



What are Tapeworms?

Tapeworms are described as long, segmented worms that primarily **live in the intestinal tract of humans** and often in the bodies of animals. These parasitic worms belong to the class of Cestoda. Tapeworm infections may be caused by one of the tapeworm species and these include the pork tapeworm (*Taenia solium*), beef tapeworm (*Taenia saginata*), dwarf tapeworm (*Hymenolepis nana*) or fish tapeworm (*Diphyllobothrium latum*).

Tapeworms **infect the human body by drinking and eating food or water contaminated with tapeworm eggs** or larvae that matures in the intestines. People of all ages can develop tapeworms if they do not practice good personal hygiene. With immediate treatment, tapeworms can be treated effectively. However, if tapeworm infections are left untreated, complications such as cysts may develop in the liver, lungs or central nervous system which can result in organ damage.

Symptoms and signs

People with tapeworm seldom experience symptoms but tapeworm eggs, larvae or parts of the adult tapeworm may appear in your stool.

- Nausea
- Vomiting
- Loss of appetite
- Weight loss
- Abdominal pain
- Diarrhea
- Fatigue

Diagnosing Tapeworms

Check your stool for tapeworm eggs, or segments of the adult tapeworm. The diagnoses of tapeworms are **based on your symptoms**, as well as an examination of your stool. Tests such as blood, stool, urine or phlegm samples may be performed to check for intestinal worms & parasites. A tissue biopsy, CT scan or MRI scan may also be ordered in more severe cases.

What Causes Tapeworms?

Tapeworms in humans occur as a result of:



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Consumption of food and water that has been contaminated with human or animal feces
- Eating raw or undercooked meats such as pork, beef, lamb or venison
- Poor hygiene habits such as washing or bathing infrequently, not washing your hands before eating or preparing food and after using the bathroom
- Livestock such as cattle or pigs may become infected by been exposed to contaminated pastures
- Traveling frequently to developing countries where there are poor sanitary conditions

Help for Tapeworms

[Tapeworms](#) may be treated effectively with oral medications such as Albendazole and Praziquantel to kill the adult [tapeworm](#). Be vigilant about **practicing good hygiene habits to avoid being re-infected**. Once you have completed the course of medication, stool samples will be taken to check for tapeworm eggs.

If the [tapeworm infection](#) has spread to tissues outside of your intestine, cysts may develop and anti-inflammatory steroids may be prescribed to reduce swelling. In more severe cases, surgery and organ transplantation may be required to **remove any cysts** that have developed in your organs.

Natural alternatives have proven to be highly effective in offering support to the digestive system and helping to **keep the intestinal system worm-free**. Treatments such as herbal and homeopathic remedies are gentle on the body's system and can be used safely for both adults and children every so often to help the whole family remain worm-free.

Herbs such as Glycyrrhiza glabra (licorice root), Agrimonia eupatoria (Agrimony), Althea officinalis (Marshmallow) and Artemesia africana (Wormwood or Wild-El) supports the immune system, soothes the digestive tract and keeps the body free of parasites. Homeopathic ingredients such as Chamomilla and Cina **promote balance and harmony in the digestive system** and keep the intestinal system functioning as it should.

Tips to prevent Tapeworms

- Practice good hygiene habits by washing your hands thoroughly before eating or preparing food, after using the bathroom or playing with pets
- Wear gardening gloves when working in the garden or with soil and always wash hands afterwards
- Avoid eating raw or undercooked meat such as pork, lamb, beef or venison
- Drink filtered or bottled water, and people with poor sanitation should boil their water
- Freeze meat or fish for at least 12 hours to kill [tapeworm](#) eggs and larvae
- Cook meat thoroughly at a temperature of 150F to kill [tapeworm](#) eggs or larvae
- Avoid eating raw produce when traveling in endemic areas – wash and cook fruit and vegetables with filtered water before eating
- Wear insect repellent when outdoors to protect yourself against parasitic diseases
- Sleep with a bed net when visiting tropical areas where malaria is common prevent mosquitoes from transmitting diseases

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Dispose of animal and human feces immediately to avoid livestock being exposed to tapeworm eggs

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to

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promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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