**FYI:** George H. W. Bush and his wife Barbara are both hospitalized in Texas as I'm writing this in Jan. 2017. He has pneumonia and she has bronchitis. Publications such as the LA Times, and London's Daily Mail have run stories that explain that George Bush already suffers from vascular parkinsonism that mimics Parkinson's disease. In 2012, George Bush told Parade magazine that vascular parkinsonism affects his legs. Falls are a concern. In 2015, he fell and fractured his C2 vertebra, the second one below the skull.

When I Google vascular parkinsonism, parasite and nih (to find links in the PubMed database), the parasites that show up in studies include Schistosoma (trematode) as well as Coxsackie, Japanese encephalitis B, St. Louis, West Nile and HIV viruses. Schistosoma is in my table containing links to studies containing the word "torus." The word torus is also found on the Virus Pathogen Resource (ViPR) Web site funded by the J. Craig Venter Institute and other organizations.

Look for a new Apple Cider Vinegar and Thyme drink at the end of this document added 01/24/17.

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**1**

**Neem Iced Tea and Thyme Water Recipes**

If you have looked at my list of 481 PubMed references connecting helminth and Protozoan parasites to disease, you'll realize that Earth and Home Worlds are heavily infected with parasites that reproduce rapidly. In December 2016, I took a Palm Management Workshop at the University of Florida and a nematode specialist who made a presentation said nematodes can lay eggs every three and a half days. When I search the PubMed database for diseases or health conditions (e.g. cataracts, overactive bladder, dementia, arthritis) against the names of parasites in my "Parasites-as-a-cause-of-disease and what to do about it" presentation, I find studies that show causal links. Note: Look for mp PDF file with 100 slides on the Resources page at dnny.info.

In 2016, I noticed a scientific paper about a virus written by J. Craig Venter who created an artificial single-celled bacteria on a computer in La Jolla, California in 2010. The paper contains the word "torus" that is a 3D geometric solid. Artificial life is created with mathematics. I have found an alarming number of harmful life forms in scientific papers that contain the word torus. For a chart that contains the names of the life forms as well as links to the studies and text containing the word "torus" or "toroid," see: http://housing.x10host.com/genetically_engineered_life_forms_01_20_17.pdf

Although countries such as Japan use serum antibody tests to identify specific parasites, there is an overwhelming amount of evidence that the degree of infection from many different parasites is too far along to worry about species identification. The eggs and larvae are microscopic and they can migrate anywhere in the body. The brain seems to be a preferred destination because parasites require glucose.

Fortunately, harmful organisms can be killed with antiparasite drugs and two powerful herbs (Neem and Thyme).
FYI: Hulda Clark used an ultrasonic bath to sterilize food (e.g. Conair jewelry cleaner that emits 40 KHz in the form of sound waves. A Rife device delivering this frequency needs to be explored.

An Iranian study in the PubMed references list describes nematodes that were killed in a commercial ultrasonic bath using 42 KHz in the form of sound waves (See: Study #374 in pubmed_ref_parasite_studies.pdf in the Files folder of the Folk Medicine Association Yahoo group)

My Experience With a Strongyloide

In 2008, my alternative medical doctor book client found a strongyloide (roundworm) in my body. This section describes my experience with a drug called Ivermectin and antiparasite herbs discovered by Dr. Hulda Clark.

Dr. Simon Yu

In April 2008, I flew to St. Louis to work on Dr. Simon Yu’s book project. His specialty is internal medicine and he discovered worms that cause disease while working with an Army Reserve unit in Bolivia in 2001. Reservists are required to participate in missions that may take them anywhere in the world. That summer, the Army sent a large team to dispense antiparasite drugs to 10,000 Bolivians. Dr. Yu spent a month working in small towns in the rural sections of the country and his worm discovery was an abrupt revelation that took place when he observed large numbers of health problems disappear when parasites were killed.

Testing Antiparasite Drugs in St. Louis

When Dr. Yu returned to St. Louis, he tried the antiparasite drugs in his practice and was startled to find how many different types of diseases disappeared (cancer also requires the removal of mercury fillings). Today, he continues to use drugs and not herbs because medical doctors are closely supervised by state license boards.
While I was in St. Louis, Dr. Yu used a sound resonance device to test the electrical resistance along my meridians. The test revealed that I had a strongyloide in my body that he explained would have caused congestive heart failure in another ten years.

Electroacupuncture (EAV)
Dr. Yu learned to use sound resonance to detect parasites. He uses a device called an EAV that measures electrical resistance along the body’s acupuncture meridians. When an antiparasite drug is placed in a circuit with the body, sound is altered providing a clue that a parasite is present. The device (EAV for "electroacupuncture according to Voll), was invented in Germany in the 1950s by Dr. Reinhold Voll. Because Dr. Yu finds parasites in 90 percent of his patients, he takes Hulda’s original herbs (see chart in this chapter) for an entire month, once-a-year, as a preventative measure.

Merck’s Ivermectin
Dr. Yu prescribed a strong dose of Ivermectin to kill the strongyloide with instructions to take the drug for two consecutive weeks. When I returned home, I decided to also follow Hulda’s regimen after completing two rounds of Ivermectin.

Hulda’s Strategies (Combined With My Own)
Hulda was a brilliant scientist but a terrible writer. I slowly read her last (2007) book The Cure and Prevention of All Cancer, took notes and then reviewed my notes three times. The solutions presented on this page are largely from Hulda’s work, but I combined her concepts with practices I’ve learned from thirty years of my own research. Hulda found herbs to
**Antiparasite Tea Recipes**

Sources for loose herbs include:
- Z Natural Foods
- Jean's Greens
  Jeansgreens.com
  by the ounce
- Frontier Natural Products Co-op
  one-pound bags
- Bulk Apothecary
  Hydrangea Root (1 lb)
Sources for tinctures:
- Whole Foods
- Vitamin Shoppe
- Independent health food stores
- Online retailers (e.g. Walmart)

kill parasites, but she also discovered several other immune-boosting strategies that I've described below. *Note: I used Hulda's recommended herbs for two years and I have since replaced her tea formula with Neem Iced Tea that is easier to make. I have included Hulda's herbs here in case Neem is not available.*

1. Buy as many varieties of herbs as you can find (see list in this chapter).

2. Use the Basic Antiparasite Tea recipe to make tea in a coffee maker (additional herbs from the list can be added if the taste does not conflict).

3. Use spring water sold in HDPE bottles filled all-the-way to the top (Hulda found polonium, a daughter of radon, in HDPE jugs that were not filled to the top).

4. Hulda also found over 50 pollutants in Clorox that is used to disinfect components of water filters (she tested hundreds of water filters and warned never to use water filter devices).

5. Hulda also found that high density polyethylene (HDPE) is a safe plastic that does not leach plastic into water or other food.

6. Use a pan made of 18/10 stainless steel (surgical grade) that does not leach metal into food.

**Combination Teas for Recipe Made With a Coffee Maker**
You can use a coffee maker to make tea by placing several herbs in a filter and adding water as you would when you make coffee. The herbs and quantities for making a 10-cup pot of the Basic Antiparasite Tea Recipe include:
**FYI:** _Billy and the Boys_ is an animated series for dog owners that contains dialog describing antiparasite solutions for humans and pets, see: [http://articles.x10.mx/script_billy_and_the_boys_animation_06_23_14.pdf](http://articles.x10.mx/script_billy_and_the_boys_animation_06_23_14.pdf)

If you're teaching a seminar about parasites and solutions, try to obtain two coffee makers in two different colors (one for human and one for pets) to demonstrate two different tea recipes.

<table>
<thead>
<tr>
<th>Herb</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Walnut Green Hull (tincture)</td>
<td>12 drops</td>
</tr>
<tr>
<td>Wormwood (tincture)</td>
<td>12 drops</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Herb</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cloves (Ground, dry herb)</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Neem powder (ground)</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Fennel Seeds (dry herb)</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Burdock Root (dry herb)</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Birch Bark (dry herb)</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Boneset (dry herb)</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Thyme (dry herb)</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>
Antiparasite Tea Recipes

FYI: Neem: A Tree For Solving Global Problems
is a report of an ad hoc panel of the Board on Science and Technology for International Development National Research Council (1992), see: http://articles.x10.mx/neem_a_tree_for_solving_global_problems.pdf.

Steps to Make Combination Tea With a Coffee Maker
Tea made in a coffee maker is the most convenient method to make several cups of tea. Try to drink the entire pot. Store the leftover tea in a Mason Jar in the refrigerator for 2-3 days.

1. Place an unbleached filter paper in the coffee maker's basket as though you are about to make coffee.
2. Place two black tea bags inside the filter paper.
3. Add loose herbs on top of the two tea bags.
4. Add 10 cups of water to the reservoir.
5. Turn the coffee maker on to brew the tea.
6. When the tea is completely brewed, remove the tea pot and add the tinctures.
7. Large, tall mugs keep tea warm longer than smaller mugs.
8. Drink as many cups from your pot as possible. Refrigerate the leftover tea in a Mason jar.
Hulda Clark was a meticulous researcher who understood chemistry and biophysics. She had rare insights related to her knowledge of acid-base food chemistry and physics.

Extra Strategies Used to Eliminate Parasites

When Dr. Yu told me I had a strongyloide in my body, I took the Ivermectin he prescribed, but I also wanted to try every one of Hulda's suggestions. Examples include:

1. Freeze food at -20 degrees Fahrenheit for a minimum of 24 hours to kill bacteria.

   Note: Chest freezers with adjustable temperature settings are hard to find. Small medical freezers are available online. Temperature settings for medical freezers is in Celsius (-20 in Celsius is -30).

2. A jewelry cleaner that produces sound waves is a sonicator that can also be used to kill bacteria (wave energy must be applied for a minimum of 20 minutes). I bought a Conair jewelry cleaner ($50) to sterilize small quantities of food and supplements. The device pulsed 40 KHz of sound energy into a 20 ounce stainless steel tank. In my list of 481 citations that link parasites to disease (http://articles.x10.mx/pub_med_ref_parasite_studies_06_14.pdf), study #374 describes a larger sonication device (Branson) used by scientists in Tehran who killed nematodes in 12 minutes with 42 KHz of sound energy, see: “Inactivation of Nematodes by Ultrasonic,” A.H. Mahvi, Journal of Medical Sciences, 2005, Volume: 5, Issue: 2, 75-77.

Royal Rife killed parasites with an energy device that was a threat to the American Medical Association. From 1924 to 1950, Morris Fishbein, Editor of Journal of the American Medical Association (JAMA) organized an attack on doctors using Rife devices, see: p. 89-91, http://articles.x10.mx/parasite_slides_10_31_14_part_one.pdf. Fishbein also organized an attack on Harry Hoxsey who used a tonic containing potassium iodide to kill cancer cells. Hoxsey's formula was published in the June 12, 1954 edition of JAMA that I added to my iodine book, see: p. 21, http://articles.x10.mx/iodine_book_07_02_11.pdf. Hulda discovered that tumors are composed of worm tissue. This agrees with the fact that a nematode called C. elegans was introduced into genetics research in 1974 (by Sydney Brenner) because the
worm's genome overlaps the human genome. If the genomes overlap, wouldn't worm tissue look similar to "human tissue" when they examine a biopsy? Scientific studies of cancer in patients with worm infections often have the words "mimick malignancy" in the title. How many "mimics" do we need before we can say there is definitely a connection? I found 32 and there are an additional 24 in "Helminthic infections mimicking malignancy: a review of published case reports," Florian H. Pilsczek, *J Infect Dev Ctries* 2010; 4(7):425-429, including carcinomatosis which is the name of Valerie Harper's cancer linked to a trematode called *Fasciola hepatica*.

In a disturbing report written by two Swiss scientists, there are growing numbers of people with trematodiasis (infection with trematodes) due to an exponential growth in Asian aquaculture, see: #227 “Emerging Foodborne Trematodiasis,” Jennifer Keiser and Jürg Utzinger, *Emerging Infectious Diseases*, Vol. 11, No. 10, October 2005. Valerie Harper may have eaten seafood infected with a trematode. The staff in the seafood department at Whole Foods will tell you that most of their shrimp is farmed in Asia.

3. Three important nutrients that are needed by white blood cells include natural Rosehips (contain Vitamin C), Brazil Nuts (contain selenium) and Korean Ginseng (contains Germanium; Korean soil is high in this mineral). I made smoothies that contained a blend of these foods.

4. Take extra-strength pancreatin four times a day to dissolve dead parasites (e.g. NOW brand quadruple strength pancreatin capsules).

6. Use personal care products that do not contain isopropyl alcohol. Hulda discovered that isopropyl alcohol encourages the growth of large parasites.

7. If you have mercury in your mouth (mercury is used in silver fillings, crowns and root canals), see a biological dentist who is trained to safely remove mercury. The International Academy of Oral Medicine and Toxicology (IAOMT.org) Web site has a Web-based lookup for locating biological dentists. Walmart's Web site offers a deodorant from Nubian Heritage made with Neem oil.

8. Use personal care products that do not contain metal, or other pollutants such as sodium lauryl sulfate (a foaming agent used in toothpaste and propylene glycol (found in antifreeze). Deodorant made with aluminum chlorhydrate is an example.

9. Use products with natural ingredients to clean and disinfect. Examples include: Pears soap (does not harm the environment and does not leave streaks on glass), white vinegar (acetic acid), Vitamin C powder (a universal electron donor in redux reactions is remarkable for removing stains and disinfecting—can also be used to lift stains and food from pots and pans), Bon Ami cleanser (contains feldspar and won't scratch). Note: The Environmental Working Group (ewg.org) gives letter grades to soaps.

10. Add white vinegar to bath water, the wash machine and the dishwasher.

11. Diluted Miracle II for household cleaning, as a shampoo, or in hand soap dispensers.

12. Oxidation-reduction agents such as Oxi-Clean products are alternatives to bleach (Hulda found over 50 highly-toxic pollutants in Clorox that she occasionally found in tap water—a sign that municipal water departments must be using Clorox when they run out of chemicals. European cities use Ozonation).

12. Use only high density polyethylene (HDPE) plastic for storing food. HDPE plastic does not leach.

14. Use compostable plastic products that do not pollute the environment.
Neem Iced Tea

Neem iced tea is a powerful maintenance tea that is easy to make. Three, 14-ounce glasses of tea is a maintenance dose. Dowsing helps me to understand that Neem is a useful antiparasite for people over 20 years of age. Infants, children, teens and pets should use Thyme (see: "Thyme for Infants, Children Teens and Pets" in the next section).

**Ingredients (for making one 72 ounce pot)**

- 3 Black tea bags (e.g. Tazo English Breakfast)
- Spring water
- 1/2 Teaspoon Powdered Neem leaf
- **Green** stevia powder (optional)

**Equipment**

- Drip coffee maker (the Mr. Coffee basic model is $15 at Walmart)
- (Option) Pampered Chef Flour/Sugar Shaker for adding stevia
- (Option) ice cubes
- 3-4 Quart or 2 Half Gallon (wide-mouth) Mason jars with bpa-free plastic lids (sold separately).

**Steps:**

1. Fill clean ice cube trays with Spring water and place the trays in the freezer.
2. Remove the paper tags from 3 English Breakfast tea bags.
3. Place the black tea bags inside an unbleached filter paper (brown paper) that's been added to a drip coffee maker basket.
4. Add 1/2 teaspoon of powdered Neem leaf (slightly less than 1/2 teas.)
5. Fill the coffee maker's reservoir with Spring water.
6. Brew the tea.
7. Turn off the coffee maker. Hot tea can be added to Mason jars and stored in the refrigerator immediately.
8. Serve the tea chilled or with ice cubes in 14 ounce iced tea glasses.
9. Add a small amount of green stevia powder to sweeten the tea to taste.
**Antiparasite Tea Recipes**

**Notes:**

1. Neem powder will create a slightly bitter taste that can be masked with stevia powder (I've grown used to the taste and no longer use stevia).

2. Green stevia powder (jeansgreens.com) does not contain maltodextrose that is made from GMO corn. Use a very small amount. Stevia will taste bitter if you use too much.

3. Znaturalfoods.com is a source for Neem powder and Stevia powder.

4. Your coffee maker will slow down if you live in an area with hard water. To dissolve mineral build-up that accumulates, fill the reservoir with three cups of white vinegar and spring water. Place a filter paper in the filter basket as though you were brewing tea. Turn on your coffee maker. You will see dissolved material inside the paper filter when this is complete. You will need to run plain spring water through the coffee maker, or your tea will be cloudy. You will notice an improvement in the performance of the coffee maker.

**FYI:** Always use black tea for the Neem iced tea recipe. Black tea is an acid-forming food that will make your body's terrain inhospitable to parasites. Green tea is not acid forming.
Dowsing helps me to understand that Thyme is a useful antiparasite for infants, children, teens and pets. Children under 10 and pets need 2 drops of Thyme tincture in a cup of warm milk or water. Dowse dosages for older children.

Thyme tincture (or sprigs of Thyme added to an apple cider vinegar drink described at the end of this chapter), is convenient if you are traveling. Adults will need at least 30 drops a day, or three substantial handfuls of fresh Thyme if Thyme is used as a substitute for Neem Iced Tea. Both drinks could also be consumed.

**Ingredients**

- Approximately 1 cup of milk (Child's warm milk)
- 2 drops of Thyme tincture or 2 branches of fresh Thyme (see: "Fresh Thyme").

**Equipment**

- Sauce pan (18/10 stainless steel is preferred)
- Mug

**Steps:**

1. Fill the mug with cold milk and pour the milk into a saucepan.
2. Warm the milk on medium heat for 3 minutes.

**Notes:**

1. Try to get a child under 10 to drink a minimum of 2 cups of warm milk (with added Thyme) per day. Continue this dose for at least one month.
2. Thyme kills hook-worms, roundworms, threadworms and skin parasites. Thyme also destroys Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, and Escherichia coli).
3. Thyme added to warm milk is a source of calcium for adults.
Making Thyme Tincture

John Gallagher of LearningHerbs.com has made a great "How to Make Herbal Timctures" video that's available at YouTube.com. John demonstrates how to make a tincture using Valarian Root, 100 Proof Vodka, a pint-sized Mason jar and a glass dropper bottle.

Costs Compared
Fresh Thyme will be the most expensive option. Although the cost is $2-3 per package, you will have enough fresh Thyme for about 8 servings of milk. Dropper bottles cost about $17-18 and they contain 500 drops. John Gallagher's video demonstrates how to make 8 ounces of Thyme Tincture for about a quarter of the cost of a commercially prepared tincture. Sources for organic, dried Thyme include:

- Jeansgreens.com
- Mountainrosherbs.com

John Gallagher of Learningherbs.com
http://www.youtube.com/watch?v=4dloPF1QDuw
Liver failure in cats is called hepatic lipidosis or Fatty Liver Disease. This condition causes a cat to lose their appetite and there is rapid weight loss. In a search for parasites related to Feline Fatty Liver Syndrome, I found a vet in Australia who says it’s related to Toxoplasma gondii and an article that connects it to Borrelia burgdorferi.

Pets can be given 2 drops of Thyme tincture in their water dish. Freshen the water frequently.

FYI: Dowse and ask whether larger animals should be given Neem or Thyme. Dowse dosages.

T. gondii is a Protozoan parasite that exists in three forms: oocysts, tachyzoites, and bradyzoites. Oocysts are only produced in the definitive host, members of the family Feli-dae (biological family of cats).
Apple Cider Vinegar, Spring Water and Thyme

Apple Cider Vinegar, Spring Water and Fresh Thyme are available in most supermarkets. Organic varieties are best if they are available. Amazingly, Walmart now sells a 32 ounce organic raw, unpasteurized apple cider vinegar that is competes with Bragg apple cider vinegar and is $2 cheaper (the Bragg brand is not always available).

I thought of this recipe when I met a group of friends in Pompano's McNab Park. When my friend Melinda said she was not feeling well and had symptoms of a cold, I realized I could purchase Bragg Apple Cider Vinegar, bottles of Spring water and fresh Thyme at a Publix that was across the street. The apple cider vinegar could be added to a water bottle and Thyme twigs could be dropped into the mix (I've decided to call this drink a "Melinda").

If you're making this drink outdoors, find a bathroom where you can rinse the Thyme under a tap as the twigs can sometimes contain particles from soil (it is a plant!).

To kill parasites, your drink should be strong. To make my own drink, I pour apple cider vinegar into Spring Water until it is the color I know I can handle. When I get a cold, I like to drink an apple cider vinegar drink every 3 or 4 hours (the addition of Thyme is new).

Dowsing helps me to understand that this drink is suitable for anyone of any age. However, it is not suitable for pets.

Ingredients

Apple Cider Vinegar
Substantial handful of Thyme Twigs
Spring Water

Apple cider vinegar, spring water and Thyme that I'm calling a "Melinda"
Antiparasite Tea Recipes

FYI: If you need to buy Heinz apple cider vinegar look for "made from apples" on the label.

Equipment

- Water Bottle, or
- 14 ounce Glass

Steps:

1. Experiment with the apple cider vinegar and add an amount to Spring Water at a dilution you can tolerate.

2. Rinse the Thyme (if you're at home, swish sprigs around in a bowl with Spring water added) and add the sprigs to your drink.

Notes:

1. If you're used to buying only organic and you can't find organic versions of the ingredients, go ahead and buy conventional varieties. I purchased Heinz apple cider vinegar in a convenience store while on a business trip when I felt a cold coming on (after 6 hours on an airplane breathing in recycles air).

2. Make sure you buy apple cider vinegar made from apples. Some apple cider vinegar is made from coal tar. Many years ago, I watched David Letterman read a label on a bottle of vinegar that contained the words "coal tar" in one of his strange but true sketches. Heinz has two different apple cider vinegar products; one sourced from apples, the other sourced from corn and flavored to taste like apple cider vinegar.

FYI: If you need to buy Heinz apple cider vinegar look for "made from apples" on the label.
2. Dr. Paul Bragg and Dr. Patricia Bragg wrote the most famous apple cider vinegar book. Paul was a pioneer in the health field. In 1928, he opened the Health Center of Los Angeles and wrote a weekly column for the *Los Angeles Times*. Paul’s food and publishing company is now run by Patricia Bragg who is a former daughter-in-law.

3. Dr. DeForest Jarvis’ *Folk Medicine*, about Vermont folk remedies, was a best-selling book in the 1960s. Jarvis was an ear, nose, and throat doctor who learned about apple cider vinegar and other remedies from the rural people of Vermont. His book was first published in 1958, it was translated into 12 languages, and sold more than 1 million copies.


5. Americans should petition the Federal Government to lift the ban on the sale of iodine crystals that was imposed by the Drug Enforcement Agency (DEA) in 2007. Lugol's iodine, made with iodine crystals, potassium iodide crystals and spring water, was the most frequently prescribed drug in 19th century as reflected in this rhyme:

   *If ye don’t know where, what and why, prescribe ye then K and I*

Today, after finding hundreds of scientific studies linking parasites to disease, it is clear that most illnesses are caused by parasites. I can also find scientific papers with the word "torus" for most parasites indicating that they have been created with technology. Iodine is an extremely important antiparasite.

French physician Jean Lugol created Lugol’s solution in 1829. Hulda Clark recommended Lugol's iodine in her books and I added her recipe to my iodine book. Hulda wrote her books in the 1990s before the DEA ruling. She recommended asking a druggist to make up a bottle. In the 1990s, after reading her books, I asked a druggist along 72nd Street in Manhattan to make Lugol's iodine. He said, "I'll have it for you tomorrow." The next day, he gave me a quart-sized brown glass bottle and charged me $20. When the DEA ruling went into effect, I called the agency to complain. The agent I spoke to explained that...
iodine crystals were being used to make methamphetamine (crystal meth). He said, "If you know any farmers, they will still be allowed to buy iodine crystals to make Lugol's. He also said that the DEA would take a satellite photo of the farm to make sure the buyer did not live in a residential neighborhood.

I've also included the recipe for making Saturated Solution of Potassium Iodide (SSKI) in my iodine book. Dowsing helps me to understand that Lugol's iodine is best, but SSKI is the next-best option. Potassium iodide crystals are unregulated and may be obtained from companies that sell products to high school science teachers (e.g. NASCO in Fort Atkinson, Wisconsin, see: p. 121 http://articles.x10.mx/iodine_book_07_02_11.pdf).

Note: In September 2011, a client asked me to write a book about the history of iodine. The project was cancelled a few months later. I've created a PDF that includes the ancients and the re-discovery of iodine in the early 19th Century, see: http://articles.x10.mx/2011_ancients_and_nineteenth_century_iodine_scientists.pdf.

**Add Fresh Thyme Leaves to Yogurt**

Thymol is the phytochemical in Thyme responsible for killing parasites. My intuition has told me to remove Thyme leaves from a sprig of Thyme and add them to yogurt.

Thyme leaves are attached to a woody stem. Martha Stewart demonstrates how to slide the leaves off a stem in this how-to video: **How to Remove Leaves from a Piece of Thyme - Martha Stewart**

https://www.youtube.com/watch?v=VSOc1nOtxoo

Dowsing helps me to understand that eating Thyme leaves three times a day twice a month is an effective preventative strategy.

Eat Thyme leaves if you cannot make a parasite drink, or eat the leaves as an additional measure.
Parasites are part of Earth's ancient history. Archaeologists have found evidence of parasites in predynastic Egyptian mummies that are more than 5,200 years old. Paleoparasitologists have identified a beef tapeworm (genus *Taenia*) and a roundworm transmitted by biting flies and mosquitoes (superfamily *Filariae*, or singular “*filaria*”). The Greek physician Galen (130 A.D. - 200 A.D.) was familiar with Ascaris lumbricoides (a roundworm), *Taenia* (tapeworm) and *Enterobius Vermicularis* (known as *Strongyloide Stercoralis* in the United States).

**Parasites Infecting Humans**

In my presentations, I like to start at a “big picture” then move to “small picture.” For example, there are two types of parasites: (1) Endo or, those that live inside the body and (2) Ecto, or those that live on the skin. In the endo group, there are parasitic worms and protozoan parasites. Worms are also known as helminths and there are three types:

- **Nematodes** (roundworms)
- **Cestodes** (tapeworms)
- **Trematodes** (flatworms or flukes)

**Discussion Maps**

In early 2014, when I wanted to make a presentation about parasitic worms and parasitic protozoans, I realized I would need to use scientific names that are difficult to remember. To solve this, I created what I call “discussion maps.”

First, I looked through my list of citations to 481 scientific studies I have collected and selected what seemed to be the most provocative. In Adobe Illustrator, I created a circular path and highlighted the scientific names to six types of parasitic worms and one protozoan parasite using red type. There are six milestones on the map (around the circle) that I numbered 1 through 6.

The *Ascaris* and *Dirofilaria* worms are at the starting point on the map. These names refer to the genus. The letters spp. are added as an abbreviation for several types of species. In the margin on this page, I added the citations to the provocative studies and saved the map using the filename “discussion_map_one.pdf.” This would be my slide for my presentation and I planned to repeat “we are here on the map” a few times as I talked about the related studies.
**Antiparasite Tea Recipes**

FYI: The PDF files I've published online are on public servers. Download the PDF files (in case the space becomes unavailable). I have provided the Home pages to three servers at the top of: Articles.x10.mx.

On Sunday, October 5, 2015, I used the discussion maps to make a phone presentation to the Disclosure Network New York (dnny.info). Nick Curto in the group advanced my slides and I spoke by phone. The files for my presentation, including my 100 slides (saved as a PDF file) are available at: http://www.dnny.info/resources.html (mouse over the text on the page to find the links). The citations in the presentation are from the PubMed database (National Library of Medicine) that contains millions of studies. I find more and more parasite studies every week. I used an "Extra Study" label to identify studies that do not appear in the margins of the discussion maps.

**Scripts**

By the summer of 2014, I realized my parasite presentation was still too technical for the average person. I came up with the idea of writing scripts. Dialog between fictional characters in real locations (a format called a “faction”) would provide a means to “chunk” the information into a smaller, less arduous stream of information. The first script is called *Eukaryote*. The characters are two young men in their 30s who live in Watertown,
Wisconsin. One owns a health food store and one owns a bookstore (real businesses), see: http://articles.x10.mx/script_eukaryote_06_23_14.pdf.

The next script (set of three short scripts) is called *Billy and the Boys* that is intended to produce as an animation or live action. Billy, Brennan and Buckley are three boxers who have several conversations. There are no human characters who converse. Billy, Brennan and Buckley are the real names of boxers owned by Justin Timberlake and Jessica Beal (whose names do not appear in the scripts). In the first scene, the boxers talk about their trip to New York where they attended Joan River's dog's memorial service (Joan was alive when I finished the scripts). Joan Rivers and her daughter had a memorial service that became an episode in their reality show. The dogs talk about Max's death and the connection to parasites, see: http://articles.x10.mx/script_billy_and_the_boys_animation_06_23_14.pdf

**Untitled Faction Series**

In 2015, I wanted to continue writing “factions” that included parasites-as-a-cause-of-disease, but much more. I could not think of a title for the new three-part series, so left it “Untitled.” The story revolves around 4 main characters who live in New York City:

- Will (the story's narrator)
- Tom (Will's friend)
- Nick (Tom's father)
- Alive (Tom's mother)

This group move around Manhattan and travel to Europe to meet friends, see:

http://articles.x10.mx/untitled_faction_10_31_15.pdf

http://articles.x10.mx/untitled_faction_part_2_11_15_15.pdf