

ARE YOU



Nasty little bugs can be getting in the system without you even knowing it and creating all kinds of issues you'd prefer not to know about. The tropical heat doesn't help but maybe holistic lifestyle coach, [Lian Monley](#) can...

PARASITE FREE?

A parasite is the technical term used to describe any organism that lives in or on a host organism while causing that organism harm. The word parasite is a combination of two Greek words: para (meaning “beside,”) and sitos (meaning “food.”) There are several types of parasites, and each of these organisms can infect their host in different ways, and cause different symptoms within the body.

Human parasite infections can mimic diseases such as the diabetes, heart disease, cancer, irritable bowel syndrome and the flu. Human parasites can cause weight loss, fatigue, sore aching muscles, high blood pressure, digestive disorders, and in extreme cases, even death. Read on to learn more about these harmful invaders and what you can do to keep your body free from parasites that affect humans.

How Do Parasites Infect Humans?

Human parasites can enter the body via four possible avenues. A person can become infected by consuming infected food or water, sexual contact with an infected person, contact (such as swimming or bathing) with contaminated water, or the bite from an infected agent (such as a mosquito or fly). Once inside the body intestinal parasites will multiply, migrate, and progress through their life cycles, causing damage to the different systems in the body as they go. Parasites may persist in the body undetected for months or even years, causing damage that may manifest itself in the form of mild conditions such as digestive disturbances, allergies, colds and flu’s.

How Do Parasites Affect Humans?

There are many symptoms of parasites that you should be aware of. First off, know that each organism will affect the human body differently. Some parasites nourish themselves on the food that humans eat, causing weight loss, vitamin deficiencies, digestive disorders, and fatigue. Others may actually attach themselves to a point on the body (such as the liver or the intestines) and suck out their nutrition from the host itself (i.e., YOU)!

Depending upon the type of parasite infection can occur in many different areas of the body such as the lymphatic system, the intestines, or the liver. Some human parasites may continually explore the body causing damage in a number of body parts. For example, some of these harmful organisms will attach to the nerves and eat away the protein coating that is responsible for signaling the brain. Others may feed on the synovial fluid of the joints causing arthritis-like symptoms.

What Are The Different Types Of Parasites?

There are four main types of parasites — protozoa, nematodes, cestodes, and trematodes.

Are You Infected?

Most physicians and general practitioners will not test for human parasitic infections as a first line of clinical diagnosis. Rather, many traditional physicians will attempt to treat other conditions that may be causing your condition and will only resort to parasitic testing if these other treatment methods do not bring relief. If you think you may be infected with parasites, try this simple experiment: do a parasite cleanse and stay away from sugars and carbohydrates for a couple of weeks. These are foods that human parasites thrive on. If your symptoms start to alleviate that is a sure sign you have a parasitic infection.

Treating Human Parasitic Infections

There are several herbal remedies that can be used to help remove parasites from your body. Herbal remedies can be used not only to kill off parasites, but to remove eggs and other life stages that could eventually re-infect the patient.

There are a number of herbs with ant-parasitic properties that can be used to treat parasitic infections. Talk to your local herbalist for more information about products that can be useful for you. I would personally recommend a product called Paratrex, but there are many ways to safely kill off these types of harmful organisms.

Keeping Parasites Out

Human parasites may be prevalent, but that does not mean that you are destined to become infected. There are several steps that you can take to keep parasites out of your body. First and foremost, be careful to wash your hands frequently throughout the day, especially before eating, and after going to the bathroom, handling food, swimming, changing diapers, or playing with pets.

You should also be sure to wash all fruits and vegetables before you eat them, and make sure you know the source of the water you are drinking. If there is any question about the safety of the water, then make sure to buy a good purification filter. Do not walk barefoot, especially in areas that may be contaminated with animal waste such as playgrounds and beaches. Finally, get regular parasitic check ups to make sure that you are free of these harmful organisms and the eggs they leave behind. **FRV**

Lian Monley - Holistic Lifestyle Coach
www.lianmonleywellbeing.com