

GAPS MASTERCLASS



Parasite Infections

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PARASITE INFECTIONS

When thinking about infections...especially creepy, crawly, parasite infections...it is easy to panic and want to **eradicate! decimate! and annihilate!** them. When this feeling comes upon you, I invite you to hold on a sec, pause, take a breath, and look at a bigger picture. Parasites may have a purpose :)

As Moises Velasquez-Manoff says in his fascinating book, Epidemic of Absence, we have “systematically cleaned ourselves to illness.” His book makes a connection between the **absence** of parasites & autoimmunity.

We don't want to jump to the conclusion that we need to "kill" the worms. Many of them are performing vital jobs, cleaning up overloads of toxins, which they also do in nature. Parasites play their part in a very complex interaction of various micro-creatures that live inside us.

Dr. Natasha On Worms And Parasites

“Generally speaking, we all have worms. The important question is: are they affecting your health? If yes, then it is a good idea to fight them. But if they do not bring any symptoms, then there is no need to attack them, as they are a part of your inner eco-system and may fulfill some useful roles, such as regulating immunity and preventing autoimmune disease. The typical symptoms of common worms getting out of control are crampy pain in the middle of your abdomen, particularly after food in the mornings, difficulty putting weight on, persistent anaemia (usually hookworms) and bouts of irritating dry cough (the larvae travel up the breathing passages into the throat to be swallowed again).”

“Worms may fulfill some useful functions in the body by controlling other microbes and stimulating immunity. For example, it has been discovered that some worms have a balancing effect on the immune system and may prevent autoimmunity.”

A GAPS Story About Parasites

The GAPS Protocol is often enough to accomplish what is needed. For the parasites to see that they are not needed, we need a strengthened body that is not so full of toxins.

One GAPS Practitioner tells of a patient who had pinworms for over 5 years and tried every available remedy - the purest and most effective herbs, Chinese remedies, enemas, diatomaceous earth, homeopathy, acupuncture, and 3 rounds of the prescription medication Vermox, as well as a partial attempt at Dr. Natasha's castor oil and brandy remedy (which I will outline below.)

Finally she went on the GAPS Intro diet, which she kept to for about 6 - 8 months as her intestinal issues kept being an issue. After 10 months on GAPS (and two months after she stopped attempts to try and "kill" the parasites with herbs, homeopathy, etc), the parasites went away.

This patient had amalgam fillings in her teeth. It is possible that the parasites were there to "clean up" and with the GAPS protocol, and the slow introduction of juicing and probiotics (which would have helped with natural chelation of the metals in her mouth) they were no longer needed to the same extent. The parasites had been protective!

As your body cleans up toxins and strengthens, parasites do not have a weakened and toxic host to proliferate in, so they naturally go away.

When GAPS Is Not Enough

If you have been diligent with the GAPS Protocol and are still having issues with parasites, or if they are causing you much discomfort, there are strategies to try...outlined below.

The typical symptoms of *common worms* getting out of control are crampy pain in the middle of your abdomen, particularly after food in the mornings, difficulty putting weight on, persistent anemia (usually hookworms) and bouts of irritating dry cough (the larva travel up the breathing passages into the throat to be swallowed again).

There ARE cases in which stronger types of parasites get out of control and get greedy...even to the point of being seen *moving* in our bodies. Western medicine is somewhat inept at recognizing parasite issues, however surgeons in Africa are *very* familiar with what parasites can do, and can be skilled at effective removal.

At our 2014 GAPS Practitioner meeting with Dr. Natasha, we were introduced to a woman who had a very large parasite that had been residing (and visibly moving) in her for 30 years. She came to the meeting to talk with Dr. Natasha and to get ideas from the other GAPS Practitioners. Having been on the GAPS protocol for 2 years she was still emaciated with malnourishment, presumably from the parasites taking all of her nutrients.

Dr. Natasha then outlined a parasite strategy for the harder-to-get-rid-of parasites. It is good for any serious parasite infestation. This protocol was recommended to the woman to start immediately, with the intent to find an African surgeon to remove the large parasite if needed.

GAPS Parasite Strategy - Do For 1 Year

- 1. Diatomaceous Earth** - starting with 1/4 teaspoon a day
- 2. Full Moon Castor Oil/Brandy** - 3 nights in a row, 3am, every full moon
 - Equal parts castor oil and brandy (i.e. 80ml castor oil, 80ml brandy)
 - 80 ml each for a large man
 - 60 ml each for a smaller woman
 - 30 ml each for a child over 5 years
 - At 3am shake to emulsify and swallow quickly, go back to bed.
 - At 5 - 6am you will probably start to have the urge to have diarrhea.
 - **Garlic enema** or **eucalyptus tea enema**. When diarrhea is over, do either a garlic enema or a eucalyptus tea enema. Make eucalyptus tea with a handful of eucalyptus leaves, boiling for 10 minutes. Strain the liquid and cool for enema use. When eucalyptus tea enemas are tolerated, add eucalyptus oil to your enemas (see next step).
 - **5 drops of eucalyptus essential oil + 1/2 raw egg yolk**. Mix and add to the eucalyptus tea enema. The egg yolk emulsifies the oil and keeps it suspended and effective in the enema liquid. Work your way up to being able to add 30 drops of eucalyptus when you do your enemas.
- 3. Fresh ground cloves** (grind in a coffee grinder) - Start with 1 teaspoon a day, mixed with coconut oil. Swallow and chase with a hot drink. *This kills parasite eggs*. Work up to 1 tablespoon, 2x a day, first thing in the morning and last thing before bed.
- 4. Artemisia, Neem, & Black Walnut Hull** - AFTER doing steps 1 - 3 for a couple of months, start with 1 capsule each per day of Artemisia, Neem, & Black Walnut Hull. Work up to 5 - 6 capsules per day, slowly.

Other GAPS Strategies

Other strategies approved by Dr. Natasha for parasites are:

Mebendazole 100mg (also known as Vermox, Ovex ,or Pripsen) 2 tablets per day, chewed in morning and evening for 3 days. Repeat after 10 - 14 days to kill remaining eggs. Can be done preventatively 2 - 3 times a year. Won't take care of tapeworms.

Botanicals - An excerpt from Dr. Natasha's FAQ. Always start with a small dose before gradually increasing it. The dose can be increased to quite large amounts...but start small.

Garlic Extract - Adults 5 - 10grams, children 500mg - 1 gram.

Once garlic is well tolerated:

Olive Leaf Extract can be added, starting from a small dose and gradually increasing to 1-2 grams twice a day for adults; for children 500mg twice a day is usually enough.

Once garlic and olive leaf extracts are well tolerated:

Oregano Oil can be added, starting from a small dose (1-5 drops) per day and gradually increasing to 30 - 40 drops for adults and 5 - 10 drops for children.

The last supplement to add is:

Grapefruit Seed Extract, starting from 1 - 2 drops a day and gradually increasing to a dose that is tolerated: adults manage to get up to 10 drops 2 - 3 times per day, for children 4 - 5 drops may be enough. There are many brands of these supplements on the market, try to find good quality.

Some herbal preparations include:

MSM (Methyl Sulphonyl Methane), which is a good source of sulphur, essential for detoxification and controlling parasites in the body. If the herbal preparation does not include MSM, you may want to add it to the mix. Start from a low dose and gradually increase to the level of 1-2 grams per day for children and 4-5 grams per day for adults.

Various Herbal Mixtures - there are many good herbal remedies, like **Renee Ponder Herbs Parasite Kit**. They may help a milder parasite infection.

Sodium Chloride or MMS - This is a more controversial remedy, but Dr. Natasha brings it up because many people (especially those in the autism community) are finding success with it.

Kalcker Method - A parasite method developed by German doctor, Andreas Kalcker.

Anti Parasite Supplement Strategy

Dosages are for adults; use half the recommended dose for children. By Biotics Research. As stated in Module 1, I recommend to take under the direction of your own health practitioner. These supplements tend to have standard “fillers,” but I feel that in an acute situation, that can be excused. **Use this protocol for 5 weeks and then retest stool.**

1. **ADP** - 5 tablets, 3x a day just before meals for 7 days, then 3 tablets, 3x a day for 28 days. After 14 days, introduce a probiotic capsule twice a day.
2. **Bromelain Plus CLA** - 6 tablets, 2x a day on an empty stomach.
3. **HCL Plus or Hydrozyme** - 2 - 4 tablets in the middle of each meal.
4. **MSM** - 1 capsule, 3x a day
5. **Dysbiocide** - 2 capsules 2x a day
6. **21st Century Homeopathic For Parasites** - 1 capful 2x a day.

Testing

Please refer to the testing section of the Module 2 workbook. A comprehensive GI test, such as the one by DiagnosTech or Genova Labs GI Effects, is a good place to start for parasite testing.

RESOURCES

Websites

1. **Bottoms Up Facebook Group** - Ask to join after clicking on link.
2. **Buhner's Parasite Archives** - Questions specifically about parasites.
3. **Kalcker Method**
4. **MMS and Autism Website**

Books

1. **Epidemic Of Absence** by Moises Velasquez-Madoff

Articles

1. **Shifting from "Shock & Awe" to "Nourish & Support"** by Chris Kresser