

# Parasites and Allergies – Paradise Lost in a Parallel Universe

by Simon Yu, MD

Allergy problems have been on the rise for the last 50 years. Over 20% of the U.S. population is suffering from allergy related problems. This increase has coincided with the increase in the incidence of all chronic degenerative diseases such as diabetes, heart disease, irritable bowel syndrome (IBS) and cancer.

Asthma is the most well known potential life threatening medical condition associated with allergies. There has been a dramatic rise in morbidity and mortality from asthma for the last 50 years despite aggressive medical treatments to control the asthmatic symptoms. Allergy related symptoms are only the tip of the iceberg for more serious medical problems one is likely to encounter later.

Allergies have been associated with a whole list of symptoms including asthma, eczema, irritable bowel syndrome, ADD/ADHD, chronic sinusitis and bronchitis, canker sores, bedwetting, ear infections, dermatitis and hives, joint pain, behavioral problems and migraine headaches. This is only a *partial* list of allergy related symptoms.

How could it be possible for simple allergies to create so many disabling and destructive medical problems? What is a missing link between the allergy, allergy treatment and understanding the cause of the problems?

Allergies can be classified into three major categories: food allergies, non-food allergies, and environmental and chemical sensitivities. Food allergies, one of the most common yet overlooked allergies, have been associated with leaky gut, yeast and parasites. Parasites and other hidden microbes infest not only the intestinal tract but also migrate into the liver, gallbladder, pancreas, lung, stomach and every part of the organ system. As an example, night coughs and asthma have been frequently associated with *Ascaris* (roundworms) in the lung. Bloating, flatulence, nausea, and change in appetite have been associated with gallbladder/liver involvement from *Strongyloides* (parasites) or liver flukes (another form of parasites).

Allergies and parasites are intimately related from an alternative medicine perspective. Yet they seem so far apart in the conventional medical understanding of the role of parasites in allergies. Unfortunately, parasite infestations are hard to detect by the current medical tests of standard blood tests, stool ova and parasite evaluation. Most of the parasites are deeply embedded in the organs and very difficult to eradicate. They reproduce quickly and migrate to different parts of the body.

Elevated IgE or eosinophils in the blood may give a clue for parasite infection and allergy problems. I have been treating my patients for parasites based on information from the Acupuncture Meridian Assessment (described in an article on my web site). Often my patients' allergy symptoms improve when the parasites are cleared. Some parasites may have lived in your body for over 20-30 years. They "become a part of you" by being intimately connected to whatever chronic medical conditions you have.

There can be many species of parasites infecting different parts of one's organs at the same time. Specific treatment may be required for each parasite. In alternative medicine, some natural herbal remedies, such as wormwood, black walnut husk and clove oil, are often used for parasites. However, these are often not strong enough to eradicate the parasites which have been embedded deeply into one's organs. These cases often require multiple high doses of pharmaceutical parasite medications such as mebendazole, albendazole, tinadazole, praziquantel, metronidazole, ivermectin and levamisole in

conjunction with herbal parasite remedies. When the patient receives the right medications for the correct dose in a proper sequence, the response can be dramatic.

Conventional medical treatments for allergy related symptoms are mainly designed to suppress the symptoms with antihistamine medications, H-1 and H-2 blockers and a variety of steroid preparations. None of these treatments correct the underlying problems. They may even create a condition for the proliferation of chronic degenerative medical conditions later in life.

Allergies are very complex immune system related problems. Parasites are only one example of the causes of allergies. One should also explore for other potential problems such as environmental pollution, heavy metal toxicity, hidden dental problems from the wrong dental materials, and unresolved emotions that trigger responses which mimic the allergic reactions.

Too many people are suffering from a variety of allergy related symptoms. Conventional medical professionals are too eager to treat the *symptoms* with medications without recognizing the *multiple, hidden, correctable causes*.

The only reliable proof we have for the cause and effect relationships of parasites and allergies is based on clinical observation of the improvement of allergy symptoms with properly prescribed medications for the parasite infections. Unfortunately, the connection between parasites and allergy symptoms has not been well recognized. Therefore, many people are needlessly suffering. For those sufferers, their paradise is lost in the unrecognized parallel universes of parasites and allergy symptoms.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at [www.preventionandhealing.com](http://www.preventionandhealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



Simon Yu, M.D.  
Prevention and Healing, Inc.  
11710 Old Ballas Rd., Suite 205  
St. Louis, MO 63141  
314-432-7802  
[www.preventionandhealing.com](http://www.preventionandhealing.com)

***Weaving Internal Medicine with Alternative Medicine to Use the Best Each Has to Offer***