

PARASITE CLEANSING TIPS WITH DR. OMAR AMIN



Dr. Omar M. Amin, world renowned Parasitologist

www.ParasiteTesting.com

Dr. Omar M. Amin., Ph.D., founder of PCI, is a Professor of Parasitology. He is a nationally and internationally recognized authority in the field with over 300 major articles/books published in American and foreign professional journals on human and animal parasites from North America and all over the world.

Most of the below info was taken from Dr. Amin's appearance on The Vibrant You Health Show episode 30 which you can watch at www.naturespantry.life.

- Parasites can be contracted in eight main ways: drinking water, skin contact with contaminated water, food, insects, air, pets, people, soil.
- Parasites are alive and well North America despite popular assumptions. Parasites can't read border signs and don't stop at the border and only stay in foreign countries. Most medical practitioners today do not believe parasites as a serious public health issue.
- Based on Dr. Amin's extensive research, he estimates that nearly two thirds of people in North America are infected with parasites, and/or pathogenic bacteria.
- Some countries have multiple parasitologists on staff at hospitals, while in the US, they are hard to find. To be an MD in the US, you don't have to take a single class on parasites.
- Symptoms caused by parasites include: intestinal/GI symptoms like cramps, gas, bloating, diarrhea, constipation, irritable bowel, malabsorption, mucus in the stool. Heavy infections in the intestine, parasites will produce other symptoms like allergies, muscle pain, joint pain, skin rash, eczema, fatigue, memory loss, brain fog, neurological symptoms, cough, lymph blockage. Auto-immune conditions and other conditions can also be caused by parasites like Crohn's, Celiac, Ulcerative Colitis, IBS, Arthritis, Cancer, Tumors.
- Dr. Amin believes all cancer patients should be tested for parasites and it should be part of everyone yearly exams.
- Most conventional parasite tests only check for one to three types of parasites. Dr. Omar Amin's clinic tests for 40 different types of parasites. Find tests at www.parasitetesting.com. The full GI panel will test for parasites, fungus, candida, and pathogenic bacteria.

- Dr. Amin recommends cleansing once per year. You can find his cleansing products at Nature's Pantry and at www.parasitetesting.com. You can shop Nature's Pantry online for Dr. Amin's cleanse too here: <https://naturespantry.storebyweb.com/s/1000-1/b?q=freedom>. At Nature's Pantry, a 30-day supply is only \$89.99.



MORE TIPS for PREVENTING AND CLEANSING PARASITES

DIET - Dr. Amin recommends eating a diet consisting mostly of whole, real, plant food. Plenty of fruits, vegetables, potatoes, whole-grains, beans, nuts, seeds. These foods contain plenty of fiber with will bulk up your stools, making elimination easier and more effective. A healthy diet like this will not only help prevent parasites from thriving in the body, but also help you cleanse from them during a detox protocol. Parasites thrive on processed sugar and flour.

DRAINAGE - It's important to open the bodies drainage pathways during a detox so toxins are removed from the body rather than redistributed. Your drainage pathways funnel from top to bottom in this order: cells, organs and tissues, lymphatic system, liver and bile ducts, colon. If you are constipated, your drainage pathways backup into the blood, kidneys, lungs and skin. Two to three bowel movements per day is ideal during a detox. Use binders: Binders can help remove toxins from the body to promote a healthier microbiome. That could encourage regular elimination as well. Consider doing parasite cleansing during full moon cycles. Parasites are most active when serotonin levels are higher in the body which happens according to the phases of the moon.

Dr. Amin's closing words to you are to "love yourself and do the right thing by you. You don't have to listen to every person just because they have the word doctor preceding their name. They are humans like you and I, and there's some things that they know and some things that they don't know. So exercise your own judgement in your choice and if you don't like the fist judgement then go for the next one."

EXERCISE - Get regular physical activity: To help combat constipation, move your body regularly. Even gentle forms of exercise, such as walking and stretching.

HYDRATION - Stay hydrated: A shortfall in your fluid intake could contribute to constipation. Be sure to drink plenty of water and other healthy beverages.

SUPPLEMENTS - Other supplements that can be helpful are listed here:

- **KILLERS:** clove, wormwood, black walnut, colloidal silver, oregano oil
- **BINDERS:** chlorella, zeolite, bentonite, charcoal, apple pectin, diatomaceous earth, vitamin C
- **DRAINAGE PATHWAY SUPPORT:** zinc, magnesium, selenium, enemas, massage, saunas, hydration, exercise, leafy greens, cilantro, celery juice, other organic vegetable juices.

DISCLAIMER: The information on this flyer is for informational purposes only. No material on it is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment. If your physician is knowledgeable about nutrition and holistic health, even better.