



PARASITES (Germs & Worms)

THE GOOD, THE BAD AND THE UGLY

Parasites have an important role in our lives!

By Dr. Donna F. Smith

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ABOUT THIS ARTICLE

Parasites are not generally an interesting topic to read about. However, your health and your life (longevity) are dependent upon what you know and do about the information you will learn in this article. I also promise that if you care about your body and the state of your health, you will find this article interesting, useful and important to your health goals. So hang in here with me, your time and effort will be well rewarded.

Parasites consist of germs and worms. There are good germs, bad germs; and there are some pretty ugly worms. In this article, by ugly I mean severely destructive or harmful when inside the human body, though frankly, worms are pretty “ugly” in appearance, too.

Parasites have an important role on earth and it is our responsibility to understand that role, learn to co-exist with parasites, without allowing the bad and ugly to enter or more importantly take up residence and stay inside our body.

And that is what this article is all about. This article is not a biology discussion around the various types of parasites, what they look like or what each individual parasite does inside your body or in nature as a whole. If you want this type of information any high school or college biology book would help you.

What you will not find in a biology book, or even most books on health, however, is what you will learn in this article, such as how all parasites become attracted to the inside the body, how they contribute to your illnesses and diseases, though they are not the #1 cause of them, why Probiotics only provide temporary help, but do not get to the cause of parasite overgrowth in the intestines, and much much more.

Thank you in advance for reading my article,

Dr. Donna Smith



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TERMS “PATIENT” AND “CLIENT”

You will observe when reading any of my articles that I refer to my patients as “clients.” I do this because I prefer an inter-dependent relationship, rather than a dependent relationship with those who solicit my Clinical Nutrition and Naturopathic Services.

Doctor-Client Inter-dependent Relationship Defined: By inter-dependent, this means we will work together for your best interest. I will provide the options for you to make a truly informed decision about our health care and you will choose the most effective option that works for you.

Doctor-Patient Dependent Relationship Defined: A dependent relationship is one where the doctor dictates and the patient is expected to comply with that dictation blindly and without question. This is not the relationship I want with my patients, nor the kind of doctor I want to be, therefore, I choose to refer to my patients as clients.

WHAT ARE PARASITES?

Some people think of parasites as worms, however, parasites include germs and worms. Specifically, there are a variety of types of parasites, such as fungi, protozoans (unicellular organisms, like the ameba), bacteria, viruses, insects and worms. Within each of these types there are many of others, for example, within the category of worms, you have pinworms, tapeworms, and so on. As I mentioned above, anything more along this subject about types of parasites can be found in a biology book, so let's move on to understanding parasites in relationship to our health.



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HEALTH CONDITIONS AND DISEASE THAT ARE ACTUALLY PARASITE INFESTATION

Today our medical industry has created quite a number of labels or diagnoses that are either describing a set of symptoms that are caused by parasite infestation and/or resulting from the adverse effect of having parasites living and multiplying inside the body.

Here is a list of some of the general symptoms of parasite infestation and infections:

- Fatigue
- GI Tract Disturbances
- Musculoskeletal (Stiffness, Pain, Discomfort)
- Sleep Disturbances
- Hypothyroid dysfunction
- Hypoadrenal dysfunction
- Mental Dyslogia, Lack of Concentration, Recall, etc.
- Sinusitis
- Food Sensitivities
- To name a few

However, it may be a surprise to learn that parasites play a significant role in life. Yes, they have an important function on earth so they will always be around and every day of our lives, we are exposed to parasites. However, exposure or even ingesting them accidentally, such as when they are on the food we eat or in the water we drink, does not necessary mean they will harm you.

However, to improve your health, if you have parasites inside your body that are harming you, and then to maintain your health so you can stay healthy, it is important to:

- Understand the true purpose of parasites,
- Know what to do about the parasites that are currently living inside your body now,
- Learn how to co-exist with parasites, meaning to live in the same environment (on earth) without attracting them into your body. Otherwise, you will re-create your parasite-related health challenges again, symptoms will resurface and you will be infected all over again, even if you have completed a parasite detox program.



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SOURCES OF PARASITES

Parasites are in our water, food, air, soil, beaches, on our animals, birds, reptiles, and will proliferate under the conditions of unhygienic human health practices in the home, schools, day care, public events, restaurants and in public and private transportation (automobiles, buses trains, airplanes, etc.), including transportation foods, such as foods served on trains, airplanes, etc.

Because medicine focuses on killing germs, people have come to accept the fact that they have germs in their body. However, most new clients are shocked or greatly disturbed to learn that they have worms, too. Adult clients tend to think of worms in relationship to pets and children only. Unless a person has completed a specific therapeutic parasite supplement program to detoxify worms (and germs), everyone has worms in their body, too.

PARASITES - PART OF NATURE'S ORIGINAL DESIGN

Parasites have an important function on earth. In the article title, I referred to Parasites as the Good, the Bad and the Ugly. This is in reference to being good, bad or ugly inside our body. By ugly, I mean severely damaging or detrimental to the human body.

Yes, there are Good parasites; parasites that are actually good for the human body, such as *Acidophilus* and *Bifidobacterium* to name a couple of good germs. These are just two types of germs that you will find present in a “healthy” colon. They are also referred to as “intestinal flora, friendly flora, or friendly bacteria.”

Since the role or function of the colon (a.k.a. bowels and large intestines) is to manage, transport and evacuate solid waste from the human body, these good germs digest (eat), assist and monitor the bad and ugly parasites as they enter the colon to prevent the colon from being adversely affected by them as they are evacuating (moving through the colon to exit from the rectum), and when able to do their job properly, they prevent these bad and ugly germs from setting up residence in the colon.

‘Some vitamins, such as Biotin and Vitamin K are also produced by bacteria in the colon. The alimentary canal, which is known as the “gut,” transports food for digestion and



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also contains friendly bacteria or flora and is essential for a variety of functions. For example, your intestinal flora helps determine if you will suffer a heart attack or stroke caused by tiny fragments of “break-away” plaque in your arteries. In other words, whether a speck of this breaks off and clogs an artery causing a heart attack or stroke depends in part on the flora in your gut.

Different people have different mixes of bacteria that make up the flora in their gut. Most people have “abnormal” mixes of bacteria (good mixed with bad) due to poor diet, pharmaceutical drugs and antibiotics in particular and nutritional drugs (synthetic and isolated vitamin and mineral supplements.)

For information on Nutritional Drugs, read my article titled, **“Three Ways Supplements Are Manufactured Today.”** Synthetic and isolated supplements are not nutritional supplements at all but drugs and they also destroy friendly bacteria.

‘A small research study reported December 4, 2012, in Nature Communications showed that when compared with healthy people, heart attack and stroke patients have fewer “friendly” flora in their gut that make antioxidants and anti-inflammatory compounds. These patients had abnormal flora and more “bad” bacteria that produced inflammatory-triggering molecules.’ (Health Alert, 5/13)

So the bottom-line is your gut can cause heart attacks and strokes even with normal cholesterol and no plaque build-up.

Just so you have all the facts, you will also want to read my article on **“High Cholesterol – The Myth (Heart Disease or Liver Dysfunction)** because according to the Journal of American Medical Association (JAMA) if you are 65 or older, the high cholesterol actually helps you live longer.

The Bad Parasites are only bad if they are inside the body, because otherwise, they have an important job on earth and this is to:

1. **Consume** (Feed on) decaying and dead matter (cells, tissue, food particles, debris, other “dead” parasites, etc.)
2. **Metabolize** (Digest, Assimilate, and Absorb) that matter. In other words, to break down the decaying or dead cells and tissue and change it into a substance that can be used to nourish the soil of the earth. The cells and tissue may be from an animal, human, a plant, a tree, or any other organism.
3. **Defecate** – When the parasite defecates it is releasing this substance that now becomes blended with the soil to nourish it, trees and other plants that grow in the soil. Some of these plants and trees are then sources for food to nourish our bodies. The Cycle of Life.



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You may have observed these types of parasites doing their job when you see worms feeding on a dead animal on the roadside. If you come back days later, you may find only the bones left, the flesh, muscles, organs and other tissue of the animal has been eaten by the worms and are now full digested, metabolized and defecated into the dirt, becoming part of the earth. This process may have even been speeded up by other prey feeding on the animal, such as vultures.

Therefore, these types of parasites are Nature's Biological Recycling System or you could call them the facilitators and transporters of decomposition. Thus, they are what I call good and bad parasites. Good because they perform an important job, but they can become bad when they are performing their job inside a living being, rather than on dead bodies and other dead organisms.

PARASITES & INFECTION

Parasites ingested through food, water or from exposures to unhygienic environments, would normally pass through the body. However, when they encounter weak, low energy, decaying or dead cells and tissue (as described above), they take up residence within our bodies. As long as there is decaying and dead cells and tissue inside the human body, they will stay inside the body as that is their food and assisting in decomposition is in their original design, whether it is occurring outside or inside the human body.

Though aware of decomposition in nature, as in the road kill described above, the general public may not be aware that this same process can occur within a living body and more than likely, is occurring at this moment within their own body at a slower rate of decomposition.

Though parasites have a significant purpose on earth, **our greatest health challenge is to avoid creating an internal environment that invites them to take up residence within our body, prematurely. More on this later in this article.**

One of the major causes of infection in the body are decaying and dead cells and tissue and if not removed from the body, as they decompose (rot), they infect and destroy the healthy cells and tissue around it. This then gives the parasites inside your body even more to feed on and as they lay their spores (make babies), colonies of parasites multiplying in number inside your body, thereby, increasing infection in the body more rapidly.

Their presence can then cause or perpetuate illness and disease, in addition to interfering with the body's innate healing process. Multiple infections weaken the immune system's defenses.



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This can set up a cycling effect of attracting one infectious parasite after another and the cycle goes on and on until premature death occurs OR what would be better is for the public to become educated in how to:

1. Stop attracting parasites (germs and worms).
2. How to detoxify the body of existing parasites, their waste and infectious particles.

WHICH CAME FIRST, THE MOSQUITO OR THE SWAMP?

You may have heard this saying before, **“Which came first, the Mosquito or the Swamp?”** The answer is the “the Swamp.” The environment that we call a “Swamp” is just the type of environment that attracts the mosquito, giving the mosquito the ideal dwelling place.

This analogy applies to parasites also. You must first create a toxic internal environment within your body to attract parasites (germs and worms). You must first create a body that has low-energy, decaying and dead cells and tissue for parasites to come.

The type of parasite you attract is dependent upon which type of parasite was designed by nature to perform the type of action required.

Here is how it works!

As a cell becomes malnourished from not receiving sufficient nutrients (whether the nutrients are insufficient proteins, carbohydrates, fats/oils, vitamins, minerals or water), the cell starts to lose its ability to produce sufficient energy for its healthy function, when then leads to the cell decaying and then it dies.

Whether the cell's function is related to the heart, kidneys, liver, or another part of the body is dependent upon where that cells is, however, one function all cells have is to produce energy and thus a decaying cell begins to vibrate at a slower and slower and even slower frequency.

Think of parasites having radar – they are tuned in to certain “decaying” frequencies of the cells and thus they are attracted to enter the human body in search of the cells emitting the frequency or vibration that they have been designed to assist or facilitate in its decomposition process.



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When the cells in the body stay sufficiently nourished, the cells will produce a high energy frequency or vibration that does not attract parasites. So even if you were to swallow a parasite, it would just pass through your body. Why? Because in a healthy body in optimal function, the parasite would be recognized as “foreign” matter, and thus the innate immune defense system would then set about eliminating it through the kidneys or bowels.

Also, think of how bright the sun is when you look up into the sky at high noon, it would be harmful to your eyes to try to stare at the sun. The sun is just too bright for our human eyes. A similar thing is occurring inside the body when cells are vibrating at a high healthy frequency, it is just too bright for the parasites so they would not even want to stop and feed on a healthy cells or they would be the ones that get harmed.

Just as in a garden, the weak plants are infected with many germs, worms and insects, yet the healthier plants growing right next to them are parasite free, and so it is, with all living things, including human beings.

TOXICITY ► PARASITES

WHAT IS TOXICITY?

Toxicity, the poisoning of the cells and tissue from ingestion or exposure to chemicals, metals and other toxic substances in our environment, food, water, drugs, clothing, linens, cleaning supplies, etc., both

- Deplete the body of nutrients and thus contribute to cellular and tissue malnutrition and
- Toxic Substance damage and destroy healthy cells and tissue.

Anything that is foreign or harmful to the human body may be called a “toxin.”

Therefore, the causes for the environment that attracts parasites into the human or animal body are:

- Nutrient deficiencies that occur from insufficient nutrients in the diet,
- Nutrient depletion from excess exercise. Excess exercise is when the exercise (type and duration) does not match the dietary intake.
- Nutrient depletion from toxic substances (as defined above).



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- First because toxic substances are registered as “foreign” substances and it requires a lot of nutrients to manage and move foreign substances of the body,
- Second, the toxic substances themselves destroy nutrients along the way.
- Cellular damage, decay and death from toxicity, such as chemicals and metals, two of the most frequent toxins people are exposed to or ingest today.

When there are more decaying and dead cells and tissue in a particular organ or gland, this is when your physician will diagnose you will a disease in that organ or gland. However, if your cells, tissue, organs, glands and body systems are malnourished and toxic, these conditions cannot be identified by a medical interpretation of your laboratory tests. Instead you need a Clinical Nutrition Analysis of Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva, and/or stool).

Symptoms of Nutritional Deficiencies and Toxicity Feel The Same As Symptoms Of Disease.

Therefore, when you have symptoms and your medical tests and exams come back normal, you now know that it is not medicine you need, but to contact me for a Clinical Nutrition Analysis. When medical testing and exams come back normal, yet you are experiencing symptoms, this means the symptoms you are experiencing are being caused by nutritional deficiencies and toxicity. If these are not corrected, your cells and tissue will begin to decay and then die, and so given some more time, your physician will be able to diagnosis a disease in the organ or gland in your body that is currently producing symptoms..

Knowing what is happening in your body allows you the foresight to correct your nutritional deficiencies and toxicity and, therefore, restore your health, rather than continue in the direction you are now going until you progress to the disease stage, followed by premature death.

TOXINS – TYPES AND STATISTICS

Environmental Toxins

Environmental Toxins are anything that is in our environment (home, work place, community, in our yards, forest or any place we visit) that is potentially harmful to humans and animals, such as chemicals and metals.

For some people, this includes certain plants or parts of plants, such as having an allergic response when near hay or pollen. However, in these cases, it is the body that needs to be healed not the removal of the natural plant or plant substance. Whereas, with chemical



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or metal toxicity, it is the removal of the chemicals or metals that represents getting to the cause of the symptoms from these toxins.

According to the **United States Environmental Protection Agency (US EPA) 1989 Toxic Release Inventory National Report**, over five billion pounds of chemicals are dumped each year into public sewage storages, released into our ground, discharged into surface waters and from air emissions. **Do you think today, an updated report would worse? I would say, "Most Definitely!"**

Ingested Toxins

Ingested toxins include any substances that are poisonous or harmful to humans and animals that enter the body through body openings, generally the mouth, such as when we ingest chemicals, food additives, dyes, colorings, rancid oils, trans-fats, etc. in food and beverages. However, these toxins may also enter through the nose, eyes, ears, skin, or any other body opening, which is another form of ingestion. For example, toxins that are in skin or hair care products that are applied to the skin and hair, not only affects the skin and hair cells, but are also absorbed through them into the body and thus can affect other parts of the body..

In 1976, the Department of Oral Medicine, University of Alabama, reported that in the U.S., we allow over 10,000 chemical additives in our food supply.

The average American consumes:

1. 14 pounds of food additives,
2. 120 pounds of sugar, and
3. Eight pounds of salt (sodium chloride) each year.

Do you think when these reports are updated they will be better or worse? I think you would agree, "Worse!"

Endogenous Toxins

Not only are we exposed to excessive amount of toxins, from our environment and the foods, water and beverages we ingest, the human body produces toxins as a byproduct of metabolism. By this we know that the human body was designed to manage and detoxify (remove) a certain amount of toxins, but it was not designed for an excessive burden of toxicity from the many sources of toxicity that it has to deal with today.



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Do you want to know just how toxic your body is? Do you want to know if you have more than just endogenous toxins? Have a **Body Composition Analysis performed using a Bioelectrical Impedance Analyzer (BIA)**.

- If your “Extracellular Fluid/Water” is greater than 40%, your body is overburdened by toxicity
- If your “Intracellular Fluid/Water” is less than 60%, your cells are malnourished and
- If your Phase Angle is between 5.0 and 5.9, your tissue is malnourished and if the Phase Angle is 4.9 or less, your tissue is decaying and dying at a rate that is presently or will be soon diagnosed as “diseased” tissue.

If you live locally, you can check our Seminar Announcement webpage for the dates and times when we provide the BIA/BCA test as part of Mini-Clinics we hold in the community each year.

Autointoxication

If the liver, kidneys, and intestines are not functioning properly, toxins cannot be released into parts of the body they never should have been able to go and cause illness from autointoxication. Signs that your liver, kidneys and intestines are not working properly is constipation, diarrhea, excessive urination, gall stones, or any gastro-intestinal complaint.

As you can see toxicity is a major cause of nutritional deficiencies, biochemical imbalances, organ, gland and body system dysfunctions, as well as their end stages “Disease and then Premature Death.”

Nutrient Insufficiency and Toxicity are the bottom line causes of illnesses and diseases and sets the environment for Parasites (Germs and Worms) to come on in and do their worse! Dr. Donna Smith.



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PARASITES ► AUTOIMMUNE DISEASES

Parasitic infections in the body may lead to a variety of auto-immune diseases and syndromes.

For example, as Fibromyalgia progresses, there are a number of accompanying clinical conditions that are also diagnosed, particularly autoimmune diseases, such as Multiple Sclerosis, Lou Gehrig's Disease, Lupus, Graves' Disease, Arthritis, Chronic Fatigue, etc.

Could this be the result of "multiple infections from parasites?" Based on what I have observed when performing a Clinical Nutrition Analysis of thousands of laboratory reports over these years, I would have to say "Yes!"

"The Greatest Challenge Our Body Faces Is The Effective Management of Toxins (Chemicals, Metals and Parasites)," reports, Mark Percival, D.C., N.D.

EUBIOSIS AND DYSBIOSIS

WHAT IS EUBIOSIS AND DYSBIOSIS?

Eubiosis is state of sufficient friendly flora (a.k.a. friendly bacteria) inside the intestines. When the large intestine is healthy (optimally functioning), it produces friendly flora within the intestinal lining or walls and then releases the flora into the canal of the intestines as needed. The purpose for this Intestinal flora is to manage, guard and protect against the overgrowth of yeast, bacteria, virus and other germs and worms. In other words, parasites and any other potentially harmful substance enter the intestines, intestinal flora is present to assure that they do not damage the intestines or pass through the intestinal wall to infect other parts of the body, before the peristaltic action of the intestines can remove them from the body through the rectum.

Previously, I referred to two good parasites, Acidophilus and Bifidobacterium, which are two types of friendly flora produced by the large intestines.



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Dysbiosis is the opposite of Eubiosis. In other words, the intestinal lining has been damaged and is not able to produce friendly flora. The most common substances that destroy the intestines ability to produce friendly flora are drugs, with antibiotics being the most damaging. When the intestine has been damaged and is unable to produce its own flora, parasites entering the intestines find a wonderful natural swamp to live and breed in.

For example, yeast, fungus and mold grow rapidly in dark wet places and in time,

- The person is diagnosed with Candida.
- When yeast, fungus and/or mold are over-growing in the intestines, they cause you to have refined sugar and other food cravings.
- Parasites residing in the Gastro-Intestinal System also feed on incoming food particles, leaving the person in a starved, depleted state, craving more and more food, but never being satisfied.
- Parasites are generally at the root cause of underweight bodies.

In the lifetime of every human being on earth, Cancer cells are released from their DNA. Yes this means that every human being has the potential of developing Cancer in some area of the body at least six times during their lifetime. When the internal environment of the body is toxic and in a state of Dysbiosis, the Cancer cells will grow and proliferate. Most people are not aware that they have cancer until it has progressed to the stage where there are more cancer cells in a particular organ or gland than healthy cells. In that state, a physician will be able to diagnosis the cancer.

However, if the person is committed to the following then the cancer cells, like any other substances entering the intestines will pass through and out the rectum, causing no harm.

1. Restore their intestine's ability to produce its on intestinal flora again by completing our one-time Dysbiosis Supplement Program and then maintain a state of Eubiosis for the rest of their lives. When you maintain a state of Eubiosis, you only need our Dysbiosis Program once.
2. Regularly completes Internal Body Detoxification Supplement Programs to remove toxic build-up every 6 or 12 months, depending upon how frequent the individual's body requires this. In other words, some people have jobs that cause them to be exposed to toxins on a regular basis, thus they would require detoxification every six months; whereas others not so exposed, require detoxification only once a year.

Internal Body Detoxification Supplement Programs prevent the internal environment of the human body from being a place where parasites and cancer can grow,



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multiple and damage healthy cells and tissue in the intestines and other parts of the body. You may choose a...

- a. **Full Body Detoxification Supplement program** for 30 days every 6 or 12 months or
- b. **Four-Month Detoxification Supplement Programs** to detoxify each organ and gland separately and systematically. If you choose this option, we have a questionnaire for you to complete that will identify the order in which to detoxify. In other words, it will assist you in determining if your liver is more toxic than your kidneys, heart, stomach or any other part of the body or vice versa. This way you can start by detoxifying the most to the least toxic areas of the body until you have attained Full Body Detoxification. .

Dysbiosis is also known as the “Leaky Gut Syndrome.” This is because without intestinal flora, harmful substances, parasites, cancer, etc., can permeate (leak) through the intestinal walls and infect the rest of the body. Weight loss or gain is also a challenge when in Dysbiosis.

TREATMENT FOR DYSBIOSIS

Many of the today's physicians are not aware that their drugs are causing Dysbiosis, much less how to treat Dysbiosis safely and effectively.

Furthermore, the health care practitioners, who are aware of Dysbiosis, are generally Clinical Nutritionists, Naturopathic Doctors, Homeopathic Doctors, Chiropractors, and other non-medical practitioners. However, the method of treatment most of them are providing is temporary and thus ineffective for the long-term. In other words, does not correct the cause, which is to provide what the intestinal lining requires to heal itself and grow its own intestinal flora again.

That treatment is providing “Probiotic” Supplements. Probiotic Supplements contain Acidophilus and Bifidobacterium and/or other friendly bacteria. The public may purchase Probiotics through health care practitioners or from physical or online stores that sell directly to the public. The difference is:

- Probiotics dispensed through health care practitioners contain higher count bacteria.
- Direct Sale Probiotics contain lower count bacteria and other flora.



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The difference then is that higher count Probiotics reduce the parasitic overgrowth faster and thus symptoms will improve faster than what would occur with lower count Probiotics.

When Probiotics are consumed, the friendly bacteria are released in the intestines and then digest the over-growing and proliferative parasites, cancer cells and other harmful substances that were unable to move through and out of the colon.

However, Probiotic Supplementation is only effective as long as Probiotics are consumed. Once Probiotics are discontinued, the remaining parasites or the new parasites to enter the intestine will multiply and re-infect the body again. In other words, Dysbiosis was not corrected, the state of Eubiosis was not restored, so when Probiotics are discontinued the state of Dysbiosis in the intestines continues just as if Probiotics were never taken.

Therefore, this form of treatment for Dysbiosis, i.e., taking Probiotics, whether purchased from a health care practitioner or sold directly to the public:

1. Requires that you purchase and consume Probiotics for the rest of your life.
2. Not only does this become costly over time,
3. It is not a practical treatment than anyone is able to stay committed to for very long, much less the rest of their life, and
4. It still does not correct the real cause.

So Probiotics are only a temporary help but to not get to the cause to correct Dysbiosis.

I am one of the few doctors in the United States, perhaps even the world, who knows which three herbs taken in a specific way will provide what the intestines require to heal its intestinal lining to grow its own intestinal flora again. In other words, to provide the nutrients required to repair (heal) damaged intestinal lining cells and/or grow new healthy intestinal cells to replace those that cannot be repaired, so the intestines can grow its on Probiotics again as was its original design.

My Dysbiosis Supplement Program is:

- **Inexpensive**
- **Short-term, requiring only 6-8 weeks,**
- **A one-time program. In other words, you do not need to repeat this again as long as you maintain Eubiosis, i.e., do not create Dysbiosis again. IN the Telephone Consultation you will have with me once you have purchased this program, I will coach you on exactly what you need to do to maintain Eubiosis.**



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WHAT TO USE INSTEAD OF ANTIBIOTICS AND OTHER DRUGS THAT KILL FLORA

Since the number one cause of Dysbiosis is taking antibiotics and other drugs that kill intestinal flora, it is important for you to know that once you restore your intestinal flora utilizing our treatment for Dysbiosis, you want to avoid destroying it again by taking an antibiotic the next time you have the flu.

In other words, there we have safe and effective herbs, homeopathic and clinically-formulated whole food supplements that can digest germs, such as bacteria, virus, staph, strep, yeast, fungus, and mold so you never have to voluntarily take an antibiotic again.

I say “voluntarily” because should a person wake up in the hospital, having survived a life-threatening accident, more than likely antibiotics has been administered to save their life. In these cases, our treatment for Dysbiosis would need to be repeated upon discharge from the hospital.

Antibiotics kill only bacteria; they do not kill viruses, yeast or any other type of germ, though many physicians still prescribe an antibiotic for any type of germ. Since 35% of the human DNA contains viruses, developing a drug to kill viruses would be fatal to both humans and animals. So the next time you get the flu or you are exposed to any germ, contact me.

Better still, why be reactive and wait until you are sick, schedule an one-hour telephone consultation on our Microbial Kit and be coached in what you need for your Health Chest so you are proactively prepared in advance. After all, when do most people experience their first symptoms of the flu? In the wee hours of the morning. Having what you need on hand, you can take it, go back to sleep and a significant number of clients have reported waking up with no symptoms of the flu. Others report a dramatic improvement in symptoms upon rising, with most symptoms gone within 24 hours from taking their initial supplements.

CONSEQUENCES OF LONG-TERM DYSBIOSIS

Dysbiosis which also leads to Leaky Gut Syndrome in time creates the internal environment for multiple infections to spread throughout the body and in time, may even lead to Cancer.

Having no intestinal flora allows germs (yeast, virus, bacteria, etc.) to plant germ spores (their babies) and within three months, germ spores mature. The same can occur with worms. When this occurs, the body is not only infected by the parent germs, but now re-infected by



PARASITES (Germs & Worms)

THE GOOD, THE BAD AND THE UGLY

Parasites have an important role in our lives!

By Dr. Donna F. Smith

new germs and worms (their babies). This ongoing process causes parasites to multiply rapidly. Also, parasites excrete waste and their waste also infects healthy cells and tissue.

Having no intestinal flora to act as guards to prevent their permeability through the bowel walls, allow germs to pass into the blood. When this occurs, germs will then infect every cell in the body. Over-all body health begins to decline more rapidly when this occurs.

Parasite Incubation

When a physician gives you an antibiotic to kill a bacterial infection, it is generally a 10-day Antibiotic.

1. First, to take an antibiotic for more than ten days can be quite damaging to the entire body, and thus this is only done in extreme life-saving emergency treatments that generally begin with hospitalization.
2. Second, whether you took the antibiotic or not, the innate healing system in your body (a.k.a., as the autonomic nervous system) generally requires only ten days to remove enough of the bacteria so the symptoms can subside. If the body requires longer than 10 days, this generally means you have been re-infected by a new parasite while in a weakened and compromised immune state due to the first parasite. Just because your symptoms have abated is not proof that your antibiotic killed all of the bacteria or that your body was able to remove all of the bacteria itself if you chose not to take this drug.

Why? Because as soon as the bacteria, virus or any other parasite enters the body, they begin to produce their spores (make their babies) and embed them into your tissue. These spores are protected during their 3-month incubation period. In other words, this three month period required for the deposit and maturity of new parasites (the babies) is called the "Parasite Incubation." Once they have matured, the spores open and you are now re-infected by a new colony of parasites.

The reason you only feel immediate symptoms when first exposed or ingesting a new parasite (bacteria, virus, etc.) is because their entrance has triggered your immune response, which is designed to rid the body of any foreign substances as quickly as possible.

The internal pathways inside the human body are lined with "mucus membranes" and one of the purposes of these membranes is when parasites enter the body and attack the mucus membrane in its attempt to pass through this membrane to feed on the cells and tissue of the organ or gland the membrane is protecting, this stimulates the production of mucus.



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The purpose of mucus is to encapsulate the parasite, so through peristalsis, the body can move the parasite to the nearest body opening and eliminate it. If the nearest body opening is the mouth, you will cough of the mucus; if it is your nose, you will blow your nose or experience what we call a “runny” nose.

When the body has had sufficient time, approximately 10 days, to move a sufficient amount of the parasites out of the body where it can manage them internally, either by sending them to the liver or kidneys for removal, or sufficient time has passed where others have embedded into the tissue and cannot currently be removed, symptoms will abate.

Remember that symptoms are not the disease. Symptoms are a cell-to-cell communication system of the body to inform the conscious mind of the brain when another part of the body needs help.

That help may be one of two things: Investigate and Take Action. In other words,

1. Investigate and then provide what the cells are lacking or need to heal itself.
2. Investigate and then remove what is interfering with the cell's ability to heal itself.

When you do whichever is required of your body, the symptoms will just naturally abate because the message has been delivered to the conscious mind and the conscious mind is now providing what was requested. Think of this like having a Western Union message delivered. The messenger knocks (symptoms) on your door to get your (conscious mind) attention, but then leaves (symptoms abate) once the message has been delivered. In the case of the Western Union Messenger, the assumption is made that the receipt will also take the appropriate action that was required from that message.

In the case of parasite exposure or ingestion, if you do not do the above, the body is forced to manage on its own, and this requires at least 10 days, which is why whether even if you took nothing (no antibiotic or supplement), symptoms generally go away after 10 days.

However, to not do the above would be like standing for 10 days next to your best friend and watching them suffer and do nothing. Symptoms are communicating that your internal body needs help, so contact me and I will coach you on how to investigate and provide what your cells are requesting and/or investigate and remove what is interfering.

Our therapeutic supplement programs for germs and worms do not interfere with Eubiosis. In other words, they do not cause Dysbiosis like drugs.



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Because all new patient/clients are decades of accumulated parasite infestation, all clients receive both the Dysbiosis Supplement Program to restore Eubiosis and at least a four month Parasite Detoxification Program.

Why at least a four-month Parasite Detoxification Program? Because at some point in any three-month period, the parasites in incubation will mature and therefore, you want to be taking the therapeutic supplements that digest parasites over a four-month period of time to assure that you have these supplements in your body when that happens. The fourth month allows time for us to assess if the first 3-months was sufficient or you require another a longer period of time detoxify the amount of parasites in your body. In other words, an initial and updated blood and stool tests determine when you have concluded your Parasite Detoxification Program. The time required is different for everyone; though the younger you are the less years you have lived to be exposed or to ingest parasites, so the number of parasites your Parasite Detoxification Program has to digest and remove inside your body would be less than someone who has been living for several decades.

However, no matter how little time (minimum of 4 months) or longer that it takes, ridding your body of parasites, restoring Eubiosis and avoiding recreating the state of Dysbiosis should be high on your health priority goals. Why?

- Because your body would not be attracting parasites if you were not already experiencing cellular and tissue decay, and
- Decaying and dying cells and tissue caused by cellular malnutrition and toxicity are the #1 source of infection in the body.
- Then once parasites enter your body to assist in decomposition of these decaying and dying cells, they become the #2 major source of infection – making everything worse.

BIOCHEMICAL INDIVIDUALITY

Studies by the late Professor Roger Williams of the University of Texas defined and brought our awareness to “biochemical individuality.” His biochemical studies proved that though each human being has similarities, such as we all have a mouth, nose, heart, lungs, etc., the individual differences we have externally are also evident, internally. In other words, every human being has their own individual biochemistry.



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This means that each person in your family though related by blood and though you have even some similar external likenesses, if we looked at blood tests on each of you, we would identify many differences in your individual blood chemistries. This also means that you may have nutritional deficiencies that others in your family do not have, you may have toxicity in areas of your body that are not in the same areas of the body in other family members or friends.

This is why each therapeutic supplement and dietary program I design is personalized. In other words, when performing a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry, whether it is blood, urine, hair, saliva or stool, I will identify nutritional deficiencies, toxicity, biochemical imbalances and organ and gland dysfunctions that are unique to your body and thus the therapy I provided that is based on these test findings are also individualized, i.e., personalized, just for you.

Therefore, your first step is to contact me for a Clinical Nutrition Analysis of your biochemistry if after reading this article you understand the importance of:

1. Restoring and then maintaining Eubiosis,
2. Detoxifying current parasites (germs and worms),
3. Learning how to avoid creating the internal environment that attracts parasites again and/or allows cancer cells to grow.

Just as I personalize my therapy for you and coach you at the pace your need, I also personalize each of the above to make them affordable so you are able to accomplish these goals.

If this is what you are ready to do, then please contact me.

CONTACT INFORMATION

I am looking forward to hearing from you so that I may assist you in improving your health, just as I have every client who has contacted me before you. Yes, that means every client since I first opened my business in 1981. At the time of this writing, our clientele resides in 36 U.S. States and six international countries and clients report experiencing their first signs of health improvement within 3-6 weeks, with some reporting as early as the first week after starting Clinical Nutrition Therapy.

There are two ways to contact me:



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1. **Complete** the **"Inquiry Questionnaire"** in my website at www.AdvancedClinicalNutrition.com and upon receipt of your emailed questionnaire, you will be called to schedule your FREE INQUIRY TELEPHONE CONSULTATION with me OR
2. **Call (940) 761-4045** now to schedule your Free Inquiry Telephone Consultation with me. Also, if I am available at the time of your call, I will be glad to provide this free service at that time.

www.AdvancedClinicalNutrition.com

(940) 761-4045

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine**, **the largest chiropractic magazine in the United States**. Some of her best-selling e-books have been listed below.

She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS)**, **International and American Associations of Clinical Nutritionists (IAACN)**, **Stephen F. Austin University**, **Midwestern State University**, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care



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providers, and a Therapeutic Dietary Plan, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect their specimen samples and then mails them directly to our Labs.

Dr. Smith has successfully assisted every client who has contacted her in how to improve their health, no matter what their health challenge, such as, but not limited to increasing energy, balancing hormones, improving mental function, strengthening muscles, joints, and immune system, restoring over-all organ/gland and body system function (including the hair system to restore its natural color), managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

Dr. Smith's clientele resides in 36 U.S. States and six international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter (HealthQuest e-News), read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.



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E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)
- **Updating Your Medicine Chest To A Health Chest** (Over 250 pages)

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.

This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care. It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***