Inner Ecosystem*

- *Inexpensive, Easy Detox – The One Gallon Challenge*

Sources:

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6. *Fungitoxicity of essential oils against dermatophytes.* – PubMed.gov
7. *In vitro and in vivo antifungal activity of essential oils of Cymbopogon martini and Chenopodium ambrosioides and their synergism against dermatophytes.* – PubMed.gov
8. *Effects of aqueous extracts of Mentha piperita L. and Chenopodium ambrosioides L. leaves in infective larvae cultures of gastrointestinal nematodes of goats.* – PubMed.gov
9. *Antioxidant and antimicrobial activity of guarana seed extracts* – Science Direct.com
10. *Antibacterial properties of Passiflora foetida L. – a common exotic medicinal plant.* – Academic Journals.org
11. *Biological activities of lavender essential oil.* – PubMed.gov
12. *The antimicrobial activity of high-necrodane and other lavender oils on methicillin-sensitive and -resistant Staphylococcus aureus (MSSA and MRSA).* – PubMed.gov
13. *Antifungal activity of Lavandula angustifolia essential oil against Candida albicans yeast and mycelial form* –

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