

PARASITES

This is not intended to take the place of competent medical advice, but sadly most physicians in America do not believe parasites infect humans in first world countries. A full video explanation by me and Dr. Ardis is available by signing up for the weekly podcast at TheMedicalRebel.com. The basic principles to consider with parasitic infestation are these:

- There are a variety of parasites that infect humans—some large and visible to the naked eye, some microscopic. Although not generally recognized, it appears that most humans have one or more parasites—even in modern first world countries. If your animals need “deworming” so do you. In a recent autopsy study of Multiple Sclerosis (MS) patients who died from the disease, ten out of ten (100%!!!) actually had parasites inside the central nervous system including nematode small worms in the brain.
- Parasites may give you no obvious symptoms, but can explain many otherwise unsolvable problems—dietary deficiencies, inflammatory disease, night sweats, bloating, other digestive issues, abdominal pain, sweet and food cravings, fatigue, muscle and joint pain, skin rashes, (especially rosacea a flushing pink facial rash), anal itching, vaginal itching, fever, anemia. In my opinion, before immunosuppressive drugs are started, anyone with autoimmune disorder should be treated with some parasite protocol. Cancer may be caused by the chronic egg sac inflammation or may actually be confused pathologically with egg sacs. How many deaths might have been avoided by pursuing this line of inquiry?
- Parasites are everywhere, and it is impossible to completely avoid infection. This is not just about cleanliness. Some parasites can be acquired from undercooked or raw food, but many are in the environment. If you have animals you have parasites.
- Parasites all have lifecycles that include egg sac production. Once infected, the mother parasite will lay between 20,000 – 200,000 eggs a day that are “encysted” in an egg sac in various parts of the body. As long as the mother is alive she produces a chemical that inhibits eggs from hatching. But once the mother is killed, eggs will hatch and reinfect the gut or liver or wherever they naturally live. To rid yourself of parasites you need to treat both the parent and the egg sacs. Many cases of chronic inflammatory disease are the result of the body trying and failing to destroy the egg sacs. Obviously, left untreated you will be hosting more and more egg sacs and the body will become more and more inflamed trying to rid itself of these foreign invaders.
- Effective treatment to treat both the adult parasites and egg sacs requires cycling the treatment. Constant treatment with any drug will not rid you of the egg sacs and your body inflammation will continue.
- You can be tested with stool specimens for parasites, but given the prevalence of unrecognized parasitic disease, I am not sure that is worth the cost unless you have failed to benefit from treatment. Or you might want to pay for testing to monitor progress.
- A number of drugs have been used for treatment. Most drugs have an excellent safety profile. Newer drugs are being developed but many of these do not have testing for safety on humans. I believe, for this reason, older drugs are better to choose.
- Once you begin treatment, you may experience diarrhea or altered stools, gas, etc. It is important to space treatments no longer than 2-3 weeks between treatments. This is referred to as “cycle length”. If you do longer cycles, you may allow a larger number of eggs to hatch and grow. Then when you next do a treatment, you can have such a large parasite “die off” that you get a significant allergic reaction to the dead parasites—called a Herxheimer reaction after the doctor who first described the phenomena. This reaction most commonly starts with histamine release giving you sneezing, watery eyes, stuffy nose etc., but may progress to fever, rapid heart rate or palpitations, chills and sweating, shortness of breath, brain fog, headache, pains and aches in the

brain muscle and joint, ringing in the ears, swollen glands, insomnia, itching, digestive issues, general feeling of sluggishness, and unstable emotions. Again, this is generally avoided by using short cycles for a while.

- In the absence of known inflammation or medical issues referable to parasites, adults should probably treat themselves for two months every 2-3 weeks, then be on a monthly maintenance treatment. For smaller children, less time may be needed such as 2 treatments a couple weeks apart.
- Lifetime maintenance is required, and I know doctors who treat themselves and their families monthly.

Here is the CDC guidance for parasites considering refugees coming to America:

Presumptive parasite treatments: albendazole (for soil-transmitted helminths), 400 mg for refugees ≥ 2 years old, 200 mg for children 12-23 months of age; ivermectin (for Strongyloides), 200 $\mu\text{g}/\text{kg}$ once a day for 2 days for adults and children weighing $\geq 15\text{kg}$; and praziquantel (for schistosomiasis), 40 mg/kg divided in 2 doses for adults and children ≥ 4 yo.

<https://www.cdc.gov/immigrantrefugeehealth/guidelines/overseas-guidelines.html#pt-table2>

Praziquantel ^{1,2}	
Drug and dosing	Weight (kg)
Not recommended	<15
1 tablet (600 mg)	15-18
1 ½ tablets (900 mg)	19-25
2 tablets (1200 mg)	26-30
2 ½ tablets (1500 mg)	31-40
3 tablets (1800mg)	41-50
4 tablets (2400 mg)	51-69
5 tablets (3000 mg)	≥ 70
Ivermectin ³	

Drug and dosing	Weight (kg)
Not recommended	<15
1 tablet (3 mg)	15-24
2 tablets (6 mg)	25-35
3 tablets (9 mg)	36-50
4 tablets (12 mg)	51-65
5 tablets (15 mg)	66-79
200 mcg/kg	≥80

Here are several other drugs to consider. Because we do not know the parasite species and we may be infested with more than one species, I use both Nitazoxanide from GrantPharmacy.com or other source, and Fenbendazole which is easily available from farm supply stores. Fenbendazole crosses the blood brain barrier, and will kill nervous system parasites. I also use my herbal GI cleanse from the Medical Rebel Shop. This has no downside, and can be used for a six week treatment. Use twice a day on an empty stomach. This may be a cost effective readily available maintenance program once you are sure you have killed the intracellular and encysted or central nervous system parasites. For younger people with less risk of deep seated cysts this may suffice for a 2-3 times a year cleanse.

If you have MS or other neurological issues be aware that parasite die off may cause inflammation and swelling of the brain. It is a good idea to start treatment under the care of a physician, but if not possible, consider beginning with half dose for the first cycle and be prepared to visit a physician if you develop significant headache, blurred vision or any unusual/ new neurological symptoms.

Overview of Some Drugs that kill parasites:

Panacur C (Fenbendazole): can be obtained from farm stores. 1 gram for each 10 lb of body weight. Use three days in a row, repeat every 2 weeks for 2-3 months.

Nitazoxanide can be obtained from overseas pharmacies: 500 mg for adult twice a day for three days. Repeat every 2 weeks for 1-2 months. This will kill all forms of parasites and is an antiviral listed in the NIH for experimental use against SARS CoV2-- From Wikipedia:

“Nitazoxanide is an effective first-line treatment for infection by *Blastocystis* species^{[11][12]} and is indicated for the treatment of infection by *Cryptosporidium parvum* or *Giardia lamblia* in immunocompetent adults and children.^[1] It is also an effective treatment option for infections caused by other protozoa and helminths (e.g., *Entamoeba histolytica*,^[13] *Hymenolepis nana*,^[14] *Ascaris lumbricoides*,^[15] and *Cyclospora cayetanensis*^[16]).^[7] Nitazoxanide alone has shown preliminary evidence of efficacy in the treatment of chronic hepatitis B over a one-year course of therapy.^[1]

Albendazole: Specifically for brain cysts/ parasites. For adults over 120 pounds, 400 mg twice a day for 5 days. Stop for any headache or blurred vision that could indicate brain swelling from killing worms. In this case consult a physician. Otherwise this should be repeated every two weeks for three cycles.

Ivermectin: See Table above

Drugs that paralyze roundworms but wont kill them

Pyrantel Pamoate. Use dosage on the box, Sold for pinworms OTC in pharmacies.

GI Cleanse: This has no downside, and can be used for a six week treatment. Use twice a day on an empty stomach. This may be a cost effective readily available maintenance program once you are sure you have killed the intracellular and encysted or central nervous system parasites. For younger people with less risk of deep seated cysts this may suffice for a 2-3 times a year cleanse. See Shop site at TheMedicalRebel.com. Wormwood (Artemisia), Pumpkin Seed, Papaya Seeds, Black Walnut hull, Cloves