



## Top 10 Signs You May Have Parasites

The shocking reality is that most everyone has some sort of parasite. Yes, even healthy people with no symptoms.

Having a parasite can be a scary thought, however, you are not alone. About 90% of Americans are infected with some sort of parasite. Children and adults with weakened immune systems are most at risk for contracting parasites, but it can happen to anyone.



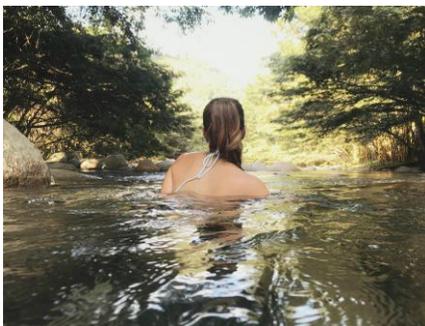
Often intestinal parasites are to blame for ongoing health issues, from digestive symptoms, to insomnia, to skin issues, and more.

### What is a parasite?

A parasite is any organism that lives and feeds off of another organism.

Some examples of parasites include roundworms, tapeworms, pinworms, whipworms, hookworms, and more. Because of the different types of parasites, they can cause an incredibly wide range of problems and symptoms.

If you have tried different approaches to heal your gut in the past, but were unable to relieve your symptoms, a parasite could be the underlying cause for many of your illusive and unresolved issues.



### How do you get parasites?

There are a number of ways to contract a parasite. The most common way is through contaminated water. Lakes, rivers, and streams usually always contain parasites, so drinking even a small amount can infect you.



Undercooked meat is a common place for parasites to hide. But it's not just meat, fresh fruits and vegetables can also be contaminated.

International travel is a way that foreign parasites can be introduced to your system.

Humans can pass along parasites to other humans. By not washing their hands after using the restroom then touching items and surfaces other humans touch. Hand washing is a major opportunity to prevent parasite contamination and transmission.

Handling and cuddling animals is another possible way to contract a parasite. Again, washing your hands after contact with animals, even pets, is a good practice to implement.



## Here is a list of the top 10 signs you may have parasites:

1. You have unexplained constipation, diarrhea, gas, or other symptoms of IBS.
2. You traveled internationally and remember getting traveler's diarrhea while abroad.
3. You have a history of food poisoning and your digestion has not been the same since.
4. You have trouble falling asleep, or you wake up multiple times during the night.
5. You get skin irritations or unexplained rashes, hives, rosacea or eczema.
6. You grind your teeth in your sleep.
7. You have pain or aching in your muscles or joints.
8. You experience fatigue, exhaustion, depression, or frequent feelings of apathy.
9. You never feel satisfied or full after your meals.
10. You've been diagnosed with iron-deficiency anemia.

## How to treat for Parasites:

If you suspect you may be infected with parasites, you can successfully rid yourself of these pests. Following the Elite Virtual Health's ***Complete Parasite Cleanse and Restore Program*** is a great place to start.

In this protocol, we combine effective parasite-killing supplements with an anti-parasite diet. Several clients have successfully completed the program with tremendous results.

If you are ready to face your health issues with our effective Parasite Cleanse, Schedule your FREE Discovery Call today!

