



HEAL thy Change 4 Life
— Giving Back Quality of Life —

PARASITES, VIRUSES & FUNGUS

UNDERSTAND. SUPPORT. RESTORE BALANCE.

These unwanted invaders can impact your energy, immunity, digestion, and overall wellness. Awareness and lifestyle choices can help create an environment where your body can thrive.



WESTERN WELLNESS PERSPECTIVE

Western medicine recognizes that parasites, viruses, and fungus can affect many systems in the body.

- ✓ Can cause fatigue and low energy
- ✓ May affect digestion and nutrient absorption
- ✓ Can weaken immune response
- ✓ May contribute to inflammation
- ✓ Can impact skin, mood, and clarity
- ✓ May be spread through food, water, air, or contact



Good hygiene, clean food and water, boosting immunity, and professional care are important steps.



EASTERN WELLNESS PERSPECTIVE

In Traditional Chinese Medicine (TCM), these invaders are seen as “damp-heat toxins” or “excess” that disturb the body's balance.

Imbalances may show up as:

- ✓ Fatigue and heaviness
- ✓ Bloating and digestive issues
- ✓ Skin conditions
- ✓ Brain fog and irritability
- ✓ Weakened resistance
- ✓ Emotional imbalance



TCM focuses on strengthening the Spleen, Liver, and Kidney, clearing dampness and heat, and supporting healthy Qi flow.



FAITH PERSPECTIVE

Our bodies are God's temple (1 Corinthians 6:19). We are called to be good stewards of our health.



“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

3 John 1:2 (KJV)

When we partner faith with wise choices and healthy habits, we allow God to strengthen and renew us.



POSSIBLE SIGNS

- ✓ Fatigue or low energy
- ✓ Bloating, gas, or irregular digestion
- ✓ Food cravings or sensitivities
- ✓ Skin issues (rash, itching, acne)
- ✓ Brain fog or poor concentration
- ✓ Frequent colds or slow recovery
- ✓ Mood changes or irritability
- ✓ Unexplained aches or discomfort
- ✓ Poor sleep or night waking

Signs can vary for every individual. Professional guidance is recommended.

TYPES OF INVADERS



PARASITES

- Roundworms
- Tapeworms
- Pinworms
- Giardia
- Toxoplasma
- Fleas / Ticks

Often spread through contaminated food, water, soil, or animal contact.



VIRUSES

- Common colds
- Influenza
- Epstein-Barr (EBV)
- Herpes viruses
- Hepatitis
- Other viral strains

Often spread through airborne droplets, contact, or contaminated surfaces.



FUNGUS

- Candida
- Mold / Mycotoxins
- Athlete's foot
- Ringworm
- Nail fungus
- Yeast overgrowth

Often thrive in damp, sugar-rich, or imbalanced environments.



WELLNESS TIPS

- ✓ Eat whole, nutrient-dense foods
- ✓ Stay hydrated with clean water
- ✓ Reduce sugar and refined carbs
- ✓ Get quality sleep
- ✓ Practice stress management
- ✓ Exercise regularly
- ✓ Support detox pathways (Liver, Lymph, Kidneys)
- ✓ Use essential oils safely
- ✓ Work with a wellness professional



FOODS THAT SUPPORT CLEANSING

- Garlic
- Ginger
- Turmeric
- Leafy greens
- Citrus fruits
- Pumpkin seeds
- Papaya
- Pineapple
- Probiotic foods
- Green tea

These foods help create an environment where your body can thrive.

LIFESTYLE PRACTICES THAT HELP



Hydrate



Move



Rest



Breathe



Trust

Small daily steps create lasting change.



EDUCATIONAL SOURCES

PARASITES

- CDC – Parasites www.cdc.gov/parasites
- Mayo Clinic – Parasites www.mayoclinic.org/diseases-conditions/parasites

VIRUSES

- CDC – Viruses www.cdc.gov/viruses
- NIH – Viral Diseases www.niaid.nih.gov/research/viral-diseases

FUNGUS

- CDC – Fungal Diseases www.cdc.gov/fungal
- NIH – Fungal Diseases www.niaid.nih.gov/research/fungal-diseases



THRIVE & SHINE THURSDAY

Watch this short educational discussion exploring parasites, viruses, fungus, and natural ways to support your body's defenses.

Watch on YouTube
Thrive & Shine Thursday



WELLNESS GUIDE

View or download the companion wellness guide for detox tips, immune support, and practical lifestyle strategies.

VIEW GUIDE (PDF)

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RELATED TOPICS



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BOOK YOUR SESSION

Ready to take the next step? Schedule your Quality of Life Coaching session to receive personalized education, wellness guidance, and ongoing encouragement on your journey toward a healthier quality of life.



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Let's Work Together for Your Best Life!

You were created to live well, feel well, and thrive!



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Holistic Wellness.



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