parasites
STILL THE GREATEST MASQUERADERS OF ALL TIME

ANN LOUISE GITTLEMAN, PHD, CNS
"Make no mistake about it, worms are the most toxic agents in the human body. They are one of the primary underlying causes of disease and are the most basic cause of a compromised immune system."

—Hazel Parcells, D.C., N.D. Ph.D., 1974

“We have a tremendous problem right here in the United States – it’s just not being identified.”

—Peter Weina, Ph.D., Chief of Pathobiology, Walter Reed Army Institute of Research, 1992

“It is of tremendous pragmatic importance to consider various syndromes as puzzling occurrences that result from the activities of several types of parasites in the human body. These syndromes include chronic fatigue, hypoglycemia, hypothyroidism, hypoadrenalism, chronic upper respiratory tract ailments, depression, lack of libido, and endometriosis.”

—Hermann R. Bueno, M.D., Parasitologist, World Health Organization
**RESEARCH UPDATES**

2002 DIAGNOSTIC PREVALENCE
In the USA, **1/3** of about 6,000 fecal specimens tested were positive for at least **19 species of intestinal parasites.**
—American Journal of Tropical Medicine and Hygiene, 2002

2004 AUTO-IMMUNE CONNECTION
Irish study identifies Helminth (worms) parasite link to auto-immune disease progression.
—University of Dublin, 2004

2006 THE OBESITY, INSULIN-RESISTANCE, AND DIABETIC CONNECTION
Penn State researchers uncover metabolic problem among dragonflies that looks eerily similar to the **obesity epidemic** in humans. Researchers believe that similar parasitic developments in humans may be responsible for **insulin resistance, type 2 diabetes, and obesity.**
—PNAS, 2006

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2009 THE MIGRAINE CONNECTION
Polish and Turkish studies show the protozoa *Toxoplasma* in migraine headache sufferers.

—American Journal of Medical Science, 2009

“The importance of *Toxoplasma gondii* infection in diseases presenting with headaches. Headaches and aseptic meningitis may be manifestations of the Jarisch-Herxheimer reaction.”

—International Journal of Neuroscience, 2009

2009 THE CANCER CONNECTION
Australian researchers discover that liver flukes produce hormones that lead to uncontrolled cell growth resulting in cancer.

—PLoS Pathology, 2009

2010 THE IMMUNE CONNECTION
University of Edinburgh professor finds parasites are a primary cause of a compromised immune system.

—Journal of Biology, 2009
Electromedicine research reveals hidden “nests” of parasites within Spleen and Pancreas resulting in chronic infection.

—Richard Delany, M.D., 2010
JAMA reports that by 2025 more than half of the 8.3 billion people on the planet will have one or more types of parasites.

The CDC reports:

- 130 different parasites found in US
- 7.4 million cases of *Trichomonas*
- 2 million cases of *Giardia*
- 1.5 million cases of *Toxoplasma*
7 Ways parasites destroy your body

1. **Destroy** cells faster than can be regenerated
2. **Produce** toxic substances
3. **Irritate** tissues resulting in inflammation
4. **Penetrate** skin, producing dermatitis
5. **Obstruct** intestines, pancreas, spleen and bile ducts
6. **Create** pressure on brain, spinal cord, eye, heart or bones
7. **Depress** immune system while activating immune response leading to immune system exhaustion

**Parasites Defined**
Internal hitchhikers that live in or on a living host.
Parasite Portals

- International travel
- Contaminated water
- Daycare centers
- Imported food
- Refugee and immigrant populations
- Return of military personnel
- Household pets

- Food safety
- Land development
- Raw food diets/sushi
- Undercooked foods at home and restaurants
- Sex
- Poor hygiene
- Antibiotics and immunosuppressive drugs

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MAJOR PARASITE SYMPTOMS

- Constipation
- Diarrhea
- Gas and bloating
- Irritable bowel syndrome
- Joint and muscle aches and pains
- Anemia

- Allergies
-Skin conditions
- Granulomas
-Nervousness
-Sleep disturbances
-Teeth grinding
-Chronic fatigue
-Immune dysfunction

Daycare centers are the open sewers of the 20th century. One soiled diaper can harbor millions of Giardia parasites. Just ten of them could get you.

—In Health, Sept/Oct 1991
SURPRISING SYMPTOMS

- Secondary gluten and lactose intolerance
- Asthma
- Crohn’s disease
- Enlarged liver or spleen
- Persistent flu-like symptoms
### The Scope of Deception

<table>
<thead>
<tr>
<th>Pathogen</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Giardia</strong></td>
<td>Chronic Fatigue Syndrome, Gallbladder and fat metabolism problems</td>
</tr>
<tr>
<td><strong>Pinworms</strong></td>
<td>Hyperactivity, abnormal EEGs resembling a brain tumor, vision problems</td>
</tr>
<tr>
<td><strong>Toxoplasmosis</strong></td>
<td>Hodgkin’s disease, encephalitis, headaches</td>
</tr>
<tr>
<td><strong>Cryptosporidium</strong></td>
<td>Diarrhea and electrolyte imbalances</td>
</tr>
<tr>
<td><strong>Amoeba</strong></td>
<td>Ulcerative Colitis and environmental illness</td>
</tr>
<tr>
<td><strong>Pork tapeworm</strong></td>
<td>Seizures, dizziness</td>
</tr>
<tr>
<td><strong>Fish tapeworm</strong></td>
<td>Obesity, B-12 deficiency</td>
</tr>
</tbody>
</table>
Delany’s Fearsome 5

*Ascaris lumbricoides* (roundworm)

*Strongyloides stercoralis* (threadworm)

*Necator americanus* (hookworm)

*Trichuris trichiura* (whipworm/threadworm)

*Echinococcus granulosis* (tapeworm cyst)

Consequences:

- Impaired digestion
- Impaired absorption
- Vitamin and mineral imbalances
- Hypoadrenalism
- Functional celiac disease
- Allergies
- Asthma
- Elevated EOS
- Inability to gain weight

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THE PARASITE PARADE

✓ One-celled organisms (protozoa)
  • Constitute 70% of all parasites

✓ Roundworms, pinworms, hookworms (nematodes)

✓ Tapeworms (cestodes)

✓ Flukes (trematodes)
**Parasite Parade — Protozoa**

**Blastocystis hominis**
- **Transmission:** fecal/oral
- **Consequences:** bloating, gas, diarrhea, abdominal cramps and pain
  - Most prevalent protozoa in America
  - Similar to fungus, often mistaken for *Candida albicans*

**Cryptosporidium muris**
- **Transmission:** contaminated water, diaper changing, sexual contact, animal feces
- **Consequences:** life-threatening dehydration and electrolyte imbalances and severe diarrhea
  - 1993 – Outbreak in Milwaukee sickens 400,000
  - No known treatment

**Entamoeba histolytica**
- **Transmission:** via cyst form in food, water, flies or cockroaches
- **Consequences:** right upper quadrant pain, intermittent nausea, environmental illness and allergies, joint inflammation and rheumatoid arthritis
  - Can migrate into the liver and brain, creating abscesses
**Giardia lamblia**

- **Transmission:** via cyst form from contaminated water (tap, mountain, well) which can live up to 6 months under the fingernails
- **Consequences:** gluten intolerance, fibromyalgia, chronic fatigue and depression
  - Major epidemic at daycare facilities
  - Resistant to chlorine

**Toxoplasma gondii**

- **Transmission:** undercooked beef, lamb, pork or infected cat litter
- **Consequences:** flu symptoms, fever, chills, fatigue, headache, stillbirth, miscarriage, birth defects (blindness, cleft palate, seizures and cerebral palsy)
  - 50% of humans exposed and show antibodies for it, but few express symptoms
**Parasite Parade — Nematodes**

**Pinworm** (*Enterobius vermicularis*)
- **Transmission**: contaminated food, water, house dust then transferred via bathtubs, toilet seats and bed linens.
- **Consequences**: rectal itching, ADD/ADHD, abnormal EEGs, epilepsy, vision problems, unexplained nose bleeds, bedwetting, constant blinking, sensitivity to light
  - Live in intestines and move outside anus to lay eggs
  - Affect 50% of all children

**Whipworm/Threadworm** (*Trichuris trichiura*)
- **Transmission**: larvae from soil or foods
- **Consequences**: abdominal discomfort, bloody stools, frequently found with hookworm, *Ascaris*, and *Strongyloides*

**Strongyloides stercoralis**
- **Transmission**: larvae penetrates through skin, pores or hair follicles
- **Consequences**: fatty stools, pulmonary disorders, diarrhea, bloating
  - Part of Dr. Delany’s Fearsome Five, can live 35 years or more

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Parasite Parade — Nematodes

Roundworm (*Ascaris lumbricoides*)
- **Transmission**: contaminated food via use of excrement as fertilizer
- **Consequences**: passes through liver and lungs creating asthma, bronchial conditions and persistent respiratory problems, migrate into bile, pancreatic ducts and peritoneum, wheezing/coughing, tiredness, failure to thrive among children, allergic rash, vomiting, diarrhea, nerve problems
  > Most common intestinal parasite in the world

Hookworm (*Necator americanus*)
- **Transmission**: larvae found in warm, moist soil, common in the Southeast where going barefoot is common
- **Consequences**: anemia, ground itch, anorexia, weight loss
**Parasite Parade — Cestodes**

**Tapeworm:** *Taenia solium* (pork tapeworm), *Taenia saginata* (beef tapeworm), *Diphyllobothrium latum* (fish tapeworm), and *Diphyllobothrium caninum* (dog tapeworm)

- **Transmission:** undercooked beef, pork or fish or close contact with animals
- **Consequences:** nausea, vomiting, inflammation of the intestine, diarrhea, weight loss, dizziness, fits, malnutrition
- **Appearance:** whitish in color, flat and ribbon-like with transparent covering
- **Attaches to victim's intestine with hooks on its "head," or scolex and can live up to 25 years
- **Pork tapeworm** larvae can invade the brain, cause seizures and mimic brain tumors
- **Fish tapeworm** is the largest parasite found in humans and can consume up to 100% of the host’s vitamin B-12
- **Dog tapeworm** appears like pumpkin seed like particles in the stool
Blood fluke (*Schistosoma mansoni*, *S. haematobium*, *S. japonicum*)

- **Transmission:** snails release larvae into water where they penetrate skin of swimmers or bathers in contaminated rivers or streams

- **Consequences:** fever, aching, cough, diarrhea, swollen glands, lethargy, carried through the bloodstream to liver, intestines or bladder

- **Appearance:** leaf-shaped flatworms
  - Adult worms can live in human host for decades with no symptoms for years
Travel

✓ Have you been to Mexico, Africa, Israel, China, Russia, Asia, Europe, Central or South America, Hawaii, the Caribbean, the Bahamas, or other tropical islands?

✓ Do you frequently swim in freshwater lakes, streams, or ponds while abroad?

✓ Did you serve overseas in the military?

✓ Have you had intestinal problems, unexplained fever, night sweats, or an elevated blood count during or since travel abroad?
Water

✓ Is your water supply from a mountainous area?
✓ Do you drink untested well water?
✓ Have you ever drunk water from lakes, streams, or rivers on hiking or camping trips without first boiling or filtering it?
✓ Do you use plain tap water to clean your contact lenses?
✓ Do you use regular tap water that is unfiltered for colonics or enemas?
✓ Can you trace the onset of symptoms (intermittent constipation and diarrhea, night sweats, muscle aches and pains, unexplained eye ulcers) to any of the above?
Food

Do you...

✓ regularly eat unpeeled raw fruits and raw vegetables in salads
✓ frequently eat at sushi bars or salad bars?
✓ use a microwave oven for cooking (as opposed to reheating) pork, fish, or beef?
✓ prefer fish or meat that is undercooked, i.e., rare or medium rare?
✓ frequently eat hot dogs made from pork?
✓ eat smoked or pickled foods, e.g., sausage, lox, herring?
✓ enjoy raw fish dishes like sushi and sashimi, Latin American ceviche, or Dutch green herring?
Food (continued)

- Do you enjoy raw meat dishes like Italian carpaccio, steak tartare, or Middle Eastern kibbe?

- At home, do you use the same cutting board for chicken, fish, and meat as you do for vegetables?

- Do you prepare sushi or sashimi dishes at home?

- Can you trace the onset of symptoms (weight loss, anemia, bloating, distended belly) to any of the above?
**PRACTITIONER PARASITE QUESTIONNAIRE FOR PATIENTS**

**Pets**

- Have you gotten a puppy recently?
- Have you lived with, do you currently live with, or do you frequently handle pets?
- Do you forget to wash your hands after petting or cleaning up after your animals, and before eating?
- Does your pet sleep with you in your bed?
- Do your pets eat from your plates?
- Do you clean your cat’s litter box?
- Do you keep your pets in your yard where children play?
- Can you trace the onset of symptoms (abdominal pain, high white blood count, distended belly in children, unexplained fever) to any of the above?
Workplace

- Do you work in a hospital?
- Do you work in a pet shop, zoo, experimental laboratory, or veterinary clinic?
- Do you work in a daycare center?
- Do you garden or work in a yard to which cats and dogs have access?
- Do you work in sanitation?
- Do you work on a farm?
- Can you trace the onset of symptoms (gastrointestinal disorders) to any of the above?
Sexual practices

- Do you engage in oral sex?
- Do you practice anal intercourse without the use of a condom?
- Have you had sexual relations with a foreign-born individual?
- Do you have very many, varied sex partners?
- Can you trace the onset of symptoms (persistent reproductive organ problems) to any of the above?
PRACTITIONER PARASITE QUESTIONNAIRE FOR PATIENTS

Children

✓ Sleeping problems?
✓ Bleeding for no apparent reason?
✓ Bed wetting?
✓ Dark circles under eyes?
✓ Too thin or too short for their age?
✓ Cough for no apparent reason?

Infants

✓ Consistent crying?
✓ Repetitively banging the head?
✓ Persistent colic?
✓ Rash around the diaper?
Testing, Testing, Testing

Diagnos-Techs (Kent, Washington)
- www.diagnostechs.com
- (800) 878-3787

The Great Plains Laboratory (Lenexa, Kansas)
- www.greatplainslaboratory.com
- (800) 288-0383

Parasitology Center (Scottsdale, Arizona)
- www.parasitetesting.com
- (480) 767-2522

Genova Diagnostics (Asheville, North Carolina)
- www.genovadiagnostics.com
- (800) 522-4762

Uni Key Health Systems (Hayden, ID)
- www.unikeyhealth.com
- (800) 888-4353
- Facilitates testing from Diagnos-Techs for practitioners and their patients with a personalized recommendation from Dr. Ann Louise’s office

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# Sample Test Report and Interpretation

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**Diagnos-Techs, Inc.**

Clinical & Research Laboratory
PU BOX 308962, Puyallup, WA 98376-0862
Tel: (253) 251-0356
CLIA License # 5053003831

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**Accession #**

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**Results For:**
- **Age:** 10
- **Gender:** Female
- **Patient's Tel:**
- **Specimen collected:** 10/28/2009

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<table>
<thead>
<tr>
<th>Code</th>
<th>Test Name</th>
<th>Result / Notes</th>
<th>Reference Values/Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>GI02</td>
<td>Expanded GI Panel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CS1</td>
<td>Steel Co, Fungi, spl &amp; I.D.</td>
<td>No yeast isolated</td>
<td></td>
</tr>
<tr>
<td>GP2</td>
<td>Ova &amp; Parasites N3 (Stool)</td>
<td>No Ova or Parasites Seen + Yeast/many</td>
<td></td>
</tr>
<tr>
<td>GP3</td>
<td>Bacterial Stool Co.</td>
<td>Moderate mixed Gram negative rod/filaria</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Moderate mixed Gram positive rod/filaria</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pathogen/Bacteria Overgrowth Detected</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Staphylococcus spp. - Moderate</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Staphylococcus aureus - Abundant</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Streptococcus pneumonia - Abundant</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Helicobacter pylori - Group - Abundant</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Giardia species - Abundant</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Histoplasma capsulatum - Abundant</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>In general, early disturbances in microbial balance may be reflected in the non expected and selective overgrowth of microbial species that are usually non-dominant.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Expected Findings: Moderate to abundant growth of mixed Gram (+) &amp; (-) flora. No pathogens should be detected.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Please note: As of February 2005, GP3 report has been made more comprehensive to reflect all observed findings = isolates.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>GP3 test performed by LabCorp. of America, Seattle, WA or HPL Lab, Lynnwood WA.</td>
<td></td>
</tr>
<tr>
<td>GP5C2</td>
<td>C. Difficile Toxins A &amp; B (Stool)</td>
<td>Negative</td>
<td>Normal: Negative</td>
</tr>
<tr>
<td>GP4</td>
<td>Giardia Antigen (Stool)</td>
<td>Negative</td>
<td>Normal: Negative</td>
</tr>
<tr>
<td>GP5</td>
<td>Cryptosporidium Antigen (Stool)</td>
<td>Negative</td>
<td>Normal: Negative</td>
</tr>
<tr>
<td>GP6S</td>
<td>Toxoplasma Ab IgG (Saliva)</td>
<td>Positive</td>
<td>Normal: Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A positive finding may indicate 1) a recent or ongoing exposure, 2) or a residual infection. Confirm defective IgG with serum IgM testing. Please laboratory for more information. Please note results in context of the clinical picture.</td>
<td></td>
</tr>
<tr>
<td>GP7S</td>
<td>Anvela histolytica Ab. IgG (Saliva)</td>
<td>Not detected</td>
<td>Normal: Not detected</td>
</tr>
<tr>
<td>GFR5</td>
<td>Helicobacter pylori Ab. IgG (Saliva)</td>
<td>&lt;5</td>
<td>Negative: &lt;3 Ulit</td>
</tr>
<tr>
<td>MIB2</td>
<td>Total intestinal Ab. (Stool)</td>
<td>N/A</td>
<td>Low: &lt;400 mg% dry wt</td>
</tr>
</tbody>
</table>

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**Blood fluke**

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### Sample Test Report and Interpretation

<table>
<thead>
<tr>
<th>Accession:</th>
<th></th>
</tr>
</thead>
</table>

#### Code | Test Name | Result / Notes | Reference Values/Key |
| GI-02 | Expanded GI Panel |  |  |
| MB2 | Total Intestinal S IgA (Stool) | Elevated: <000 | Normal: 400-600 |
|  | Depressed S IgA may be due to: |  |  |
|  | 1) Prolonged gut transit time > 96 hrs |  |  |
|  | 2) Deficiency in S IgA production due to reduced S IgA immunocytes count |  |  |
|  | 3) Elevated cortisol/DHEA ratio. |  |  |
|  | For cortisol/DHEA refer to AS: |  |  |
| MB3 | Intestinal Lyezyme (Stool) | 13 | Normal: <5 mg/dl | Elevated: 5-10 |
|  | Elevated lyzezyme indicates an ongoing colonic inflammation. |  |  |
|  | The literature indicates that certain nonpathogen-mediated colonic inflammation can be underamed by repletion with small quantities of medium or short chain fatty acid isolates. |  |  |
| MB4 | Mybta Anti-Chymotrypsin (Stool) | 104 | Normal: <50 mg/dl | Elevated: 50-150 |
|  | Mybta Anti-Chymotrypsin is a marker enzyme for pancreatic exocrine output. |  |  |
|  | A low Chymotrypsin value is suggestive of poor pancreatic output of all enzymes. |  |  |
|  | Enzyme supplementation worth consideration. |  |  |
| FG1 | Chymotrypsin (Stool) | <3 | Normal: >9 U/mg | Abnormally Low: <4 |
|  | Chymotrypsin is a marker enzyme for pancreatic exocrine output. |  |  |
|  | A low Chymotrypsin value is suggestive of poor pancreatic output of all enzymes. |  |  |
|  | Enzyme supplementation worth consideration. |  |  |
| FG4 | Occult Blood (Stool) | Positive | Normal: Negative. |
|  | Positive occult blood should be confirmed by two additional tests. |  |  |
| FG5 | Fecal pH | 7.0 | Normal: 5.0-5.5 |
| F1 | Milk (Casein) Ab | S IgA (Saliva) | Positive | Normal: Negative. |
| F12 | Soy (Protein) Ab | S IgA (Saliva) | Positive | Normal: Negative. |
| F13 | Egg (Albumin) Ab | S IgA (Saliva) | Negative | Normal: Negative. |
| F14 | Gladin Ab | S IgA (Saliva) | 13 Borderline | Borderline: 15-15 U/ml | Positive: >15 U/ml |
|  | Gladins are polypeptides found in wheat, rye, oat, barley, and other grain gluten, and are toxic to the intestinal mucosa in susceptible individuals. |  |  |
|  | Healthy adults and children may have a positive gluten test because of subclinical gluten intolerance. Some of their symptoms include mild diarrhea, occasional loose stools, flatulence, amenorrhea, vitamin and mineral deficiencies, fatigue, or accelerated atherosclerotic. |  |  |
|  | Scan J. Gastroenterol. 29:248(1994). |  |  |
| ASC | Roundworm (Ascaris lumbricoides) S IgA (Saliva) | Not detected | Normal Result: Not detected |
| T-SCL | Tapeworm (Taenia solium) S IgA (Saliva) | Not detected | Normal Result: Not detected |
| TRIC | Trichinella spiralis S IgA (Saliva) | Not detected | Normal Result: Not detected |

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**Tapeworm**
**Treatment Protocol**

1. **Address Infections**  
   (yeast, Candida, fungus, bacteria, H. pylori, C. difficile)

2. **Cleanse GI Tract**

3. **Modify Diet and Supplements**

4. **Administer Anti-Parasitic Substances and Recolonize GI Tract**  
   - The Delany Approach

5. **Eliminate Risk Factors: Prevention**

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Candida albicans (yeast)
TREATMENT PROTOCOL: ADDRESS INFECTIONS

For yeast like Candida, fungal, and bacterial infections try homeopathics, Olive leaf extract 15–20%, and probiotics.

For H. pylori and C. difficile (potentially life-threatening), consider probiotics with proprietary TH 10 strain and Saccharomyces boulardi.
TREATMENT PROTOCOL: CLEANSE THE GI TRACT

1 Soluble and insoluble fiber
- Increase fiber to sweep out debris (psyllium husks, flaxseed, rice/oat brans, apple/citrus pectins)
- Gentle cleansing and anti-inflammatory herbs (cranberry, butternut, fennel, licorice, peppermint)

2 Implement colonic hydrotherapy
Utilize ceramic-based water filtration to remove microscopic parasites from outside sources and anti-bacterial aerosols
- Softens encrusted matter
- Dislodges worms living under mucus lining
- Removes toxins from hard-to-reach intestinal pockets
- Prevents reabsorption of wastes to liver

3 At-home treatments
- Garlic enema for pinworms
- Blackstrap molasses for larger worms
- Coffee enema for Giardia
Avoid the following foods and beverages

✓ All sugary, processed foods including all fruits and fruit juices for two weeks
✓ Raw, cold, and iced foods and drinks (YES, that means salads)
✓ Restrict beans, nuts, seeds, peas, and legumes as they are irritating to the GI tract and cause gas
✓ All alcoholic beverages
✓ ALL gluten and dairy
TREATMENT PROTOCOL:

MODIFY THE DIET AND SUPPLEMENTS

- Avoid all antioxidants, especially vitamin C, vitamin E, folic acid, iron and B12
- Increase vitamin A and zinc
TREATMENT PROTOCOL:

MODIFY THE DIET AND SUPPLEMENTS

Emphasize the following foods and beverages

✓ Cooked vegetables, soups, stews to soothe GI tract

✓ High vitamin A foods rich in precursor beta carotene like greens, carrots, sweet potatoes

✓ Organic, antibiotic-free lean protein and eggs rich in zinc like beef, lamb, poultry, fish, free range eggs

✓ Use “killer spices” like onions, garlic, cloves, cayenne, sage and fennel

✓ 1 -2 cups of mugwort tea daily

✓ 1 -2 cups of peppermint tea for flatulence and protozoa protection

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TREATMENT PROTOCOL:
MODIFY THE DIET AND SUPPLEMENTS

Emphasize the following supplements

✔ Digestive enzymes from pancreatic or plant-based sources UNLESS hiatal hernia, GERD, ulcers, or thinned stomach lining lining present.

✔ Use protease-free digestive aids like papaya or bromelain

✔ Go easy on fiber – 15–20 grams MAX
TREATMENT PROTOCOL: 
ADMINISTER ANTI-PARASITE SUBSTANCES

For **worms and flukes** choose botanicals that include gentle but time-honored and effective herbs to target GI tract and organs:

- **Black walnut hulls** – used by Native Americans and Chinese to expel nematodes
- **Wormwood** – specific to expulsion of roundworm, threadworm, and pinworm
- **Centaury** – helps release hooks and suckers from intestinal walls by relaxing worms
- **Orange peel** – coats esophagus, stomach, and GI tract, aids digestion while promoting peristalsis activity
- **Butternut** – used for centuries in China for purging larger organisms from the system
- **Pomegranate** – specific for tapeworm eradication

Elimination of worms take 2–3 months of two weeks on, 5 days off basic protocol until all reproductive cycles are eliminated including eggs and larvae.
TREATMENT PROTOCOL:

ADMINISTER ANTI-PARASITE SUBSTANCES

For microscopic organisms, choose botanicals such as the following to target organisms in GI tract, organs and bloodstream:

- **Artemisia annua** – sweet wormwood specific for all types of protozoa
- **Cranberry** – cleanses lymph, provides system with natural digestive enzymes to help digestion
- **Quassia** – tonic for the liver
- **Prickly ash bark** – increases circulation and aids digestion
- **Slippery Elm** – soothes and relieves inflammation

Elimination of protozoa may take up to two or three months because of newer strains of organisms which have grown herb and drug resistant.

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TREATMENT PROTOCOL: RECOLONIZE THE GI TRACT

- Probiotics – lower CFUs (no more than 5-10 billion) – TH10 strain for added super bug protection

- Ideally start therapeutic probiotics after two weeks of initiating parasite protocol

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TREATMENT PROTOCOL: THE DELANY APPROACH

3 Synergistic Principles

1 Identify and eradicate all pathogens – NOT just parasites

2 Effectively drain ALL congested and inflamed organs – especially spleen and pancreas

3 Add specific products to promote healing (from herbal and homeopathic, to pharmaceuticals)
TREATMENT PROTOCOL: PHARMACEUTICALS

Albendazole – roundworms, threadworms, pinworms, tapeworms

Alinia – Cryptosporidium, Blastocystis, Giardia

Biltricide – all flukes

Tindamax – Amoeba, Toxoplasmosis

Metronidazole (flagyl) – Amoeba
TREATMENT PROTOCOL: Eliminate Risk Factors for Prevention

- Personal hygiene
- Infant and child care
- Water usage
- Food handling
- Animal care

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**Personal hygiene**

- Always wash hands prior to eating
- Wash hands with soap and water after going to the bathroom, changing a diaper, or handling pets
- Keep fingernails short and scrub underneath
- Don’t sit on bare toilet seat without preparing it
- Don’t use tap water to clean contact lenses
- Don’t walk barefoot, especially in warm, moist, sandy soil

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TREATMENT PROTOCOL:

ELIMINATE RISK FACTORS FOR PREVENTION

Infant and child care

- Breast feed your baby as long as you can
- Keep toddlers away from puppies and kittens that have not been regularly dewormed
- Make sure child washes hands after animal contact
- Don’t allow toddlers kiss or be licked by pets
- Don’t allow children to eat dirt
- Clean children’s toys with mild, soapy water
- Sanitize all toilet seats and bowls
Water Usage

✓ **Check the status** of your local water system and have tap water tested

✓ **Drink only filtered water**
  - Use NSF certified ceramic filter that removes > 99.99% of particles 1 micron or smaller
  - Boil or filter *ALL* water from brooks, reservoirs, ponds, streams, or lakes

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TREATMENT PROTOCOL: 
ELIMINATE RISK FACTORS FOR PREVENTION

Food Handling

✔ Use Clorox Bath (see next slide for details)

✔ Avoid microwave

✔ Use mild bleach solution to clean utensils

✔ Buy seafood from established dealers
Dr. Parcell’s Clorox Food Bath

Use 1/2 teaspoon of Clorox (only Clorox brand) to 1 gallon water. Place foods to be treated into bath for the designated length of time. Remove foods from bath, place them in clear water rinse for 5-10 minutes. Make a fresh soak for each group. Dry thoroughly and store.

Leafy vegetables – 15 minutes

Root, thick-skinned, or fibrous vegetables – 30 minutes

Thin-skinned fruits, such as berries, plums, peaches, and apricots – 15 minutes

Thick-skinned fruits, such as apples, citrus fruits and bananas – 30 minutes

Eggs, meat, poultry – 20 minutes

No ground meat in the bath. Frozen meat can be thawed in the bath, allowing up to 20 minutes for up to 5 pounds of meat.
TREATMENT PROTOCOL:

ELIMINATE RISK FACTORS FOR PREVENTION

Animal care
✓ Be a “pooper scooper”
✓ Empty the litter box daily
✓ Keep animals outside the house if toddlers are present
✓ Deworm all puppies and kittens on a regular basis
✓ Check animal stools for worms
✓ Brush and clean pets outdoors
RESOURCES

For more information, visit annlouise.com

Books
- The Gut Flush Plan
- Guess What Came to Dinner?
- Veterinary Parasitology

UNIKEY Health
Your Universal Key To Health

For more information, visit unikeyhealth.com or call (800) 888-4353

The Delany Approach
Visit Drdelany.com or e-mail drdelany@drdelany.com

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