

## PARASITE HYGIENE MEASURES

1. Wash your hands and fingernails in soap often during the day and before eating and after using the toilet.
2. Wear well fitting underwear and wear a fresh pair every day. This avoids spreading the infections to others especially if the exceptionally common threadworms, pinworms or seatworms are present.
3. If these worms are certainly present during the infectious stages wear pants underneath under the pajamas to prevent scratching and migration of worms
4. Take a daily morning shower to remove any eggs and especially wash and soap the anal area well.
5. Be diligent in regularly disinfecting the toilet seat and the bath.
6. Keep bed linen clean at all times. If a family member is infected change the sheets daily until the infection is well clear.
7. Vacuum or shampoo the floors regularly. The Vax vacuum cleaner salespeople have a product to add to the shampoo mix to kill the dust mites in carpet. These mites also harbour parasites and clean carpets go a long way to keeping your home hygienic.
8. Cook meat and fish really well. Parasites are common in fish and they have been seen in raw sushi. When cooking pork also cook all the pink out of it. Never reheat meat or vegetables.
9. Microwave cooking does not guarantee your food is parasite free.
10. Freezing food also does not guarantee food is parasite free. Still cook it well when unfreezing.
11. Make sure your bowel moves every day preferable after each meal or at least once per day
12. Use Regular for the Lower Bowel, Para for 90 days then twice a year for 6 weeks. Optional additional formulas are Blood purifying tonic and Procleanse for a more thorough cleanse.
13. Eat plenty of fresh fruit and vegetable daily but wash them well in boiled or adequately purified water. For those that can handle it, eat garlic every day.
14. Drink 6 to eight glasses of water each day.

## PARASITE CLEANSING IN A NUTSHELL

### **Destroy the Parasites: PARA 2000 (MAIN FORMULA)**

**5-10mls 1-2 times per day** Begin slowly, once daily and build up to 2 times daily. Always cut back if you get watery diarrhoea and find a comfortable level for yourself.

### **Cleanse the Lower Bowel: REGULAR BOWEL**

**1-2 capsules 1-2 times daily** Build up slowly. Start with one capsule about one hour after dinner. Stay on this dose for the first week then gradually build up to 3 capsules daily. Also cut back if the cleanse is more than you can handle.

### **Educate and purify the whole intestinal system: PROCLEANSE**

**In 250mls water. 1 to 3 times daily.**

Mix this well. If you don't like the taste add lemon and barley concentrate or make it up in grape juice. Again start with one dose a day and gradually build up to one dose three times per day. It is best on an empty stomach. You will find your most comfortable level of dosage.

### **Cleanse and purify the Blood stream and the immune system: BLOOD PURIFYING TONIC 2000**

**5 – 10 MLS twice daily.**

This formula can be taken straight or in water or fruit juice. Again begin slowly and work up to a dose you feel comfortable with.

### **Supply you body with the raw building blocks for new tissue: MINERAL MAX**

**2 Capsules, 2 to 3 times daily.**

This formula supplies optimum concentration of vitamins, minerals and trace elements in an alkaline Natural base and it is recommended to continue this formula day to day even after you have finished the cleanse to provide daily minerals.

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# PARASITES

## The hidden epidemic



Tiredness, Irritability, Low Iron, Glue ear,  
Infections



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## ARE YOU FREE OF PARASITES?

### NEW ZEALAND'S HIDDEN EPIDEMIC

#### **KEY SYMPTOMS;**

Fatigue, tiredness after meals, behaviour problems in children Attention deficit syndrome, headaches, low blood sugar, diabetes, heart disease, stroke, cancer, asthma, sinus, hay fever, joint and muscle problems including rheumatoid arthritis, Chrones disease, irritable bowel syndrome, allergies, skin problems especially eczema, overweight, underweight, stomach pain and low immunity and much more!

More than 75% of our population harbours some kind of parasite. A parasite is a living organism which receives its nourishment and shelter from another organism where it lives. In New Zealand there are 150 parasites known to commonly effect our population.

Many species of parasites show no socioeconomic boundaries and may be found in all climates. Evidence is now available to show that civilised countries have the same rate or worse of parasitic diseases that exists in third world countries. That means that even here in New Zealand it is epidemic in proportion and a serious threat to your health. Once worms are in the body they can do basically four things.

1. Poisoning with their toxic waste known as, "verminous intoxication".
2. Immune dysfunction/ deficiency.
3. Rob us of nutrients including vitamins minerals and amino acids.
4. Cause trauma to the body by perforation of the intestines, etc.

**The vast majority of parasites are seldom fatal:** they do however cause a host of health related problems ranging from common colds and allergies to severe such as asthma, rheumatoid arthritis, inflammatory bowel conditions, lowered immunity and much more.

**Parasites can be present in any disease:** Many individuals with parasites are unaware that they have them. On the whole unless your Doctor suspects parasites they will not even be considered as a possible cause to your illness. Even if he does the lab tests for these undesirable guests will be hopelessly inadequate

- **Parasites are great deceivers.**
- **Most of them have several different stages of their lifestyle and in many of these stages they change both their location and nature.**
- **Many individuals are in the twig light zone of health (not sick and not well).**
- **When disease symptoms are suppressed without addressing the cause, more symptoms are eventually created to medicate.**

*Soldier with leukaemia. I found that he was riddled with parasites to the point where he had a hole in the roof of his mouth the size of a 50c piece. All his body tissues were being eaten away with this particularly virulent parasite he had obviously picked up from overseas. A parasite programme was begun - almost immediately he began to feel better and within a few weeks the hole in his palate had reduce to the size of a five cent piece. Within a few months he went back to the army a well man.*

Case: " *Large lump on the side of neck size of a baseball after 30 days passed 3 worms about 8 centimetres long and almost the thickness of a pencil the lump in his neck completely disappeared and never returned. "*

Case: *Thin and nervous man began taking the programme and the next day he passed a fist size clump of worms. He said he had never felt so good as from that day on.*

Case: *Four year old girl, severe eczema covered in weepy sores worse with water. Put on Herbal worm programme. 3 weeks later she had no sign of eczema.*

Case: *2 year old girl who was covered in weepy sores over the whole of her body. Worse with sunlight from steroid use. Seen by nine doctors, paediatricians and skin specialists no results. Within 90 days on the parasite programme she was laughing for the first time, much happier and playing like a normal child. Eczema was greatly improved.*

The Sole purpose of parasites is to reproduce

They often attract the weak but can even infect healthy individuals. 30% of these parasites inhabit the lower bowel and many breed here before migrating to organs glands, muscles, joints and other tissues. They will often settle in areas of genetic weakness

- **The large intestine is the nesting site of parasites - remove the nest by cleansing the bowel. Destroy the parasites and make your system an environment unfavorable for parasites by hygiene management and herbal cleansing.**

**Important note:** Destroy the parasites with Herbs that have been used for centuries and keep them away by doing a **90 day herbal cleansing to begin** with and at least a **6 week cleanse once year in or each spring season.**

#### **PART TWO - PRACTICAL SOLUTIONS**

Cleansing your body of parasites requires three main stages.

1. **Detoxification.**
2. **Nutritional rebuilding**
3. **Maintenance to avoid re - infection.**



Wormwood