

PARASITES & PLANTS

Let's keep learning on how we can get healthier ...

To keep parasites at bay, we must keep ourselves healthy. Last month I wrote that it was key to strengthen the immune system to deal with a parasitic infection and that extends to all infections. With winter right around the corner, this is a pertinent topic. A strong immune system requires getting adequate good-quality sleep; consuming nutritious immune boosting foods, spices, and herbs; getting fresh air; reducing stress (see page 3); getting exercise, especially out in nature; getting sun exposure daily; and avoiding alcohol, drugs, cigarettes, processed foods, refined sugars, soda pop, etc.

Easy ways to incorporate immune boosting foods & herbs into your diet (most are also naturally anti-parasitic):

- ✓ Use finely chopped or sliced raw garlic in salads. Add raw garlic to hummus for wraps, or to have with fresh vegetables.
- ✓ Add fresh onions to salads, sandwiches, or as a garnish for entrées like curries or beans & rice.
- ✓ Add cayenne pepper to salads, soups, entrées, etc.
- ✓ Consume fruits high in Vitamin C: bell peppers (red, orange, and/or yellow), tomatoes, fresh (or frozen) berries (especially cranberries and blackberries), citrus fruits (lemons, limes, grapefruits, etc.), papayas, kiwis, pineapples, etc.
- ✓ Drink herbal teas that are immune boosting like Echinacea, Chamomile, Dandelion, Elderberry, Ginger, Mint, etc.
- ✓ Sprinkle spouted pumpkin seeds on your salads. Pumpkin seeds are loaded with zinc and copper – minerals that support the immune system.
- ✓ Eat a **small** square of organic dark chocolate (85-100%). The ingredients should be cacao, cocoa butter, vanilla beans, and unrefined sweeteners such as dried fruits, raw cane sugar, maple syrup, raw honey, and/or lucuma powder (no sugar, if doing a parasite cleanse). No lecithins – they are used as a cheap (and inferior) alternative to cocoa butter.

Please see my website for more immune boosting herbs and foods at <http://www.iloveiodine.com/immune>

TIP OF THE MONTH: 😊
Wash your hands often.

**Open your heart
& your mind.**



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), 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 & Upcoming

Please see my website for a list of all videos at <http://www.iloveiodine.com/youtube.html>.

New Videos (Title & Length):

- Teasel: Wild Plant of the Month ... Possible Treatment for Lyme's Disease [8:56]

UPCOMING:

- Tapeworms & Celiac Disease Connection ... (The symptoms of both are the same.)
- Various Videos on Wild Plants: Edibles, Medicinals, & Poisonous Plants
- Fats vs. Oils: Why I prefer the actual food over any oil.
- An informal discussion of various Internet parasite cleanse protocols

Please  at <https://www.youtube.com/channel/UCJpZg5NMgQHMX15HaO8I-0Q> Thanks!

BLOG UPDATES: Newly Posted

Main Page of BLOG

- INDEX BLOG [10/24/17]

Parasites and the Damage Done BLOG

- DIE-OFF SYMPTOMS ... HERXHEIMER REACTION [10/24/17]

Colon Support BLOG

- COLON SUPPORT: PURGATIVES & LAXATIVES [10/10/17]

Healthy Living BLOG

- TIPS FOR CLEAN LIVING IN A DIRTY WORLD [10/11/17]
- MY FAVORITE DETOXIFICATION METHODS & TIPS [10/18/17]
- STRESS REDUCTION TIPS [10/24/17]

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

Recipe of the Month:

Homemade Pumpkin Seed & Milk Thistle Seed "Milk"

<http://www.iloveiodine.com/pumpkinmilkthistle.html>

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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

Please see the excerpt at www.iloveiodine.com/eBook – Volume II is scheduled to be released in Spring 2018.

Thanks for reading! Peace & Love! Tanya



STRESS: How to Reduce & the Impact on Health

STRESS IS A RESPONSE TO PRESSURE OR THREAT.

“Long-term or chronic stress ... can ravage the immune system.”
<http://www.apa.org/research/action/immune.aspx>

PSYCHOLOGISTS DEFINE TWO TYPES OF STRESS:

- Distress – negative stress
- Eustress – positive or beneficial stress

Stress is also defined as a range of symptoms and experiences of a person’s internal life that are commonly held to be troubling, confusing, or out of the ordinary.

Under **stress** we may feel tense, nervous, or on edge.

Stress fight-or-flight response.

Stress triggers a surge of adrenaline that affects the nervous system.

Stress can be internal or external.

Stress can be:

- psychological
- physical
- chemical
- biochemical
- radiological
- electrical

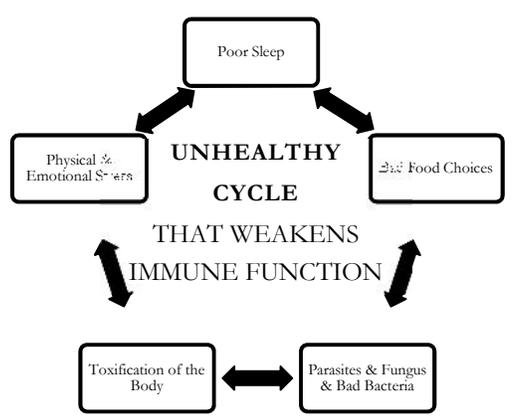
STRESS IS A PHYSICAL, CHEMICAL, OR EMOTIONAL FACTOR THAT CAUSES BODILY OR MENTAL TENSION AND MAY BE A FACTOR IN DISEASE CAUSATION.

Stress (noun) – a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Please go to my website for stress reducing tips:
<http://www.iloveiodine.com/stress-reduction>



This simple diagram describes how stress becomes part of an unhealthy cycle that must be broken to achieve good health. There is a more detailed version on my website, as it is known that parasites can disrupt sleep and that parasites cause physical and emotional stress through toxification of the body, poor food (& lifestyle) choices, and nutritional deficiencies. Plus nutritional deficiencies can lead to poor sleep and an inability for the liver and kidneys to detoxify the body. All nodes are interconnected and working on any aspect will affect the others. Let’s break the cycle!



WILD PLANTS

Plant of the Month: Chicory

Family: Asteraceae AKA Aster, Daisy, Composite, or Sunflower Family

Chicory (*Cichorium intybus* L.) is native to Europe, but has been naturalized in much of the United States. Chicory is an herbaceous biennial (sometimes perennial) plant that grows in meadows, fields, and along roadsides. Chicory is a bitter herb like its close relative – Dandelion. Like Dandelion, Chicory is supportive during a parasite cleanse and is extremely nutritious. Cultivated chicory varieties includes endive, frisée, escarole, and radicchio.

Chicory begins as a rosette of basal leaves with leaves similar to Dandelions and grows to about 3 feet in height with a semi-woody stalk. I have eaten the leaves of this plant as a salad green, as well as ate them steamed and they are delicious. Roasted chicory root makes a healthy coffee substitute with respect to taste, but has no caffeine and is relaxing to the body to the point of having a laxative effect on the body. This is a delicious drink for the entire family!

Chicory Root

- Roasted chicory root used as a natural caffeine-free alternative to coffee.
 - ❖ Historically mixed with coffee to serve as a coffee extender.
 - ❖ New Orleans Coffee is a blend of chicory root and coffee.
- When chicory root is roasted, high concentrations of the carbohydrate inulin (a type of fiber that acts as a prebiotic for our gut microbes) are caramelized and converted into d-fructose¹ (fruit sugar).
- Inulin that is used for medicine is most commonly obtained by soaking chicory roots in hot water.
- Chicory inulin is added to many energy bars and functional foods, as inulin is a plant-based carbohydrate whose bonds cannot be broken by human digestive enzymes and supports a healthy gut micro-biome.

¹<https://pubchem.ncbi.nlm.nih.gov/compound/D-fructose#section=Top>

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 55 Wild Plant Photos on My Website!

Check them out!



Cichorium intybus illustration by Prof. Dr. Otto Wilhelm Thomé [Public Domain]. All photos by Tanya L. Buccì. All rights reserved.