



Food against parasites

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. It's hard to believe, but headaches, frequent colds, depression, decreased libido, common rashes and even dandruff can actually be the result of helminths, or parasitic worms, entering the body. Moreover, in some cases it is not so easy to remove them. That is why nutrition experts recommend regularly consuming antiparasitic foods to prevent and treat helminthiasis. Moreover, most of them are always at hand.

Key words: food from parasites, recommendations, benefits, harm, beneficial properties, contraindications

What you need to know about helminths, or intestinal parasites

Helminths are multicellular organisms, which are popularly called simply worms. Modern science knows several hundred species of helminths. They can live in the human body for years, poisoning it with the products of their vital activity. Just imagine: according to WHO, there are now about 3 billion people in the world suffering from helminthiasis, and not all of them live in third world countries.

Contrary to the popular belief that helminths live only in the intestines, they are found in the blood, muscle tissue, lungs, liver, eyes, and even the brain. But the most interesting thing is that people most often do not notice their presence until the moment when their number is calculated in colonies and becomes critical.

But in addition to the symptoms described above, the presence of helminthiasis is indicated by:

- loss of appetite;
- stomach pain, increased gas formation, nausea;
- itching around the anus or around the eyes;
- weight loss;
- cough;
- anemia, or low hemoglobin levels;
- muscle pain;
- insomnia ;

- increased fatigue, etc.

The most common reasons for worms entering the body are unwashed hands, dirty vegetables, fruits, contaminated meat and water. To combat them, traditional medicine uses medications, which in practice are prescribed to people at risk (children and the elderly) approximately once a year. The non-traditional one resorts to the help of a special diet.

Antiparasitic diet

The essence of the antiparasitic diet is to introduce into the diet foods with certain vitamins and microelements that help improve immunity and have a positive effect on the functioning of the gastrointestinal tract. This is about:

- probiotics _ A lot has already been said about them, but the fact remains that these substances are responsible for intestinal health. And in a healthy intestine there is no place for parasites;
- products with vitamin C - they increase immunity and reduce the body's susceptibility to various diseases, including helminthiasis; [1]
- products with zinc - it not only helps improve immunity, but also improves the functioning of the gastrointestinal tract and accelerates the healing process of stomach ulcers; [2]
- fiber – improving the functioning of the gastrointestinal tract, it helps eliminate parasites from the body; [3]
- products with vitamin A - it reduces susceptibility to helminths. [4]

Top 20 products against parasites

1. Garlic - its miraculous properties have long been legendary, and this is not surprising. After all, it contains a special substance - allicin, which, among other things, effectively fights parasites, including roundworm and giardia. [5]
2. Pumpkin seeds - our grandmothers used them, sometimes without even suspecting that the secret to the success of this product is the presence of zinc and cucurbitin. The latter paralyzes parasites and prevents them from attaching to the intestinal walls.
3. Pomegranates are a source of potassium, iron, antioxidants, fiber and vitamin C. The product helps remove toxins and waste from the body, normalize the gastrointestinal tract and improve immunity. Traditional medicine uses pomegranate peel in the fight against worms. However, doctors do not approve of this method, since if the prescribed daily dose is exceeded, serious consequences are possible, including hypertension, dizziness and nausea. [6]
4. Horseradish – it also contains allicin, which can fight parasites.
5. Cayenne pepper is an incredibly hot spice that is used in Mexican and Asian cuisines. It contains vitamins A and C, therefore it increases immunity, improves gastrointestinal function and metabolism, effectively fights microorganisms and parasites, and even promotes wound healing.
6. Turmeric is another spice with similar properties. You can replace it with cinnamon, cardamom or nutmeg. [7]
7. Onions are a source of allicin. [8]
8. Papaya - of course, this is not the most common fruit in our country, however, it is incredibly effective. It contains a huge amount of useful substances, including myrosin, carpain, caricin, etc. But to remove worms, it is necessary to consume papaya seeds. They not only effectively fight them, but also help restore the functioning of the gastrointestinal tract after their presence. Interestingly, scientists from the University of Maryland advise "mixing papaya seeds with honey for maximum effect."

9. Carrots or carrot juice are a source of vitamin A and fiber, which improve the functioning of the gastrointestinal tract and also fight worms. That is why doctors often include carrot juice as part of antiparasitic therapy. [9.10]
10. Cranberry juice is a source of vitamins and microelements, which also improves immunity and cleanses the body of worms. The main thing is that it is unsweetened. [eleven]
11. Pineapple – it contains bromelain, a substance that destroys waste products of parasites. By the way, there is an opinion that it can completely destroy tapeworms in 3 days, provided that it is used regularly. But this is not the only beneficial property of pineapple. The fact is that this is a fairly sour fruit, and worms need glucose, in the absence of which they die safely. [12]
12. Thyme, or thyme - tea is brewed from it, with the help of which tapeworms are removed from the body. [13]
13. Blackberries - Anna Louis Gittelman mentions these berries in her book “Guess What's Coming to Dinner,” talking about foods that have antiparasitic properties. [14]
14. Oregano oil (oregano) - it contains two miraculous substances - thymol and carvacrol, which have antimicrobial and antiparasitic properties.
15. Almonds - they not only prevent the proliferation of parasites in the body, but also effectively cleanse it of them. Moreover, this is explained, according to scientists, by the high concentration of fatty acids in it. Along with this, almonds have sedative properties and relieve irritation of the stomach walls.
16. Cloves - it contains tannins that destroy the eggs and larvae of worms and, therefore, prevent their reproduction. That is why it is very often used to prevent helminthiasis. [15]
17. Lemon – has antimicrobial and antiparasitic properties. To achieve maximum effect, experts advise consuming it with a banana. The latter is a natural laxative that improves the functioning of the gastrointestinal tract. [16]
18. Broccoli – According to nutritionist Phyllis Balch, “it contains a thiol that has antiparasitic and antifungal properties.” [17,18]
19. Yogurt is a source of probiotics, which improve the functioning of the gastrointestinal tract, enhance immunity and prevent the proliferation of parasites. [19]
20. Ginger - it not only has antiparasitic properties, but also improves metabolism and digestion, and also removes toxins from the body. That's why in Japan they put it in sushi. [20]

How else to protect yourself from parasites

- observe the rules of personal hygiene;
- monitor your health, as reduced immunity is not able to resist parasites;
- limit the consumption of sweets and starchy foods, since glucose is an excellent medium for their reproduction;
- give up coffee and alcohol - they poison the body.

Helminthiasis is an insidious disease that can affect all people, regardless of their position and status. Moreover, in the 21st century they not only suffer from it, but also die. However, this is no reason to panic! Rather, the need to think and finally introduce antiparasitic products into your diet.

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Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

Tkacheva Natalia, phytotherapist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

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