

Cleansing Chronicles



LIFECLEANSE OF ANOKA *Let the Healing Begin*

June 2009 • Volume 2

Welcome Summer and Our Second Newsletter!

We trust you are doing well on your journey to a life of vitality as you continue to cleanse and make healthful choices. LifeCleanse is delighted to announce the addition of a second colon hydrotherapy room... come with a friend!

This issue will focus on **PARASITES**. Many of you have noticed that during your colonic there are “things” in the viewing tube that do not look like fecal material. You have suspected that they may be parasites. You are probably correct. It is an unpleasant topic that most people do not want to discuss, let alone think about, but now reality must be faced.

**Warning: This information may be graphic
Read at your own risk!**

Yours in health,

Barb and Renee

Parasites: What's Eating You?

Every one of us, day after day is subject to parasites simply by touching a doorknob, gardening, petting your pet, even the every day occurrence of eating food is subject to parasites. Millions of parasites, including mites, worms, bacteria, fungi, and viruses are eating your flesh **right now!** The human race is subject to infestation by more than **3200 types of parasites**. These freeloaders can be extremely harmful, wreaking havoc on the health of their unwitting hosts. A human parasite would be any sort of foreign, microscopic organism that essentially uses your body to breed and survive. **Intestinal parasites** are organisms that live in your digestive tract. Although not strictly a bowel disorder, parasites thrive in an unhealthy, unclean intestine.



Why should I care about parasites?

Virtually all parts of our bodies will host some type of parasite within our lifetime. Parasitic infestation of humans has reached epidemic proportions, representing a major health challenge that is often overlooked by medical professionals. There is a tendency to only treat the symptoms without considering that parasites may be the root cause of health problems because most doctors are not trained to recognize the symptoms associated with parasitic infections.



Many people take bottles and bottles of the best nutritional supplements, but then can't understand why they don't work. Often this is because the parasites are getting the best nutrients! You get the “scraps and leftovers” while they grow healthy and fat and your organs starve for nutrition. A silent battle is waging at all times within your body—a battle between YOU and the PARASITES! You swallow the food and they get the good out of it. Maybe this is the reason you have never felt great in spite of eating the most nutritious meals.

New research shows that parasites not only control the behavior of their hosts, they can change entire ecosystems to suit their needs. According to the World Health Organization, 3.5 billion people suffer from some type of parasitic infection. Many live in the United States.

One way, (and really in the long run, the only way) to avoid the problems associated with parasite infections is to **educate ones-self**.

Here at LifeCleanse our purpose reiterates the concept of **Self Health**; meaning choosing to take responsibility for your own health to avoid and prevent potential pitfalls of various ailments and diseases including the pervasive parasite!



Some Things You May Be Dealing With:

- **Arthritis**, microscopic parasites can get into your joints and eat the calcium linings of the bone.
- **Nerve System Disruptions**, parasites can eat the protein coating on the nerves (myelin sheath).
- **Inflamed Appendix**, it has been found that when the appendix has been removed it is loaded with parasites.
- **Organ Infestations**, they can make Swiss cheese out of your organs. causing physical trauma by perforating (burrowing) the intestines, the circulatory system, the lungs, the liver or the whole bodies.
- **Tumors**, they [parasites] can erode, damage, or block certain organs by lumping together in balls and be mistaken for cancer. Check out a recent YouTube clip called “Wash Your Hands”, a story of a woman who was diagnosed with a brain tumor only to find out upon surgery that it was a worm in her brain. To view the 4 minute video go to



http://media2.foxnews.com/112008/worm_tumor_700.wmv

Parasites: Looks What's Coming to Dinner - Parasitic worms are divided into **roundworms** and **flatworms**.

Roundworms are long thread-like parasitic worms that cause infections of the digestive tracts in humans.



The infection is mainly spread by a lack of adequate hygienic and sanitation methods. For example, failing to wash hands before eating or before touching the mouth, failing to wash fruit and vegetables before eating, eating raw or uncooked meat or seafood, playing or working in soil that is contaminated, or having pets that are infected with roundworms. The infected person suffers from stomach pain, cramps, and nausea. The overgrowth of roundworms can lead to intestinal blockage or rupture. Other symptoms are asthma, eye pain, insomnia, and rashes.



Hookworms are an ugly type of roundworm that are vicious. Hookworm larvae penetrate the skin of any person who comes in contact with them. This is commonly caused by walking barefoot through areas contaminated with fecal matter. The larvae are able to penetrate the skin of the foot and make their way into the blood stream, ultimately residing in the digestive tract where they become adult worms. Young worms use their sharp teeth to burrow through the intestinal wall and feed on your blood.

Symptoms of hookworm are iron deficiency (anemia), abdominal pain, loss of appetite, or capricious appetite, craving to eat soil, protein deficiency, dry skin and hair, skin irritations, edema, distended abdomen, obstinate constipation followed by diarrhea, stunted growth, delayed puberty, mental dullness, cardiac failure, and death.

Pinworms are extremely common intestinal parasites. It's hard to avoid pinworm infestation because their eggs are often airborne. Symptoms are



itching and irritation of the anus or vagina, digestive disorders, insomnia, irritability or nervousness. Once pinworms are snugly ensconced inside the human body, the female worms crawl out of the anus at night and can lay about 15,000 eggs on bedding or sleepwear. Pinworms can infect one in five children.

Flatworms are more like leeches. They have a way to attach themselves sometimes with the head (*scolex*) like **tapeworms**, sometimes with a special sucker like **flukes**.

Tapeworms these huge parasites may be more than 50 feet long and are capable of producing a million plus eggs a day and can survive as long as 20 years. Tapeworms eggs are usually ingested through food, water, or soil contaminated with human or animal feces. After hatching, the tiny larva burrows into its favorite organ. Your body encases it with a cyst. If you are a meat eater, you could eat such a cyst if it happens to be lodged in the meat you are eating. Your teeth break it apart as you crunch. The little larva is swallowed and tries to attach itself to your intestine with its head. Then it grows longer by making segment after segment.



Flukes are so named because their bodies are flat in cross-section.

They have flat, leaf-shaped, unsegmented bodies. They normally have a pair of suckers—an oral and ventral one—which help the fluke hang on to the part of the body in which they live.

Human infections of flukes can cause severe disease of the gastrointestinal tract, bladder, liver, and destroy blood cells. Size varies from 1 to 2.5 centimeters in length (1 to 3 inches long). Dr. Hulda Clark says, "*Fasciolopsis buskii* is the fluke that I find in every case of cancer, HIV infection, Alzheimer's, Crohn's disease, Kaposi's, endometriosis, and in many people without these diseases." The outward signs of infection are usually the abdominal symptoms (discomfort, nausea, diarrhea) associated with the inflammation of the gut wall caused by the presence of the parasite. They may also grow large and block the bile ducts where they lay their eggs, which can lead to jaundice and other liver complications.



How are parasites diagnosed?

Stool samples are one way to diagnose parasites, but as stated earlier, in the early stages, they will not be found in the stool and if your parasites are in your heart or lungs, they will not show up in your stool. Specialized testing is often needed to detect parasites that can be difficult to spot as they go through different stages of their life cycles. A "string test" can be done where a capsule that is attached to a string, one end of which is left outside the mouth while the other is swallowed. After a few hours, the string is withdrawn and examined microscopically. An invasive approach is to obtain a tissue specimen through a biopsy taken with an endoscope. Blood tests can be used to reveal an elevated eosinophil count, a general indicator for an infection by parasites. A specialized blood test, the *ELISA* (Enzyme-Linked Immunosorbent Assay), can be used to diagnose giardia and possibly other parasites. Other types of blood tests, sputum tests, urine tests and even radiologic tests can be used to detect various types of parasites with varying degrees of success. Analysis of aspirated fluids and growth of tissue cultures may also be used.

Holistic practitioners such as naturopaths can detect exactly the type(s) of parasites you have using various forms of bioenergetic testing. Every organism has a frequency and with the right equipment the characteristic frequencies can be measured and the parasite detected.



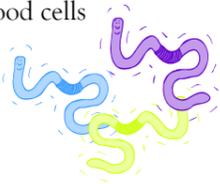
More detailed and complete information, including bibliography, can be found on our website:

www.LifeCleansanoka.com

Signs & Symptoms

Medical texts don't have much to say about parasites other than stating that they can cause diarrhea and malabsorption. As mentioned earlier, it is important to bear in mind that parasites can mimic other disorders and/or produce no noticeable symptoms. When they DO cause symptoms, a wide range can be displayed. These can include:

- Diarrhea or constipation
- Digestive complaints
(gas, bloating, cramps, nausea, vomiting)
- Irritability/nervousness
- Elevated white blood cells
- Nail biting
- Joint pain
- Bedwetting
- Teeth grinding
- Coughing
- Food and environmental sensitivities
- Depressed secretory IgA (an antibody)
- Headaches/neck aches/back aches
- Apathy, depression
- Itchy anus or ears
- Persistent skin problems
- Overall fatigue
- Muscle cramps
- Pain in the umbilicus
- Swollen glands
- Foul-smelling stools
- Sugar cravings
- Ravenous appetite or loss of appetite
- Granulomas (tumor-like masses that encase destroyed larva or parasites)
- Dark circles under eyes
- Light sensitivity
- Low-grade fever
- Nose picking
- Disturbed sleep
- Brain fog
- Post nasal drip
- Mucus in stools
- Prostatitis
- Weight loss (or gain)



Parasites can affect tissue anywhere in the body. Some of the disorders that have been associated with them include arthritis, appendicitis, recurrent yeast infections, allergies, asthma, bronchitis, anemia, irritable bowel syndrome, frequent colds and infections, flu, lactase deficiency, fibromyalgia, gallbladder problems, malnutrition, urinary tract infections, prostatitis, and colitis.

Over time, a parasite infection can depress immunity and cause leaky gut syndrome, which leads to nutritional absorption problems and has been associated with allergies and other autoimmune diseases. *So what can be done?*

FIGHT BACK!

Plan of Attack Phase 1. **KILL ALL PARASITES!**

- ☑ **Starve them and pull them out!** 7-day fasting cleanse using Montmorillonite Clay. Everything unhealthy, that emits negative radiations is irresistibly attracted to clay and becomes subject to immediate elimination. Best to do this twice/year.
- ☑ **Hulda Clark's Parasite Cleansing Protocol**, 20 day kit using three herbs which can rid you of over 100 different types of parasites~
- ☑ **Remedy from Naturopath** or other parasite cleanser
- ☑ **Colon Hydrotherapy** - some of you have commented on "unusual" sightings during your sessions. In addition, once the parasites are killed, it is recommended to cleanse the body to eliminate the dead parasites.
- ☑ **Liver/Gallbladder Flush** sweeping your liver clean is the most powerful way of helping your body to heal itself after the parasites are gone. There are thousands of bits of "trash" accumulated in the liver bile ducts.
- ☑ **Electrocute them!** with an **ERE** (electro reflex energizer). The theory is that the positively offset frequency kills all bacteria, viruses, and parasites simultaneously. People who use the ERE report parasites being eliminated quickly along with other benefits restoring overall health and vitality.

Plan of Attack Phase 2. **PREVENT REINFESTATION**

- ◆ Build the immune system
- ◆ Regular healthy bowel movements(1-2x/day)
- ◆ Regular Colon Hydrotherapy sessions
- ◆ Acupuncture, massage, chiropractic, naturopathy
- ◆ Candida Diet - (both Candida and parasites tend to travel together). Organic vegetables and meat, no refined carbohydrates or sugar (including fruit), focus on alkaline foods, high fiber, juicing, add garlic, pumpkin seeds, cloves, properly combine foods
- ◆ Supplements—maintenance herbal remedy, digestive enzymes, EFA's (essential fatty acids), probiotics—a minimum of 2-6 billion cultures, antioxidants.
- ◆ Lifestyle (e.g. purified or filtered water, eat organic, use separate cutting boards for meats and produce, be mindful of your pets-get them tested for parasites, wash hands after using the toilet or changing a diaper, avoid going barefoot, do not over use antibiotics).



Summer Special

Purge those Pesky Parasites!!

20% off

Parasitin Homeopathic capsules

Offer ends August 31, 2009



*Although many external factors contribute to the parasite problem, by far the biggest factor is an internal one: **A TOXIC COLON.***



2665 4th Ave N, Suite 101
Anoka, MN 55303

Address Label

Cleanse. Detoxify. Restore



A cleansing health spa empowering people to live a life of vitality.

www.LifeCleanseanoka.com

EXPANDED Hours

Monday thru Friday
6:00 am - 6:00 pm

Saturday
10:00 am - 2:00 pm

All sessions by appointment
Call today to promote your health!
763-231-7303

LifeCleanse is here for you, your friends, and your loved ones.

"Beloved I pray that in all respects you may prosper and be in good health, just as your soul prospers." 3 John 2



Healthful Tip: Once again, a glass of lemon water in the morning is one of the best methods to ward off those un-welcomed worms. Garlic and pumpkin seeds are other natural parasite assassins.



Next Issue:

H.O.P.E.
Can't live well without it!
What is a cleansing reaction?



LIFECLEANSE FOR THE SOUL...

Fact: Even with the healthiest of lifestyles, someday we will all experience physical death.

Did you know that your soul lives forever? Wouldn't it be good to know where that will be?

Do you realize that there is a "spiritual parasite" lurking in this world that wants to cause havoc in your life and keep you from the abundant life you were created to have? How can you get cleansed spiritually?

Join us the first Wednesday of each month from 7-8pm at LifeCleanse. We will explore these important spiritual truths from the Bible. Call to reserve your spot, or just show up! **Bring a friend!**



Happy 4th of July
~ God Bless America ~