

Understanding How Fungus & Parasites Affect Your Health

Fungus

Every year millions of Americans are afflicted with fungal infections. Scientists have discovered that fungal infections have reached epidemic proportions and are increasing by as much as 25% a year. Americans are the most fungal infested people in the world and are becoming increasingly more affected with an increasing variety of molds, yeasts and fungi.

Fungus is a type of microbe that lives off of dying tissue and tends to grow in numbers when the "host" is diseased. Fungi, under normal healthy conditions, can live in the human body in balance. It's only when the body starts to weaken that the billions of fungi that inhabit the body start to multiply. Once they overpopulate, they can cause extensive disease, disability and death.

Fungus is extremely difficult to control or eliminate. Yeast or fungal infections indicate poor or compromised health. American's consumption of sugar is the highest in the world. Sugar is the number one contributor to fungus and yeast overgrowth. Other substances which contribute to an overabundance of yeast include alcohol, antibiotics, anti-inflammatory drugs, birth control pills, radiation and chemotherapy.

Once established, these invasive, aggressive organisms release fungal toxins that poison the immune system. It also has the ability to alter the structure of its cell walls to avoid destruction by white blood cells. Fungus is able to survive the powerful hydrochloric acid in the stomach. Fungi are greater survivalists than the human race itself and are always working to evade the chemical assaults aimed at them.

The end result is the preservation of the fungi due to its ability to disarm the immune system. Extensive disease can and usually ensues.

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Parasites

An animal or plant that lives on or in another organism from which it obtains nutriment. Parasites can be said to be always injuring, and without contribution to survival. We at **Acacia Whole Health** only concern ourselves with parasites living in the body, which is the "host" or the food source to the parasite.

Over 1/3 of the population of the United States is infected with some 130 different kinds of parasites, ranging from foot-long worms to microscopic organisms. Even though parasites are sometimes not even considered by many physicians, they can live in every organ in the body and can be the cause of many illnesses. Dr. Louis Parrish, a New York physician wrote that he estimated 25% of the New York metropolitan area is infected with Giardia Iamblia, a water borne parasite.

Projections for the year 2025 suggest that more than half of the 8.3 billion people on earth will be infected with parasitic diseases. Some of the reasons for the dramatic increase in the U.S. of parasites are the contamination of water supplies, the use of antibiotics and immunosuppressive drugs, increased frequency of international travel, influx of refugee and immigrant populations into the U.S., increasing use of day-care centers, household pets, armed forces returning from foreign countries and people having multiple sexual partners.

Parasites enter our bodies from infected food or water, via a transmitting agent, such as a mosquito, etc. They may also enter through sexual contact and by breathing contaminated dust or through exposed skin. Airplanes traveling to foreign lands bring in a multitude of parasites and diseases never before encountered in the U.S.

The following are some of the symptoms of parasite infection: constipation, diarrhea, gas and bloating, irritable bowel syndrome, joint and muscle aches, allergies, nervousness, anemia, skin conditions, teeth grinding, sleep disturbances, chronic fatigue and immune disorders.

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Healing Crisis

Have you ever had anyone tell you they were feeling better before they started on a new health program? Perhaps you had such an experience in which after taking a recommended health tonic your symptoms increased and/or worsened. This is quite a common occurrence and is referred to as a "healing crisis". If experienced, it usually lasts from 2 days to a week. It can be an entire range of symptoms from headaches to diarrhea to fever or just feeling tired and out of sorts.

To briefly illustrate how the natural healing process works, let's take an example. You get a cold, the body develops a sore scratchy throat, then a slight fever is noticed. The body heats to kill the bacterial infection, the symptoms decrease and within a few days you're feeling back to normal. The fever is designed to slowly kill the disease-causing organisms. This guarantees that the body does not become overloaded with residual toxins and can detox naturally.

The increased symptoms in a healing crisis are a result of using the correct therapy to empty storage areas filled with toxins and then to expel the accumulated wastes from the body. If there have been a multitude of illnesses in a patient's history, the detoxification process can take the body through a series of regressions actually mocking the symptoms of each illness. Most often when the healing symptoms are profound, a slight adjustment in the dosage treatment can lessen the symptoms and allow you to feel better immediately.

Drinking plenty of fresh, pure water (no tap or distilled water) and regular and complete elimination is key to flushing the toxins from the body. Contact **Acacia Whole Health** to set-up an appointment today.

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