



# AIM Para90<sup>®</sup>

Although North Americans often consider parasites something to only worry about when traveling, this is not true. The U.S. Centers for Disease Control and Prevention carried out a nationwide survey that showed that one in every six people selected at random had one or more parasites.

Parasites enter your body in one of four ways: through food and water intake, through a transmitting agent, such as a mosquito, through sexual contact and through the nose and skin. They are also carried by household pets and livestock and spread through international travel.

## What are parasites?

Parasites are organisms that grow, feed, and are sheltered on or in other living organisms, known as “hosts,” without contributing anything to the survival of the host. There are two broad groups of parasites, protozoa (one-celled organisms) and helminths (worms). Parasites can be transmitted from animal to animal, animal to man, and in some cases, man to animal. Some parasites are larger than bacteria and viruses but they are usually so small that you cannot see them without a microscope. Worms, can grow quite large and can be seen with the eye.

Parasites live within the organs and tissues of the body and are often harmful. Any number of them can infect your gastrointestinal tract. Eventually, they are excreted in the feces. They are one of the major causes of diarrhea and as such may be seen as the greatest single cause worldwide of illness and death.

## How do I know if I have parasites?

A parasitic infection could be manifested by any number of signs. These include constipation, diarrhea, gas and bloating, irritable bowel syndrome, joint and muscle aches and pains, anemia, allergies, skin conditions, nervousness, sleep disturbances, teeth grinding, and chronic fatigue.

## Treatment

If you suspect you have parasites, a health practitioner can arrange a number of tests. These include stool

## Key Benefits and Features

- Antiparasitic
- Helps maintain digestive health
- Intestinal cleanser
- More than 21 years of safe and beneficial use by AIM Members
- Combines 12 cleansing herbs, one extract and one digestive enzyme
- Formula approved by herbalists
- 90 vegan capsules

tests, blood tests, tissue swabs, and others. However, these tests are often inconclusive because parasites can reside in tissues and organs and in the blood and will not be found in fecal samples. Often, only parasite eggs will be passed in the stool.

## Treatment options include:

- **Conventional medications.** Drugs are unique to the parasite and can have side effects. With severe and prolonged diarrhea, replacement fluids may also be necessary.
- **Herbs.** Many herbs, including those in Para 90, have helpful properties. For example, garlic is useful against amoeba and hookworm, and pumpkin seed is useful against tapeworm. Black walnut was used in traditional medicine as far back as the early 1800s.
- **Natural therapies.** The digestive enzymes in AIM PrepZymes<sup>®</sup> will ensure that foods are more completely digested, helping to eliminate potential problems due to toxins. The fiber and herbs in AIM Herbal Fiberblend<sup>®</sup> will help cleanse the colon. Probiotics, such as in AIM FloraFood<sup>®</sup>, will recolonize the beneficial bacteria in the intestines and create a hostile environment for parasites. Colonics also help cleanse the colon.
- **Dietary changes.** Avoid eating uncooked foods or foods from doubtful sources. Even undercooked meat, fish, and poultry can present problems. When camping, do not drink stream water.
- **Pet care.** Ensure regular deworming and maintain good hygiene when handling your pet.

## Para 90

Para 90 is an herbal cleansing dietary supplement. It combines a number of herbs with cleansing properties plus bromelain, a digestive enzyme.



## How to use Para 90

- It is recommended that you use Para 90 every three months for cleansing.
- Take 1 or up to 3 capsules three times per day for 30 days. Can be taken with or without meals.
- Do not use Para 90 if you are pregnant or nursing. Keep out of reach of children.
- Children, the elderly, and those who have ulcers or have a colostomy, should consult a healthcare practitioner before use.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

## Q & A

### **How do I know whether Para 90 is working? Will I experience any side effects or detoxification symptoms?**

Most people look for parasites in their stools, and many do see them. Not everyone does, however. Positive signs are a “pokey” feeling in the abdomen or an “itchy” or “crawly” sensation on the skin.

You should remember that in the process of cleansing, there may be some discomfort; parasites are not easily dislodged. Some users have broken out, and others feel nausea or somewhat tired. You may also notice increased bowel movements, looser stools, and more frequent urination.

### **If I have been taking Herbal Fiberblend, do I need Para 90?**

Herbal Fiberblend does have a cleansing effect, but isn't quite as effective as Para 90. If you have been taking Herbal Fiberblend, you probably have fewer problems with parasites.

### **What else can I do to help the cleaning?**

Many people recommend having colonics and using a probiotic such as FloraFood to recolonize the intestinal tract after using Para 90. Others take Para 90 in conjunction with Herbal Fiberblend. Digestive enzymes such as PrepZymes are also beneficial.

### **Is there anyone who should not use Para 90?**

Pregnant or nursing women should not use Para 90. Very frail elderly people, children, and those who have ulcers, colitis or have a colostomy should consult a health practitioner.

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