

**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 from GrantPharmacy.com or other source, and Fenbendazole which is easily available from farm supply stores. (Both these drugs have been tested in humans and have very high safety margins. I'm not aware of side effects at normal doses except those from the elimination of parasites—see below.

I began with Fenbendazole as Panacur-C that is available for animals. I later got pills of Fenbendazole for ease of use from Grant Pharmacy overseas. I dosed myself at the dose given on the syringe for animals. It goes by poundage. I squeezed the white cream at a dose for a 150 lb animal (I am roughly that weight) into a glass and added water, then gulped it down. Some sticks to the side so I add more water, stirred, and repeated.

I did this for three consecutive days, then 5 days off, then repeated.

After a few cycles, I had received the Nitazoxanide from the above source, and did a few cycles with that drug (which is the bomb for intestinal parasites). I took the 500 mg tablet twice a day for three days and then 5 days off. I used this for several cycles often interspersing with a cycle of Fenbendazole.

With both treatments I saw obvious effect in my stool. (Often blackish for several days after the treatment, or with black specks in the brown, or very soft etc.).

I alternated these drugs for about 6 mo. I tried stopping earlier, to go to monthly maintenance, but when I did so, I got sneezy, eye watering, etc. consistent with mild Herxheimer reaction from too many dead parasites. That told me I still had egg sacs in need of hatching out. I then went back to cycling 3 on 5-7 off and slowly increased the "off time". Later I did give myself two weeks between doses, but when I did that too early I would have again these symptoms.

Now I do monthly treatment with one of these drugs, and in addition, I am using Chlorine Dioxide drops that I drink daily, and do the bath. (See Chlorine Dioxide How To on the front of the website.) I'm about to start the GI cleanse on my website, which I did not know about before, but using this herbal in the off days during acute treatment may be beneficial.

### **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. A full video discussion of parasites by me and Dr. Ardis is available by signing up for the weekly podcast at TheMedicalRebel.com 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 a recent autopsy study of Multiple Sclerosis (MS) patients who died from the disease, ten

out of ten (100%!!!) actually had parasites inside the central nervous system including nematode small worms in the brain.

- 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. Cancer may be caused by the chronic egg sac inflammation or may actually be confused pathologically with egg sacs. How many deaths might have been avoided by pursuing this line of inquiry?
- 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. If you have animals you have parasites.
- Parasites all have lifecycles that include egg sac production. Once 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 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. Many cases of chronic inflammatory disease are the result of the body trying and failing to destroy the 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. 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, 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.
- Once you begin treatment, you may experience diarrhea or altered stools, gas, etc. It is important to space treatments no longer than 2-3 weeks between treatments. This is referred to as “cycle length”. If you do longer cycles, you may allow a larger number of eggs to hatch and grow. Then when you next do a treatment, you can have such a large parasite “die off” that you get a significant allergic reaction to the dead parasites—called a Herxheimer reaction after the doctor who first described the phenomena. This reaction most commonly starts with histamine release giving you sneezing, watery eyes, stuffy nose etc., but may progress to fever, rapid heart rate or palpitations, chills and sweating, shortness of breath, brain fog, headache, pains and aches in the brain muscle and joint, ringing in the ears, swollen glands, insomnia, itching, digestive issues, general feeling of sluggishness, and unstable emotions. Again, this is generally avoided by using short cycles for a while.
- 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 here is what I did, and am continuing to do. then be on a monthly maintenance treatment. 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.

**Overview of Some Drugs that kill parasites:**

Panacur C (Fenbendazole): can be obtained from farm stores. It has been used at 1 gram for each 10 lb of body weight for parasites, three days in a row, repeat every 2 weeks for 2-3 months. Studies have shown doses up to 2000 mg showed no adverse effects<sup>1</sup>. 1 gram of the paste is 100 mg of Fenbendazole. But the “cancer” treatment being used by many people (that is probably treating parasites) is 222 mg/ day x 3 days then stop for 4-5 days and repeat. For me, I have erred on the down side and split the difference. Tablets are 1.5 gram, which makes it easy to take 750 mg or 375mg. When I use the horse paste, it is easy dose for 150 pounds which gives you about 357 mg.

Nitazoxanide (Alinia) can be obtained from overseas pharmacies: 500 mg for adult twice a day for three days. Repeat every 5-7 days for 1-2 months or longer as needed. This will kill all forms of parasites and is an antiviral listed in the NIH for experimental use against SARS CoV2-- From Wikipedia:

“Nitazoxanide is an effective first-line treatment for infection by *Blastocystis* species<sup>[1][12]</sup> and is indicated for the treatment of infection by *Cryptosporidium parvum* or *Giardia lamblia* in immunocompetent adults and children.<sup>[1]</sup> It is also an effective treatment option for infections caused by other protozoa and helminths (e.g., *Entamoeba histolytica*,<sup>[13]</sup> *Hymenolepis nana*,<sup>[14]</sup> *Ascaris lumbricoides*,<sup>[15]</sup> and *Cyclospora cayetanensis*<sup>[16]</sup>).<sup>[7]</sup>” Nitazoxanide alone has shown preliminary evidence of efficacy in the treatment of chronic hepatitis B over a one-year course of therapy.

AGE	DOSAGE	DURATION
1-3 years	5 mL of ALINIA for Oral Suspension* (100 mg nitazoxanide) taken by mouth every 12 hours with food	<b>3 DAYS</b>
4-11 years	10 mL of ALINIA for Oral Suspension* (200 mg nitazoxanide) taken by mouth every 12 hours with food	<b>3 DAYS</b>
12 years and older	One ALINIA Tablet (500 mg nitazoxanide) taken by mouth every 12 hours with food <b>OR</b> 25 mL of ALINIA for Oral Suspension* (500 mg nitazoxanide) taken by mouth every 12 hours with food	<b>3 DAYS</b>

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. Otherwise this should be repeated every two weeks for three cycles.

Ivermectin: See Table above

Drugs that paralyze roundworms but wont kill them

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

*GI Cleanse:* This 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. Wormwood (Artemisia), Pumpkin Seed, Papaya Seeds, Black Walnut hull, Cloves

**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  $\geq 2$  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  $\geq 4$  yo.

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

Praziquantel <sup>1,2</sup>	
Drug and dosing	Weight (kg)
Not recommended	<15
1 tablet (600 mg)	15-18
1 ½ tablets (900 mg)	19-25
2 tablets (1200 mg)	26-30
2 ½ tablets (1500 mg)	31-40
3 tablets (1800mg)	41-50
4 tablets (2400 mg)	51-69
5 tablets (3000 mg)	$\geq 70$
Ivermectin <sup>3</sup>	

Drug and dosing	Weight (kg)
Not recommended	<15
1 tablet (3 mg)	15-24
2 tablets (6 mg)	25-35
3 tablets (9 mg)	36-50
4 tablets (12 mg)	51-65
5 tablets (15 mg)	66-79
200 mcg/kg	≥80

Here are several other drugs to consider. Because we do not know the parasite species and we may be infested with more than one species, Fenbendazole crosses the blood brain barrier, and will kill nervous system parasites. I also use my herbal GI cleanse from the Medical Rebel Shop. This 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.

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.

---

<sup>i</sup> [https://www.ema.europa.eu/en/documents/variation-report/panacur-aquasol-v-c-2008-x-03epar-assessment-report-extension\\_en.pdf](https://www.ema.europa.eu/en/documents/variation-report/panacur-aquasol-v-c-2008-x-03epar-assessment-report-extension_en.pdf)