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Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

In this Newsletter:

“Parasites and Your Health: Understanding the Hidden Infection Affecting Energy, Digestion, Immunity, and Whole-Body Wellness”, “Could Parasites Be Affecting Your Health?”, “What You Need to Know.”

Could Parasites Be Affecting Your Health?

Understanding the Hidden Infection Affecting Energy, Digestion, Immunity, and Whole-Body Wellness

What Are Parasites?

Parasites are organisms that live inside or on another living host and survive by taking nutrients from that host. While many people associate parasites only with contaminated water or foreign travel, parasitic infections are more common than many realize and can affect individuals anywhere in the world. Parasites may enter the body through contaminated food or water, undercooked meat, insect bites, exposure to animals, poor sanitation, or environmental exposure.

Some parasites are microscopic, while others may live within the digestive tract for years without being detected. Over time, they can disrupt normal body function and contribute to chronic symptoms that are often overlooked or misdiagnosed.

How Can Parasites Affect the Body?

Once inside the body, parasites can interfere with digestion, weaken immune defenses, and contribute to inflammation throughout the body. Because parasites feed off nutrients intended for the body, they may contribute to nutrient deficiencies, fatigue, and weakened immunity.

Parasites can also release toxins and waste products that place stress on the:

- **Digestive system**
- **Liver and detoxification pathways**
- **Immune system**
- **Nervous system**
- **Lymphatic system**

Chronic parasitic infections may contribute to ongoing inflammation and may impact overall wellness and quality of life.

Common Symptoms of Parasites

Symptoms of parasites can vary widely from person to person and may mimic many other health conditions. Common symptoms may include:

- ✓ **Bloating and abdominal discomfort**
- ✓ **Gas, constipation, or diarrhea**
- ✓ **Nausea or digestive upset**
- ✓ **Fatigue and low energy**
- ✓ **Brain fog or difficulty concentrating**
- ✓ **Skin rashes or itching**
- ✓ **Sugar cravings**
- ✓ **Anxiety or sleep disturbances**
- ✓ **Headaches**
- ✓ **Food sensitivities**
- ✓ **Unexplained weight changes**
- ✓ **Weakened immune function**

If symptoms persist despite dietary or lifestyle changes, a comprehensive evaluation may help identify underlying contributors.

Integrative Approaches to Parasite Support

At Advanced Integrative Care, we take a comprehensive, whole-body approach to supporting patients with suspected or confirmed parasitic infections. Treatment plans are individualized based on symptoms, medical history, laboratory findings, and overall health goals.

Conventional medical treatment may include prescription antiparasitic medications when clinically appropriate. Integrative therapies may also be used to help support detoxification, reduce inflammation, strengthen the immune system, and restore gut health during recovery.

Advanced Integrative Care Parasite Support Protocol

Our personalized protocols may include:

- Functional and medical evaluation
- Nutritional counseling
- Gut healing and digestive support
- Herbal antimicrobial support
- Probiotics and microbiome restoration
- Liver and lymphatic detoxification support
- Immune-enhancing supplementation
- Hydration and electrolyte support
- Lifestyle recommendations to reduce reinfection risk



Common Screening Categories

1. Gastrointestinal Symptoms

- Do you experience frequent, unexplained diarrhea, loose stools, or watery stools?
- Do you suffer from chronic abdominal pain, cramping, or bloating?
- Do you notice excessive gas or foul-smelling flatulence?
- Have you observed blood or visible mucus in your stool?
- Do you experience frequent nausea or unexplained vomiting?

2. Systemic & Neurological Symptoms

- Do you experience chronic fatigue, weakness, or brain fog?
- Have you noticed unexplained weight loss despite an increased appetite?
- Do you suffer from insomnia, frequent nighttime waking, or restless sleep?
- Do you experience teeth grinding (bruxism) while sleeping?
- Do you have unexplained muscle aches, joint pains, or physical exhaustion?

3. Skin & Immune Reactions

- Do you have unexplained skin rashes, bumps, hives, or intense itching?
- Do you suffer from intense rectal or anal itching, especially at night?
- Have you developed new, sudden food or environmental allergies?
- Have you been diagnosed with unexplained anemia or iron deficiency?

4. Exposure & Travel History

- Have you traveled outside the United States or to regions with poor sanitation?
- Have you swallowed untreated water from lakes, rivers, or streams while camping or hiking?
- Do you regularly consume raw or undercooked meat, pork, or seafood?
- Do you have close contact with pets or livestock that hunt or spend time outdoors?
- Do you work in a childcare facility or a high-density institutional setting?