



If you have a pulse you probably have a parasite. Years ago when I first began to work with patients from a functional medicine perspective I saw a lot of liver issues, followed by adrenal issues and thyroid issues. However, what I am seeing more of today is PARASITES! Yuck!!

Many patients that have followed an anti-inflammatory diet and have made lifestyle changes yet are still struggling with problems like bloating, indigestion, fatigue, skin issues,

hormone imbalance, weight loss resistance could be infected with parasites.

As many as 50% of the population have the most common parasite, Blastocystis Hominis, followed by H.Pylori and SIBO. So I want to share what I have seen the most effective natural protocol for Blastocystis Hominis.

So how do we get it? Fecal contamination and mostly through food.

Specialized testing will reveal the little buggers. Several companies like Biohealth, Doctors Data, DRG labs and GI-Map are a few of the labs out there.

They can be difficult to get rid of, however there are 2 approaches to getting rid of them. There is a natural approach and drug approach.

Drug Approach (all prescribed by an M.D.)

Alinia (Nitazoxanide) 3 days on 2 weeks off and repeat cycle twice

Paromomycin 25 mg/day for 10 days

Triple Therapy approach: Diloxanide Furoate, Trimethoprin/sulfamethoxazole and Secnidazole

Natural Approach

Anti-inflammatory eating plan to exclude nightshades, lectins, dairy, sugar, alcohol, caffeine, nuts, seeds and legumes

Saccharomyces boulardii - 2 capsules @ 2 times per day in between meals for 4-6 weeks. I like Apex Strengthia or Pure encapsulations

Oil of oregano - 1 capsule once a day; I like Designs for Health

Berberine - 2 tablets @ 3 times per day; I like Metagenics
CandiBactin-BR

The above protocol should be followed for at least 6 weeks and sometimes as long as 12 weeks.

The products are available on our website Dispensary or through our office.