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ABOUT PARASITES

Parasites evade detection and diagnosis better than most human pathogens, explaining why most doctors deny their existence or clinical relevancy. Since diagnostic tests are often falsely negative or not reliable, astute clinicians must deduce the presence of parasites. Paraphrasing Sherlock Holmes, *“if all of the more likely rationales have been shown to be impossible, the remaining explanation however improbably, must be true.”* In other words – once the more common causes of GI problems, such as bacterial or yeast overgrowth have been eliminated, the only possible cause of the symptoms must be parasitic. Since the diagnostic tests for bacterial and yeast critters are fairly accurate, and since the only cause of gastrointestinal inflammation can be toxins, something undetectable is generating the toxins causing the symptoms – however improbable.

Patients complaining of chronic GI symptoms such as diarrhea, constipation, nausea, abdominal pain, bloating and gas regularly visit my office. Laboratory tests are ordered and a week or so later are reviewed. Occasionally all tests for GI functioning are negative, meaning nothing out of the ordinary was found. This used to perplex me – but not any more. Now I know that the hard-to-detect parasites are quietly skulking behind the scenes. Normally in patients with these symptoms, yeast antibodies would be found in their blood as dysbiotic markers (molecules that normally can only be made by yeast), and their urine and stool cultures are generally overflowing with bad critters, like candida and bad bacteria.

Parasites secrete toxins, some of which are toxic to the brain and can cause psychiatric and neurological symptoms. Some CAM (Complementary/Alternative Medicine) practitioners have suggested that the neuropsychiatric symptoms caused by parasites are reminiscent of the symptoms of “possession,” and that those infected or “possessed” by these demonic critters may have benefited by exorcism rituals that resulted in them being “cast out.” No being privy to the scientific knowledge about infectious diseases,

our ancestor’s healers did the best they could do with the information they had available to them.

If all diagnostic tests reveal no known cause of GI symptoms, the conventional¹ medicine phenomenological approach can be summed up in one statement – *“Symptoms just happen.”* Or the symptoms will be blamed on “stress” and the patient is told that *“your symptoms are all in your head.”* Such ridiculous appraisals confuse many patients who are experiencing problems in their bellies, not their heads! Patients who are told their symptoms, *“just happen,”* are usually prescribed drugs to alter their symptoms. The message conveyed here – *medical science can’t figure out what’s wrong with you, but just take this extremely expensive, highly profitable, very toxic chemical that living cells have never encountered before in all of earth’s history, and “I’ll see you in a few weeks.”* Then the patient is advised to keep taking the chemical from now until eternity and return every few months or so to pay for another office visit and refill.

So here it is straight:

All symptoms, disorders, syndromes, maladies, and illnesses have physiological causes and if the causes are not found in every patient, it is the doctor’s fault for not figuring it out, not the patient’s fault.

Since diagnostic tests are not perfect and are very unreliable in the determination of parasites, and since GI symptoms are not caused by evil spirits and Freudian psychobabble, we must suspect the improbable and proceed to look for clues to implicate the unlikely culprit. Typical telltale findings indicative of parasitic infection include:

1. Vague symptoms of “creepy crawling” skin irritations and itching, especially at night.

¹ Also called the “usual and customary” or “medically appropriate”

2. A disparity of lactobacillus (low) to bifidus (high) on stool testing and cultures – parasites seem to compete more with acidophilus.
3. Blood in stool – yeast and bacteria generally don't chew their way right through blood vessel walls in the intestines, but the larger parasites are notoriously capable of doing this.
4. Unexplained anemia, due to #3 above.
5. Low blood amino acid assays (blood) and low protein overall – parasites basically consume protein before you do. If digestion is good (normal digestive enzymes in stool analysis) and intake of protein is adequate (>60 grams a day), what is preventing the protein from getting to the bloodstream?
6. Unexplained deficiencies in other nutrients such as minerals (e.g., selenium, zinc). This finding coincides with #5 above.
7. A history of anti-parasitic treatment (herbs, homeopathics, medication) that improved symptoms or may have immediately worsened symptoms when they were first used. Such “die-off” symptoms with homeopathic remedies implies a clear and obvious presence of parasites.
8. A history of foreign travel or drinking water from an unusual source (such as a well at a campsite) that preceded symptoms.
9. Anal or rectal itching, AKA Pruritis Ani.
10. An unsatisfactory and unexpected negative treatment outcome with a comprehensive yeast treatment program that includes the following:²
 - a) Total compliance by the patient;
 - b) A minimum treat time of six weeks with an anti-yeast, antibiotic treatment (other than nystatin);
 - c) Treatment with a drug that was proven by culture and sensitivities to be effective against the particular strain of yeast or bacteria;
 - d) No laboratory evidence of immune dysfunction due to HIV/AIDS,

immunosuppressive drugs (e.g., prednisone) or heavy metals (e.g., mercury) or other toxicity impairing immune responsiveness.

If any of these are present to any degree and bad critters such as yeast and bacteria have been ruled out, parasites are the cause until proven otherwise. By deductive logic what else could it be? And since the exact parasite is often unknown, treatment must be presumptive with a broad range of anti-parasitic antibiotics, herbals and homeopathic remedies (see below).

Individuals with an intact intestinal barrier (good critters and enterocytes) are relatively impervious to parasites as with any bad critters. That is why two people can drink the same water from a contaminated well and only one person develops symptoms. Or 1000 people eat contaminated beef from a burger chain and only 100 people get sick. Have you ever wondered what happens to the other 900 people that simply shrugged-off the bad critters? Why does there seem to be no interest at all in their resistance? This apparent oversight stems from conventional medicine's worldview that focuses on disease rather than on wellness and prevention. Imagine the implications of failing to study 900 people who have resisted infection – information that could prevent deaths from food poisoning in the future!

Most people also believe that parasites are only a problem in undeveloped countries and the third world. Parasites have always been a problem and will continue to infest the modern world. The natural resistance that indigenous people build up to the local parasites may not offer much help in stopping the parasites that have evolved in completely different parts of the world. Much of the food we eat no longer comes from nearby farms – it can come from the other side of the world. And the natural foods that tend to inhibit the overgrowth of parasites, such as very hot and spicy foods typically served in warmer climates (where parasites are not killed by seasonal cold spells), may not be regularly included in the diet of those living in cooler regions.

Parasites can be tiny or very large. The microscopic varieties such as Giardia are probably much more common. In my office practice, assessment of 195 consecutive stool tests revealed an incidence of 17.9%. As discussed above, this result is probably far lower than the actual incidence since detection of these invaders remains problematic even for the best

² Parasites can “harbor” pathogenic species of bacteria and yeast within the parasite, preventing antibacterial and antiyeast antibiotics from being effective.

laboratories such as Great Smokies Diagnostic Laboratory. For instance, a few years ago I treated a patient for parasites and they passed some roundworms. These large and clearly visible parasites were collected with the stool and sent to a local lab that returned a report that was entirely negative for ova and parasites!

Generally, there are three kinds of treatments for parasites that correspond to the three Eras of modern medicine³:

1. Disease Era (Era I) Medicine provides us with antibiotic drugs to kill parasites;
2. Mind/Body Era Medicine (Era II) provides interventions such as herbal treatments and immune strengthening mental exercises like meditation; and
3. Spiritual or Energy Era Medicine (Era III) provides many types of treatment including biofeedback, homeopathy and acupuncture. Since parasites are such a diagnostic enigma, I usually recommend prescribing as many simultaneous treatments as possible. In other words, due to the uncertainty as to exactly which parasite is causing symptoms, a clinician is justified in treating with a wide array of interventions. The other line of deductive logic that supports this “shotgun” approach is that a single parasite is rarely alone. Even if one is found on stool testing, others probably accompany the one that was fortunately spotted.

The progression of treatment starts with the homeopathic remedies (the safest and most gentle) and then herbal treatments are phased in. When these are tolerated without any adverse symptom, medication is sometimes added. The whole treatment should take about six weeks. The medication is phased in, one medication at a time as described below.

Energy Era Medicine – Homeopathic Remedies

I am not a homeopathic physician, so I usually recommend a combined batch of homeopathic remedies manufactured by Deseret Biologicals (my clinical director, Karyn Hurley can order for you – 1-888-847-4233). No one really knows why homeopathic remedies actually work, but amazingly they do. These are simply energy fields that are somehow embedded into the inert carrier substance (water, lactose or alcohol) that somehow has an adverse effect on bad critters. When I recommend

³ From the book “Minding the Body, Mending the Mind,” by Dr. Joan Borysenko.

homeopathic treatments, I usually include those for yeast and for bacteria.

The recommendation dosage is about three drops of each remedy taken together with the others, three times a day, 30 minutes apart from meals, nutritional supplements or tooth brushing (before or after) for about six weeks.

The specific remedies to order are:

1. Ver (for parasites)
2. Amoeba (for parasites)
3. Bacteria (for bacteria)
4. Candida Plus (for yeast)
5. Candida IM (for yeast)

Mind/Body Era Medicine Treatment of Parasites – Herbal Remedies

Herbs contain dozens to hundreds of substances, which vary according to growing season, water and soil conditions, etc. As with homeopathic remedies, the scientific basis for herbal effectiveness is also shaky, except that they also do work! Herbs are derived from plants that have extraordinary biochemical resistance to the critters that invade our bodies. We do know that herbs work because they contain antibiotic substances. Over the ages, magical healing properties were ascribed to many herbs and a witchcraft mystique still pervades herbology. Lets cut through the nonsense – herbs contain toxins that are potentially more toxic to critters than they are to human cells. Herbs are not nutrients per se – many of the molecules in herbs are not natural substances like amino acids, fatty acids, minerals. They are actually poisons, which thankfully, are more poisonous to critters than to us. You can have as severe a reaction to herbs as you can to medications, but in general, herbs are very safe because the concentration of the toxins that kill the bad critters is usually very low and unlikely to harm the host (you).

The herbal remedies I recommend for parasites are:

1. Parex Intensive Care⁴ (Take three tablets twice a day for six weeks.
2. Wormwood Combination⁵ (Take three capsules twice a day for 6 weeks.

⁴ Contains pumpkin seed, wormwood whole plant (Artemesia), plantain whole plant (Plantago major), Gentian root, barberry root Oregon grape root extract (Mahonia aquifolia), black walnut hull, goldenseal, bromelain, peptidase.

⁵ Contains black leaf walnut, wormwood herb, quassia bark, clove bud, male fern root.

Disease Era Medicine Treatment of Parasites – Medication

Many antibodies exist for the treatment of parasites, but I have only found three to be useful:

1. Flagyl (or metronidazole by Searle) – kills the microscopic parasites (e.g., amoeba), as well as anaerobic bacteria (e.g., clostridia), common bad-critters infesting many people.
2. Vermox (or mebendazole by Janssen) – hits pinworms, whipworms, roundworms, and hookworms.
3. Biltricide (or praziquantel by Bayer) – goes after liver flukes.

These three antibiotics cover most of the parasites infesting humans in the western world, and like anti-yeast antibiotics, can be expected to be many times more powerful than anti-parasitic herbs or homeopathics. They should be taken one at a time with a two-day break between them so that the liver has a chance to clear the previous medication before having to deal with the next one. Unless amoeboid types of parasites are suspected, I usually treat with Biltricide first (one day treatment) and then Vermox (three day treatment), because the larger parasites should be removed as quickly as possible and not given a chance to migrate deeper into tissues away from treatment agents. As noted above, homeopathic remedies are used first, then the herbal remedies are added, then the medication is added to both the homeopathics and the herbals. Since we want to hit these bad critters with all three types of treatment together as soon as possible, add the herbals and medication quickly unless there are severe reactions to any phase. Your doctor should be called if there are unexpected reactions or side-effects. Some die-off symptoms (gas, loose stools, mild cramping) can be expected with any phase of treatment and usually indicates that it is working well. The dosage for these three medications are listed below.

Important Note: When these medications are started, you should already be taking homeopathics, herbal remedies and various other probiotics such as acidophilus and bifidus. The medications listed below should not be used unless these other supportive measures are being prescribed simultaneously.

Biltricide – The dosage should be approximately 25mg./kg. body weight, three times a day. For a 60 kg. adult, which is approximately 132 pounds, this would translate into a $25 \times 60 = 1500$ mg. dose,

taken three times a day. Since a tablet of Biltricide is 600 mg, and scored in three places, it is easily broken into 150 mg. and 300 mg. pieces – so a 60 kg. adult would take 2 ½ tables three times a day (1500 mg.). The tables should be swallowed whole with meals and taken more than 4 hours apart, but not less than less than 6 hours apart. There are only three doses and this is a one-day treatment.

Wait two days for the liver to clear the Biltricide before starting the next medication, but keep taking the homeopathics, herbal remedies and probiotics right along.

Vermox – The dosage is one tablet twice a day for three days. These are chewable tablets and should be taken in the morning and evening about 12 hours apart. Wait two days for the liver to clear the Vermox before starting the next medication, but keep taking the homeopathics, herbal remedies and probiotics right along.

Flagyl – This medication, like many drugs, has some potential to cause cancer in laboratory animals if used in extremely high doses for long time periods. This has prompted some clinicians to recommend that Flagyl never be used. What they have failed to consider is that the toxins of parasites are likely to be much more carcinogenic! This speaks to the dilemma faced by any Complementary Medicine doctor – when does one prescribe a toxin and risk injury to a patient in order to remove a critter that is making toxins that injure a patient? As the recommended dose for Flagyl is 750 mg. three times a day for 10 days, and I am only generally interested in removing the critters that infest the intestines where the concentration of the drug is likely to be much greater, I generally recommend 375-500 mg. three times a day, for 10 days for most adults.

Finish off the remaining course of homeopathic and herbal remedies, which altogether should take about six weeks. Finally repeat a six week course of the homeopathic and herbal remedies (but not the medication) once or twice a year indefinitely. If we worm our cats and dogs, why would we not work ourselves? Remember, these critters have lived with humans for eons and they may not be totally banished from our bodies even with the CORE plan. That may happen, but a more realistic goal is containment, forcing the bad critters into submission, so that they can be policed effectively by our immune system and kept in check.

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