

# PARASITES & PLANTS

## Celiac Disease and Tapeworms: The Connection.

We hear so much about gluten today. Gluten is a type of protein found in cereal grains including wheat, rye, and barley, as well as numerous hybrids and ancient varieties including spelt, triticale, Khorasan (aka Oriental) wheat (known commercially as Kamut), emmer, etc. that we as humans have consumed for millennia. How did gluten become such an issue over the last few decades? Is it a fad? No, not for many, but maybe for some. Many people are having a very serious negative reaction after consuming gluten. But why? This month I examine some possible causes and of course, provide information on what caused my (former) gluten issues and my incorrect diagnosis of *likely* having Celiac Disease.

If you have gluten issues and have never addressed having a pathogenic infection (e.g., parasitic, bacterial, fungal, etc.), then maybe that is the true (root) cause of your food issues and related symptoms. Did you know that the blood test for Celiac Disease is not testing specifically for a reaction to gluten, but is only testing for an immune system reaction? That is, your body’s immune system is responding to an invader. If you have a pathogenic infection, then that would explain why the immune system is responding. Celiac Disease is called an auto-immune disease (as are so many other modern “dis-eases”), but what if your own body is not attacking itself, but intelligently attacking a foreign invaders that causes a pathogenic infection.

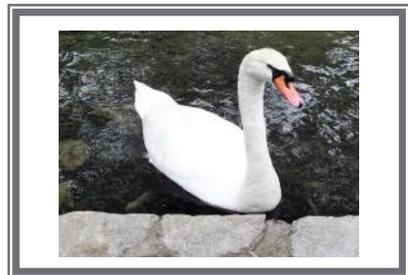
### Fast Facts on sushi & tapeworms:

- First sushi restaurant opened in the United States in 1966 in Los Angeles.
- Raw fish is a way to become infected with flatworms like tapeworms and flukes.
- Symptoms of a flatworm infection ARE EXACTLY THE SAME as symptoms attributed to Celiac Disease.
- In 2017, sushi can be found everywhere: restaurants, convenience stores, drug stores, & grocery stores.

Please see my website blog on “Suspected Causes of Gluten Issues” at <http://www.iloveiodine.com/gluten>

**TIP OF THE MONTH:** 😊  
Chew your food well.

A SMILE =  
PEACE SIGN



**Parasite** [noun]: an organism that lives in (or on) another organism (its host) and benefits by deriving nutrients at the host's expense.

**CURRENTLY SCHEDULING TALKS FOR 2018.** HOPE TO SEE YOU THEN!

Please send inquiries using the contact form at <http://www.iloveiodine.com/contact.html>

**DISCLAIMER:** The information provided in this newsletter, on my website ([www.iloveiodine.com](http://www.iloveiodine.com)), and in my YouTube videos is intended for educational purposes only. I (Tanya Bucci) am not a medical doctor. I do not treat or diagnose any disease and make no claims that the foods, herbs, supplements, and/or products that I discuss will treat, cure, or remedy any disease or health condition. Please consult your healthcare provider for medical advice.



## YouTube UPDATES: Newly Uploaded

Please go to <http://www.iloveiodine.com/youtube.html> for a listing of current videos & upcoming videos.

### New Videos (Title & Length):

- Why I Think It Is Best to Get Your Fats from Whole Foods NOT Oils [28:14]
- Celiac, Gluten Intolerance, & Tapeworms – Connecting the Dots [38:35]

Please  at <https://www.youtube.com/channel/UCJpZg5NMsQHMX15HaO8I-0Q> Thanks!

## BLOG UPDATES: Newly Posted

### Main Page of BLOG

- Index updated and all links to all BLOGS added.

### Risk Factors BLOG

- Minimizing Risks of Acquiring A Parasite [11/21/17]

### Healthy Eating BLOG

- Eat A Rainbow ... Everyday [11/16/17]

### My Favorite Healthy Foods BLOG

- My Favorite Superfoods List [11/17/17]

### Stress Reduction BLOG

- Stress Reduction Tips [10/26/17] ... Ways to De-Stress
- Break The Cycle [10/29/17] ... Discusses how stress impacts the immune system

### Gluten – Tapeworm Connection BLOG

- Gluten defined [11/11/17]
- Suspected Causes of Gluten Issues [11/11/17]

Please see my website for the future blog posts that I will be writing at <http://www.iloveiodine.com/blog>

### Recipe of the Month:

### Mexican-Style Beans

[www.iloveiodine.com/beans](http://www.iloveiodine.com/beans)

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AVAILABLE FOR  
CONSULTATIONS

Volume I of my eBook (46 pages) “Wild Edible Plants in the Washington, D. C. Metro Area” featuring over a dozen wild edible plants is available for a minimum donation of \$1 through PayPal at [www.PayPal.Me/iloveiodine](http://www.PayPal.Me/iloveiodine)

Please see the excerpt at [www.iloveiodine.com/eBook](http://www.iloveiodine.com/eBook) – Volume II is scheduled to be released in Spring 2018.

**Thanks for reading! Peace & Love! Tanya**



## Ways to Reduce Risks of Acquiring Parasites:

Do not wear shoes indoors.  
Do not walk barefoot, if you have an open cut or wound on your foot.  
Clean your floors (especially your carpets) often.

Do not put your hands in your mouth  
Do not put your bite your fingernails.  
Do not put your money, pens, or other objects in your mouth.

Drink and cook only with clean filtered water.  
Avoid ice cubes, unless they are made with clean water.

Cook meat and fish well (see website for exact temperatures)  
or better yet, eat a plant based diet.



**Wash your hands:**  
**Wet hands. Add soap.**  
**Lather for at least 20 seconds.**  
**Rinse well with clean water.**  
**Air dry or use a clean towel.**

**Be careful where you eat:**  
Avoid salad bars & buffets.  
Avoid unsanitary places.

Do not let pets lick in the face.  
Regularly de-worm your pets.  
Don't sleep with your pets.

Wear insect, mosquito, and  
tick repellent (made with  
essential oils not DEET).

Wash (or soak) raw fruits and vegetables in water & a non-toxic natural cleaner:  
vinegar, salt, baking soda, food-grade hydrogen peroxide, etc.

Please go to my website for more details: <https://www.iloveiodine.com/risk-factors>

# WILD PLANTS

Plant of the Month: **Barberry**

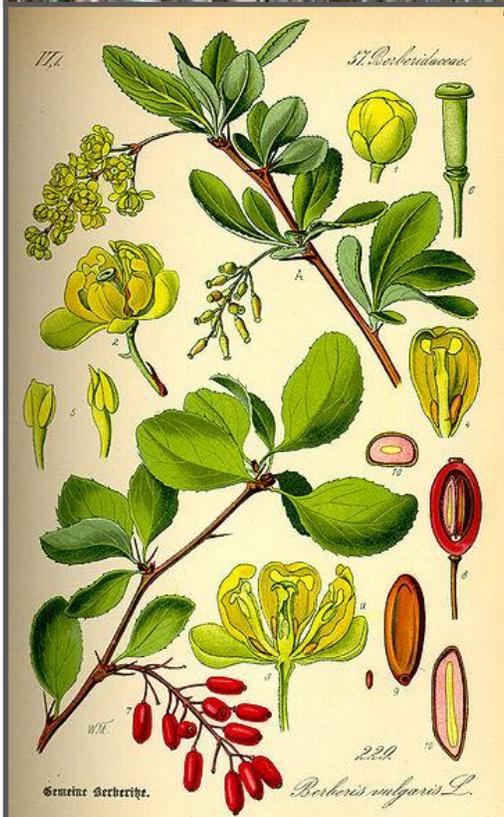
Family: Berberidaceae

European Barberry (*Berberis vulgaris*), American Barberry AKA Allegheny Barberry (*Berberis canadensis* [synonym *Berberis vulgaris* var. *canadensis*]), and Japanese Barberry (*Berberis thunbergii*) can all be found in the United States. All contain berberine – a plant compound that is a potent anti-fungal, as well as having been shown to be effective against protozoan parasites and dog tapeworms (*Echinococcus granulosus*) that can and does infect humans. The berries are high in Vitamin C and can be found late into the fall and early winter to be used for adding to teas or making jelly. The berries are sour and not at all sweet. The berberine alkaloid can be found in the roots, rhizomes, berries, and stem bark.

This information is intended for educational purposes only. Please do your own research and do not eat or use any wild plants based solely on this information or any one source.

Over 75 Wild Plant Photos on My Website! Check them out!

Sources available at [www.iloveiodine.com/citations](http://www.iloveiodine.com/citations)



BARBERRY (*BERBERIS VULGARIS*)

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