

PARASITES and the Elimination Protocol I did for myself: Rev 3-23-26. This is my own plan and is referenced for educational and entertainment purposes only. It is not to be considered official medical advice.

TLDR: If you don't have time right now to read all the stuff below, here is a brief summary of what I did for myself:

I used both Nitazoxanide and Ivermectin from GrantPharmacy.com or other source, and Fenbendazole as Panacure for horses, which is easily available from farm supply stores. At present I think starting with Fenbendazole makes sense. It is extremely safe even at large overdose as they tested in animals. It gets into the brain, and is easy to obtain. I get mine on line from either Amazon or Chewy. (Of course I use it for my cats, because I would never violate any policy in regard to taking a perfectly effective drug that was only meant for animals.)

Dosage:

Fenbendazole: goes by weight: I pretended I was a 160 lb. horse and dialed the ring down to dispense that amount for a 160 lb horse. I squirted into my mouth and washed down with some drink. (Not a martini—I am talking water or juice etc.)

Ivermectin: Average adults for gut parasites is 12- 24 mg daily unless heavier than 300 lb. If you have cancer you might want to look at Fenbendazole.org for the dosing Joe Tippens did.

Nitazoxanide: 500 mg twice a day as a tablet.

1. **Getting Started:** Because it was readily available, I began with Fenbendazole as Panacur-C for horses that comes in a big plastic syringe pack for squirting in the mouth. (There is also same for dogs.) I dosed myself at the dose given on the syringe for animals. It goes by poundage. I squeeze the white cream at a dose for a 160 lb horse (I am roughly that weight) into my mouth and wash it down with something with flavor. I started by taking the medicine 3 days on, 4 days off. I found Thurs, Fri, Sat easiest to take meds, then not worry during week.

I think it is a good idea to use a toxin binder on the same days you do the parasite medications, to soak up any heavy metals that come out of the dead parasites. I use the really great toxin binder that is on my site, made by the Group Lab. Dr. Ardis uses apple pectin.

2. It is good to monitor stools to see the effect. If I don't see any stool changes after 4 weeks, I change medicine. But generally, I have been doing this for 2.5 years and I ALWAYS still see things like—change in color, change in gas and odor, more volume, different roughness and general appearance. It first I saw bubbled coming out of the stool and creepy rolling of the stool in the toilet. But that went away quickly. Keep in mind I had pre-cancer symptoms, but couldn't figure out where my problem was. I grew up around farms and outside and with animals. Other things you might see: black specks, visible parasites, watery possibly explosive stools, black copious stools that revert to brown after a couple days. Stool changes usually start 2-3 days after the dosing. Some people will experience a dramatic change in waist size—like debloating.

Any such changes mean you are on the right track.

3. The 8 week mark: After 8 weeks of this I was still having changes in my stools so I kept going on the same drug. If I didn't see anything in my stools during a 4-8 week period, I would use Ivermectin or Nitazoxanide. Nitazoxanide requires a decent liver so I don't start there. (More on this below.) If you have been shed on or took the vaccine I would try to use Nitazoxanide at some point because it is effective against weird organisms such as Hydra, and we don't still know what people were being dosed with.

If you decide to do this, it may take you 4 years to eliminate your parasites. Don't ever quit completely. The best you can do is monthly, because they double every 2 hours on average, and you don't know how many are left behind. Generally, people start 3 on 4 off, and when stable start adding off days. So you might take 3 on 6 off, then 3 on 10 off, then twice a month. I would love to get down to 6 days around the full moon once a month. The little stinkers hatch out on the full moon particularly, but can come out if their cysts anytime. When you have enough coming out of cyst hibernation you can experience night sweats, weird body odor, and carbohydrate craving. I start an extra or early dosing cycle if that happens.

4. Watch for these symptoms.

a. Cold or flu like symptoms—sneezing eye watering, wheezing, runny nose, stuffy nose, muscle aches, fevers chills, rash, malaise etc. result from killing too many parasites at once. You are having a Herxheimer Reaction which is a “histamine” reaction to dead parasites floating around. An anti-histamine may help the symptoms. But this problem means you have to go slower. Instead of 4 days off, go to 3 days off or 2 days off—whatever it takes not to have too many

parasites hatch out at once. (In other words instead of 3 on 4 off, go to 3 on 3 off, or 3 on 2 off). It is the off time that allows the parasites to get away from you resulting in the next dose killing too many parasites all at once. Treating more frequently avoids that.

b. If this Herxheimer reaction happens with the very first dose of medication, cut the dose in half for a few cycles and slowly increase dose to normal starting amounts.

Other General Principles of Parasite Elimination.

This is not intended to take the place of competent medical advice, but sadly most physicians in America do not believe parasites infect humans in first world countries. I have several videos to explain the issues of parasites and how to treat them on my website **TheMedicalRebel.com** and on my rumble channel linked at that site or search “channel” on Rumble for The Medical Rebel. You can sign up for the weekly podcast at TheMedicalRebel.com where we have guests and at least once a month I do live Q and A.

The basic principles to consider with parasitic infestation are these:

- There are a variety of parasites that infect humans—some large and visible to the naked eye, some microscopic. Although not generally recognized, it appears that most humans have one or more parasites—even in modern first world countries. If your animals need “deworming” so do you. In an autopsy study of Multiple Sclerosis (MS) patients 100 % who died from the disease, had parasites in the brain and spinal cord. German Researcher Dr. Alfonse Weber showed that 100% of Cancer patients have parasites in their blood stream and interstitial tissue. This was known in 1890 by a famous pathologist William Russell MD. The medical establishment buried the information.
- Parasites may give you no obvious symptoms, but can explain many otherwise unsolvable problems—dietary deficiencies, inflammatory disease, night sweats, bloating, other digestive issues, abdominal pain, sweet and food cravings, fatigue, muscle and joint pain, skin rashes, (especially rosacea a flushing pink facial rash), anal itching, vaginal itching, fever, anemia. In my opinion, before immunosuppressive drugs are started, anyone with autoimmune disorder should be treated with some parasite protocol.

- Parasites are everywhere, and it is impossible to completely avoid infection. This is not just about cleanliness. Some parasites can be acquired from undercooked or raw food, but many are in the environment. 27% of city water from kitchen taps showed *Cryptosporidium Parvum* in a parasitology study. If you have animals you have parasites.

- Parasites all have lifecycles that include egg sac production. Once you are infected, the mother parasite will lay between 20,000 – 200,000 eggs a day that are “encysted” in an egg sac in various parts of the body. As long as the mother is alive she produces a chemical or something that inhibits eggs from hatching. But once the mother is killed, eggs will hatch and reinfect the gut or liver or wherever they naturally live. To rid yourself of parasites you need to treat both the parent and the egg sacs. Which is why it takes time. This is not “one and done”.

Many cases of chronic inflammatory disease are the result of the body trying and failing to destroy the many egg sacs. Obviously, left untreated you will be hosting more and more egg sacs and the body will become more and more inflamed trying to rid itself of these foreign invaders.

- Effective treatment to treat both the adult parasites and egg sacs requires cycling the treatment. In my opinion, constant treatment with any drug will not rid you of the egg sacs and your body inflammation will continue.
- You can be tested with stool specimens for parasites, but given the prevalence of unrecognized parasitic disease, and the chance of not seeing parasites which are in you, I am not sure that is worth the cost unless you have failed to benefit from treatment. Or you might want to pay for testing to monitor progress.
- A number of drugs have been used for treatment. Most drugs have an excellent safety profile. Newer drugs are being developed but many of these do not have testing for safety on humans. I believe, for this reason, older drugs are better to choose.
- In the absence of known inflammation or medical issues referable to parasites, adults should probably treat themselves for two months using one of the listed drugs and preferably varying it with another drug with slightly different action. I am showing you all the options below, but I’m telling you what I did, and am continuing to do.

- For smaller children, less time may be needed and at less dose. I would try to find a competent pediatrician for this.
- Lifetime maintenance is required, and I know doctors who treat themselves and their families monthly.
- If you have MS or other neurological issues be aware that parasite die off may cause inflammation and swelling of the brain. It is a good idea to start treatment under the care of a physician, but if not possible, consider beginning with half dose for the first cycle and be prepared to visit a physician if you develop significant headache, blurred vision or any unusual/ new neurological symptoms.

• **Overview of Some Other Drugs that treat parasites CDC guidelines:**

Albendazole: Specifically for brain cysts/ parasites. For adults over 120 pounds, 400 mg twice a day for 5 days. Stop for any headache or blurred vision that could indicate brain swelling from killing worms. In this case consult a physician.

Drugs that paralyze roundworms but wont kill them:

Pyrantel Pamoate. Use dosage on the box, Sold for pinworms OTC in pharmacies.

GI Cleanse: An herbal formula of Wormwood (Artemisia), Pumpkin Seed, Papaya Seeds, Black Walnut hull, and Cloves has no downside, and can be used for a six week treatment. Use twice a day on an empty stomach. This may be a cost effective readily available maintenance program once you are sure you have killed the intracellular and encysted or central nervous system parasites. For younger people with less risk of deep seated cysts this may suffice for a 2-3 times a year cleanse. See Shop site at TheMedicalRebel.com.

Some Official Recommendations from our Medical Authorities

Here is the CDC guidance for parasites considering refugees coming to America: Presumptive parasite treatments: albendazole (for soil-transmitted helminths), 400 mg for refugees ≥ 2 years old, 200 mg for children 12-23 months of age; ivermectin (for Strongyloides), 200 $\mu\text{g}/\text{kg}$ once a day for 2 days for adults and children weighing $\geq 15\text{kg}$; and praziquantel (for schistosomiasis), 40 mg/kg divided in 2 doses for adults and children ≥ 4 yo.

<https://www.cdc.gov/immigrantrefugeehealth/guidelines/overseas-guidelines.html#pt-table2>

https://www.ema.europa.eu/en/documents/variation-report/panacur-aquasol-v-c-2008-x-03epar-assessment-report-extension_en.pdf