

How To Avoid Parasites With Summer Activities

Is there any better time of year than summer? The clouds open up, the rain takes a break, and we have access to one of the greatest outdoor carnivals in the world. Sometimes, however, we can pick up unwanted travelers. Here are some tips to help you identify if you have picked up any parasites, and how to eliminate them.

The best way to control a parasite infestation is preventing it from occurring in the first place. Here are a few ways to avoid coming across these pesky critters:

Clear Water Supply

Going hiking in the mountains? Camping in the woods? Be sure your water supply is free of Giardiasis, the most common pathogenic parasite in humans worldwide. It currently infects people who come in contact with tainted water and fecal sources. Also, those who work with young children and animals should be especially careful.

Proper Food Storage

One of the most common vectors of transmission happens in your fridge. Taking the extra time to make sure you properly store cooked and uncooked meats away from one another can really make a difference in your chances of picking up a parasite.

No Pets in Bed

I know, I know! Everyone (over 50% of pet owners actually) love to share the bed with their four legged friends. But bed bugs and fleas may not be the real danger. Your furry loved ones may be harboring some germs, worms, or parasites you aren't aware of.

Clean Contact Care

Acanthamoeba keratitis can easily be picked up by cleaning your contacts in tap water. This little guy can cause result in permanent visual impairment or blindness. Proper storage and cleaning with contact solution can reduce your patient's risk of infection.

An easy way to determine if you have been infected is to cross reference these common symptoms:

- Abdominal pain
- Diarrhea
- Nausea and vomiting
- Gas and bloating
- Dysentery
- Itching or rash around rectum or vulva

Parasites will also be noticeable on bloodwork in the form of elevated eosinophils. In the unfortunate case that you have picked up an unwanted traveler, here is a comprehensive, broad-spectrum nutritional protocol to bring them to balance.

Consider one or more of the following for parasitic cleansing:

- Parasite Detox (half capful, three times per day for anti-parasitic preparation)
- Dysbiocide® (6-9 caps per day between meals for parasites and bowel pathogens)

- ADP® (12 tabs per day for 6 weeks or more for antimicrobial, antibacterial and anti-yeast support)
- Bromelain Plus CLA™ (3-6 tabs between meals to modulate systemic inflammation)
- Saccharomyces boulardii (1-3 caps before meals as a true biotic that inhibits pathogenic organisms)
- POA-Phytolens® (2-4 caps, twice per day for anti-parasitic support)
- FC-Cidal™ (2-4 caps, three times per day for fungal and candida conditions, but also beneficial against parasites in conjunction with other products listed above)

Don't let the fear of parasites stop you from enjoying this wonderful weather! Please contact us with any questions.

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