

# Possible Unsuspected Cause of Chronic Illness: Intestinal Parasites

## Parasites May Go Undetected and Symptoms May Be Misdiagnosed

While intestinal parasitic worms are relatively easy to detect, many parasitic protozoa that dwell in the intestinal lumen are not readily detected by stool examination. Protozoa such as *Entamoeba histolytica*, *Giardia lamblia* and others may go undetected and symptoms caused by these parasites are often misdiagnosed.<sup>(15)</sup>

These may be spread directly from person to person or indirectly through food or water. *Giardia* has been reported to be present in 10 to 28% of the lakes, rivers and creeks tested in North America and in 3.4% of the U.S. drinking water samples receiving conventional treatment.

## Undetected Parasites Rob Essential Nutrients Leaving the Patient Vulnerable to Other Diseases

Parasites rob the body of nutrients and irritate the intestinal lining which causes poor absorption of nutrients.<sup>(7)</sup> The host is then left vulnerable to other diseases.

Manifestations of protozoan infection include gastrointestinal disorders, rheumatologic disease, immune dysfunction, chronic fatigue, depression and malabsorption. Patients who exhibit these symptoms, especially if diarrhea is present, should be thoroughly examined for intestinal parasites.<sup>(15)</sup>

In clinical trials, patients previously diagnosed or showing symptoms of ulcerative colitis, irritable bowel syndrome, rheumatoid arthritis, chronic fatigue syndrome, fibromyalgia syndrome, chronic candidiasis, food sensitivities and depression have experienced relief when intestinal parasites were eliminated.<sup>(15)</sup>

A diligent search for intestinal parasites is mandated in all patients with HIV. Pathogenic strains of *E. histolytica* contain lectins which stimulate T-helper cells, making them more susceptible to HIV; they also contain substances which can induce HIV in vitro.<sup>(15)</sup>

Several types of parasitic worms can live in the human intestines, the most common being pinworms, tapeworms, hookworms and roundworms. Symptoms of parasitic worms include diarrhea, hunger pains, appetite loss, weight loss and anemia. The most common parasitic worm in the United States is the pinworm. The chief symptom of this small thread-like worm is rectal itch-

### PARADEX HERBAL FORMULA™

#### Herbal Formula to Combat Worms and Parasites

Product No. 433      Fill Size: 90 Capsules

Each Capsule Contains:

Black Walnut Husks (*Juglans nigra*) - - - - 250 mg.

Artemisia (*Artemisia annua*) - - - - - 100 mg.

Pau D'Arco (*Tabebuia avellanedae*) - - - - 100 mg.

Odorless Garlic (*Allium sativum*) - - - - - 50 mg.

Pumpkin Seed (*Curcubita pepo*) - - - - - 50 mg.

Other ingredients: magnesium stearate and gelatin.

**Recommended Usage:** Three capsules daily.

ing, especially at night. Roundworms can leave the intestines and settle in different areas of the body, causing diseases such as pneumonia, jaundice or periodontitis.<sup>(7)</sup>

Those at high risk for intestinal parasites include travelers to Latin America, Asia, Africa, the Middle East and the Soviet Union, wilderness and fresh water sports enthusiasts, homosexual men, inmates of institutions, residents of mountain states drinking unfiltered municipal water, children and workers in child care centers and their families. When parasites are detected in one family member, other members are likely to be infected, even if they are asymptomatic.<sup>(15)</sup>

## Selected Herbs and Seeds Eliminate Parasites Naturally

There is a long list of drugs used to eliminate parasites and with it a long list of side effects. **Paradex Herbal Formula** contains natural active ingredients, including seeds and herbs, known to eliminate intestinal parasites.

*Artemisia annua*, or annual wormwood, has been used effectively in treating patients infected with the intestinal protozoa *G. lamblia* and *E. histolytica*<sup>(15)</sup> as well as parasites associated with malaria.<sup>(10,12)</sup>

Clinical studies have demonstrated a 100% cure rate in 485 cases of tertian malaria and a 92.7% cure rate in 105 cases of subtertian cerebral malaria.<sup>(10)</sup> In another series of 2099 malaria patients

(over)

infected with *p. falciparum* or *p. vivax*, artemisia produced a cure in every case.<sup>(12)</sup>

Artemisia contains compound called artemisinin (chemically speaking, a sesquiterpene lactone with a peroxide group attached). This compound works by destroying various and specific membranes of parasites.<sup>(10)</sup> It appears to inhibit the enzyme cytochrome oxidase which the parasite needs to maintain its cell membranes. The parasite more or less disintegrates as its various membranes come apart.<sup>(11)</sup>

**Black Walnut Husks** are an antiseptic laxative for the lower bowels.<sup>(2,3)</sup> Traditionally used as an astringent, laxative and vermifuge,<sup>(6)</sup> Black Walnut expels tapeworms and other internal and external parasites.<sup>(9)</sup> Juglone, one of the main alkaloid principles, has antimicrobial activity, is an effective agent to stop bleeding and inhibits the growth of other vegetation around black walnut trees. It will stop fungal growth such as athlete's foot in some people.<sup>(2,3)</sup>

**Pau D'Arco** has recently become popular in western herbology due to its antifungal activity in treating systemic yeast infections such as *Candida albicans*. The herb has definite astringent and antifungal action due to its high content of tannins and naphthaquinones. It is traditionally used as an anthelmintic (agent that dispels or destroys intestinal worms) and antifungal agent. Pau D'Arco, also called Taheebo, is the inner bark of the South American lapacho tree, a hardy deciduous tree that resists fungal growth, even in its native rain forests.<sup>(6)</sup>

**Pumpkin Seed** is a safe, effective anthelmintic for children or adults<sup>(2,4)</sup> and has been used in medications for expelling worms, particularly beef and pork tapeworms<sup>(2,3)</sup> and pinworms.<sup>(3)</sup>

The plant amino acid cucurbitin is the active agent against parasites. The seeds also contain trace amounts of arsenic, which may account for its strong anti-parasitic properties.<sup>(2)</sup>

**Garlic** has definite antimicrobial action against gram positive and gram negative bacteria, certain fungi and worms.<sup>(6)</sup> Because it is readily absorbed and transported throughout the body, it is effective against parasites that may inhabit any part of the body.<sup>(3,6)</sup>

In laboratory tests, garlic has been shown to inhibit the growth of micro-organisms such as *staphylococcus aureus*, *streptococcus viridans*, *s. haemolyticus*, *klebsiella pneumonia*, *proteus vulgaris*, *escherichia coli* and *salmonella*.<sup>(13)</sup> Tested against *E. histolytica*, garlic "effectively inhibited growth with rapid morphological effects."<sup>(8)</sup>

Concentrated garlic has been shown more effective than the drug Nystatin in studies on pathogenic yeasts, particularly in complications from candidiasis.<sup>(14)</sup>

Garlic is a very successful folk medicine for eliminating pinworms and threadworms from the body.<sup>(5)</sup> Its content of allicin and other sulphur related compounds make garlic effective antagonists to parasites.<sup>(2)</sup>

## Supplementation Is Necessary to Restore Nutritional Balance

It is important to the patient's health, that nutritional balance be restored through proper diet and supplementation as parasites are eliminated. When a person is afflicted with parasites, the body's supply of nutrients is depleted to the point that supplementation of all nutrients is necessary to restore normal health.<sup>(7)</sup>

WARNING: This information is provided for health care professionals only. This publication and the products contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the products contained herein are not intended to diagnose, treat, cure or prevent any disease. The product relates to nutritional support only.

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