

# **Special Report**

## **PARASITES – THE SILENT KILLERS**

**By Harry Elwardt, N.D., Ph.D.**

The famous, Dr. Zoltan Rona, author of many books and newspaper columns writes: “The incidence of parasitic disease in North America is skyrocketing because of increased international travel, contamination of the water supply (remember a few years ago what a water-borne parasite did to 400,000 people in Milwaukee) and the overuse of chemicals, mercury and prescription antibiotics. Tapeworms, hookworms and a long list of amoebae are far more common in the North American population than conventional medical experts led the population to believe.

In 1991, Walter Reed Army Institute of Research staff stated that we have a tremendous parasite problem right here in the United States. It is just not being identified. Other medical studies show that as high as 85% of the adult population has one or more types of parasites. Some authorities feel this figure may be as high as 95%. The World Health Organization estimates that almost one billion people have hookworms. That’s about one in five of the earth’s entire population and it is not a third world country problem as many people believe. Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases of the National Institute of Health says: “In terms of numbers there are more parasitic infections acquired in this country than in Africa.”

The purpose of this report is not to scare you, but to enlighten you as to the severity of the problem and what you can do to protect yourself and your family.

### **WHAT IS A PARASITE?**

A parasite is any live organism that grows inside your body. There are two basic categories of parasites, large and small. The large parasites are easy to see with the human eye, can weigh several pounds and can grow to several feet long. The longest parasite can be caught from eating fish and is appropriately named a fish-tapeworm; a mature adult can reach an incredible 30 feet in length. The small parasites are microscopic in size. It makes no difference which type of parasite you have; all can cause serious illness and death.

The parasite is an organism that lives off the host and the host being you or me. The parasite lives a parallel life inside our bodies, feeding off our own energy, our own cells or food we eat. Parasites are even feeding off the health supplements we use, thus greatly diminishing their effectiveness. Humans can play “host” to over 100 different kinds of parasites. Contrary to popular belief, parasites are not restricted to our colon alone, but can be found in other parts of the body; in the lungs, liver, muscles and joints, esophagus, brain, blood, skin and even the eyes.

You are probably wondering how these creatures can live inside our bodies without our awareness? “The answer to this is simple,” writes Dr. Ross Anderson, one of America’s foremost parasitic infection specialists. “The purpose of a parasite is not to make itself known. A smart parasite lives without being detected because if it is detected, of course, something is going to be done to eradicate it. If you think parasites are stupid, think again. They are highly intelligent organisms. Not intelligent in the same way as humans, but they are intelligent in their ability to survive and reproduce, which is of course the purpose of any organism on this planet.” It would also be important to note the incredible rate at which parasites can reproduce. For example, a female hookworm can lay 10,000 to 25,000 eggs at one time, a round worm is capable of laying 200,000 eggs a day and the fish-worm mentioned above, can lay an incredible one million eggs.

Approximately 30% of parasites reside in the digestive system. The other 70% are located throughout the body in the bloodstream, muscles, bones, various organs, including liver and pancreas, sinus cavities, eyes and even the brain.

## **HOW DO YOU BECOME INFECTED?**

Sources of parasites are many. Blood transfusions may carry parasites from the donor to the recipient of the transfusion. Insects, such as mosquitoes and cockroaches, sometimes carry parasitic larvae, which can infect humans or animals when they bite us or contaminate our food. You can also catch parasites by walking barefoot in infected places such as public beaches, showers, parks, or even in sandboxes in which children play.

The quickest way for parasite larvae to enter our bodies is through contaminated foods, improperly washed fruits and vegetables and insufficiently cooked meats. Highest concentrations of parasites are found in commercial pork products (bacon, ham, hot dogs, cold cuts, pork chops, etc.) beef, chicken, lamb and even fish are contaminated. All meats should be well cooked in order to kill parasites.

Avoid old food, even one-day old. The older the food, the more infested it can become. Old food can become parasite infected if it is sitting out for even a short period of time.

There is another very sure way of contracting parasites, and that is from our pets. Most pets are hosts to several kinds of parasites, and their eggs are spread into the environment frequently through their stools. From their stools they end up in their coats, from where we humans get infected through petting, hugging, kissing the animals or even through the air. This is especially dangerous for young children who frequently, you could say, “love their pets a lot more unconditionally” than do adults. The risk is also increased for pregnant women or those whose immune system is already weakened.

Finally, parasites can be transferred through shaking hands or the exchange of body fluids from sexual contact or from saliva in the mouth.

## WHAT ARE THE SYMPTOMS OF PARASITES IN HUMANS?

What tell-tale signs must we find that would indicate parasites in our bodies? The possible symptoms are almost endless. Ann Louise Gittleman, the author of "Guess What Came to Dinner!" mentions the most wide-spread symptoms of parasitic infections. These "intelligent" creatures are sometimes so clever that they can mask their presence through some of the most common diseases around. Symptoms include:

- Itchy ears, nose, anus or even any constant itchy sensation anywhere or all over your body.
- Constipation: Some worms, because of their shape and large size, can physically obstruct certain organs. Heavy worm infections can block the common bile duct and the intestinal tract, making elimination infrequent and difficult.
- Diarrhea: Certain parasites produce a prostaglandin, which creates sodium and chloride loss that leads to frequent watery stools. The diarrhea process in parasite infection is thus a function of the parasite, not the body's attempt to rid itself of an infectious organism.
- Gas and Bloating: Some parasites live in the upper small intestine where the inflammation they produce causes both gas and bloating. Persistent abdominal distention is a frequent sign of invaders.
- Irritable Bowel Syndrome: Parasites can irritate, inflame and coat the intestinal cell wall, leading to colitis, diverticulosis and even colon cancer. Fecal matter backs up in the colon, as much as 10 to 50 pounds and many times more. It is poison toxic waste, but great food for parasites. Diverticulosis means toxemia (accumulation of toxins in the blood), toxemia means food for parasites, and parasites mean cancer.
- Joint, Muscle Aches and Pains: Parasites are known to migrate to encyst (become enclosed in a sac) in joint fluids and worms can encyst in muscles. Once this happens, pain becomes evident and is often assumed to be caused by arthritis. Dr. Roger Mason wrote an article entitled, "The Causation of Rheumatoid Disease." In this article, he stated that a specific type of parasite called *indolimaxnana* is a cause of rheumatoid arthritis and causes a whole host of muscle and joint-related health problems.
- Anemia: Some varieties of intestinal worms attach themselves to the mucosa lining of the intestines and then rob vital nutrients from the human host. If they are present in large enough numbers, they can create enough blood loss to cause a type of iron deficiency or pernicious anemia.
- Allergy: Parasites can irritate and sometimes perforate the intestinal lining, increasing bowel permeability to large undigested molecules. This can activate the body's immune response to produce increased levels of eosinophils, one type of the

body's fighter cells. The eosinophils can inflame body tissue, resulting in allergic reaction.

- **Skin Conditions:** Intestinal worms can cause acne, hives, rashes, weeping eczema, and other allergic-type skin reactions. Cutaneous ulcers, swelling and sores, itchy dermatitis and a number of types of lesions can all result from protozan parasite invasion.
- **Granulomas:** Granulomas are tumor-like masses that encase destroyed large parasites or parasitic eggs. They develop most often in the colon or rectal walls but can also be found in the lungs, liver, peritoneum, and uterus.
- **Nervousness:** Parasitic metabolis wastes and toxic substances can serve as irritants to the central nervous system. Restlessness, anxiety, manic depression and other mental disorders are often the result of a systemic parasite infestation affecting the brain.
- **Sleep Disturbances:** Multiple awakening during the night, particularly between 2 and 3 a.m., are possibly caused by the body's attempts to eliminate toxic wastes via the liver. According to the traditional Chinese medicine, these hours are governed by the liver. Sleep disturbances are also caused by nocturnal exits of certain parasites through the anus, creating intense discomfort and itching.
- **Teeth Grinding and Clenching:** Bruxism – abnormal grinding, clenching, and gnashing of teeth – has been observed in cases of parasitic infection. These symptoms are most noticeable among sleeping children. Bruxism may be a nervous response to the internal foreign irritant.
- **Chronic Fatigue:** Chronic fatigue symptoms include tiredness, flu-like complaints, apathy, depression, impaired concentration, and memory problems. These physical, mental and emotional symptoms can be caused by parasites which facilitate malnutrition resulting in improper absorption of proteins, carbohydrates, fats and especially Vitamins A and B-12.
- **Immune System Dysfunctions:** Parasites depress immune system functioning by decreasing the secretion of immunoglobulin A. Their presence continuously stimulates the system response and over time can exhaust this vital defense system, leaving the body open to bacterial and viral infections.
- **Diabetes:** The pancreas exhausts itself trying to produce enough enzymes to destroy the influx of parasites. The general wearing down of the pancreas wears down the Islets of Langerhans and of course, their ability to produce insulin, causing diabetes.
- **Excess Weight:** Parasites can throw our appestat (appetite mechanism) off balance and nothing on earth can help us lose weight. When the large intestine is

compacted with encrusted fecal matter, we cannot eliminate properly. Because of this build-up over time, we get protruding stomachs, carrying around pounds of waste. This of course leads to autointoxication. If you are healthy, you should have bowel elimination for each meal you eat. Three meals should be matched by three bowel movements.

Intestinal build-ups cause re-intoxication of our bodies. This is made to order for parasites. The large intestine can be a major nesting ground for parasites. According to Dr. Bernard Jensen, the father of Iridology in the U.S. and foremost expert in colon research and therapy: "The average person over 40 has anywhere between 5 and 25 pounds of build-up in their colons. Parasites of all sizes thrive in this indisposed residue of fecal matter, slowly but surely toxifying the whole body."

The build-up of parasites in the large intestine causes gross stomach enlargement, stretching muscles thereby causing sagging stomachs. When we do clean out our digestive systems, particularly the large intestine, we lose considerable weight and inches. Our stomachs become flat.

When we are very toxic from fecal matter build-up, we crave more toxins. This means that when we eat a lot of junk food, we crave junk food. A junk food or heavily cooked food diet brings on more parasites and even greater craving for more junk food.

Parasites are a major cause of obesity since they deprive the body of the proper nutrients and leave us only empty calories as leftovers. The body also starts craving more and more food as it is starved for ever-so-needed vitamins and minerals.

- Cancer: According to Dr. Hulda Clark, in her ground breaking book, "The Cure for All Cancers", claims that most cancers are caused by the "fasciolopsis buskii" parasite and that every single one of her patients with cancer had parasites. Once Dr. Clark eliminated their parasites, incredibly the tumors also disappeared. In the book, she further claims it is the ingestion of "innocent" and widely used home chemicals that actually cause the hatchings and the migration of parasites out of contained areas (such as the stomach) into the liver and other glands, causing cancer. It is simply our individual biochemistry plus the strength of our immune system at any given time that explains why some people get degenerative diseases while other do not.
- Other: The following conditions may also be tell-tale signs of parasitic invasion: excessive hunger, asthma, bad taste in mouth and bad breath, epilepsy, migraines, male sexual dysfunction (such as impotence), slow reflexes, Crohn's or Candida, pain in and around the naval area, blurry vision, numbness of the hands or feet, burning sensations in the stomach, and kidney or heart problems.

## **THE PARASITE SOLUTION**

The majority of parasites are found in the colon. According to the Royal Academy of Physicians of Great Britain, 90% of all disease and discomfort is directly or indirectly related to an unclean colon (due to the impacted fecal matter).

The Academy identified 36 different kinds of poisonous substances that form in the large intestine. These toxins are absorbed by the bloodstream and have a detrimental effect on the body.

The legendary Dr. Paul Bragg, an author of many bestsellers about the importance of internal cleansing and the originator of America's health-food stores, always stressed that being "internally clean" is a lot more important than being "externally clean".

"We all take showers at least once a day to keep our bodies externally clean and yet constantly neglect to clean our insides on a regular basis. People are constantly hurting themselves by eating inappropriate foods and promoting the creation of toxins and colon build-up in their bodies, which can only be taken out by natural cleansing process." Dr. Bragg is the best example of his own teachings. He died at the age of 96 in a tragic accident, while engaging in his favorite hobby, surfing. When the doctors performed an autopsy, they discovered that his body was almost equivalent to that of an 18-year old. He was exceedingly healthy and strong right up to his tragic death.

Another well-known proponent of regular internal cleansing is Dr. Brian Carpenter, who says that we must clean the built-up fecal out of colon, in order to avoid self-poisoning. If we don't take the appropriate steps to rid our colons of this build-up and the parasites that set up home there, then we are actually allowing our bodies to get more and more toxified with each passing day. When the body is trying to absorb nutrients through the colon, which is backed up, it is actually absorbing poisonous fecal matter. Toxins also block enzymes and nothing in the body functions properly without enzymes. Now we are starting to get a better view of why 90% of all diseases start in the colon, because toxins are the cause of diseases plus the lack of proper nutrition on a cellular level.

Medical facts reinforce Dr. Carpenter's views, since today in North America, the third most common reason for hospitalization among 15-44 year olds are digestive disorders. Between the ages of 46-65, digestive problems become the second most common reasons for hospitalization.

No matter what your age, you can restore your quality of life and health if you are determined to do so. Your body will respond!

### **CLEANSE THE COLON**

**HP Cleanse** has ingredients, which are specially formulated to work as a natural herbal way to expel parasites from your body. This product should be taken daily for at least

90 days to make sure you eliminate all the eggs, larvae and adult parasites. I recommend taking **HP Cleanse** every day for prevention once you eliminated the parasites. I also recommend having a colonic done to clean out your colon and cleanse some of the buildup off the colon wall where parasites take refuge.

**HP Cleanse** also contains fiber, which should contain soluble and insoluble fiber which will: Fiber will:

1. Stimulates the colon to release and eliminate refuse that has built up in the system
2. Absorbs toxins and eliminates them out of the system
3. Adds probiotic microbes (good bacteria) to the colon which will kill harmful bacteria and boost the immune function in human cells causing them to produce more anti-bodies and other substances. This will help establish, nourish and maintain the natural flora, which is vital to a healthy digestion system.

**VITAMIN C** restores colon health and re-establishes peristalsis. Eliminates constipation and effectively absorbs and transports harmful toxins from the body. Works synergistically to detoxify and reclaim health.

**COLLOIDAL SILVER** is nature's antibiotic. All harmful bacteria, fungi, viruses, protozoa, and parasites are killed within minutes of contact with silver. Parasites are also killed while in their egg stage. It is tasteless, odorless and non-toxic.

**MSM** offers relief from constipation, de-toxifies the body, controls acidity in stomach and ulcers, coats intestinal tract so parasites lose their ability to hang on and much more.

### **WASH HANDS**

Parasites can be transmitted through shaking hands and petting animals, so wash your hands frequently.

### **CONCLUSION**

Parasite cleansing is both preventive and curative. Quality of life, especially after age 50, can only come with responsibility for your own health. You are responsible or you would not be reading this report. I commend you on your due diligence, but don't stop here, take the next step and clear your colon of the toxic waste build-up and parasites, watch what you eat and supplement daily to give your body the proper nutrients it needs to rebuild a more vibrant and healthy you.