

## Q: What do you mean by a parasite?

A parasite is any small animal or plant that lives on or inside another animal or plant and gets its food from it. It is defined neither by size nor the damage it does.

## Q: What are the main types of parasites?

From biggest to smallest they are:

- Worms – flat worms and round worms
- Protozoa – single celled organisms
- Moulds
- Bacteria
- Viruses

## Q: What are the most common worm parasites?

Probably roundworms since it is easy to become infected with them. Some flukes (which are a type of flat worm) are reasonably common too.

## Q: How do I catch a parasite?

The most common routes are:

- Eating undercooked meats such as pork and beef.
- Eating farmed fish.
- Eating vegetables particularly spinach, cauliflower and watercress.
- Drinking tap water.
- Soil / dirty hands and thus swallowing an egg.
- Through a cut or graze.
- Through an insect bite.

## Q: What does a parasite look like?

Roundworms look like earthworms, though may be as thin as hairs. Flatworms are more like leeches and have ways to attach themselves, via their heads or other suckers. Most are far too small to see.

## Q: Are there any good parasites?

Parasites are intent on existing, proliferating and keeping their host (you!) alive. In doing so some may be suppressing others, which may seem like they are saving you from harm. But they are not benevolent; they are acting always in their own best interests and can get out of hand, creating havoc. At that point they need to be reduced, at least to manageable levels.

My approach is to help you remove those causing health problems until they are no longer an issue.

## Q: How do I know if I've got them?

My top tip would be if you have had symptoms for a long time and treatments do not seem to be making a sustainable difference then you are highly likely to be hosting a family of parasites. Or several, they seldom show up as just one type of parasite.

## Q: What's the problem with having them? What's the impact on my health?

You are eating for two: The parasites will take from you what they need, particularly nutrition, leaving you short of important nutrients.

Pain: Frequently they may lodge in quiet backwaters like your liver, joints, hands, or knees, probably causing pain.

Lower immunity and lower energy: keeping parasites in check takes energy and makes your immune system work hard, leaving less capability to prevent other illnesses.

Driving your behaviour: Parasites can create chemicals that cause you to do things you didn't want to do. Like eat foods that it wants! Also they can cause mood changes and abnormal (to you) behaviour

## Q: How long may I have had them – could it be a long time?

Yes, it could be decades. Generally they are thought about after one has been poorly for a few years. I seldom see anyone who has had them for just a few months

## Q: How long might it take for me to feel better?

It depends on what else is going on within you and the type of parasite you have. Some are relatively simple and you might feel a big improvement after just a week. Others – such as those in Lyme disease or toxoplasmosis – can take much longer and it can take months or even years.

## Q: How might I feel whilst taking remedies?

This varies from person to person. Some people take the remedies with no ill effects, others can tolerate very small doses to start with, increasing only as they feel able. There are lots of differing remedies to kill off the different parasites. The parasite does not want to die, and the die-off can make you feel rotten for a day or two and emotionally down in the dumps. So, for this reason, it is important to take an additional appropriate supplement to bind up the waste and thus remove it from the body as easily as possible. As a result, a bad die-off is very rare amongst my clients

## Q: How can diagnosis be done remotely?

Quantum Physics. Everything in the Universe is made of energy. Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature. In alignment with that is quantum entanglement, a phenomenon that explains how two subatomic particles can be intimately linked to each other even if separated by billions of light-years of space. Despite their vast separation, a change induced in one will affect the other. Thus it is possible to pick up the energy of someone any distance away. And this is what I use to perform accurate kinesiology testing.

## Q: How to work with me

If you think you may have parasites and want to talk to me about it, you can [book a consultation](#) here or go through my website.