



BAREFOOT
AUTISM
WARRIORS

HERBAL PARASITE CLEANSE

THE ART OF PARASITE
REMOVAL WITH HERBS



About the Author



ABOUT ALAN HOPKING

Herbalist Alan Hopking has a Masters in Philosophy and a member of the National Institute of Medical Herbalists and the Planta Medica Cooperative. He is the herbalist advisor to ICON (Integrative Cancer and Oncology News).

Alan Hopking established Herbactive Health, a UK-based company. To learn more about the company, please visit their website at www.herbactivehealth.com

Furthermore, it could be of interest to listen to Hopking's interview on the topic of microdosing herbs, shields, and antibiotics for autism families, which is available on episode #129 of the Barefoot Autism Warriors Podcast. The podcast can be accessed at www.barefootautismwarriors.com



What is a Parasite?

A parasite is an organism which lives off, and generally within, a host body, such as our own body, or other living organisms, like plants and animals. They live off the “life” of another body, feeding on the nutrients, cells, and organs of the host, reproducing by depositing thousands of eggs, or simply replicating by cell division, within the host’s tissues and cells.

A human body can become a host to certain parasites. Parasites in your body can cause parasitic infections that can lead to a long list of serious symptoms and health issues, including digestive issues, fatigue, brain fog, headaches, iron deficiency anemia, nutrient deficiency, weakness, chronic pain, depression, anxiety, adrenal fatigue, liver problems, leaky gut syndrome, and more. The good news is that you can kill and remove parasites from your body with the help of some powerful herbs and other natural support strategies.

Should we be concerned about parasites and microbials?

Yes, we should. It’s estimated that as many as 85% of the world’s population is infected. In fact, it’s highly likely that you are infected by one or more of over 1000 known parasites which can live in your body at any one time and adversely affect your health.

It’s believed by some scientists that parasitic infection is more likely responsible for diseases like cancer, diabetes, liver dysfunction, even HIV infection, and others than traditionally accepted. Parasites are difficult to test for, and often present symptomatic characteristics of other diseases, like flus and colds, migraine headaches, cysts, neurological disorders, anemia, chronic fatigue and general tiredness, frequent constipation, chronic weight problems, iron deficiency, etc.

Parasites prefer an acid pH to live in, and often cause a worsening of pH wherever they choose to infest, secreting several toxins which imbalance pH, becoming too acidic or alkaline. Parasitical invasion can lead to the serious condition called Leaky Gut Syndrome and Gall Stones. See more about the devastating action of the truly tiny bacterial parasites called mycoplasma and bartonella in this article on Inflammation.



Symptoms of parasite infections

It is known that this parasite causes behavioral changes which may cause human behavioral changes (not proven yet). Bloating, nutritional deficiency, dietary hypersensitivity, poor concentration, low energy, depression, behavioral changes and other general health problems due to poor uptake of nutrients from food; also, people who are chronically thin, who can eat like a horse and still gain no weight and continue to look too thin or gaunt.

The top symptoms of parasite infections may include:

- Chronic digestive issues (diarrhea, vomiting, etc)
- Fatigue
- Weakness
- Changes in appetite
- Anxiety
- Teeth grinding
- Iron deficiency anemia
- Depression
- Headaches
- Skin problems
- Abdominal pain
- Aches and pains
- Chronic pain
- Poor memory
- Brain fog
- Unintentional weight loss
- Rashes or skin problems
- Allergies
- Nutrient deficiencies
- Fever
- Adrenal fatigue
- Cravings
- Leaky gut syndrome



How do you get parasite infections?

Most parasitic infections come from our food and water sources. Undercooked meat (watch out for rare meat – beef, poultry, and pork) and undercooked, raw seafood (raw oysters & clams, rarely cooked grilled salmon, sushi) are the most common vectors, as well as unwashed and undercooked fruits and vegetables. Drinking contaminated water and swimming in water as found in lakes and rivers will expose us to parasites as well. And many other ways. For instance, if you are mildly infected by common parasites, your system is slightly more vulnerable and other parasites will slowly be accepted into your system (your immune resistance will be unable to fight them off), this leads over the years to more severe symptoms and eventually disease.

Parasites are organisms which are built for survival. They survive because they have evolved to generally go undetected. They multiply in enormous numbers to the extent that they seriously compromise your health. The sooner they are killed and expelled (they contain poisons – toxins) the better.

Parasite infections are more common than you think. According to a 2014 cooperative study published in Hindawi, about 85 % of the population is infected with parasites. According to data from UNICEF, about 1.5 billion people in the world have roundworms making it the world's most common infection. Additionally, 1.3 billion people have hookworm infections and 265 million have schistosome parasite infections.

While the risk of parasitic infections is certainly higher in areas of the world with contaminated, non-drinkable water and with less sanitary conditions, parasite infections are very prevalent in the Western world, including the US as well. According to the Centers for Disease Controls and Prevention (CDC), about 300,000 people are living with *Tripanosoma Cruzi*.

According to the CDC and a 2014 study published in PLoS Neglected Tropical Diseases, neglected parasitic infections are a problem in the United States. While they may be more prevalent among those living in poverty, they can affect anyone regardless of race or economic status.



Who gets parasite infections?

Parasites inside your body can become a serious concern and may lead to serious symptoms and health issues. To prevent and identify parasite infections, it is important that you understand how you get them in the first place.

Parasites may enter your body through exposure to contaminated food, contaminated water, pets, mosquitos, fleas, daycare centers, and sexual transmission. If you travel a lot internationally to regions with contaminated water and food, your risk of parasitic infections is higher.

Pork, shellfish, and scavenger fish are particularly high in heat-tolerant parasites. Poor sleep, poor diet, antibiotic use, chronic stress, and poor lifestyle habits can compromise your immune health and body's resistance and may increase your risk of parasite infections and make your symptoms worse.

Types of Parasites

Parasites are organisms that live inside or on another organism referred to as the host. They feed on the host. Parasites use their host's resources to fuel their life cycle and maintain their life. While most parasites are not visible to our human eyes, including microscopic amoeba and malarial parasites, others can grow very big, such as 10-foot-long tapeworms.

While parasites are not a disease, the problem is that they can cause and spread disease. They can enter your circulation and get into your organs. They can cause issues, including liver, lung, brain, joint, muscle, skin, and other problems and related diseases. For example, a 1994 study published in *Nihon Rinsho* explored how certain parasites may lead to cirrhosis in the liver and a 2006 study published in *Parasite Immunology* has found that parasitic worms may lead to inflammatory diseases.

Parasites may be:

Endoparasites:

Endoparasites live inside their host. They may include tapeworms, flatworms, and heartworms. Endoparasites may need a carrier or vector to transmit them to their host. In the case of malaria, the mosquito is this third organism carrier.

Epiparasites:

Epiparasites feed on other parasites. This is called hyperparasitism. For example, your dog's fleas may have a protozoan or hyperparasite in their digestive tract.

3 main types of parasites that you need to be aware of:

Protozoa

Protozoa are single-celled organisms. They have two stages: the trophozoite stage when they are metabolically active and invasive, and the cyst stage where they are inactive. Some of the most common intestinal protozoans include *Giardia intestinalis* (giardiasis), *Entamoeba histolytica* (amoebiasis), *Cyclospora Cayetanensis* (cyclosporiasis), *Cryptosporidium* spp (cryptosporidiosis), and *Blastocystis hominis* (blastocysts).

Protozoa parasite infections are hard to remove because they move back into a cyst stage when they feel threatened, and they have adapted survival techniques. Some of the main symptoms associated with these parasite infections include diarrhea, constipation, nausea, abdominal pain, bloating, dehydration, weakness, low energy, and joint pain.

Helminths

Helminths are large, multicellular worms. They are generally large enough to see with the human eye in their adult stage. Some of the main types of helminths include nematodes (roundworms), cestodes (tapeworms), and trematodes (flatworms and schistosomes).

Helminths are typically unable to reproduce in the human gut. However, they have long life spans, and they consume a lot of the nutrients we need to support our bodies. These parasite infections can impact us quickly and severely.

Ectoparasites

Ectoparasites, instead of living inside their host, they live on them. Ectoparasites include fleas and lice. While it's certainly possible to experience lice as a human and it's common in younger children, it is also easy to notice and treat.

Parasites and parasitic infections that target your intestines and other organs are more problematic and despite chronic symptoms, they are often missed and misdiagnosed. This article is not focusing on ectoparasites, but parasites inside your body causing parasitic infections.



But what kind of parasites should I be concerned about?

Every kind. But there are several major common parasites which can live in the human host and which we should be concerned about: Protozoan, Flukes (flatworms), Roundworms and Tapeworms.

- Protozoans are organisms that live in the blood, tissues, and intestines
- *Mycoplasma* spp and *bartonella* spp (see more info about these on Inflammation), how they enter different organ cells by the thousands and feed off them causing terrible illnesses that are undiagnosable at this time due to inadequate or unknown pathological tests.
- Flukes (Trematodes), or flatworms, are likely the most common form of parasite found in humans worldwide.
- *Fasciolopsis buski* is the largest intestinal fluke in humans. It causes a parasitic disease called fasciolopsiasis and is commonly known as the giant intestinal fluke. Fasciolopsiasis is endemic in China, India, Malaysia, South-East Asia and Taiwan especially in areas where pigs are raised and fed with freshwater plants. According to some estimates there are over 10 million infected people in East Asia. Symptoms include allergies, fluid retention, skin problems, bloating and stomachache, diarrhea, fever, bowel obstruction. poor sleep, itchiness.
- Roundworms (Nematodes) include the families of hookworm, pinworm, whipworm, threadworm, giardia lamblia, etc.
- Tapeworms (Cestodes) the largest of the parasites. They are surprisingly motile and will change their location daily within the host's body. These segmented worms can release up to one million microscopic eggs per day and infect other tissues in the body.
- *Ascaris* nematode worms come from uncooked or under-cooked pork. An adult female can lay an enormous number of eggs per day. Pigs and humans have a very similar digestion environment for parasites and that is why we can easily pick up *Ascaris*. *Ascaris* travels around the body by boring its way along during its growth and molting until it becomes an adult. When it reaches the lungs the irritation it sets up can cause it to be coughed up, a very distressing experience. It also causes secondary infection during its burrowing activity.



Parasite Testing

If you are dealing with symptoms of parasite infections, it is very important that you test for parasites and identify potential underlying parasites issues. These are the tests that I recommend to my patients and help me to recommend the correct personalized treatment protocol for them in case of a parasite infection.

Blood Work

If you suspect parasites and parasite infection, I recommend the following blood tests: High Eosinophils.

Eosinophils are a disease-fighting white blood cell type that often occurs in your body if you have a parasitic infection, allergic reaction, or cancer. 3 or higher may indicate a parasitic infection. If you have high eosinophils, it is important to check for parasites as a potential underlying reason.

High CRP

Parasite infections may lead to liver issues and inflammation. C-reactive protein (CRP) is a protein created by your liver. Increased CRP levels over 1.0 indicate inflammation that may be caused by parasite infections.

There are many reasons why CRP levels may be high but gut infections are a common cause. If you have high CRP, it is important to check for parasites as a potential underlying reason.

High Liver Enzymes

To check your liver function and if it's compromised by parasites, it is important to check your liver enzyme levels. Enzymes AST, ALT, GGT over 26, and Alkaline Phos over 100 may indicate liver inflammation, parasite issues, or alcoholic hepatitis, autoimmune hepatitis, or Celiac disease.

Parasites can get into the liver and cause inflammation and tissue damage which leads to high liver enzymes. If you have high liver enzymes, it is important to check for parasites as a potential underlying reason.



Low Iron/Ferritin and Anemic issues

It is important that you get your iron and ferritin levels looked at and checked for anemia. Ferritin is a protein that stores iron while serum iron is the free iron in the blood stream. Certain parasitic infections, including hookworm, whipworm, and schistosomiasis infections, can result in blood loss and consequent iron-deficiency anemia. Many parasites also use iron and look to steal it from their host which can result in low iron, low ferritin and low red blood cell counts.

Additionally, the body will often respond to parasite infections by reducing the conversion of stored iron (ferritin) to serum iron in order to reduce the available iron for the parasites. This can result in high serum ferritin but normal or low serum iron levels and anemic red blood cell characteristics. A trained functional health practitioner should be able to read these patterns on your blood work.

Complete Blood Analysis

To look at some important markers of health, I recommend a Complete Blood Analysis (CBA). Getting this complete blood analysis on an annual or semi-annual basis is one of the best ways to pick up any underlying health issues and help your functional health doctor to recommend personalized natural strategies that support your health.

This comprehensive test measures markers of your immune system function, liver and kidney health, blood sugar and insulin levels, inflammatory markers, red blood cells, iron status, thyroid hormone levels, mineral and electrolyte balance, levels of vitamin A, D, B12, and folate, zinc and copper levels, cardiovascular risk factors, lipid panel, urinary tract health, and parathyroid status. It helps us understand your overall health and see what issues parasite infections might have contributed to.

GI MAP

Along with these blood tests, I also recommend a GI Map Stool Analysis, a stool test that can identify the presence of multiple pathogenic microorganisms, including parasites, fungi, and bacteria. Specific parasitic pathogens this test is looking for include *Cryptosporidium*, *Entamoeba histolytica*, and *Giardia*.

Normal results are below 1.00e6 for *Cryptosporidium* and *Entamoeba histolytica*, and below 5.00e3 for *Giardia*. Anything higher needs your attention and natural support strategies. Besides specific infections, this test can reveal the overall health of your gut with digestive, gastrointestinal, Secretory and Anti-gliadin IgA, and calprotectin inflammation markers.

Herbs that can help

A word or two about garlic

Garlic – with the increasing prevalence of multi-drug resistant bacteria and the failure of the conventional, drug-based model to develop effective solutions against them (nor accepting responsibility for creating them), spices have regained their once universal reign as broad-spectrum infection-fighters with sometimes life-saving power.

Garlic, in fact, has several hundred therapeutic properties, confirmed by a growing body of scientific research, which you can view directly on GreenMedInfo.com. One quick example of garlic's power, is in killing multi-drug resistant tuberculosis (MDR-TB), which the mainstream media has termed the “white plague,” roiling the masses with a fear of drug-resistant (but not plant-extract resistant) they are made to believe they are defenseless against. Last year an article was published in a peer-reviewed scientific journal showing that garlic could inhibit a wide range of multiple drug resistant tuberculosis strains. The authors concluded “The use of garlic against MDR-TB may be of great importance regarding public health.” Garlic's anti-infective properties do not end with MDR-TB, as it has been demonstrated to inhibit the following pathogens as well:

- Amoeba Entamoeba histolytica (parasite)
- Cholera
- Clostridium
- Cytomegalovirus
- Dermatophytoses (a type of topical fungal infection)
- Haemophilus Influenzae
- Helicobacter Pylori
- Herpes Simplex Virus Type 1
- Herpes Simplex Virus Type 2
- Klebsiella
- Methicillin-resistant Staphylococcus A. (MRSA)
- Parainfluenza Virus
- Peridontal Infection
- Pneumococcal Infections
- Pseudomonas aeruginosa
- Streptococcus Mutans
- Streptococcus Infections: Group A
- Streptococcus Infections: Group B
- Streptococcus pyrogenes
- Thrush (oral fungal infection)



This amazing list underscores how important it is to keep a supply of garlic close by!

A word or two about turmeric

Turmeric – quite possibly the world’s most important herb. Named “Kanchani,” or literally “Golden Goddess,” in the ancient Indian healing tradition, its healing properties have been deeply appreciated, if not revered for countless centuries. Turmeric has been scientifically documented to have over 500 applications in disease prevention and treatment. It also has been shown to modulate over 150 distinct biological and genetic/epigenetic pathways of value in health, demonstrating a complexity as well as gentleness that no drug on the planet has ever been shown to possess.

As there are too many health conditions that turmeric may benefit to list, we are listing the top 10 as determined by the GreenMedInfo algorithm which calculates both the evidence quantity (number of articles) and evidence quality (human study valued higher than animal, and so on). Also, the number in parentheses denotes the number of studies on the database demonstrating the beneficial relationship.

- Oxidative Stress (160)
- Inflammation (51)
- DNA Damage (48)
- Lipid Peroxidation (34)
- Colorectal Cancer (24)
- Breast Cancer (60)
- Colon Cancer (52)
- Chemically Induced Liver Damage (34)
- Alzheimer’s Disease (34)
- Tumors (23)



How Does this Worm Medicine Work?

The specialist medicinal formulation of this herbal medicine (called WormLess Tonic) is safe and is a known lethal antagonist to parasites.

It starts to work immediately throughout the organs and tissues of your body. It will dissolve the bodies of threadworms within the intestines. The combination of ever popular wormwood, cloves, green hulled black walnut along with other highly effective strong herbal extracts and herbal essential oils (see an earlier reference, or email Herbactive for a full list) make up a very powerful herbal medicine that will effectively destroy intestinal, blood and other tissue flukes and some roundworms; it inhibits both tapeworm and hookworm regeneration, as well as being anti-fungal. And helping to clear liver parasites. Cinchona Bark is greatly effective against a number of protozoan, including malaria and other microbial parasites.

Micro-nutritionals potentiate the body's resources to expel the parasites naturally while also helping to eradicate tape and roundworms. And many other specific herbal antiparasitics are included in this powerful and uncompromising tonic. Within this herbal remedy there are herbal restoratives to protect and enhance rapid restoration of your organs and systems back to normal function within the synergy of your whole body. You will need to take this medicine at 5ml 3-4 times daily (children less, ask my advice) for at least a month. This constant and regular intake of these herbal extracts cause the parasites to die and prevent their reproduction.



WormLess Tonic can clear parasites from your body

WormLess helps to:

- attack and remove most major gastro-intestinal parasites, including giardia lamblia, tapeworms, roundworms, flukes and protozoans
- remove the temporary and toxic levels of ammonia secreted by dying parasites
- alleviate any feelings of nausea or headache caused by dying parasites
- cleanses the lower gastrointestinal tract of undigested debris
- reduce intestinal bloating
- repairs micro-tears and lesions along the tract and accelerates the healing of gastric ulcers
- destroy putrefactive bacteria (the “bad” bacteria) within the lower tract
- fight and destroy co-infestation by the mycoplasma bacteria and bartonella (which cause Lyme and other autoimmune diseases)
- remove toxins from the lower tract and disable possible carcinogenic bacteria
- normalize intestinal pH
- kill and expel worms, and inhibit the adhesion of disease cells such as bacteria, viruses, fungi and parasites

Note: WormLess Tonic should be taken with ABC Daily Powder for clearing parasites and nutritional support at the same time.



Is There Anything Else you should do besides taking WormLess?

Practice good daily hygiene. It is important, and especially if you are vulnerable with a low immune protection, that your hands are thoroughly washed (not just rinsed) after using the toilet (especially public loos), after petting animals, after working outdoors, and after shopping in stores, to avoid various forms of auto infestation (hand-mouth). Also, thoroughly wash all vegetables, meat, and seafood in a light salty brine, followed thereafter by thorough cooking before eating. Vegetables can be eaten raw, of course, but only if first washed in a light salty brine. Cut out sugar.

During your treatment program your diet should be adjusted to be super healthy, with absolutely no sugar. You can substitute with Stevia of course (it is a plant, an antioxidant, and very, very sweet – lovely taste). This means also that you should eat no bread, pasta, potatoes, pizza, croissants, cakes, biscuits, sweets and chocolate, ice-cream, nothing sweet (i.e. with sucrose or glucose syrup) at all. But you can have a little fruit (its sweetness is from fructose, so it is safe). If you want sweet things, use natural stevia (not chemicalized stevia), it's delicious. More about stevia.

If you have some of the symptoms mentioned, take WormLess for at least 30 days (555ml size bottle). For serious infection I recommend that you combine the use of WormLess Tonic with the LSD solution fast (information about LSD [here](#)), or a thorough detox programme see detox.

WormLess Tonic is a very strong mixture combining the most important anti-worm (anthelmintic) herbs available along with herbal oils to kill and expel worms and microscopic parasites from all parts of the body not just the digestive system. It has had remarkable success and is used by naturopaths and other practitioners for their patients. The dose is dependent on age and severity of the condition. Even if you don't have parasites or if you only suspect them or they have not been confirmed by microbiological examination this tonic can have important health benefits for you as it cleanses pockets of undetected infestation and restores the organs and systems of the body, taken over a whole month (555ml size).

- WormLess Tonic should be taken with ABC Daily Powder for clearing parasites and nutritional support at the same time.
- Safe for children – ask Alan for advice.
- Drinking smoothies will also help your condition – find out more about smoothies

This tonic has the strongest herbs known to clear all parasites from microscopical unicellular microbes to large worms like roundworm, heartworm, ropeworm, tapeworm, etc.

To find out the complete list of herbs in this unique formulation email alanhopking@herbactivehealth.com

Other HERBACTIVE Tonics to Help Parasitic Cleansing

ABC Daily Nutritional Powder

for complete vitamin and mineral support

InflammationLess

specifically for clearing mycoplasma and bartonella that cause inflammatory responses in different organs or systems in the body

(Total) Detox

for a complete all-organ strong herbal detox

LiverDetox

for a powerful liver cleanse, liver support and liver restorative

KidneyStones

for a specific kidney detox

Lymphatic Cleanse

specific lymphatic herbs to cleanse and strengthen the function of the lymph glands and system

Weight Loss

eliminative, metabolic stimulant, fat digestant

LemonSteviaDetox

Fasting Method

HerbShield and Caisse – for life-threatening illness

for complete immune system support

Gout

Thrush

Wheatgrass (Chlorophyll) Juice

Constipation and Laxatives

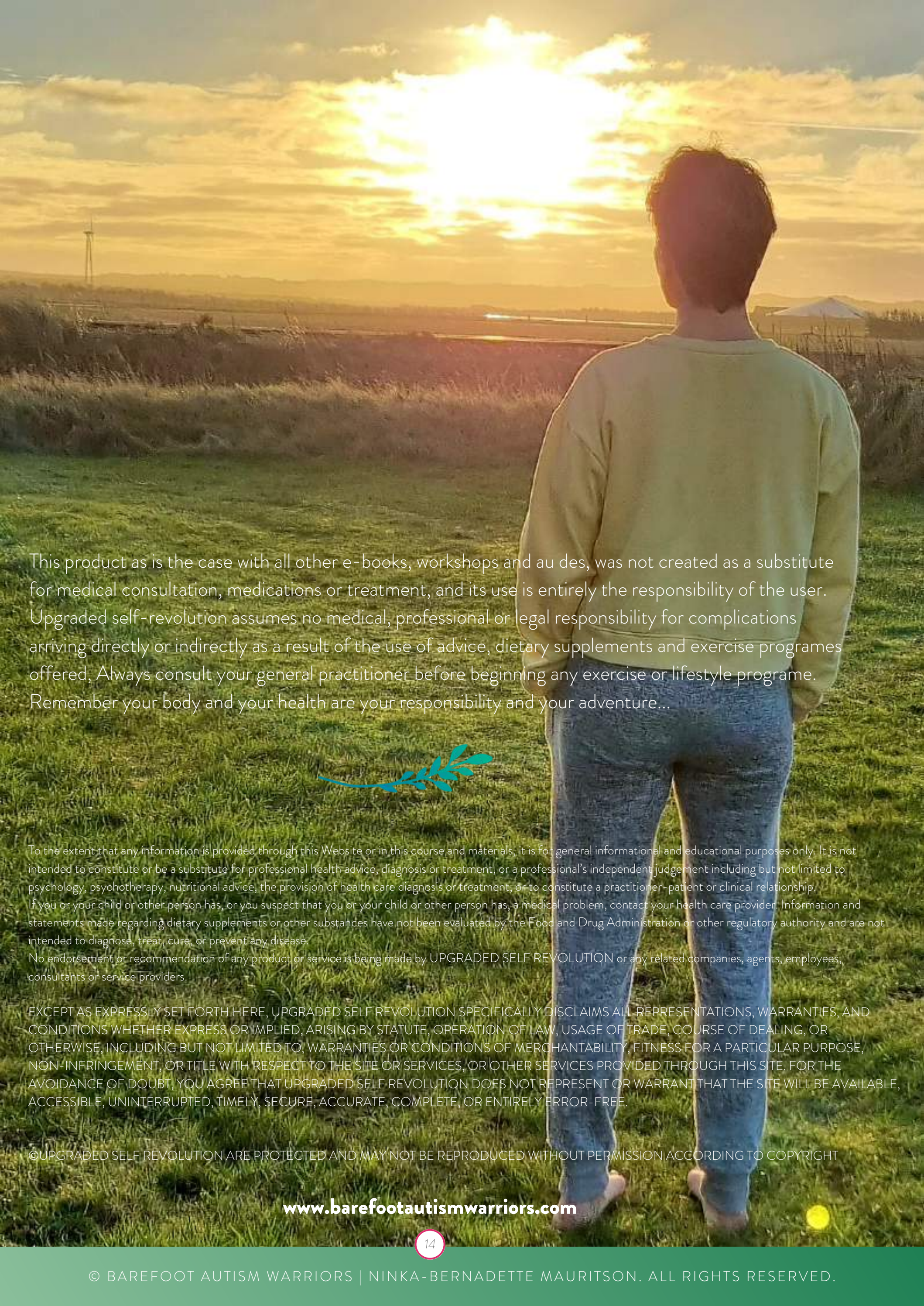
Candida

detailed info about treating this virulent fungus

Or ask about the ABC LiverFlush Programme which includes many of these tonics.

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