



Parasites In You! And Their Effects

by Dr. Darren Schmidt | Dr. Schmidt's Blog, Parasites



Do you have parasites in you?

The TV famous Dr. Oz says that 90% of Americans have parasites.

On this point, we at the Nutritional Healing Center of Ann Arbor agree with Dr. Oz.

There are a number of other respected leaders in medicine who have said the most undiagnosed condition in America are parasites. There are many books on the subject. Some true, some scary, and some outright alarmist. But here are the basics you need to know in your quest for optimum health.

Parasites can cause seemingly random symptoms in various organs of the body with varying degrees of severity. Some symptoms of parasites in the body are the source of great agony and some are barely noticeable. A couple of the more common human parasite symptoms are: Clenching or grinding of the teeth or jaw and an itchy butt...yep you read that right.

Even if you don't have a compulsion to scratch your behind...read through this article to learn the signs of parasites and to get more of an idea if you might be affected by parasites.

Parasites come in all shapes and sizes.

They **can be big**, like tapeworms: fifteen feet long. **They can also be single-celled**; only visible with a microscope. They **can live anywhere in the body**, such as in the **sinuses**, around the **ears**, in the brain and, of course, the **intestines**.

Parasites can **even live in the heart muscle or heart chambers**. One doctor we know grew up in a family of butchers. After years of slaughtering cattle, he could see which cows were sick just by looking at them. They would slice the throats of the cows and then cut the jaw muscles. Upon slicing the jaw muscles of the sick cows, parasite eggs would pour out onto the floor. This is one of the effects of parasites and why **people grind their teeth at night—because parasites inhabit the jaw muscles**. Jaw grinding happens primarily at night when parasites are more active.

Some parasites lay eggs. **The eggs hatch around the time of the full moon, give or take four days**. When they hatch, it makes people act crazy. This is why an observant police officer, teacher or



emergency room doctor will dreadfull moons—they will be busier. Parasites are the real reason why.

In Our Office, We Have Seen Parasites Cause:

- psoriasis
- heart problems
- constipation
- diarrhea
- muscle weakness
- floaters in the eyes
- junk food cravings
- excessive appetite
- allergies
- depression.

Many people who complete a parasite program report that they are happier and enjoy the company of others more.

To get rid of parasites and their symptoms, Mother Nature has provided us with certain plants. In Japan, people use wasabi (with sushi) and in Mexico, it's hot peppers. In India, people use curry and turmeric to stay free of parasites. Many cultures throughout the world do a human parasite cleanse every six months or one year. The World Health organization recognizes Wormwood as an effective herb to kill parasites. We've outlined [7 parasite solutions](#) you may find helpful.

When worms die, they cause intestinal cramping, pain, diarrhea or constipation. In the toilet, the worms often look like angel hair pasta with a frayed end. They could be a few millimeters long to six inches long.

One of my clinician friends had a patient who excreted a two-foot roundworm. To kill egg-laying parasites, it is necessary to take the herbs for ten days, then stop them for five and keep cycling like that. This is because for ten days you are killing the "mother" parasite. It releases a chemical that prevents the eggs from hatching. When the mother is dead, the eggs start to hatch. Let them hatch for five days, then start back on the herbs. If you don't, the baby parasites will fight each other to become the next dominant worm. Cycle the program like this for 2

to 3 months.

I have had many patients do a parasite program that they picked up at the health food store. I have never seen one of these work, primarily because there is no cycling of the herbs. The herbs may also be ineffective even when cycled properly because they may not be the correct herbs to target the specific parasite a person has. Certain herbs are more effective for certain parasites, and we can discern which herbs are appropriate via muscle testing. Parasites that do not lay eggs do not require cycling of the herbs.

Parasites are largely ignored by the medical profession.

I have heard a lot of MDs dismiss the topic by saying, “We don’t have parasites in this country.” Truthfully, the University of Michigan Parasitology Department identifies 100 parasites a day but it should be in the thousands per day because they receive stool samples from 5 states! I am amazed at the number of people who have health problems from parasites. At any hospital, easily 90% of the patients have them but they are not being identified. The sneaky thing about parasites is that out of more than 1,000 different kinds of parasites that can infect us, we can only detect about 50 of them through regular laboratory testing.

The other 950+ can be found only through alternative methods of testing like Nutrition Response Testing. To be sure that you are free of parasites, get into the office and asked to be checked. Bring your family as well, because we often share parasites with each other and our pets. Learn how to get rid of parasites in the body with our help!

Yours in health,

Dr. Schmidt

[Read Dr. Schmidt's Bio](#)

RECENT POSTS

Top 3 Natural Interventions for ADHD

Facts About Vitamin D

Four Types of Hunger

Fungus and Yeast and Mold, Oh My!

5 Common Dietary Mistakes



Subscribe To Our Health News

Join our mailing list to receive the latest news and updates from our team.



Name

Email

SUBSCRIBE!

We do not share your information with any 3rd party organization.

VIDEO CATEGORIES

Follow The Physiology

Top 5 Videos to Watch

Diabetes

Cancer

Eating Good Fat is Good for Your Health

Mold, Candida, Yeast

Holistic Healing vs. Medications

How to Achieve Ketosis & How it Helps Your Body

Heart Disease

Lactic Acidosis

Sleep, Energy, and Mood

How to Get Rid of Chronic Pain

General Health, Diet & Tests

Supplements & Vitamins

Dirty Electricity, EMFs, Smart Meters, etc.

“How to”

MISSION STATEMENT

We help high performing individuals feel their best for the rest of their lives.

These statements have not been evaluated by the Food and Drug Administration. The products we offer are not intended to diagnose, treat, cure or prevent any disease.

HOURS

MONDAY

9:00am-6:00pm

TUESDAY

9:00am-6:00pm

WEDNESDAY

9:00am-6:00pm

THURSDAY

9:00am-6:00pm

FRIDAY

9:00am-5:00pm

SATURDAY

9:00am-5:00pm

CONTACT

734.302.7575

info@thenhcaa.com

462 Jackson Plaza
Ann Arbor, MI 48103

- [Home](#)
- [About Us](#)
- [Services](#)
- [Privacy Policy](#)
- [FAQ](#)
- [My Symptoms](#)
- [Careers](#)
- [Events](#)
- [Blogs](#)