
ADDRESSING PARASITES

Parasites are often the most overlooked cause of digestive and hormonal problems. If you cringe and think it could never happen to you, you are not alone. According to renowned parasitologist Dr. Omar M. Amin, 30% of us are hosts to parasites. What I have found in my practice is that if someone has completed the Elimination Diet, removed all food triggers, improved stomach acid levels, eradicated Candida, ruled out intestinal infections such as SIBO, and still faces digestive issues, parasites are a likely culprit.

- The biggest problem with properly diagnosing parasites is the failure of conventional medicine to create accurate testing methods. The tests available now often return false negative results. This was my experience until I invested in a top-notch stool test from Doctor's Data, a specialty testing laboratory, that confirmed that I had *dientamoeba fragilis*, a fairly common parasite that previous standard hospital labs did not register. I tried eradicating these parasites with herbal solutions, but to no avail. I was forced to surrender to a 10-day round of antibiotics. Just two weeks after the regimen, I began to feel the infuriating symptoms of Candida lifting and my leaky gut treatment finally paying off.
- Why do parasites create such extensive trouble in the human body? How do they impact our hormonal health? Parasites are known to produce toxic substances that can impair our brain [function](#) and create communication misfiring between the endocrine [glands](#), which can stifle the production of hormones. Parasites can have a debilitating impact on the ovaries, which produce estrogen and progesterone. Parasites can create havoc in the digestive system that leads to chronic diarrhea, constipation, IBS, leaky gut, bloating, gas, mucus in the stool and digestive pains. I often see people who are sensitive to many foods, and they turn out to have untreated parasites.
- But there could be even more symptoms that go undiagnosed. Many individuals who are labeled by their doctors as "difficult cases" or "hypochondriacs" often are simply victims of undiagnosed parasitic infections. The presence of parasites can manifest in a plethora of other symptoms, such as fatigue, skin disorders (dry, itchy skin, nose, or anus; rashes; eczema; sores), mood and anxiety problems, sleep disturbances (insomnia, teeth grinding, bed wetting, drooling), weight and appetite problems (parasites feast on nutrients, making us depleted and therefore causing excessive eating), muscle and joint pains, weakened immune systems, and even unclear vision, body odor, and bad breath.
- The list of symptoms related to parasites is long and can be connected to many other conditions. If you suspect a parasite may be the last unsolved piece of your health puzzle, get your stool tested by a lab specializing in parasite testing or try a 4- to 6-week herbal treatment that contains herbs like wormwood, cloves, and black walnut (I like GI Microb-X from Designs for Health). If you have parasites, you will feel much better after the treatment. If you do not, your symptoms will persist, but the herbs will do no harm.