Chapter X

Changing Danger into Safety

The cautious seldom err.
- Confucius

This chapter was created for a December 22, 2008 presentation as a follow-up to a November meeting about Hulda Clark’s *The Cure and Prevention of All Cancers*. Hulda’s book and several synchronous events prompted me to explore the subject of parasites and the research I’ve accumulated points to the following conclusions:

*Parasites cause most diseases*  
*Indirectly, parasites are due to low nutrition*

This chapter, that will later be expanded into a small book (due to the volume of information), describes how I found a strongyloide and a hook worm in my body and the remedies I’ve been using to eradicate these *invaders*.

**Working Title of My Book**

The working title of my book reminds me of a science fiction movie starring Kim Bassinger and Dan Akroyd:

*My Stepmother Is An Alien*
Clearing Parasites

How I Learned About the Strongyloides and Hook Worms in My Body

Mary Jo Fahey
As I was assembling my notes about parasites, I realized that the subject is so strange—that it would be best to relay the personal details of my story (which led to the word stongyloide in the title).

Convention Used in This Book

Because I have collected information from wide variety of sources, I have placed last names as key words in the chapter subheads. It’s a formatting technique that helps me remember the “who” in the who, what, where and why surrounding an idea or concept. The last name key words will also help a reader if he/she needs to review any of the information I have presented. The book will have a large index that includes the last name key words.

[Fahey] Why Do People Get Parasites?

I’m certain that the reason people get parasites is because our food supply has very low levels of nutrients (including organic food). Very few medical doctors understand nutrition because medical schools avoid references to preventative care. Without proper nutrition, the human immune system has a difficult time defending itself against chemicals and parasites. According to the March 2001 edition of Life Extension Magazine, government food tables show a decline in the nutrient values of most food—to half of what the values were in the 1960s (See: www.lef.org/magazine/mag2001/mar2001_report_vegetables.html).
When I became a Weston Price chapter leader, I was introduced to the concept of brix and I soon realized how hard it is for consumers to find nutrient-dense or high-brix food (See: What is brix?).

Hulda Clark has only recently become aware of nutrition and high-quality food. Although her latest book contains a reference to farmers’ markets, I don’t think she’s aware of the fact that most food has very low nutritional value.

Without nutrition, humans, animals and plants become weak and vulnerable to disease.

[Dolan] Soil is Difficult to Re-Mineralize

Madison’s Weston Price chapter learned about brix the same month that we formed the chapter. Suze Fisher, a chapter leader in Maine, wrote an article about brix for the Weston Price Foundation’s magazine called Wise Traditions. We bought ten brix meters and I was startled to learn that most food in the markets around Madison is low brix (Note: I brixed foods from dozens of sources). I read soil books for two years and then met a farmer named Richard Dolan who has been searching for methods to raise nutrient-dense food for over eight years. We have worked on a nutrient-dense garden project with volunteers from our chapter for two years and the experience has helped me realize how difficult it is to re-mineralize soil. As of this writing, Richard is in the Middle East and we have a tentative plan to resume our nutrient-dense garden project when he returns.
What is Brix?

Brix is a measurement of solutes in a water solution—measured with a brix meter. Although the brix scale is based on the amount of sugar dissolved in water, it is an indirect measurement of the amount of amino acids, proteins, flavonoids, minerals and other nutrients in food. Sugar is only one component of brix.

- **Who Invented Brix?**
  Professor A.F.W. Brix, a 19th century German chemist invented brix to measure grape juice

- **Who Popularized Brix?**
  Dr. Carey Reams, a Florida soil scientist (agronomist) who popularized the brixing of fruits and vegetables.

[Fahey] Seaweed Chapter in the Iodine Book

Seaweed and wheatgrass can provide supplemental nutrition that is missing in food. The iodine book that I wrote in 2007 contains a chapter on seaweed (See: Iodine Remedies: Secrets From the Sea in the Files section of our chapter’s e-group Web site). The only type of seaweed that I like is Arame and I’ve included a recipe in the seaweed chapter. Richard buys Larch Hanson’s seaweed family pack that is mentioned in the seaweed chapter.
[Bland] Nutrition Research is Relatively New

There have been a significant number of studies done on human nutrition in the last twenty years and very few medical doctors are reading the research.

In 1984, a Ph.D. and health science researcher named Jeffrey Bland founded a research and development company called HealthComm International to provide nutrition research in the form of books, tapes and seminars. Jeffrey Bland coined the expression “functional medicine” to refer to the practice of looking at the causes of illness—something that is taboo in conventional medicine.

[Heine] German and Asian Researchers

German and Asian researchers have moved on to the study of energy medicine (which indirectly includes nutrition because low nutrients leads to low messaging between cells).

- **Genes Are the Primary Focus of American Medicine**
  While genes are the primary focus of conventional medicine in the United States, researchers on the cutting edge of alternative medicine in Germany and Asia are exploring energy and information phenomenon in the body's internal environment (otherwise known as the “terrain”).

- **Germans and Asians Study the Body’s Terrain**
  In the 1940s, an Austrian physician Alfred Pischinger
Mary Jo Fahey

(1899-1982) was the first to challenge the single-germ-causes a single-disease theory promoted by Louis Pasteur in the mid-19th century. Pischinger and a team of researchers defined a vast and complex regulatory system that reaches every cell in the body. The system later became known as the body’s matrix, milieu or terrain.

• **Every Cell is Dependent on an Energy Matrix**
In the last 20 years, a Professor and Doctor of Natural Sciences named Hartmut Heine has carried on Pischinger’s work. Some of the most important concepts about the body’s matrix or terrain include details about the body’s energy meridians and processing of information:

• Every function and every process is related to the energy matrix in some form.
• Every cell is nourished through the energy matrix.
• All waste product of cellular metabolism pass through the energy matrix.
• All immune response and tissue repair takes place in the energy matrix.
• The energy matrix is not an inert filler substance but a body-wide communication and support system.
• Recent research has shown that the energy matrix is comprised of semiconducting liquid crystals that have properties for the transmission, storage and processing of information.
• The human body depends on the energy matrix for its health because it reacts to every toxic irritation that we are bombarded with (pathogens, chemicals, malnutrition).

• The sum of the toxic irritations in the matrix can lead to exhaustion due to energy blockages along the body’s energy meridians making the body more vulnerable to disease.

[Yu] Energy Signals of a Strongyloide

In May of 2008, I went to St. Louis to spend a week with a new client named Dr. Simon Yu. We’re working on a book about a sound resonance device that he uses to diagnose illness. The device is from Germany and it’s called an EAV (EAV is an acronym that stands for “electroacupuncture according to Voll” for Dr. Rhinehold Voll, the inventor). Dr. Yu is finding electrical evidence of parasites in a majority of his patients and he’s using anti-parasite medication to solve chronic conditions such as allergies and asthma, migraine headaches, sciatica, constipation and diarrhea, colitis, bronchiectasis, vision loss, anxiety, depression, nightmare, TMJ, chronic fatigue, fibromyalgia, multiple sclerosis, cancer, arthralgia and myalgia, pelvic pain, eczema, psoriasis, and hypertension.

When Dr. Yu tested me with his EAV device, he found electrical evidence of a strongyloide and gave me a drug called Ivermectin (a strongyloide is a round worm that
can live up to 60 years in a person’s body and eventually cause congestive heart failure). I was a little startled that he found a worm but I had just spent a week watching him find strongyloides and other parasites in patients who I met in his office. I thought that the drug would kill the parasite and that would be the end of the strongyloide story. However, strongyloides turned up again—in Hulda Clark’s newest book (See: Clark, Strongyloides and Polarity).

[Carstens] Learning to Grow Wheatgrass

Wheatgrass, in live or powdered form, can provide supplemental nutrition that is absent in food.

In the two years that I have worked with Richard Dolan on the chapter’s nutrient-dense garden project, Richard has given me phone numbers of his contacts around the country who are interested in soil minerals. In July, 2008, I talked to Paul Carstens in Alaska. Paul Carstens is a 68 years-old and he has re-invented the seventy-seven year-old practice of growing wheatgrass indoors. Instead of raising grass to juice, Paul eats the mineral-rich blades of grass with his other food to obtain the plant’s enzymes. Paul said he became interested in wheat grass when he learned that it pulls 90 of the 110 minerals on the Period Table. Most plants pull 10 or 12 minerals. Minerals, combined with the fresh plant enzymes, make wheat grass a very potent source of nutrition.
Although the health food industry promotes wheat grass juice and wheat grass powder, Paul discovered benefits from eating the blades of grass because of the fiber. Here is Paul’s description of what he experienced as he ate the grass:

After three days, my intestinal track slowed and I was concerned that there was something seriously wrong. Eventually, I began to pass ropes and debris from my GI track and dropped about 20 pounds of old material (Important Note: Paul had done other cleanses and the wheat grass had a more powerful cleansing effect.).

The fiber in the wheat grass must have been responsible for pulling the old material out of my GI tract. My stomach felt sore for three months and after six months, I had more energy than I did at 40. I felt clear and the world seemed rosier.

Paul’s success with wheatgrass prompted me to read Steve Meyerowitz’s Wheatgrass: Nature’s Finest Medicine, Ann Wigmore’s The Wheatgrass Book—and grow wheatgrass myself. I had hoped that wheatgrass would help me restore my physical energy that had been rather low for several months.

I discovered that wheatgrass does supply energy and it is most likely due to the nutritional content. My apartment faces north and I discovered that I can grow wheatgrass all summer and Fall. I have stopped growing wheatgrass in the Winter and I’ve substituted Nature’s Plus Green Lightning powder.
Lee Patterson is a master dowser who has studied dowsing applications in human health and agriculture for over twenty years. In August, 2008, I was invited to Richard Dolan’s farm to watch Lee measure the energy associated with SAWSOMME, an acronym developed by an agricultural researcher from Hampshire, Illinois named Ed Heine. SAWSOMME is a theoretical framework that represents the elements that are necessary for all of life:

S .............................................Soil
A ............................................ Air
W ......................... Water
S .............................................Sun
O .......................... Ocean
M .........................Minerals
M .........................Microbes
E ..............................Energy

Lee’s dowsing demonstration prompted me to do research dowsing and I found a book called Discoveries of a Dowser written by an Austrian author named Käthe Bachler. In the 1970s, Käthe made a connection between toxic earth energies and chronic health problems in 3,000 homes in 14 countries. Käthe’s book (and Lee’s dowsing demonstrations) provided me with the details I needed to dowse my apartment with a set of homemade L-Rods. When I dowsed, I found 30 hotspots in my small studio apartment.
After searching unsuccessfully for solutions to deflect what appeared to be geopathic energy, I heard about a Minnesota-based dowser named Bob Dahse through a woman in the Weston Price chapter who took a course from Bob at the Midwest Renewable Energy Fair in Custer, Wisconsin. I bought Bob’s book called *Planetary Patterns* and asked him to map dowse my apartment. He found seven unhealthy energy lines and helped me install copper rods to deflect the energy. Within a week, I noticed an improvement in my energy.

**[Clark] Strongyloides, Geopathic Energy and Polarity**

Hulda’s book mentions strongyloides, geopathic energy and polarity (Lee Patterson’s talk on dowsing included several references to polarity). When I read that strongyloides are involved in cancer, I decided to follow Hulda’s program as much as possible. The remaining pages of this chapter contain details of what I’ve learned from following the recommendations in her latest book. Hulda’s book contains a “projects” section that provides an important to-do list for people with cancer. I don’t have cancer (that I know of) but I have been slowly working on aspects of the projects that she lists in her book including:

- **Water**
  Hulda says that it is impossible to determine if a water municipality is using National Sanitation Foundation (NSF) chlorine or clorox without a syncrometer. I have
Hulda’s Work is Unfairly Marginalized

Hulda’s work has been ignored by medical doctors and unfairly marginalized by naturopaths. This is unfortunate because her books contain hard-to-find information including:

• Details of cleanses for the gallbladder, liver and kidneys
• Extensive list of sources for foods, household products and personal care items that she has tested for safety.

In the thirty years that I have been searching for self-help information, I have never found any other source equivalent to Hulda’s books.

purchased the kit that Hulda used to build a syncrometer (See: Hulda’s Syncrometer) and I have found bottled water in HDPE bottles that I believe is polonium-free (See: Local Sources). I live in an apartment and I’m planning to investigate Hulda’s kitchen counter-top and shower filters that contain filters made from coconut shells (See: Dr. Clark Resources in the November 2008 meeting notes). Note: the coconut shell filters need to be boiled to remove natural oils that might block the filtration of wheel bearing grease and motor oil in municipal tap water.
• **Cookware**
  I discarded my glass cookware that I thought was safe and bought Beka 18/10 stainless steel pans. Hulda says glass leaks gold and thallium (See: Local Sources).

• **Food Disinfection**
  A chest freezer is Hulda’s favorite device for disinfecting food. Bacteria is killed in 24 hours (at -20 F) and freezing only needs to be done once. I have searched for a small chest freezer that can be set to -20 F and I can’t find a small 5 or 7 cubic foot freezer with this feature. Hulda’s book lists Whirlpool as a recommended model.

  Hulda’s second favorite devices are a sonicator and an ozonator. I have owned a SOTA Instruments ozonator for several years but Hulda has some concern about the soft plastic tubing giving off toxins.

  I purchased a jewelry cleaner at Bed, Bath and Beyond that Hulda calls a “sonicator” ($49). The sound waves that clean jewelry kill bacteria in 20 minutes. The jewelry cleaner has a small stainless steel tank and foods need to be submerged in water. The tank is large enough to hold two supplement bottles or two waterproof, wide-mouth, 4-ounce HDPE bottles from REI (the camping store). I sonicate supplements before I open the bottles and I leave loose herbs, spices and condiments in the HDPE bottles. The maximum time setting on the Bed, Bath and Beyond sonicator is 8 minutes and needs to be re-set a few times.
Note: Hulda says that foods, supplements and prescription drugs are not sterile. Indirectly, a reduction in the amount of bacteria consumed in food is a boost to your body’s white blood cells that are working hard to remove invaders, heavy metals and other toxins that have accumulated in your body.

**Hulda’s Syncrometer**

The Radio Shack kit that Hulda used to build her first syncrometer is now called the “Elenco MX-907 200-in-1 Electronic Project Lab” and it is available at Amazon.com ($55). Hulda wrote a Syncrometer Science Laboratory Manual that explains her experiments. The kit arrived and the “Electrosonic Human” experiment is easy to assemble. However, the transition to Hulda’s syncrometer that’s described in her manual is not so easy to assemble. It will take me some time to learn how her syncrometer works.
• **Foods That Feed White Blood Cells**

White blood cells need vitamin C (with rutin and hesperidin), germanium and selenium. Sonicated food sources are best:

- **Vitamin C**
  Carlson’s Mild C chewables that are buffered with calcium and they supply a source of ionic calcium. Hulda also recommends ground rose hips mixed in peanut butter as a source of rutin and hesperidin (Notes: Rose hips are available from companies that sell loose herbs and I use a Krupps coffee grinder to grind them into a powder. This combination is very soothing to my GI tract).

- **Germanium**

- **Selenium**
  Raw brazil nuts are a food source of selenium. All nuts, grains and seeds need to be soaked overnight in salt water (as per Sally Fallon’s *Nourishing Traditions* Cookbook). I drain them and sonicate them.

I make a yogurt smoothie that I blend in a glass Hamilton Beach-Proctor Silex blender that Hulda says contains blades that do not give off chromium:
- 2 cups yogurt (goat yogurt for immune compromised people See: “Allergens That Are Attracted to Eroding Organs” in the November meeting notes).
- 1/2 cup of R.W. Knudsen’s pineapple juice
- 5 packets of loose Korean ginseng (.07 oz each)
- 8 brazil nuts (pre-soaked and sonicated)
- 12-15 Vitamin C chewables
- Fresh wheatgrass or green powder (6 drops of Lugol’s iodine when using fresh wheatgrass)

Notes:

• I take 8 quadruple strength pancreatin (NOW brand) with smoothies. Pancreatin is used to dissolve parasites that die in the body.
• A pendulum helps me to determine quantities that are suitable for my body (See: “Using a Pendulum”).

• Herbs That Kill Parasites
All of Hulda’s books recommend black walnut hull tincture, wormwood and cloves for killing parasites. When taken together, these herbs kill over 100 varieties of parasites. Ten years ago, these herbs helped me clear what I thought were candida symptoms in my GI tract and they worked within days. In 2004, one of my doctor clients recommended 10 drops of Miracle II soap mixed in juice three times a day to clear parasites. I’ve combined all of these items into a tea that also contains Reishi mushroom tincture and ground cardamom pods (from Hulda’s new Short List of Herbs that kill bacteria).
The mixture (all sonicated) is an adaptation of a Reishi tea recipe that I found on the Internet. Combine the following in a small (18/10 steel) sauce pan:

- 2 cups of polonium-free water
- 2 tea bags (organic black tea or Yerba Matte)
- 40 drops black walnut hull tincture (Herb Pharm)
- 20 drops Rishi mushroom tincture (Herb Pharm)
- 10 drops of wormwood tincture (Herb Pharm)
- 1 tsp. ground cardamon pods (Whole Foods, loose herb)
- 1 teaspoon of fresh thyme (sonicated; adds a nice taste)
- 1 teaspoon of birch bark
- 10 drops of Miracle II soap (10 drops makes a pool on a teaspoon that is slightly smaller than a dime).

Note: A pendulum helps me to determine quantities that are suitable for my body (See: “Using a Pendulum”).

• **Herbs That Kill Bacteria**
  Hulda’s new short list of herbs relieve die-off reactions that occur when worms are killed. Hulda recommends the following dosages for several days in advance of the parasite-killing herbs.

I was anxious to try these herbs and found several at Madison’s Community Pharmacy that sells loose herbs from Frontier:

- Eucalyptus, 2 cups tea/day or 1 cap, 3 times per day
- Boneset, 2 cups tea/day or 1 cap 3 times per day
- Epazote, 2 cups tea/day or 1 cap 3 times per day
- Birch Bark, 1 cup tea/ day or 1 cap 2 times a day
- Burdock, 2 cups tea per day or 1 cap 3 times a day
- Reishi mushroom, 1 cap, 3 times a day
- Turmeric, 6 caps, 3 times a day as tea or in caps
- Fennel, 6 caps 3 times day as tea or in caps

Hulda says these teas are both curative and preventative. The Community Pharmacy sells Fennel, turmeric, Reishi mushroom in a tincture, burdock, boneset and eucalyptus (boneset is my least favorite because it’s bitter). When I began taking 1-2 cups of burdock, eucalyptus, fennel and boneset I had what I think were die-off symptoms on the third day. I stopped the teas for several days due to extreme cramping across my chest (Note: I think I have a hook worms in my small intestine and I think I killed young worms in my heart).

Parasites That Are Attached to a Polonium Molecule are Ignored By White Blood Cells (WBCs)

In The Cure and Prevention of All Cancers, Hulda explains that polonium (from chlorox water) acts as a shield to protect invaders from the body’s white blood cells. She recommends IP6 (inositol) to remove polonium from the body. Susan Michetti (Mt. Horeb) recommends Jarrow and Enzymatic Therapy brands of IP6 that she buys on the vitacost.com site.
Notes:

- Hulda warns about finding herbs that have not been disinfected with clorox.
- I found birch bark at Jeansgreens.com.

[Naiman] Battles With Parasites Are On-Going

Ingrid Naiman, author of a preventative health site called Kitchen Doctor (www.kitchendoctor.com), describes herself as a “medical astrologer and philosopher, a long-time student of Ayurvedic and Tibetan medicine, an ethnobotanist, an energetic healer, and a student of metaphysics.”

Ingrid’s site contains a valuable amount of material on parasites including parasite infections in blood that she discovered in a darkfield microscope that was loaned to her for several weeks. Her experience with the microscope and her GI problems that she developed after living in Asia for several years, prompted her to read over 3,000 pages in medical text books.

Ingrid mentions Hulda Clark’s name on her site many times and says that her Kitchen Doctor site offers an adapted form of Hulda’s anti-parasite recommendations. The following list contains highlights of Ingrid’s comment on killing parasites:

- **Parasites Are Hard to Kill**
  
  On her Web site, Ingrid Naiman says that she knows parasite specialists in India who required four years to eliminate their parasites.
Farmer’s Almanac Web Site Contains a Look-Up Feature For Tracking Full Moons

The Farmer’s Almanac Web site contains a useful look-up feature that tracks full moons by zip code (to 2012):

The Moon Phase Calendar contains helpful graphics that illustrate the duration of a full moon (See: link on the page with the fill moon dates).

Ingrid explains that not all parasites may die during the first assault due to the fact that they lay tens of thousands of eggs. As a result, there is almost always a need to repeat anti-parasite treatments. She says that some parasites may have perforated organs so there is a need to regenerate damaged tissues and heal from the infection, which could have been present for decades.

• Pharmaceutical Anti-Parasite Drugs Are Dangerous
Pharmaceutical medicines are dangerous drugs that have side effects that medical text books often refer to as “worse than the disease.” Ingrid (and Hulda) say this is not true of herbal treatments.

• Anti-Parasite Dosages Before and After a Full Moon
Ingrid prefers to take anti-parasite herbs near the full moon. Ingrid suggests hitting hard on the days leading
up to the full moon and just after—and then going a bit easier on the last and first quarters of the moon. She says to continue this for at least three months or until all symptoms disappear. She explains that “many people do routine parasite cleanses: every full moon, every three months, every six months, once a year. It’s important to be on top of the challenges.”

• **Finding Supervision is Difficult**
Ingrid explains that it is extremely difficult to find supervision for an anti-parasite program. She says, “Most doctors (conventional and alternative) ignore the possibility that parasites are the cause of the complaints for which people consult them. Laboratories seldom run proper tests on the specimens submitted to them for examination. Patients end up taking matters into their own hands and are therefore also put in situations in which they have to interpret for themselves what their own needs are. I know, I lived in Asia for many years and was medically evacuated once and seriously ill on other occasions as well. My own sense is, if in doubt, start one of the regimes to see if it seems to shift anything in a positive direction. If it does, work on the premise that what you are doing is helpful . . . and keep going.”

• **Non-irradiated Herbs Are Important**
Ingrid stresses the importance of finding fresh herbs that have not been irradiated. She says that most spices are irradiated with 35,000 the amount of radiation permitted in a chest x-ray (to destroy bacteria). Ingrid explains
that radiation destroys the “precious properties of spices” and that non-irradiated spices are available from most high-end health foods stores (her site also carry these non-irradiated spices).

[Beck] Parasites Are Mobile

One of the most compelling presentations about parasites was made by Robert Beck (1925-2002), a physicist, researcher and inventor in the field of energy medicine devices spoke frequently at health trade shows across the country. One of his lectures has been made available on the Internet:

www.toolsforhealing.com/Misc/Beck_audio_lecture.zip

Beck describes how parasites had invaded his hypothalamus and that it prevented him from losing weight for 30-40 years because they demanded to be fed. He killed the parasites with a blood electrification/purification device that is nicknamed the “blood cleaner” and his weight returned to normal.

One of the other interesting facts that Bob Beck reports is the ability of parasites to move throughout the body and hide. He explains that he created his magnetic pulser device (See: photo) to place over the lymph glands in the body because parasites run and hide in the lymph glands of the body.
[Fahey] **Hulda’s Source List**

_Hulda’s source list in her The Cure and Prevention of All Cancers is much more extensive than the source lists that I have provided and my lists are not meant to be a substitute._ The lists I have added to the end of this chapter contains sources that I believe fit within Hulda Clark’s recommendations. I anticipate that I will be able to test these products when I learn how to use Hulda’s syncrometer. Examples of tests:

- Presence of clorox pollutants (e.g. polonium)
- Presence of chromium or other metals on the surfaces of cookware or appliance blades.

[Fahey] **Topics I’m Working On...**

The following list contains topics that I’m working on:

- Nutrient-dense recipes
- Polarity (e.g. north polarized water)
- Strategies for moving or activating the lymph
- Dandelion and L-ornithine (for eliminating ammonia created by decaying bodies of parasites)
- Potassium’s role in energy production
- Oral chelation with an over-the-counter supplement (DMSA)
- Liver gallbladder flush (for removing parasites from liver and gallbladded ducts). The instructions that Dr. Kelley found in the archives of Boston’s Lahey clinic are available in the Files section of the chapter’s e-group Web site.
Parasites are very hard to kill. Dr. Yu compares the battle to guerilla warfare (he was an army reservist for 25 years). The battle requires a build up of your body’s defenses and a simultaneous assault on parasites:

**Defense**
- Water purification (clorox-free)
- Food disinfection (to kill bacteria and parasite eggs)
- Metal and chemical-free dentistry (mercury and clorox)
- Chemical and radiation-free environment (radon and radon daughters, clorox cleaning products)
- Chemical-free clothes (clorox-free detergent)
- Cookware that does not leak metals (18/10 stainless)
- Plastic that does not leach metal or plastic (HDPE)
- Feed white blood cells Vitamin C, Selenium and Germanium from food sources (Vitamin C needs to be sourced from a supplement due to quantities required)
- Assess your stomach acid, pay attention to nutrition required to produce HCL and take supplements or foods to boost HCL production before meals.
- Use a brix meter or a pendulum to find nutrient-dense food

**Offense**
- Oil-pulling before meals reduces the amount of bacteria ingested.
- Hulda recommends purging bacteria with the teas (or capsules) on her new “short list” before starting a parasite killing regimen.
- Tea that contains black walnut hull tincture, cloves and wormwood (and other ingredients) is a strong parasite-killing tea. The teas are particularly important around a Full Moon because this is when eggs hatch. Pancreatin can be used to dissolve dead parasites.
- Hulda’s short list of herbs can also be used throughout the year as a preventative.
- Liver-gallbladder flush can be used to remove parasites that accumulate in bile and liver ducts (4 times a year).
- Syncrometer (or pendulum) can be used to check the status of parasite killing (e.g. type, number remaining, etc.)
Important Facts About Stomach Acid

Here are some important facts that will help you understand hydrochloric acid (stomach acid):

• **HCL Production Declines with Age**
  HCL prevents an overgrowth of pathogens in the stomach and small intestine. Although the underlying factors that lead to decreased HCL production are not well understood, many studies indicate that HCL production declines with age.

• **List of Foods That Stimulate HCL Production**
  The following foods and substances have been known to stimulate HCL production:
  - B-Complex vitamins
  - Diluted vinegar or lemon juice prior to a meal
  - Herbal bitters

• **Zinc and Protein Are Needed to Make HCL**
  For the body to manufacture HCl, it needs protein and zinc, ingredients that may be insufficient if you are eating a low protein diet or vegetarian diet. Eating less meat may seem like the right thing to do if your body is not making HCL (proteins are hard to digest without HCL) but it is actually the wrong approach since low protein will continue to lead to low HCL production.
**Assess Your Stomach Acid**

A test with baking soda can be used to determine if you are producing enough hydrochloric acid (HCL) to kill microscopic parasite eggs in food. Steps:

1. Mix one quarter teaspoon of baking soda in eight ounces of cold water, first thing in the morning before eating or drinking anything.
2. Drink the baking soda solution.
3. Time how long it takes to belch and time for up to five minutes.
4. If you are producing adequate amounts of HCL, you will belch within two to three minutes. Early and repeated belching is associated with excessing stomach acid. It results from the acid and baking soda reacting to form carbon dioxide gas.

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**[Fahey] Summary of Herb Anti-Parasite Properties**

The chart on the next two pages provides a summary of parasite killing herbs and their properties. I will add more varieties as I find them.

**[Fahey] Local Sources**

The chart on the following two pages provides a summary of local sources.
<table>
<thead>
<tr>
<th>Herb</th>
<th>Description</th>
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<tbody>
<tr>
<td>Black Walnut Hull Tincture (green hulls)</td>
<td>Kills adult parasites and developmental stages. The tincture’s brown stain contains organic iodine that has antiseptic properties. Hulda Clark says that it is the green hull around the nut of the black walnut that has anti-parasitic properties.</td>
</tr>
<tr>
<td>Cloves</td>
<td>Hydrochloric acid (HCL) in the stomach kills parasite eggs. If stomach acid is low, the eggs may survive. Cloves are known to kill:</td>
</tr>
<tr>
<td></td>
<td>• Parasite eggs</td>
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<td>• Pseudomonas aeruginosa (a plant pathogen)</td>
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<td>• Staphylococcus</td>
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<td>• Streptococcus.</td>
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<tr>
<td>Wormwood (Artemesia absinthium)</td>
<td>Wormwood used by Hulda Clark and Hanna Kroeger. Ingrid Naiman explains that Artemisia absinthium should be used cautiously. It works to anesthetize a worm so that it loosens its grip on the intestines. It is most effective against roundworms, hookworms, whipworms and pinworms.</td>
</tr>
<tr>
<td>Wormwood (Artemisia annua)</td>
<td>Wormwood used by Ingrid Naiman. On her site, Ingrid explains that Artemisia annua, popularly known as Sweet Annie, reduces stomach pain and helps to relieve the anemia that often attends parasitization of red blood cells.</td>
</tr>
<tr>
<td>Herb</td>
<td>Description</td>
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</tr>
<tr>
<td>Pumpkinseed Oil</td>
<td>Rich source of zinc (to make HCL). Paralyzes but does not kill parasites</td>
</tr>
<tr>
<td>Sesame Oil</td>
<td>Slightly anti-parasitic</td>
</tr>
<tr>
<td>Black Cumin</td>
<td>Promotes digestion and is also used to fight parasitic infestations.</td>
</tr>
<tr>
<td>Coconut</td>
<td>The caprylic acid in coconut is effective against fungus. Coconut has also been used to kill tapeworms, lice, giardia, and other parasites.</td>
</tr>
<tr>
<td>Fennel Seed</td>
<td>Fennel has been described as an anti-parasite that ‘digests’ parasite eggs in the stomach and intoxicates larger parasites.</td>
</tr>
<tr>
<td>Thyme Leaf</td>
<td>Kills hook-worms, roundworms, thread-worms and skin parasites. Thyme also destroys Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, and Escherichia coli.</td>
</tr>
<tr>
<td>Ginger Root</td>
<td>Dissolves parasites and their eggs.</td>
</tr>
<tr>
<td>Golden Seal</td>
<td>Kills candida (yeast) infections, viruses, and various parasites such as tapeworms and Giardia (very potent, do not take for more than a week).</td>
</tr>
<tr>
<td>Product</td>
<td>Resource</td>
</tr>
<tr>
<td>---------------------------------</td>
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</tr>
<tr>
<td>Brix meter</td>
<td>Gain Express Holdings, Ltd. (e-Bay)</td>
</tr>
<tr>
<td></td>
<td><a href="http://stores.ebay.com/Gain-Express-Holdings-Ltd">http://stores.ebay.com/Gain-Express-Holdings-Ltd</a></td>
</tr>
<tr>
<td></td>
<td>Brix Refractometer, 0-32%</td>
</tr>
<tr>
<td>New Stainless Steel (18/10)</td>
<td><a href="http://www.beka-cookware.com">www.beka-cookware.com</a> (discounted at T J Maxx, Madison, WI)</td>
</tr>
<tr>
<td>Water Filters (Coconut shell)</td>
<td><a href="http://www.drclarkstore.com">www.drclarkstore.com</a> (countertop, shower and whole house)</td>
</tr>
<tr>
<td>Polonium-free bottled water</td>
<td>Buffalo Don’s Spring Water (Woodman’s Madison, WI)</td>
</tr>
<tr>
<td>(in HDPE gallon jugs)</td>
<td>Note: look for water bottles that are filled to the top reducing the</td>
</tr>
<tr>
<td></td>
<td>risk of trapped radon.</td>
</tr>
<tr>
<td>Conair Jewelry Cleaner</td>
<td>Bed, Bath and Beyond</td>
</tr>
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<td></td>
<td>Note: Hulda Clark calls this a sonicator</td>
</tr>
<tr>
<td>Wide-Mouth Waterproof HDPE</td>
<td>REI (<a href="http://www.rei.com/product/402055">www.rei.com/product/402055</a>)</td>
</tr>
<tr>
<td>bottles</td>
<td>Note: these bottles are used to sonicate loose teas, salt, and spices.</td>
</tr>
<tr>
<td>Carlson’s Mild C (chewables or</td>
<td>Vitacart (<a href="http://www.vitacart.com">www.vitacart.com</a>)</td>
</tr>
<tr>
<td>powder)</td>
<td>Note: This Vitamin C is buffered with calcium (mild on tooth enamel and</td>
</tr>
<tr>
<td></td>
<td>a useful source of ionic calcium)</td>
</tr>
<tr>
<td>Korean Ginseng</td>
<td>L.A. Lucky Farmer Brand (sonicate)</td>
</tr>
<tr>
<td></td>
<td>Yue-Wah Oriental Foods</td>
</tr>
<tr>
<td></td>
<td>2328 S. Park St. Madison, WI</td>
</tr>
<tr>
<td>Mortar &amp; Pestle</td>
<td>Amazon.com, Target</td>
</tr>
<tr>
<td>Raw Brazil Nuts</td>
<td>Whole Foods, and Willy Street Co-op (Note: soak in salt water overnight)</td>
</tr>
<tr>
<td>Product</td>
<td>Resource</td>
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<tr>
<td>Green Powder</td>
<td>Nature’s Plus Green Lightning, Nature’s Way Vitamins and Herbs, 711 N. High Point Rd, Madison, WI</td>
</tr>
<tr>
<td>Pancreatin, Quadruple Strength</td>
<td>NOW brand, Community Pharmacy, 341 State St., Madison, WI 53703</td>
</tr>
<tr>
<td>Herb Pharm Tinctures</td>
<td>Whole Foods, Willy Street Co-op, and Community Pharmacy</td>
</tr>
<tr>
<td>Miracle II Soap</td>
<td><a href="http://www.themiraclemerchant.com">www.themiraclemerchant.com</a></td>
</tr>
<tr>
<td>Loose Herbs</td>
<td>Community Pharmacy, Whole Foods, and Jean’s Greens (<a href="http://www.jeansgreens">www.jeansgreens</a>)</td>
</tr>
<tr>
<td></td>
<td>Note: the loose herbs sold at the Community Pharmacy are from the Frontier Natural Products Co-op (<a href="http://www.frontiercoop.com">www.frontiercoop.com</a>). Jenny Raby in Madison’s WAPF chapter places a Frontier order several times a year and the discount is substantial (<a href="mailto:zjraby@gmail.com">zjraby@gmail.com</a>). The Frontier catalog is available as a PDF file on the Frontier site.</td>
</tr>
<tr>
<td>Aluminum-free Baking Soda</td>
<td>Bob’s Red Mill (Woodman’s, Madison, WI)</td>
</tr>
<tr>
<td>Fresh Thyme (organic)</td>
<td>Whole Foods (Jacob’s Farm), Trader Joe’s (The Herbal Garden)</td>
</tr>
<tr>
<td>IP6 (inositol)</td>
<td>Jarrow and Enzymatic Therapy (vitacost.com)</td>
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</tbody>
</table>