Parasites and IBS

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Managing IBS by Eliminating Parasites

There are many medical solutions for managing IBS. You are told to increase the fiber in your diet and take Metamucil. You are given corticosteroids to suppress the inflammation or, worse yet, given antidepressants with the implication that if you can handle your emotions about the situation your condition will improve.

Since IBS is fickle and changes based on what you eat, there must be a correlation to what you are eating. By obtaining a food allergy panel, you can determine if food allergies are related.

How to Take Your IBS Healing to the Next Level

But let's go beyond a food allergy panel for a minute here. Let's find out whether or not there are parasites causing the IBS flare-ups. By adding one heaping tablespoon diatomaceous earth (DE) (Food-grade only) to juice or yogurt twice daily, you can begin to get a good idea of whether or not parasites are involved. Parasites may be clearly related to IBS and its symptoms.

What Happened When This Patient Started Taking DE

Parasites come in all shapes and forms. Here's what happened to one of my patients: she started taking the diatomaceous earth and noticed that there were some odd clear shapes of something in her stool. I asked her to take a closer look. For the next week, her bowel movements started to normalize. She was quite happy about that. She added her customized nutritional protocol, which is a set of supplements her body needed based on her history and a hair analysis test. She continued to improve with only minor flare-ups of the IBS.

Then we had another discussion of how parasites can cause unexplained tiredness, IBS symptoms, dehydration, mental symptoms, and more. Sushi was loaded with parasites. Amazingly, one of my other patients detailed her experience at a sushi bar where she watched a parasite crawl out of a chunk of sushi, and then crawl back in. Sushi is raw fish, and any type of raw meat is subject to have parasites. This second patient also had IBS.

What the Parasites Can Look Like

My original patient with IBS commented that her husband loved to go to sushi bars with friends and often took her with him. She couldn't even count the times she had eaten sushi at these restaurants. She confided that she then had a bowel movement the first week after taking the diatomaceous earth that felt like an explosion and in the toilet were more of the clear, jelly-like 'creatures'. They appeared to have a head region and a big dot on them (most likely the eye of the parasite) and were shaped like an embryo. I explained that often they lived and reproduced in nests, so it was possible her body was removing the nest of them. She felt very tired and dizzy after her body had expelled them.

About 5 days later, my patient was back for another appointment. This time she told the story of how she had

seen the clear jelly-like parasite again – although it wasn't every day – and had actually examined it up closer. She found it had little 'hands' or hooks. Parasites may have the ability to latch onto the intestines with these hooks, and when they do, they are literally hanging on for life and sustenance. They suck out nutrients from your intestines. This is how parasites can end up taking your nutrients.

She was horrified about these 'creatures' living in her gut. She had also had another episode, an explosive bowel movement, and this time it was different. There were substances in the stool – hundreds of them – that looked like they were nail-shaped but without any eyes. Again, these could be parasites as well. These parasites were accompanied by clear jelly-like material twisted around the bowel.

The Benefits of Diatomaceous Earth

No one can predict how many different types of parasites are living in her gut that should not be there. But we do know two things: 1) diatomaceous earth is a parasite killer that acts on them mechanically. The structure of diatomaceous earth is molecularly sharp and slices open their body as it comes in contact with them. The parasites are then left to die and dehydrate. This is why they come out dead and you don't have to worry about them wiggling in the toilet (more horrifying than if they are dead), and 2) eating sushi will continue to add to the parasite load of the body.

If you have IBS, consider taking diatomaceous earth. Use the food-grade version only and then take it regularly. Look for what comes out and know you are slowly improving the health of your colon.