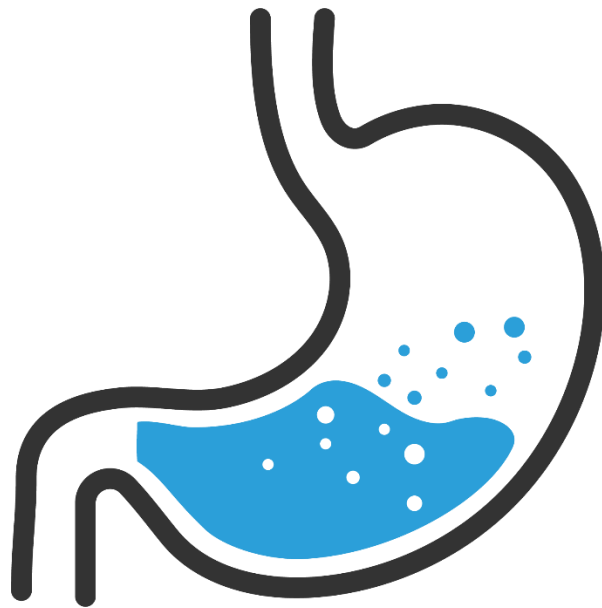


# 5

## POWERFUL WAYS TO HEAL FROM INTESTINAL PARASITES AND ILLNESS



Tashhealth

**DISCLAIMER**

All content and media communicated through this eBook is created and published online for informational purposes only.

It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

**Do you often feel unwell, but can't figure out why? Do you regularly experience these general symptoms?**

- Brain fog
- Trouble concentrating
- Confusion
- Dizziness
- Light headed
- Weak and tired
- Anemia
- Chronic fatigue
- IBS
- Intestinal gas
- Food intolerance and allergies
- Headaches
- Stomach pain
- Constipation
- Nausea.

If the answer is YES, then you may be suffering from intestinal parasites, just like I was.

Read on to discover the 5 POWERFUL STEPS towards HEALING from intestinal parasites and illness.



## Step 1 – Get a Stool Test to Detect Parasites

Did you get medical tests done but nothing was detected?



That's what happened to me! Until.... many years later a simple stool test detected I had a parasite called '*Blastocystis Hominis*' which was making me feel very ill.

\*Note: It is advised to get stool tests done at different times on different days because parasites don't always show up positive in the one test.

My local GP prescribed me with a drug called 'Metronidazole' (1 repeat), however unfortunately it did not work.

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## Step 2 – Take the Triple Drug Therapy (known to eradicate the parasite ‘Blastocystis Hominis’)

So, which drug actually worked?

I undertook my own web-based research and discovered a drug called the ‘*Triple Drug Therapy*’, which was successful in killing the parasite!



The *Triple Drug Therapy* contains:

- Nitazoxinide, 500 ibd.
- Secnidazole, 400 itds.
- Furazolidone, 100 itds.

My local GP prescribed me with this drug (1 repeat). I sent the prescription to a local chemist that stores this drug therapy. It was then sent to me via the post.

After taking the drug twice (a couple of months apart) I felt a MILLION times better! It truly changed my life!

## Step 3 – Undertake Other Vital Medical Tests

Other important and simple tests also worth getting done are checking your:

- **Thyroid levels:** an underactive or overactive thyroid can make you feel very unwell. Sometimes you can have symptoms before it's detected in blood tests, so it's worth checking this regularly (ideally every 6 months or once a year).
- **Iron levels:** if you're low in iron it can make you feel extremely tired and lethargic / sluggish.



- **Vitamin D levels:** low vitamin D levels can affect your bone strength and can significantly lower your immune system, making you more vulnerable to viruses / diseases / illnesses.
  - **B12 levels:** low vitamin B12 levels can affect the proper functioning of your nervous system and red blood cells / DNA. It can make you anemic and generally feel tired and weak.
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## Step 4 – Try These Natural Remedies

Some natural remedies that helped my body to recover include:

- **Apple cider vinegar:** great for your digestion.
- **Drinking a glass of warm water with lemon first thing in the morning:** it helps to clean the digestive system and ‘kick start’ your metabolism for the day.
- **Green tea and slippery elm:** can help to reduce inflammation in the digestive system.
- **Avoid eating heavy and inflammatory foods:** such as wheat, sugar, dairy and too much meat, which is taxing on the digestive system.

- **Natural herbal mixtures:** a naturopath can help to



balance gut bacteria by prescribing natural Chinese herbal mixtures to drink.

- **Charcoal powder:** good for kidney health (it

filters undigested toxins and drugs) and assists to eliminate intestinal gas. However, be careful not to drink too much as it can form stools that become stuck in your intestines.

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- **Yoga and pilates:** gentle and effective exercises that help to strengthen and tone the body. Good for the mind too!



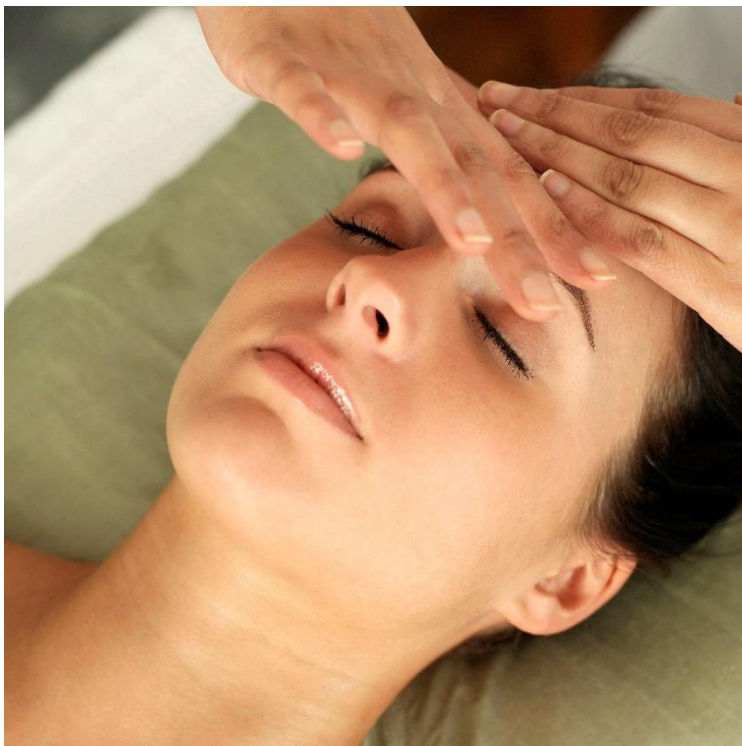
- **Steam room:** great for 'sweating out' the toxins in your body.
  - **Practice positive thinking / prayer:** daily practice, even 10 minutes /day, can significantly improve your general health and mental well-being.
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## Step 5 – Remember These Key Points

If you're feeling unwell, never give up searching for answers!  
And don't forget...

- There is always light at the end of the tunnel and that things happen for a reason.
- Be persistent in finding answers.
- You're not alone - someone has, or is going, through the same experiences as you.
- Simple tests are powerful – answers don't always require complicated testing and expensive professional advice.



- Rest when you feel unwell.
- Do the things that make you feel better, eg. light exercise (yoga / pilates / swimming / walking), steam room / sauna, natural medicine (acupuncture / herbal mixtures / natural

remedies), positive thinking, get support from professionals and supportive family / friends.

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## Thanks for Reading!

I wish you all the very best and hope my experience can help anyone that's suffering and is looking for more information.

Wishing you good health,

Tashhealth.



Our experts will reach out to you soon!

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