

## **Food Grade Diatomaceous Earth for Humans – with approval from www.shadowridgedonkeys.com**

*"Statistics show that in many areas more than 80% of the people have worms, and don't know it" Dr. John Black, Uro-Analytical Procedures, 1977 p.178*

For years, experts in autopsy have found that nearly 70% of colons examined contained foreign matter including worms. Intestinal walls are encrusted with old, hardened plating similar to the dental plaque constantly forming on gums and teeth. These experts relate how the insidious *"building of this hardened waste matter resembles the inside of a filthy stove-pipe."* Prof. Arnold Ehret, *"Mucousless Diet Healing System" (1953) p.4*

Intestinal parasites multiply by the thousands in the warmth of the body's 98.6 degrees as they feed off refined sweets while nurturing family nests beneath layers of encrustations.

As related by one expert: *"Often there is a craving for sugar and a ravenous appetite that no amount of eating seems to satisfy. Remember you have another living organism - or many organisms - in your system and this infestation needs sustenance. The food it preempts is food that your body would normally be utilizing. So your body demands more. Once the intestines are cleansed and the worms and eggs eliminated, many of the symptoms disappear."* A.L. Gittleman, MS, staff nutritionist, NY Bellevue Hospital.

Parasites are obtained from pets and livestock, going barefooted, eating raw, unwashed vegetables, shaking hands with people who have pets, picking flowers, and many other ways.

Diatomaceous earth and worms are natural enemies and it shreds parasites and their eggs, causing the worm to let go. Old fecal matter and encrustations covering warm nests begin to break loose allowing a natural acceleration of internal cleansing of the body through the bowels. It takes 20 days (gestation period) for a worm to produce the eggs, so is important to take Fossil Shell Flour daily for a minimum of 20 days. If you miss a day, you will have to start over again.

**A word about medical facilities and hospitals:** "waterborne microbes- -bacteria, viruses, fungi and parasites --can enter into the health care environment in several ways: direct contact with or ingestion of drinking water or ice, breathing aerosols from showers and faucets and even from improperly reprocessed medical devices." Source: Pall Corporation <http://www.pall.com/>

## **Parasitic Infections What They are and What Can Be Done About Them**

by Garcia Thompson

In today's society there are many forms of disease, many of which are well documented, researched and acknowledged. However, there is one plague currently infecting over 80% of all Americans (and 85% of people around the world) that receives little or no attention in today's medical society – the one of parasites and parasitic infections. Yes, it is a documented fact that almost every adult in the United States is not only susceptible to, but is also currently hosting some form of internal parasite. Disgusted? Appalled? Disturbed? Sickened? Those words all described how I felt when I first came to read those statistics. You might ask yourself why I would have been reading about this subject (trust me, not something I'd do in my idle time, normally!) However, after a month long bout with debilitating fatigue and chronic gastrointestinal pain, coupled with several unhelpful visits to the doctor, I did a little research into what may be causing my symptoms and creating this discomfort. Here's the information I found, which hopefully may help anyone out there to overcome, eliminate and defeat these silent attackers.

So how do you know if you have a parasite - well, finding out can be difficult, but there are some signs to look for. Although most everyone feels low at some point or another, going to bed early or sleeping in late, this is not something that should be normal (still, for many folks this is a regular routine.) Chronic fatigue is one of the main symptoms of a parasitic visitor in your body - some other symptoms include:

- itchy nose, ears, anus
- men: sexual dysfunction
- forgetfulness
- slow reflexes
- gas and bloating
- unclear thinking
- loss of appetite
- yellowish face
- fast heart beat
- heart pain
- pain in the navel
- eating more than normal but still feeling hungry
- blurry or unclear vision
- pain in the back, thighs, shoulders
- lethargy
- numb hands
- burning sensation in the stomach
- women: problems with the menstrual cycle
- drooling while sleeping
- damp lips at night
- dry lips during the day
- grinding teeth while asleep
- bed wetting
- constipation and/or diarrhea

- Irritable Bowel Syndrome
- achy joints
- anemia
- allergies
- skin conditions
- granulomas
- nervousness
- sleep disturbances (especially between 2-3 am)
- tooth grinding/clenching
- immune system dysfunction

Realize that although you may not feel ill or tired, there may still be parasites within your system. Parasitic infections are masters at hiding while feeding off the human body. So, how can you tell? You can try to take a medical test, but as Dr Andersen (a leading authority on parasitic infections) has said:

***If you were tested by a doctor for parasites, chances are the results would come back negative. Does this mean you do not have parasites? Unfortunately, medical testing procedures only catch about 20% of the actual cases of parasites. Over a 1,000 species of parasites can live in your body and tests are available for approximately 40 to 50 types. This means, doctors are only testing for about 5% of the parasites and missing 80% of those. This brings the clinically found parasites down to 1%. Now, if I had a 1% chance of winning in the stock market, I don't think I would invest. Only 1% of parasites are ever clinically found.***

I went through a medical test that cost me \$400, was sent to a "top lab" for the detection of parasites, and still was diagnosed as negative (yet after a few cleanses I have been flushing infections, toxins and parasites from my body daily.) So, although there is a chance the lab test will catch the infection, the likelihood is that it won't. (the major problem is that the parasites must not only be on the "list" the lab looks for, but also must be laying eggs when the samples are taken.)

This leads me to explain about the way parasites reproduce, live and thrive, as well as to give a brief description of the two major types:

***[also read: [Diary of an Unsuspecting Hostess](#)]***

Let's try to understand what a parasite does. A parasite eats, lays eggs and secretes. Ok? Let's break this down into the three parts: the first is "eats." Depending on the kind, parasites will eat different things. Many thrive off certain types of food, from dairy to sugar to proteins. These parasites live off the food that goes into your body. Mainly found in the digestive tract, they can also be found in the liver as well as throughout the body. No organ within your body is immune to parasites, in reality. Some parasites actually get their nutrition directly from the cells of the body, and feed off those cells, thus making you sick. They can literally attach themselves anywhere and suck nutrition out of the cells. These parasites are perhaps the most dangerous because they can travel to places in the body where they can do a lot more damage than a parasite living solely in the digestive tract.

Parasites rob you off all your finest nutrients and you get the scraps and leftovers. They grow healthy and fat while your body starves for nutrition. And these visitors can subside and exist in the human body for anywhere in the upwards of 10, 20 or even 30 years.

***To illustrate the longevity of parasites in the human body, consider this example. In 1979 a British study reported on 600 former prisoners from World War II. These men had been stationed in the Far East. Thirty years after the war, 15% were still infected with a parasite called Strongyloides that they had contracted during the war. This means you could have eaten meat 10 years ago that was contaminated, and still be hosting the tapeworms or other types of parasites that were in that meat.***

Let's now look at the way parasites reproduce - this is the "lays eggs" part. To start, let's examine the two main types of parasites and then discuss how each reproduces: Large parasites are visible and are primarily worms and small parasites, which are mainly microscopic in size, include what are called protozoa and amoebae.

Which is more dangerous? Despite their almost invisibility, small parasites can be extremely dangerous. Microscopic parasites can destroy calcium lining in your bones, eat the myelin lining off your nerve cells (causing breakdown of the brain-nerve connection) and even inhabit the liver, colon and other areas causing major discomforts and problems. The small parasites reproduce by duplicating themselves in a manner similar to bacteria or viral reproduction.

Large parasites, which are the worm type, can usually be seen by the naked eye. Sizes can exceed 15 inches long and normally these worms cannot/do not travel past the digestive tract. The smaller organisms, the protozoa and amoebas, tend to act like a bacteria by traveling through the blood stream to virtually any part of the body. They reproduce without laying eggs and behave more like an infection in the body than do the larger parasites. The larger parasites are worms which reproduce by laying eggs. Eggs are left in the intestinal tract, where they cling to the intestinal walls among the feces, and when they hatch, the young feed on the food that we eat and eventually grow into adults. The adults then repeat the process.

The third thing that parasites do is secrete toxins. Simply put, the secretions from parasites in our bodies are poisons and toxins that our bodies are forced to deal with by increasing the process of detoxification. Anyone who has experienced food poisoning or dysentery will tell you how debilitating these toxins can be. These are intense and very high levels of toxins being released into the body at once. On the other end, a chronic parasitic infection that secretes low levels of toxins can eventually create an extremely stressed immune system. When the immune system is stressed over a long period of time, it weakens. When the immune system "goes off line," our bodies become susceptible to infections of other kinds. This can be extremely dangerous in this day and age because we are more exposed to more viruses than ever before. Also, the viruses are changing and adapting at a very fast rate as are the bacteria, many of which are now resistant to antibiotics and other artificial measures that are used to combat them.

In addition, the antibiotics of today as well as any other drug of tomorrow can have a slightly different than intended effect...again, I will let Dr Andersen explain:

***Once you have established that you do have parasites, taking drugs to get rid of them may not always work. This is because a drug will often drive a parasite from one organ of the body to another. It's like people moving to better climates to make their living conditions more pleasant, or birds flying south for the winter.***

So, if we aren't able to combat the rising number of parasitic infections with conventional medicine, it is even more important to understand just how we can go about that process. First, let's look at what parasites do and how we sometimes unknowingly "help" them. Parasites tend to secrete toxins as they live within the human body, which, when coupled with other toxins (like alcohol, cigarettes, junk food, polluted air, etc) can lead to what is termed by many doctors as "toxic overload." Toxic overload comes about when the four primary cleaning systems of the body have been pushed too far by an overload of toxins in the body.

Within the four cleaning systems, the lungs, kidneys, skin and bowels, there are many types of overload that can occur. As an example, toxins will travel from one system to another as the current system gets overloaded. In toxic bowel syndrome, the excess of toxins in the bowels pass onto the liver and the liver becomes over clogged and the toxins begin to spill into the bloodstream. This can take a long time or can occur very quickly, depending on how the body and its immune system handles the overload. Parasites have an ability to cause a complete system breakdown, making them one of the most dangerous epidemics facing medicine today.

For the time being, the news isn't going to get much better, I'm afraid. Not only do 80-85% of all American adults have some form of parasite, not only are they hard to diagnose, not only can they cause serious damage internally (and often silently for a long period of time) they also come in many forms. From here, you can read about the different types of parasites, or you can skip to "[How Do We Get Parasites?](#)"

Here are a few of the different types of parasitic worms the body can acquire and be plagued by - for more complete and in depth analysis of the types of worms found within the human body (complete with pictures,). The following section is taken from the article "Are you Clear of Parasites?" By Dr Andersen, wherein he cites "The Essentials of Medical Parasitology," by Dr. Thomas J. Brooks.

## **Tapeworms:**

The fish tapeworm is the largest of the human tapeworms, reaching the length of 33 feet or more. There can be 3,000 to 4,000 segments in one worm. It can produce more than 1,000,000 eggs a day. This type of infestation can cause anemia because of interference with vitamin B12, says Dr. Brooks in his book. Also, the weight challenges of some people can be directly attributed to tapeworms. This is especially true of weight loss programs that don't work. The person may be hosting a tapeworm which is eating all the food and making the person constantly hungry. Tapeworms can also cause water retention. Besides tapeworms from beet, pork and fish, there is also a type of dog tapeworm you can get when dogs lick your face or hands.

## **Pinworms:**

Pinworms are very infectious and can cause a lot of itchiness in the anal area. "The worms deposit their eggs mostly at night, contaminating pajamas and bed linen," writes Dr. Brooks. "The eggs are readily transported through the air, and it is not uncommon to find them in every room of the house....Complications are much more common in women than in men". Pinworms can also be found in the vulva, uterus and fallopian tubes because the female worm loses her way while trying to return to the anus after depositing her eggs.

## **Roundworms:**

Another type of roundworm that can be present in humans is whipworms. These insidious creatures actually inject a digestive fluid which converts the colon tissue into liquid which the worms suck up. Dr. Norman Stoll, a former worm expert at the Rockefeller Institute for Medical Research, estimated that the roundworm infects about 644 million people in the world. This was in the 1940s and there are no doubt a lot more people infected with roundworm now! Dr. Brooks believes nutritional deficiencies are seen in heavy roundworm infections.

## **Hookworms:**

Hookworms bite and suck on the intestinal wall, which can cause bleeding and necrosis (death of the tissue). In severe infections, iron deficiency becomes a therapeutic problem because of all the iron that is lost to the hookworm. Dr. Brooks says that, "hemoglobin levels as low as 15% of normal have been seen in patients with severe, long-standing hookworm disease. One species of hookworm in America is called "Necator Americanus," which means, "American Murderer."

Again, these are just a few types of parasites found within the human body, the list is much more extensive, but these are the most common. So, now we know what parasites do, how they reproduce, what damage they can cause and some of the types we can be infected with. So, that leaves the thoughts - "how do we catch parasites?" and "how do I get rid of these invaders?" First, let's go over how we catch parasites, and then we can more fully and knowledgeably discuss how to get rid of them.

## **How Do We Get Parasites?**

Parasites can get into your system in many ways, some of them seemingly innocuous enough on their own. Anything from shaking hands to sharing somebody else's soda can - from kissing (even on the

cheek) to intimate sexual contact and believe it or not, you can even pick up parasites by inhaling dust which contains the dried form of these organisms. You can get parasites from a variety of foods, especially undercooked red meats (and yes, I consider pork to be a "red" meat.) You can get parasites from many strains of water (giardia being the most common form of water borne parasitic infection.) You can even get parasites from unwashed or mishandled lettuce and other vegetables. No one is immune to the scourge of parasites. So, I think you'll agree, parasites are actually fairly easy to "catch."

The really discouraging thing about parasites is that they can not only be hard to get rid of, but also that you can easily be re-infected. Married couples tend to have them together; and when one person is treated for the parasitic infection, they are often re-infected by their spouse. It is extremely important that both be treated at the same time, and in many cases, the children should be treated along with their parents. Not only that, but it is important to be sure to stay on whatever cleansing program you take for at least the recommended time period and to NOT miss a single dosage. Parasites live because they are tenacious and stealthy - in order to knock them out, we have to be vigilant and perseverant.

**So, how do you go about getting rid of parasites?** Let's take a look at that process - the best solution we have found is adding **Perma-Guard Fossil Shell Flour** to the diet.

**Perma-Guard FSF** is pure food grade Diatomaceous Earth from a fresh water source and milled to our specifications. The diatomaceous earth acts as a sort of scrub down of both the large and small intestine, down through the colon. The tiny crystals of ground fossil shells tumble down your GI tract and shred the eggs and existing worms that have taken up residence in your body. Therefore, when you are on **Perma-Guard FSF**, you will rarely see worms exiting your body, however, you will feel an improvement after 30-90 days on this system flush. After the "flush" I use 1 teaspoon of **Perma-Guard FSF** daily for maintenance.

*My recommendation is that everyone should use Perma-Guard FSF 90-day parasite cleanse. I often hear the common statement, "I am healthy. I don't have parasites". One lady claimed this and I replied, "Everyone has some form of parasites which they may not be aware of. Therefore, if you want to reach the next level of vibrant health, get rid of the parasites". I challenged her and she decided to try the product. After only two days on the product, she noticed a poking sensation in her lower abdomen and felt a wiggling sensation in one of her legs. The next day she passed an 8 inch worm and since then, has passed many different sizes and types of parasites. Remember, most parasites are not noticeable to the human eye. To overcome this major challenge in our society today it is vital that parasites be openly discussed. Given what I know now about Perma-Guard FSF, I am confident that it works and is a safe solution.*

*I highly recommend this 100% natural, organic food. This product produces results! I personally believe this is one of the greatest contribution to health in the world today.*

*The Perma-Guard FSF parasite cleanse is a 90-day program with a recommended usage of once or twice annually. Everyone needs this product, whether you have symptoms, or are asymptomatic (meaning you have parasites but no symptoms). My recommendation is, you need this cleansing process to reach your optimum health potential. This product can even be used on your pets! (They sleep and play with your children).*

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**What's bugging you?**



## **UNSUSPECTED CAUSE OF MANY DISEASES**

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According to the American Medical Association, physicians correctly diagnose a disease 16% of the time - that's one out of six! A 'scientific' laboratory, (Medical University) will diagnose correctly almost 50% of the time - or one out of two. A physician might not be likely to connect an illness to a person's predilection for undercooked meat or hot dogs.

At a California Medical Association meeting, one expert speaker told his professional audience that worms are the unsuspected cause of many diseases.

As a known cause of overweight conditions, the worms are being well fed, while the body is only getting calories, water and a fraction of the nutrients, according to Dr. Donald W. Kelley.

Desert Storm Sickness: Hundreds of veterans of the Persian Gulf came down with puzzling symptoms, including fatigue, joint pain, hair loss, rash, bleeding gums and liver problems, according to the Journal of the American Medical Association. Prime suspect is a treatable parasitic infection from sand-fly bites called leishmaniasis.

The Center for Disease Control in Atlanta has warned about the rise of fish tapeworm in America. We eat meat and fish not thoroughly cooked. The diseases are often transmitted by animals. We hug and kiss and sleep with our pets. We handle the dirt in which their contaminated feces is deposited. We breathe the air which may contain worm eggs.

A seven-year-old boy had picked up a worm infestation from his pets. He slept with his animals. He suffered from constant fatigue, was bloated, and had a problem focusing in the sunlight. One specialist suggested leukemia. The animals were kept out of his bed and an intestinal cleansing conducted. In one week the boy was out playing and appeared normal.

A woman with a recurring breast infection improved after being rid of a roundworm infestation.

A teenager suffered from wheezing, coughing, chronic crying and depression, and an allergy to many foods, mold, and dust. She lived in close contact with two small dogs, both of whom were determined



to have worms. After two cleansings her problems diminished.

Another young girl had persistent acne despite a good diet and no undue stress. Within several days after initiation of a cleansing program, her acne began to clear. A woman previously diagnosed with myasthenia gravis, a condition marked by muscular weakness and progressive fatigue, improved dramatically after passing a large tapeworm.

Worms overlooked

"Often, the problem is simply overlooked," says nutritionist Ann Gittleman, MS, formerly director of nutrition at the Pritikin Longevity Center and also staff nutritionist at New York's Bellevue Hospital and the Yale Hill Health Center in New Haven, Connecticut.

Tapeworms can grow to 50 feet long. You are not only feeding a monster within you but also absorbing the toxicity of its waste products.

"The most famous tapeworm of recent years belonged to the late opera singer Maria Callas. She had a serious weight and skin problem. When the tapeworm was detected and removed, her weight dropped, her skin improved and her temperament mellowed," said Gittleman.

"Once the intestines are cleansed and the worms and eggs eliminated, " she added, "many of the symptoms disappear."

**Perma-Guard FSF** is made up of 100% pure food grade diatomaceous earth from a fresh water source. When this product is taken, it naturally kills parasites through abrasion.

Dr. Kelley says that supplements digest the worms; you don't see them come out; you just feel better. Knowing farmers have been using diatomaceous earth for years to stay on top of parasitic infestation with their farm animals. They simply mix this natural mineral-laden soft rock phosphate with meals and the problem treats itself. Proof of the puddin' is dull hair. Dull hair in animals or humans means one should suspect intestinal worms. Dr. Kelley suggests everyone should occasionally 'worm' oneself. It's simply a matter of taking supplements for at least 30 days. The gestation length for Mrs. Worm is about 22 days. Thousands of babies every 22 days, plus all their excreting piles up into problems. That's why we should not miss one day of the simple 30-day program. Then it's over.

PETS

Stop kissing your dog, or cat, or gerbil, or ...

MOST PEOPLE KNOW that dogs and cats can transmit diseases by scratches and bites, but few people realize that close contact, including nuzzling, kissing and handling animal fur can cause serious illness and even death.

According to the Western Journal of Medicine (150:208-210), a 46-year-old man recently died from a form of pneumonia that he caught from his cat. "He probably acquired the infection by inhalation," the doctors said.

A teenage girl suffered from wheezing, coughing, chronic depression and an allergy to many foods, mold and dust. She lived in close contact with two small dogs, both of whom were determined to have worms. After two cleansing her problems diminished.

It has been estimated that some 200 million persons throughout the world are infested with trichinosis, only ONE of many kinds of parasites that feed off undigested foods lining the intestinal walls. 75 percent of the millions so infested live in NORTH AMERICA!

Once these parasites enter the muscles, allopathic medicine offers no specific treatment, according to Robert E. Rothenberg, M.D.

Editor, Medical Encyclopedia Vol 3, 1976.

### **How do you get them?**

One of the quickest ways for parasitic larvae to enter your body is through contaminated, improperly washed or cooked foods. Being around animals can also easily lead to problems. Even walking barefoot can lead to infestation. Drinking contaminated water is a very common way for parasites to enter the body and as has been frequently reported in the media, this is increasingly an American problem and not just a Mexican or third world problem.

Frequently we are asked how cleaning the what cleaning the colon has to do with parasites. The best answer to this question comes from the pioneer of colon research and therapy in the US, Dr. Bernard Jensen, who said:

"...the average person over 40 has anywhere between 5 and 25 pounds of buildup in their colons. Parasites of all sizes thrive in this indisposed residue of fecal matter slowly but surely toxifying the body."

Many believe that **Perma-Guard FSF** is capable of gradually removing all of this mucoid buildup in your colon, thereby exposing the parasites and the larvae to the effects of Diatomaceous Earth and putting an end to their existence in your gut.

Those who eliminate parasites always happily proclaim just how much more energy they have afterwards. So give it a try yourself.

Shadow Ridge now has available **Perma-Guard FSF**, a natural rock phosphate powder that shreds all parasites nesting within intestinal walls. These parasites cause chronic problems undetected by physicians. In powder form (convenient for pets and people), knowledgeable biochemists suggest "worming" two or three times a year for prevention.

**Perma-Guard FSF** and worms are natural enemies. The diatomaceous earth acts like ground glass and cuts the segments and eggs that are released, as well as damaging the worm itself, causing it to let go. Worms finding themselves surrounded by **Perma-Guard FSF** move out. Worms cause anyone to be more susceptible to diseases, and have been said to cause overweight and underweight problems. Statistics show that in certain areas more than 90% of the people have worms.

**Perma-Guard FSF** works in the intestines. Worms are obtained from pets, going barefooted, eating raw, unwashed vegetables, shaking hands with people who have pets, picking flowers, and many other ways. The second, third and fourth day after taking **Perma-Guard FSF**, when lots of worms are present, there is a tendency for most people to feel below par, and some folks have been accused of "getting up on the wrong side of the bed." This is a sure sign that **Perma-Guard FSF** was needed.

Continue to follow instructions and see what happens! You will probably feel better than you have for a long time.

Adults: 1 heaping teaspoon of **Perma-Guard FSF**, three times daily just before meals for one month.

Children (4-12): One half adult dosage.

Small Animals: Mix half a teaspoon of powder in food every day.

Try not to miss one single day. We don't know when the eggs are dropped. If you miss a day, you'll have to start over again.

How many times a year? Every six months (Twice a year)

However, If there are pets in the house...Increase the frequency to 4 times a year and give the powder to the pets, per label instructions year round.

**Diatomaceous Earth is parasite-specific. 1 level tablespoon may be taken as needed while traveling after eating a suspected meal to prevent parasitic infestation.**