



January 2023

Driftless Holistic Wellness

*"Let food be thy
medicine and medicine
be thy food"*

-Hippocrates

Driftless Holistic Wellness is
utilizing office space on
Wednesdays with O'Brien
Physical Therapy!

For in-person Nutrition
Response Testing, ionic detox
foot baths, [Bemer therapy](#)
sessions, or picking up
supplements,
you can visit
3208 State Road
La Crosse, WI

-By appointment only -

*To learn about the
health benefits of
parasite cleansing,
[click here](#)*

Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms and nourishing our bodies into more optimal health. This month we are going to focus on a common, but infrequently discussed, infection in many adults and children: *parasites*. These pesky critters can cause much gastrointestinal discomfort, in addition to many surprising symptoms you would never associate with a parasite infection.

Could I have a parasite?

Feel for your pulse on your neck or wrist, and if you feel a steady rhythmic pulsation, the answer is yes, you have parasites! How can this be, how can a person get parasites? Parasitic infections are not limited to tropical regions or foreign countries. If you own a pet, eat sushi, consume pork, go swimming in a lake or river, garden in the dirt, eat fresh vegetables or fruit, travel abroad, suffer from mosquito or tick bites, or change diapers, you could have picked up a parasite. While most humans have parasites, not everyone is suffering the effects of an acute infection, or the [die off](#) (Herxheimer reaction) symptoms resulting after our bodies kill the parasites.



Symptoms of a parasite infection or parasite "die-off"

- Diarrhea or constipation
- Stomach pain/bloating/distention
- Nausea/vomiting
- Body aches/joint pain/teeth grinding
- Rashes/eczema/other skin issues
- Fatigue/lethargy/anemia/insomnia
- Anxiety/depression/brain fog/headaches
- Food and chemical sensitivities
- Fevers or illness around the full moon (read about this correlation [here](#))
- Sugar cravings

Recipes



Spiced Pumpkin Seed Bites

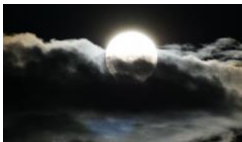
- 1 ½ cup raw organic pumpkin seeds (pepitas)
- ¼ c black walnuts
- 2 TBSP softened unrefined organic coconut oil
- 2 TBSP Swerve brown sugar or Golden Lankato
- ½ tsp pure vanilla extract
- ¼ tsp organic ground cloves (or more if you can tolerate it)
- ¼ tsp organic cinnamon
- ¼ tsp organic ginger
- ¼ c shredded raw unsweetened coconut

Instructions:

Gently toast the shredded coconut on medium heat in a skillet on the stove till lightly browned and fragrant. Remove from heat and set aside in a bowl.

Add the remaining ingredients into a food processor, and blend till thoroughly combined and of a slightly sticky texture that will hold its shape.

Roll into 1-2 TBSP sized balls and coat in the toasted coconut flakes. Place in the refrigerator and eat chilled. Can be stored for up to a week.



To learn how to complete a full moon parasite cleanse, click [here](#)

Common herbal treatment options:

- **Wormwood (Artemisia)**- common in many herbal antiparasitic tinctures, has been found in [studies](#) to treat schistosomiasis, a disease related to a flatworm infection causing abdominal pain, fevers, poor digestion and fibrosis of the liver.
- **Black Walnut**- the outer hull contains a component called juglone, [studied](#) to be effective against protozoal diseases (Chagas, malaria, and leishmanial diseases), as well as *T. gondii*, a parasitical disease (commonly found in cat feces), known to migrate to the brain and



is found at higher prevalence in the population diagnosed with schizophrenia and obsessive compulsive disorder.

- **Clove**- due to the nature of its volatile oil component eugenol, has been used topically to provide [better antiparasitic action](#) than traditional medications against human *Demodex* parasitic infections that cause skin, scalp, and eyelid rashes. It has also been found in studies effective against *Giardia*, *Leishmania*, *Schistosoma*, and *Babesia*.
- **Thyme**- this powerful spice contains aromatic natural chemicals eugenol and thymol which are antibacterial, antifungal, and can kill protozoa and helminth parasites *Leishmania*, *Toxoplasmosis gondii*, *Trichinella spiralis* (pork roundworm), and *Entamoeba histolytica*.

Dietary and lifestyle tactics

- **Starve the parasites**- Cut out extra sugar and processed carbohydrates and starches, juices, sodas, and baked goods (which turn into sugar quickly), as they are the primary source of food for parasites. Instead, crowd out the sugary foods with colorful vegetables and berries, quality proteins, and fats.
- **Add in additional healthy fats**- Incorporate more healthy fats high in omegas (tuna, salmon, avocado, raw nuts) to help decrease inflammation and curb your sugar cravings. Coconut oil has medium chain triglycerides, particularly lauric acid, which has been found to stimulate the immune system. A study using lauric acid from
- coconuts showed it to be effective against *Giardia*, and vaginal *Trichomonas* parasite infections.
- **Eat pumpkin seeds**- [Studies show](#) that an extract from pumpkin seeds has the ability to decrease gastrointestinal infections with nematode parasites. It even showed promise in reducing the fecal egg counts in sheep in a [2021 study](#). They are also high in zinc, which is an essential mineral needed by our bodies to produce adequate stomach acid and improve immune function.
- **Maximize your fiber**- Eating plenty of fiber particularly from vegetables, can help you maintain proper bowel evacuation and help expel parasites from your intestinal tract. It also helps feed healthy bacteria and yeast that will create an environment inhospitable to parasites.
- **Eat sulfur rich foods**- vegetables in the cruciferous family (cabbage, cauliflower, broccoli, radish, kale, kohlrabi, bok choy, Brussels sprouts) as well as garlic and onions, eggs, nuts, legumes, lean proteins, peppers and flaxseed are high in sulfur, a precursor to an immune boosting antioxidant we synthesize called [glutathione](#).



Egg Roll Bowl

1 bag of riced cauliflower (or create your own with 1 medium head of cauliflower florets, pulsed in a food processor)

1 bag of organic coleslaw mix, power mix, or broccoli slaw

1 lb ground turkey, beef, or pork

1 small onion, chopped, or 1 small bunch of green onions, chopped

2 cloves of garlic, minced

1 TBSP virgin avocado or coconut oil

1 TBSP sesame oil

2 TBSP rice vinegar (or lime juice, white vinegar, or coconut vinegar)

¼ cup coconut aminos or liquid aminos, or Tamari

½ tsp powdered ginger

1 tsp raw honey

1 pinch red pepper flakes

1 pinch of quality salt and black pepper

Optional veggies: mushrooms, peppers, snow peas, bok choy, Thai basil, cilantro

Instructions

Add the coconut or avocado oil to a large saucepan and sauté the chopped onions till translucent. Add the ground meat and a pinch of salt and pepper and brown till thoroughly cooked. Add in the riced cauliflower and minced garlic and cook on medium for 3-5 minutes. Whisk together the sesame oil, aminos, vinegar/lime juice, ginger, honey and pepper flakes and set aside. Add in the shredded veggie mix and sauce and cook for an additional 3-5 minutes. Enjoy!



Benefits of Parasite Cleansing

- **Improved digestion-** Parasites are known to contribute to both diarrhea and constipation, and purging them out of your system may help prevent your body from struggling with either extreme, as well as decrease bloating, gas, distension, reflux, and nausea.
- **Nutrient absorption-** You may experience improved mineral, vitamin, and nutrient absorption and utilization, as parasites steal these from our bodies to use themselves, and upset the delicate balance of intestinal flora needed for mineral and vitamin absorption. This should also lead to improved energy, if you are now able to adequately use the nutrients you are putting into your body.
- **Decreased joint/muscle discomfort-** After an initial increase in achiness from the die off process, the body should resume lower levels of inflammation and pain due to the evacuation of pesky parasites that secrete pro-inflammatory toxins. Parasites also like to hide in weak tissues from previous injuries or scars, causing more pain/discomfort due to the nature of these areas.
- **Mental clarity and improved mood-** Parasites use our neurotransmitters like serotonin, melatonin, and GABA for movement and energy, and release neurotoxins which can upset our normal balance in the brain and effect our cognition. Removing them from our bodies can thus help improve the quality of our sleep, and regulate our normal mood-boosting chemicals, helping us to become more emotionally and mentally stable.



Parasite Cleanse supplements:

A few reputable supplement brands that have created parasite cleanses include:

- **Standard Process** – [Wormwood Complex](#), [Zymex II](#), [Wormwood 1:5](#), [Black Walnut Hulls 1:10](#), [Garlic](#), [Garlic Forte](#)
- **Cellcore- Para Kit** (includes Para 1,2, 3, and Biotoxin Binder), [Bowel Mover](#), and [Para 4](#)
- **Energetix- Core Para V**, [Core Artemisia](#), [Para-Chord](#), [Amoeba-Chord](#), [Colon Clear](#)

****It is important to note that herbal parasite cleanses should not be used by those pregnant, nursing, or attempting to achieve pregnancy, as the herbs can prevent or harm a pregnancy.**** I would strongly suggest having a holistic provider be available to provide supervision of you while completing a parasite cleanse, so as to help make adjustments as needed to support your lymphatic and drainage pathways to avoid the die-off symptoms.

Parasite purges are not new to the Wiedenbeck household, as we have both been placed on the various supplements above to help handle the stress parasites have placed on our bodies. It was a bit of shock, the first time I was told parasites were at the root cause for my symptoms I was experiencing, but it all made sense, and thankfully I began to feel better after a few months of continuous supplementation. I've made it a goal to do a more intense full moon parasite purge at least once yearly (if I'm not on any parasite supplements already) to help eliminate this extra stress to my immune system.



-Kay Wiedenbeck RN, BSN ,OCN, NRT