

Another Deadly Sin

by Nettie Meissner

Parasites can and do fake diseases. Lack of information is killing us. Yes, ANOTHER DEADLY SIN has come out of the closet.

At a recent California Medical Association meeting, one expert speaker told his professional audience that worms are the unsuspected and unrecognized causes of a remarkable number of illness. What's more, he said, most physicians are unaware of this fact, and the public, well, they know even less.

In research, what is most frequently found are parasites aggravating conditions or even causing them. PARASITES, what are they, do I have them, how did I get it, and now what do I do? In today's world we are so wrapped up in finding Cancer and Aids cures that we are overlooking one of the probable causes. The breaking down of the immune system! These ugly worms (scientific name – Helminth) range from microscopic amoebas to 50-foot-long tapeworms. What's more revolting is that there are more than 130 relatives. These monsters inside of our system can put extra burden on all organs and especially the liver that is already having a hard time neutralizing the affects of toxins in our food and air. Not only do we have our own waste, but the waste of these worms to deal with.

Also remember everything has eggs that they imbed into body tissue and can cause physiological disturbances. Your immune system is being sapped and that opens your body for more serious problems.

Diet wise, these worms love sugar. Remember that what you eat is feeding them also. It is worse than being pregnant. At least that case you know what the result will be. But with worms, they preempt your food. You are still left hungry. Consider this may be a part of your problem of the scales. Being skinny or heavy makes no difference.

Giardia Lamblia are generally found in the mountain areas; move over, they are now in the cities. It may be masked as Chronic Fatigue Syndrome, Candida, Influenza and many other afflictions. Once discovered by your physician, medication can be recommended. Personally, I

recommend colonic irrigation before each phase of your herbal cleanses. Products such as black walnut, cloves, and wormwood make a good combination. For more serious problems, use cranberry, garlic, capsicum and thyme, pumpkin seeds, plus a combination of goldenrod and goldenseal for liver detoxification. For eggs and other parasite residue, do a month of comfrey-pepsin supplement.

Another recommendation that's easy is Para-cleanse by Nature Sunshine. Before starting, do enemas, or better yet a colonic irrigation. Remember through all healing modalities, drink plenty of GOOD water. Take a packet of Para-Cleanse morning and night for 10 days, and 3 large doses of charcoal tablets in the next 36 hours to help with the big flush. (Charcoal takes the good and bad bacterial from the intestines.) Next follow with a week of Acidophilus. (This puts back the good bacteria.) Then another 10 days of the Para-Cleanse followed with colonics or enemas. Effective teas include Valerian, Chaparral, Wormwood/Tansy, Chamomile, Pau de Arco.

On a world wide basis, parasites outrank cancer as man's deadliest enemy. It is estimated that 200 million people are infected by these parasites and the ratio is 1 in 4 people are infected. The number of cases have doubled in the past 5 years. This is also partially due to our world wide travel, and the influx of immigrants from other countries. Here is a war story from a Health Convention. After a 2 hour period, 112 people entered the stalls in the restroom and only 60 washed their hands before leaving. Yes, at a Health Convention, people still don't realize the importance of cleansing the hands. Restaurants have been closed due to employees unclean habits that have passed parasites to customers. We often find a case of diarrhea, stomach or intestine cramps, slight nausea, trouble indigestion causing bloating, ulcers and tumors, allergies, diabetes, constipation (and the list goes on) will clear when a parasite problem has been eliminated.

Parasites will reappear, because you can't hide from them, so be aware and start the procedure all over again. We often do not relate this to unclean

handling of our food. Remember the good old salad bars that we love so much. Liver Flukes may be in your salad. The old swimming hole may be deadly because of dead animals, etc. Lawns harbor eggs of Hymenolepis. Rare beef parasites and pork tapeworms are moving north. Fish tapeworms are prevalent in the northeast. Barefeet invite hookworms. Veggies harbor roundworms. Pinworm eggs ride on air currents.

Animals carry over 240 infectious diseases, 65 by dogs and 39 by cats. The next time an animal licks your face, remember, you don't have all the answers. Worm your animals regularly, and keep their sleeping quarters clean. Your carpets have ugly dustmites, and your animals sleep on them. Never allow your animals to sleep in your sleeping quarters or in your kitchen. Never allow anyone to sleep directly on your rugs or carpets because of breathing in these germs.

Sleep disturbances about 2 to 3 A.M. caused by bloating, gas, itching around the anus, teeth grinding, nervousness, anemia, bowel problems, skin problems, extremes in weight problem are all contributing factors in the inability of the body to properly heal itself. Parasites get into the brain, spinal cord, eyes, heart, and bones and can cause particular pressure and obstruction in the pancreas, bile duct, and intestines. Chronic infection is produced by toxic waste in our body. White cells that normally combat microscopic pathogens cannot handle the overload and therefore pain and inflammation happens. During one of my appointments after my eye surgery, I naturally mentioned that I was giving a talk on parasites. The nurse stated that they have been seeing more and more cases of this enemy.

Death does begin in the colon. Our colon should completely empty every 18 to 24 hours with 2 to 3 bowl movements daily; otherwise HAZARDOUS WASTE.

CHEW YOUR LIQUIDS AND DRINK YOUR SOLIDS.

One Meal-Pastas with veggies and salads (Fruits between meals). Next Meal-Meat with veggies and salads (Grains all thru meal).

THE WHITER THE BREAD, THE QUICKER THE DEAD. FORTIFIED SIMPLY MEANS OVER PROCESSED AND A LOOK-A-LIKE IN PLACE OF REMOVED NUTRIENTS.

10 minutes a day, helps to keep down the medical bills. Don't wait for your physician to tell you the side affects of a simple medication. Go, look it up yourself and approach the nurse with your findings. I used tagament for stomach problems, and my gall-bladder almost stopped all function. The Touch for Health procedure was used for gallbladder testing. Much to my surprise when asked what I was taking, I confessed. Parasites were suspected to be the real problem, and I used herbs by Dr. Versendaal for weeks. Soon I noticed a great recovery. Each herb was tested by holding it in my teeth for a muscle test reaction of yes or no. Herb in mouth, use indicator muscle, and touch the intestine for sign of weakness. If muscle stays strong, great; if not keep on until you find the right combination of herbs.

These parasites may be the key to many diseases that baffle physicians every day and are now being connected with current auto-immune problems such as A.I.D.S.

A good health maintenance program of cleansing is suggested for both children and adults. Use common sense in your sexual encounters. Follow your first instinct about anything you touch or eat. Yes, I intend to scare you about your personal habits because I might get what you are harboring. If we take better care of ourselves, others will follow.

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