

# Aroma HealthCare

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## PARASITES

### Uninvited Guests

You do not need to go overseas or have inadequate sanitation to pick up a few freeloaders. These little guys are prevalent in our food, water, pets, and gardens, to name a few. Luckily herbs have been employed for hundreds of years to keep our bodies clear of unwanted guests.

People are still squeamish when it comes to parasites although, the issue has been around for as long as mankind. We can accept our pets or other people in third world countries as having parasites, yet we tend to be naïve about having parasites ourselves. The reality is, that we are not immune to having parasites ourselves.

### Acquiring Parasites

Parasites are found worldwide. Of course poor sanitation increases the possibility of unwanted guests, yet soil, fruits, vegetables, meats and water can be infected. We may also pick up worms from contact with pets and other people or by walking barefoot in the garden.

Worms can release as many as 200,000 eggs per day, which we may consume unknowingly. Children are easily infected by being less aware of hygiene and playing with dirt.

Once in the body, parasites can settle almost anywhere, causing damage to organs, and blocking and sapping nutrients from the host, US! The intestines offer lots of nutrients for worms so this is a common place for them to live!

Humans may be hosts to over 100 different types of parasites. There are several families of parasites: Roundworms, Tapeworms, Flukes and single cell parasites.

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## **Effects of parasites**

Here are some of the effects parasites have on people:

**Allergies** – Some parasites increase the level of foreign proteins, which can inflame body tissue and lead to allergic reactions, especially to certain foods.

**Anaemia** – Worms leach nutrients from the host. If there are large numbers, they can create enough blood loss to cause a type of iron deficiency.

**Digestive disturbances** – Constipation, diarrhoea; some worms live in the upper small intestines, causing both gas and bloating.

**Fatigue** – Chronic Fatigue, Flu like symptoms, apathy, depression.

**Growths** – parasites can clump together causing cysts or tumors. Parasites are also found in cancer patients.

**Nervousness** – anxiety, restlessness, grinding teeth – parasite waste can irritate the central nervous system.

**Verminous intoxication** – is the result of a worm's waste toxins. It produces symptoms such as dizzy thinking, high and low blood sugar, hunger pains, poor digestion and allergies.