

Natural Help 4...

Threadworms



What are Pinworms?

Pinworms are described as **tiny, white, thread-like worms that can live in the bowels**. Children under the age of ten years old are extremely susceptible to these types of worms but they can affect adults. They are not harmful and easily treatable.

Symptoms and signs

- Itching around the anus
- Lack of appetite
- Pain while eating
- Vomiting

Diagnosing Pinworms

The **diagnoses of Pinworms** are based on the symptoms and a physical examination. Your doctor may take a **swab sample from the anus area** to collect the eggs that are then sent to the laboratory for further testing.

What Causes Pinworms?

Pinworms are usually spread through children who then pass the infection from person to person. The female worm then ventures out of the infected child or adults anus at night to lay eggs on the anus while he or she is asleep. As a result, **intense itching and scratching occurs and the eggs are transferred to the fingers**.

Because the **eggs are caught under the fingernails**, they will now infect anything (such as food, towels, toys etc) that they come into contact with. These eggs may also drop off, for example if shaken off bedclothes and form part of the household dust.

Help for Pinworms

Threadworm can be **treated with conventional medication** such as mebendazole (Vermox) and can be administered as a single dose. Medication may be in the form of either tablets or a powdered drink to make it easier for the child to ingest, yet these medications are seldom pleasant tasting.

If your child has been infected, it is advisable that the entire family be treated at the same time. Treatment needs to be repeated after two weeks to avoid



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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

re-infestation together with practicing good hygiene habits.

Herbs and homeopathic remedies are a more natural and gentler alternative to keeping the intestinal system worm-free. Use herbs such as *Glycyrrhiza glabra* (licorice root), *Agrimonia eupatoria* (Agrimony), *Althea officinalis* (Marshmallow) and *Artemisia africana* (Wormwood or Wilde-Als) to soothe the digestive tract and support the immune system.

In addition, homeopathic ingredients such as *Chamomilla* and *Cina* **promote balance and harmony in the digestive system** and help to keep the body free of intestinal worms & parasites.

Tips to prevent Pinworms

- Wash your hands frequently – before eating, when preparing food, after visiting the bathroom and after playing with pets to remove eggs and bacteria from the anal area
- Keep finger nails short and scrub them regularly
- Let infected children wear cotton gloves when sleeping to prevent scratching
- Bath or shower every morning and evening, and wash around the anal and vaginal areas
- Change underwear and pajamas daily
- Avoid sharing personal items such face flannels, towels, or hair brushes
- Discourage your children from sucking their fingers or biting their nails
- Keep your living area clean and remove all dust by vacuuming regularly
- Avoid eating in the bedroom
- Change bed sheets regularly
- Disinfect your toilet seat and handle as well as door handle regularly with natural, environmentally friendly detergent

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Worm Dr.: Support digestive health and intestinal balance for a parasite-free body

Worm Dr. is 100% safe and natural herbal remedy that supports the immune system and digestive health, helping to keep the digestive environment **free of any overgrowth** of intestinal parasites.

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