

Link to Chronic Fatigue and Degenerative Diseases

Reversing 10 Major Causes of Illness Can Save Your Life

Part Four

Dr. Smith Live

56th Episode

**Part Four: You Will Learn the Potential Root Causes and how to
resolve them:**

Parasites

Hypoxia

The Link to Chronic Fatigue and Degenerative Diseases

*“IF YOU WANT TO FIND THE SECRETS OF THE UNIVERSE, THINK IN
TERMS OF ENERGY, FREQUENCY AND VIBRATION”*

— NIKOLA TESLA

Parasites

Hypoxia

Parasites

Whether you can see them or not, parasites are pretty much everywhere. They are in the air, in the soil, in food, even inside you - hiding out on your skin, in your hair, and in your gut. There good parasites; they'll eat up flakes of dead skin, absorb excess oils and keep your intestines clean.

Over 50% of the human population has parasites. Some parasites are beneficial: Good parasites do exist, but they aren't always very obvious! The nicest parasites are the fungi which you can eat, like mushrooms or food and drinks made using yeast, like bread and soy sauce. Some fungi are also used in medicine, as antibiotics.

Parasites are believed to be the most common life form on Earth, making up more than 80% of living things. Parasites secrete toxic waste which is poison to your body. Common ways of getting parasites are eating raw fruits and vegetables and sushi.

Six Parasite Facts:

1. There are known to be over 430 species of parasite that can and do live on or in the human body.
2. Head lice can make you feel very unwell, with symptoms a bit like having the 'flu. That is the origin of the saying, "I'm feeling lousy."
3. One of the deadliest parasites is the mosquito which can give you Malaria. Malaria has killed more people since humans first evolved than any other disease.
4. Some parasites are plants. The world's largest flowering plant, called Rafflesia, is parasitic, living inside tropical trees.
5. Tapeworms can grow inside you and reach lengths of up to 30 feet long!
6. Discovered 200 million years ago, the oldest flea fossil shows little to no difference from the modern fleas.

How Do You Get Parasites?

Protozoa are especially easy to pick up via the oral route, as all it takes is one cyst to make it into the mouth for infection to occur.

Traveling to countries with underdeveloped sanitation and poor quality drinking water is one way to pick up a parasite, but it isn't the only way. Outside of travel, some of the most common ways you can get parasites are:

Swimming — some parasites thrive in water, and chlorine doesn't kill them all. All it takes is one accidental swallow of water from a public pool, hot tub, or river.

Food — unwashed fresh produce produce in mesh bag and undercooked seafood are a perfect hiding spot for parasites.

Caring for others — assisting others in personal hygiene like bathing and diaper changes puts you at risk for parasite exposure. That makes daycare centers and nursing homes some of the easiest places to pick up a parasite.

Outdoor activities — you can infect yourself with a parasite if you don't wash your hands after outdoor activities like gardening or horseback riding.

Drinking contaminated water — contamination of public drinking water in the US isn't common, but it does happen. According to the CDC, if you get your water from a well, you're at a much higher risk. This is especially true after flooding, which can leach contaminated runoff into private wells.

Giardia is one common parasite from contaminated water.

Symptoms of giardiasis:

- Diarrhea (watery or greasy stools).
- Fatigue (feeling overly tired for a long time).

- Unsettled stomach or nausea.
- Stomach cramps.
- Bloating or gas.
- Dehydration, which may cause you to lose weight.

A Parasite Source You Never Would Think About:

1. 15 percent of plant potting soil contains hookworm or roundworm eggs, or both, according to a study in the Veterinary Record (Feb. 18, 2006).
2. Blood donors are a potential source for parasites.
3. Pets can carry parasites and pass parasites to people. Zoonosis:
 - a) a virus
 - b) bacteria
 - c) fungus
 - d) parasites

Examples of zoonosis include: anthrax (infection caused by Bacillus anthracis bacteria), cat scratch fever, Ebola (deadly virus), rabies (caused by a virus that affects the the brain), Lyme disease, plague, Salmonella and E. coli infections to name a few. www.healthline.com/health/zoonosis#list-of-diseases

Symptoms of Parasites

Different parasites cause many different symptoms, and some can mimic other infectious diseases. Whether the culprit is a helminth or protozoa, the most recognizable symptoms of a parasite are:

- o Digestive issues (constipation or diarrhea)
- o Gas or bloating
- o Allergies
- o Weight loss

- o Irritable Bowel Syndrome
- o Sleep difficulties
- o Itchy ears, nose, or anus
- o Teeth Grinding
- o Abdominal pain
- o Brain fog
- o Anxiety/ Depression
- o Headaches
- o Fatigue
- o Skin issues
- o Iron Deficiency Anemia

Intestinal parasites are also a known cause of some inflammatory and autoimmune diseases. In fact, many autoimmune diseases can have an infectious trigger as the root cause, including parasites, bacteria, viruses, or fungi.

Three effective ways of getting rid of parasites:

1. Food Grade Diatomaceous Earth:

- One teaspoon with 8 ounces of water upon arising for one week
- One tablespoon with 12 ounces of water upon arising for 90 days

2. Ivermectin:

- One cc per 100 pounds
- Repeated in two weeks

3. Mimosa Pudica

Uses and benefits of this plant:

- o **Anti-venom activity**
- o **Wound healing**

- o **Anti-anxiety & anti-depressant**
- o **Anti-inflammatory**
- o **Anti-parasite**
- o **Aids in joint pain, soothes ulcers**
- o **Anti-microbial, anti-fungal, and anti-viral properties**

Not everyone sees critters in their stool when taking mimosa pudica seed. You may see the seeds themselves. The sticky gut scrubbers grab onto parasites, biofilm and toxins and pulls them out of your system into the stool. Some may see the larger worms or helminths in their stool, but in reality, about 70% are microscopic. Many parasites release different enzymes that actually dissolve their bodies as they die off. Even though you may not see these things visibly in your stool, does not mean they are not there.

It is recommended continuing taking Mimosa Pudica for at least 3 months. You may also increase your dose as tolerated up to 5 capsules twice daily. It is important to take mimosa pudica seed on an empty stomach about 30-60 minutes before eating. The concept behind this is that the parasites will eat the mimosa pudica instead of your meal helping to remove them.

Mimosa Pudica Seed Challenge

For the first time you do the challenge, you take 2 capsules every hour upon waking with plenty of water while fasting. The goal is to do this for 8 hours. Some may choose to do a shorter time frame if they cannot tolerate this length. Others who have done the challenge previously can take more of the mimosa pudica seed hourly. With any parasite cleanse, it is optimal to try to do this around the full moon when they are most active. The

challenge can be a useful tool if you have hit a plateau or you have persistent gut issues that are not improving.

Hypoxia and Hypoxemia

What is hypoxemia?

Hypoxemia occurs when levels of oxygen in the blood are lower than normal (95% to 100%). From my clinical experience oxygen levels should not be below 97%. If blood oxygen levels are too low, your body may not work properly.

Blood carries oxygen to the cells throughout your body to keep them healthy. Hypoxemia can cause mild problems such as headaches and shortness of breath. In severe cases, it can interfere with heart and brain function. Hypoxemia that causes low oxygen levels in your body's tissues is called hypoxia. Sometimes people use the two terms interchangeably, but they are not the same thing.

Hypoxia Symptoms

The signs and symptoms of hypoxia can vary between different people, and by how long the symptoms have been present. Some of them include:

- Bluish tinge to the lips and extremities (cyanosis)
- Confusion, lethargy, and/or lack of judgment
- Elevated blood pressure (hypertension)
- Elevated red blood cell count (polycythemia) in people with chronic hypoxia
- Elevated respiratory rate (tachypnea)
- Euphoria and a sense of well-being
- Fainting (syncope) or dizziness
- Headaches
- Lack of coordination

- Rapid heart rate (tachycardia)
- Shortness of breath (dyspnea)
- Tingling, warm sensations
- Tunnel vision or other visual changes

Effects

The organs most affected by hypoxia are the brain, the heart, and the liver. If the hypoxia is severe, irreversible damage can begin within four minutes of the onset. Coma, seizures, and death may occur in severe cases. Chronic, milder hypoxia can also cause damage to the major organs of the body.

When hypoxia is acute, symptoms often include motor incoordination and impaired judgment. Due to these symptoms, a person with hypoxia is sometimes erroneously thought to be intoxicated with alcohol.

Chronic hypoxia tends to have different symptoms, such as fatigue, apathy, a delayed reaction time, or reduced work capacity.

Causes

There are different causes of hypoxia depending on the mechanism by which lower amounts of tissue oxygen occur in the various organs of the body. These causes can span the spectrum from problems at the level of the heart to non-medical reasons such as traveling to a region where the altitude is higher than at home. For example:

Altitude sickness: To prevent hypoxia, the Federal Aviation Administration recommends supplemental oxygen for civilian pilots for daytime flights over 10,000 feet and over 5,000 feet at night.⁶

Lung conditions: Inadequate air exchange in the lungs may be due to illnesses such as chronic obstructive pulmonary disease (COPD), asthma, lung cancer, emphysema, pneumonia, rheumatoid lung disease, and pulmonary hypertension.

Hypoventilation: Hypoventilation simply means “not breathing enough.”

Hypoventilation is also present in obstructive (COPD, asthma, cystic fibrosis, bronchiectasis) and restrictive (pulmonary fibrosis including rheumatologic causes, scarring) lung conditions.

Causes of Anemic Hypoxia

In the setting of anemia, low hemoglobin levels result in a reduced ability of the blood to carry oxygen that is breathed in, and hence, a diminished supply of oxygen available to the tissues. Causes include:

Anemia of any cause: This can include iron deficiency anemia, pernicious anemia, and chemotherapy-induced anemia.

Hemorrhage: Hemorrhage can be obvious, such as from injuries sustained in an accident, or hidden due to internal bleeding.

Methemoglobinemia: Methemoglobinemia, also known as affinity hypoxia, is an abnormal hemoglobin that doesn't bind oxygen very well.

Carbon monoxide poisoning: With carbon monoxide poisoning, hemoglobin is unable to bind oxygen.

Causes of Circulatory/Stagnant Hypoxia

This form of hypoxia is caused by inadequate blood flow, which results in less oxygen available to the tissues. Causes include:

Edema: Edema, a swelling of the tissues (like from heart failure), can limit the ability of oxygen present in the blood to adequately reach the tissues.

Ischemic hypoxia: Obstruction to the flow of blood carrying oxygen, like from a clot in a coronary artery (a heart attack), can prevent the tissues from receiving oxygen.

Causes of Histiotoxic Hypoxia

With histiotoxic hypoxia, an adequate amount of oxygen is inhaled through the lungs and delivered to the tissues, but the tissues are unable to use the oxygen that is present. Cyanide poisoning is a possible cause. Use of

adulterated oils. In my opinion, I believe this is the biggest reason for hypoxia. The cell membranes literally turn to plastic and cannot absorb oxygen.

Diagnosis

There are many different tests your healthcare provider may order to get a better grasp on why you are experiencing symptoms of low oxygen (a low level of oxygen in your tissues). Even if the cause of your hypoxia is known, laboratory and radiological studies can be used to get to the ultimate cause of your symptoms.

Some tests that may be done if you have hypoxia include:

- **Pulse oximeter:** to monitor the oxygen level in your blood.
- **Arterial blood gases** to evaluate your respiratory and metabolic status.
- **Blood tests** may include a **complete blood count (CBC)** to look for anemia (low red blood cell count) or signs of infection.
- **Electrocardiogram (EKG)** to look for any signs of heart damage, or an irregular heartbeat.
- **X-ray or a computed tomography (CT)** of your chest to look for lung diseases, a pneumothorax, or infection.
- **Bronchoscopy** to look for a foreign body or another cause of obstruction in the airways, such as a tumor.
- **CT or MRI** of your head to look for brain abnormalities that could suppress breathing such as tumors, bleeds, or strokes.
- **Echocardiogram** in order to observe the motion of the heart and look for damage or abnormalities in the heart or heart valves. Congestive heart failure.

Treatment

The treatment of hypoxia will depend upon the underlying cause.

- Oxygen therapy if you are short of breath or having other symptoms suggestive of moderate or severe hypoxia. If your symptoms are severe, mechanical ventilation with a ventilator may be needed.
- Hyperbaric oxygen treatment is sometimes used for severe tissue hypoxia. The increased levels of oxygen provided under pressure can sometimes improve tissue perfusion in a way that is otherwise not possible.
- Dietary correction to include organic, cold pressed omega 6 and omega3 oils. This is designed to repair the cell membranes.
- Establish an alkaline pH: essential for keeping optimal blood flow and oxygen levels in the system. Some of the foods to look for should be abundant in vitamins A, B complex, minerals like iron, copper, and compound nitric oxide (tumeric). Lemons (alkalize), Spinach (a rich source of nitrate. The body converts nitrates into nitric oxide), dark purple grapes (high in resveratrol), Avocados (a rich array of nutrients including vitamins A, B3, B6, B12, choline, folate, and healthy fats. These nutrients support enhance oxygen levels, reduce cholesterol, regulate blood sugar levels and lipid profile), Nuts (walnuts, Hazelnuts, filberts, Hemp seeds, Pecans, raw pistachio)
- Vitamins to increase oxygen levels:
 - a. **Cyrua Plus (SPL):** has the “J” factor in the vitamin C complex
 - b. **B-12:** 2.4 mg per day for men and women, 2.6 mg per day for pregnant women and 2.8 mg per day for women who are breastfeeding.
 - c. **Folate:** RDI is 400 for men and women, 600 for pregnant women and 500 for breastfeeding women.