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## Executive Director's Column

by Patricia S. Lemer, M.Ed., NCC, M.S. Bus.



# Parasites: The Elephant in the Middle of the Room

**B**lood in the stool! It's really frightening, especially with a family history of colon cancer. At first I thought it was remnants of beets. A colonoscopy showed no abnormalities, not even a tiny polyp. I eliminated wheat and dairy. No change. As my symptoms gradually worsened, I made an appointment with Pittsburgh's "best" GI specialist.

**The GI Connection:** The candy in the waiting room and the intake with not one query about diet should have been fair warning. Dr. GI requested a stool test. "I did one two weeks ago with a top lab; the results will be back soon," I said, expecting him to be impressed. "Why'd you do that, honey?" he asked kindly. "We have a great lab down the street." I explained that mine could identify all types of bacteria and bugs. "We're only interested in the big, bad guys," he explained. The top lab test found no bad bugs, no parasites, no answers.

"What about food allergies?" I asked. "Honey," he explained patiently, "your colon is a machine. It doesn't matter what you eat. You are very depleted. What you need is calories: cake, cookies, ice cream." I thought to myself. "Can he really believe that?"

The nice doctor did me the favor of ordering blood work. Maybe I was anemic. I wasn't. However, the results offered the first clue: elevated eosinophils, a type of white blood cell. High levels occur in asthma, viral infections, and...to fight parasites. My level of 1000 was twice the high end of normal. He also wanted to repeat the year old colonoscopy; maybe the first doctor missed something. "I need to look at inflammation, so I know which steroid to give you," he answered. "What if I'm not interested in steroids?" He looked at me with annoyance, and told me what I'd known since I walked in the door. "Honey, you're in the wrong office."

Fortunately, I soon traveled to Seattle for the DAN! conference, and saw Dietrich Klinghardt, MD, Ph.D. He perused my lab work, and said immediately, "You have parasites. Eosinophil levels this high always mean parasites, which rarely show up on even the best stool tests. Labs use microscopes to look for bugs. That's like looking for an elephant with a magnifying glass. You miss the elephant."

**The Respiratory Connection:** Klinghardt listened to my wheezing and unproductive cough. "That asthmatic like cough could also signal parasites," he said. "It shows up when the larvae go to the lungs." I wish the doctor who had diagnosed my "asthma" a while ago had known that!

**The Energy Connection:** Klinghardt evaluated me using his autonomic response testing (ART). He tested my body's vibrations against samples of many varieties of parasites, and then against their sound vibrations. In about 15 minutes he had identified which roundworms, amoebas, and protozoa I was hosting, and what antidotes were best for me. Then, he explained how my history had set up the perfect parasite paradise, how parasites block nutrient absorption, inflame the gut, hold onto heavy metals, trigger yeast overgrowth, and cause weight gain.

**The Dental Connection:** My fourth wisdom tooth has never emerged, and for my whole life, has been imbedded between the roots of my first molar. Although several dentists had found that "migrated tooth" interesting, none had seen the need to disturb it. "Too bad," Klinghardt said, "the first molar is linked to the large intestine. That's a key piece to your puzzle."

That molar was my first tooth to break and require attention. He went on. "The wandering tooth made mischief by living nearby." When half of the tooth broke off 25 years ago, I ignorantly allowed my dentist to rebuild the missing part with mercury amalgam. That mercury sat on my large intestine tooth until the rest of the tooth broke away. When the tooth was crowned, my fate was sealed. The mercury-filled molar and the large intestine became a team. Both the organ and the foundation of the tooth are now inflamed. A complete treatment program will have to address the large intestine, the crowned tooth, as well as that pesky fourth wisdom tooth that migrated.

**The Time Connection:** My bowel "episodes" occur like clockwork between five and seven a.m. Klinghardt explained that each organ has a two hour period when it is most active. Large intestine time coincides with my early morning symptoms. To see a Meridian Flow Wheel, see Donna Eden's *Energy Medicine*.

**The Obesity Connection:** Klinghardt explained that when parasites take up residence in the body, they suck out good nutrients leaving their toxic byproducts, which slow down digestive function, leading to fatigue and obesity. I had fed them, not myself, very well with my organic diet. Many people, like me, who have difficulty losing weight with sensible diets and exercise, have undiagnosed parasites.

**The Skin Connection:** "Any other symptoms?" he asked. "Well, I do have this chronic underarm rash," I said. "That's how your body is eliminating the parasites' toxins," he came back, without skipping a beat.

**Putting the Pieces Together:** Now it all fits: my obesity, dental issues, digestive, respiratory, and skin problems. Each of the blind men who incorrectly diagnosed individual symptoms in isolation, missed the elephant in the middle of the room. Unfortunately, eliminating my unwelcome guests will take months, maybe years. Complex treatment addresses the bugs, their toxic wastes, the heavy metals, dysbiosis, and inflammation. A "whole elephant" approach is necessary.

Go to page five to learn about Cindy Griffin and her team's experiences attacking parasites in those with autism. For more about Klinghardt's approach to diagnosis and treatment, go to <[www.neuraltherapy.com](http://www.neuraltherapy.com)>. Donna Eden's website <[www.innersource.net](http://www.innersource.net)> offers a wealth of material on energy medicine. Go also to <[www.handoutbank.org](http://www.handoutbank.org)>. Read Breiner's *Whole Body Dentistry* (see booklist) for appropriate dental practices.