



PARASITES COULD BE ROBBING YOU OF NUTRIENTS & CAUSING YOUR HEALTH & REPRODUCTIVE ISSUES

SYMPTOM CHECKLIST

Regardless of how healthy you eat, we pick up parasites from: restaurants (from staff who are carriers or contaminated food), public restrooms, owning or playing with pets, eating fruits and vegetables, grocery store cart handles, gardening, undercooked fish (sushi), swimming pools, hot tubs, gym equipment and of course multitudes of other ways.

Parasites often go undetected, because "problems" we are having are attributed to many other causes. In one recent study, 46% of people diagnosed with Chronic Fatigue Syndrome had parasites as the cause.

So, here's a list. It might save you literally years of struggling to find answers to your most troubling health concerns. The list of symptoms of parasite infections is HUGE! Read on.

STOMACH & INTESTINAL COMPLICATIONS – The number of parasites in the lower digestive system and the toxic waste produced by them can cause:

- Diarrhea
- Chronic Constipation
- Gas & Bloating



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- Digestive Problems
- Early Bowel Movements (explosive bowel movements very soon after eating)
- Abdominal Pain
- Mucus in the Stools
- Leaky Gut
- Nausea
- Hemorrhoids
- Burning in the Stomach
- Bloody Stool

FATIGUE - The toxic metabolic waste overloads the organs of elimination and taxes the central nervous system causing:

- Chronic Fatigue Syndrome
- Low Energy
- Lethargy
- Excessive Weakness



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SKIN DISORDERS & ALLERGIES – Parasites that penetrate the skin cause itching. When tissue becomes inflamed from these parasites, the body's white blood cells increase to defend the body. This reaction causes skin rashes and food allergies to appear. Symptoms include:

- Dry Skin
- Dry Hair
- Brittle Hair
- Hair Loss
- Allergies
- Itchy Nose
- Itchy Anus
- Itchy Skin
- Hives
- Allergic Reactions to Food
- Crawling Sensation Under the Skin
- Rashes
- Weeping Eczema
- Cutaneous Ulcers
- Papular Lesions
- Swelling
- Sores



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MOOD & ANXIETY PROBLEMS – Toxic metabolic waste produced by the parasites that attack the central nervous system causing:

- Mood Swings
- Nervousness
- Depression
- Forgetfulness
- Unclear Thinking
- Restlessness
- Anxiety
- Slow Reflexes

SLEEP DISTURBANCES – The physical presence of the parasites themselves are a nuisance to the human body. The body reacts to them during periods of rest, this in turn produces:

- Insomnia
- Teeth Grinding During Sleep
- Bed Wetting
- Drooling While Asleep
- Disturbed Sleep – Multiple Awakenings

BLOOD DISORDERS – The parasites can leach iron, causing:

- Hypoglycemia
- Anemia



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WEIGHT & APPETITE PROBLEMS – Parasites live undetected by their hosts. They rob the body of all essential nutrients, while you are left with fats, sugars, etc. This leads to extreme difficulty in losing weight and also causes constant hunger. Other people can't gain weight because of the parasites.

- Weight Gain
- Obesity
- Loss of Appetite OR
- Uncontrollable Hunger, Eating More Than Normal and Still Feeling Hungry
- Inability to Gain or Lose Weight

SEXUAL & REPRODUCTIVE PROBLEMS – With a weakened immune system caused by parasites and their waste you also can experience:

- Male Impotence
- Erectile Dysfunction
- PMS
- Candida – Yeast Infections
- Urinary Tract Infections
- Cysts & Fibroids
- Menstrual Problems
- Prostate Problems
- Water Retention



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Information from Health Mastery Institute hminutrition.com
If you have any of these symptoms, get in contact with Alira for a FREE
CHAT (over phone or email) to discuss your best course of action going
forward

FILL IN CONTACT FORM HERE:
<https://linktr.ee/Thenaturalfertilitycoach>

Or contact me on my website & social media:
[instagram.com/thenaturalfertilitycoach](https://www.instagram.com/thenaturalfertilitycoach)
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www.thenaturalfertilitycoach.com

About THE AUTHOR

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I help women optimise their health & show them how to take charge of their fertility to become pregnant naturally. I am also a prenatal health & nutrition coach and a natural birth educator. I educate, guide & empower women to empower themselves through their natural conception journey, starting at pre-conception all the way through pregnancy, birth, postpartum & motherhood.



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