



Eliminate Parasites Naturally

自然清除寄生虫

Parasitic infections are much more common than you think! In fact, it is estimated that up to one third of people around the world will suffer from some form of infection caused by parasites during their lifetime. This is not just common in underdeveloped countries, but also in urban areas. Parasites can be contracted in different ways — through contaminated food, undercooked meats, water, unclean fruits or vegetables, and even through the soles of your feet!

Once someone has been infected, it can be easily passed along through touch, sharing food, or even shared contact of common surfaces such as door knobs, faucets, etc.

There are many different kinds of parasites, some as small as a single cell and others visible to the human eye. Because they come in different forms, they can cause a variety of harmful effects on your health. Some feed off the nutrients that you consume in your food, some lay eggs in your body causing irritation or even insomnia, while others feed off your red blood cells causing anaemia.

Symptoms of parasitic infections range from digestive problems, trouble sleeping, skin irritations, unexplained body aches, fatigue, not feeling satisfied after meals, to being diagnosed with iron-deficiency anaemia.

It is important to maintain a healthy gut through natural methods such as diet or supplements in order to prevent or decrease your risk of suffering from a parasitic infection.

Allow us to introduce you to some super-foods that help to eliminate and prevent parasites the **natural way!**

Garlic

Garlic is one of the best foods for preventing parasitic infections in the body. Garlic contains allicin, which has shown to get rid of parasites in both test tubes and animal studies. In addition to parasites, it is also useful for killing harmful bacteria, viruses, fungi, yeasts and mould that can cause serious health problems in the body. It has broad spectrum antibiotic properties, and is very helpful as a dietary component. Garlic can be taken in its raw form, or for added convenience, taken in a capsule form such as with **NewLife™'s Garlic & Parsley Oil**.

寄生虫感染其实比您想象中更加司空见惯！根据估计，世界上多达三分之一的人在其一生中经历过寄生虫所引发的疾病。这情况不只是发生在落后的国家中，也可能发生在城市地区。寄生虫透过不同的媒介传播，例如被污染的食物、未煮熟的肉类、水、不干净的水果或蔬菜甚至通过脚底！

一旦有人受寄生虫感染，寄生虫病可轻易传播开来，例如通过触摸、共享食物，或甚至接触过共用物体的表面，如门把手、水龙头等。

寄生虫的种类很多，有些细小如细胞，而有些则连肉眼也可看见。由于种类不同，因此它们所带来的健康危害也有很多方面。有些会夺取宿主的营养物质、有些可在体内繁殖而引发敏感或甚至导致失眠，而有些还会吸取红血球可造成宿主贫血。

寄生虫感染的症状包括消化不良、辗转难眠、皮肤过敏、原因不详的周身痛、疲劳、餐后没饱足感、被诊断为缺铁性贫血症等。

因此，通过自然方法维持肠道健康是非常重要的，您可通过饮食或摄取营养补充剂来预防或减低患上寄生虫感染的风险。

让我们向您介绍一些可有助您自然清除和预防寄生虫的天然超级食物：

大蒜

大蒜是预防感染寄生虫的最佳食物之一。试管和动物研究证实大蒜所含的大蒜素有消除寄生虫的功效。除了消除寄生虫，它还可有效摧毁可引发严重健康危害的有害细菌、病毒、真菌、酵母菌或霉菌。它具有广谱性抗生素特质，非常适合作为膳食营养的一部分。大蒜可以生吃，或为了更加方便，也可选择食用蒜胶囊片如**新生命的大蒜与欧芹油**。

Probiotics

A healthy bacterial environment is essential for preventing parasitic infections in the digestive system. This is where “friendly bacteria” are particularly effective! Probiotics help to encourage better bowel movement and immunity to fight the incubation of parasites. Each sachet of **NewLife™'s Immuflo®** contains 10 billion cells of *Bifidobacterium longum*, 1 billion cells of *Lactobacillus acidophilus*, and 200mg of Fructo-Oligosaccharides, which acts as food to support the reproduction of these friendly bacteria in the digestive system.

Psyllium Husk

Another way to get rid of parasites is to simply flush them away naturally with foods rich in fibre. One of the most effective means is through the regular consumption of psyllium husk. Derived from the seeds of *Plantago ovago*, the soluble fibre helps to remove toxins from the colon and is especially useful in cleaning out pockets in the colon wall. It helps to cleanse the bowels and encourage the elimination of parasites through the faeces. Maintaining a healthy colon is essential to overall health and also for preventing potential harmful parasitic or bacterial infections. **NewLife™'s Herbal Klenz Powder** is not only rich in psyllium husk but also contains other detoxifying herbs to enhance the health of the digestive tract.

Castor Oil

Used for centuries as a natural solution to many ailments, castor oil is an excellent, natural way to clean your colon and remove parasites. Take 1 tablespoon of castor oil followed by some warm water or juice. Castor oil when consumed can act as a laxative to eliminate parasites. It is highly recommended by many natural practitioners.

NewLife™'s Pure Castor Oil is of British Pharmacopoeia quality. It is cold pressed, cold processed and not solvent extracted. It is 100 % pure and contains no artificial ingredients.

More Tips!

Other foods that are helpful in preventing or eliminating parasites in the body include coconut oil, apple cider vinegar, papaya, green onions, carrot or cranberry juice and more. While it is important to include these foods in your diet, it is also important to stay away from foods that encourage infections such as sugars and refined carbohydrates.

It's time to bid goodbye to pesky parasites and say hello to a healthier you!

益生菌

一个健康的细菌环境对预防消化道内寄生虫的感染问题非常重要。这就是“友好细菌”发挥特别有效功能的地方！益生菌可帮助促进排便功能和提升免疫力，以对抗寄生虫在体内繁殖。每一包的新生命免疫激活菌含有高达100亿个长双歧杆菌与10亿个嗜酸乳杆菌的两种益生菌以及200毫克的低聚果糖（益生元）——可促进消化系统内益生菌的增殖，号称益生菌的粮食。

洋车前子

另一种自然清除寄生虫的方法就是服用高纤维食物以将体内寄生虫随着粪便排除。其中最有效的方法就是通过定期摄取洋车前子。从车前籽提取的可溶性纤维可帮助清除大肠毒素，尤其对清洁结肠壁上的憩室特别有效。它也可帮助清洁肠道，促进寄生虫随着粪便排出体外。保持健康的结肠对整体健康和预防潜在有害的寄生虫或细菌感染非常重要。新生命净化粉不但富含洋车前子，还含有其他多种可促进消化道健康的排毒草药。

蓖麻油

几个世纪以来，蓖麻油早已被广泛作为治疗许多疾病的天然药方。蓖麻油是一种优良的治疗用油，可天然清洁肠道和去除寄生虫。吞服一汤匙的蓖麻油后，再以温水或果汁送服。食用蓖麻油有通便作用可清除寄生虫。因此蓖麻油广受自然疗法师的强烈推荐。

新生命纯天然蓖麻油通过英国药典质量的认证。它经过冷压、冷加工和无溶剂萃取的过程提炼制成。100%纯天然，不含任何人工成分。

更多小贴士！

其他有助预防或清除体内寄生虫的食物还包括椰子油、苹果醋、木瓜、青葱、胡萝卜或蔓越莓汁等等。饮食中包括这些食物固然重要，但也要同时远离糖类或精制碳水化合物，因寄生虫最爱含有糖分的环境。

是时候告别可恶的寄生虫，欣然迎接一个健康的您！

