How to Conquer the Unspoken Emotional Symptoms of a Parasite Cleanse

https://cellcorebiosciences.com/blogs/weekly-articles/conquer-the-unspoken-emotional-symptoms-of-a-parasite-cleanse

By Dr. Todd Watts and Dr. Jay Davidson, April 5th, 2019

You've finally found the source of your health problems — parasites! As you attack them with a parasite cleanse, you may notice new emotional symptoms creeping up. Or, maybe they're making a bold appearance. Regardless, you may find it confusing and embarrassing to talk about.

Can parasites really cause emotional issues? Absolutely. But, it's nothing to be ashamed or embarrassed about. What's more, science backs it up.

Parasites make a mess while they're inside you. They sometimes make a bigger mess on the way out. It's not your fault. They are just resisting being evicted.

During a renovation, a house appears worse before it looks better. Your body and emotions are the same way when you're renovating with a parasite cleanse. But, the results will be beautiful.

Here's a closer look at what can happen to you emotionally when you send the parasites packing. You'll also learn 5 strategies to conquer these challenges.

Parasites and Your Neurotransmitters

Parasites make little renovations when they choose you as their host. They start small, but they never stop. What's more, their renovations gain momentum the longer they're around. Their remodeling efforts contribute to your health issues.

Parasites change their environment, including your neurotransmitters or chemical messengers. This helps ensure their survival. Your neurotransmitters affect them. They have receptors on their bodies that can read these chemical signals.

Your neurotransmitters may disrupt the parasites':

- Muscular coordination
- Ability to attach themselves to you
- Ease of feeding
- Reproduction

To protect themselves, the critters try to decrease neurotransmitters that inhibit their activity. These alterations can change the way you think and feel.

For example, researchers are starting to rethink what conditions lead to depression. More and more evidence points to parasites. They may disrupt mechanisms in your body in ways that could lead to depression. These include: (1)

- Robbing you of nutrients needed for a healthy emotional state
- Creating a large amount of inflammation
- Interfering with your neurotransmitter levels

Parasites can also trigger other intense feelings. Among these are explosive anger and aggression toward others or even yourself. They can also provoke impulsive behavior. (2)

As you do a parasite cleanse, the freeloaders will double their self-protective efforts. This can temporarily worsen emotional symptoms. It's not your fault. Your neurotransmitter levels should return to normal after you evict the critters.

Which Neurotransmitters Do Parasites Affect?

Parasites either steal, alter, or inhibit several neurotransmitters to get what they want. These include acetylcholine, GABA, serotonin, and dopamine.

Acetylcholine

This is the main neurotransmitter of your parasympathetic nervous system. It's also known as the "rest and digest" branch of the system and functions without your conscious control. It can slow your heart rate, relax blood vessels, and increase gut motility.

Acetylcholine also plays an essential role in many brain functions. These include memory and learning.

Why parasites change it

Parasites break down your acetylcholine and use it as food. In fact, they're quite dependent on your acetylcholine for nourishment. Gobbling it up also prevents stimulating your immune system to get rid of the critters.

What's more, robbing you of acetylcholine makes your blood a little thinner. This makes it easier for blood-feeding parasites to sustain themselves.

That's not all. Acetylcholine helps you move your bowels, which could expel the parasites. It also makes it harder for pathogens to create a biofilm or protective layer in your body. So, they have major reasons to hijack this nerve messenger. (3, 4)

If you're trying to get rid of them with a parasite cleanse, you can bet they will lower your acetylcholine even more. Parasites feed as much as they can. They want to slow your bowels as much as possible so they aren't swept out in your stools.

How low acetylcholine affects you

If you're low in this neurotransmitter, it may lead to: (5, 6)

- Brain fog and memory issues
- Less rapid-eye-movement (REM) sleep
- Increased inflammation, especially in your gut
- Muscle weakness

Poor sleep may leave you feeling drained and moody. It may also contribute to learning and memory issues.

GABA

This neurotransmitter — also known as gamma-aminobutyric acid — helps you feel calm. GABA relaxes your mind and reduces anxiety. It also promotes good digestion, speeds up gut motility, and reduces brain inflammation.

Why parasites change it

Parasites have a unique relationship with GABA. While it may calm you, if it attaches to their GABA receptors, it paralyzes them. So, the critters release chemicals to prevent your GABA from doing that. (7)

Yet, some research shows parasites can use your GABA as food. As they munch on this neurotransmitter, they damage certain receptors in your brain. (8)

Reducing GABA can also lead your gut to slow down. This reduces the chance of kicking out the parasites in your stools.

Your efforts to kill these GABA thieves will send them into high gear. They will eat more of the neurotransmitter and damage more of your receptors.

How low GABA affects you

Low GABA levels may contribute to many issues, particularly mental health challenges. A shortage of the neurotransmitter alters your brain chemistry. This wires it for anxiety and depression.

What's more, GABA acts as the "brakes" for your brain. So, a shortage of this nerve messenger may result in anger.

Other possible effects of low GABA include:

- Panic attacks
- Insomnia
- Depression
- Attention deficit (hyperactivity) disorder, also known as ADD or ADHD
- Inflammation and chronic pain
- Headaches
- Lack of empathy
- Addictive behavior
- Low stomach acid

Serotonin

You produce 90% of this neurotransmitter in your gut. It helps you feel happy and reduces anxiety. It also helps regulate your sleep, control appetite, and promote good intestinal flow. It aids learning and memory creation as well.

Why parasites change it

Parasites have receptors for serotonin just like you do. They seek out yours for several reasons. In these critters, serotonin: (9, 10)

- Stimulates muscles, allowing them to move more
- Enhances their ability to eat
- Helps them reproduce and spread in your body

As they steal from you, your body will sense a serotonin deficit. This signals you to eat to create more of the neurotransmitter. The preferred fuel? Sugar and other high-carbohydrate items. Sugar is also a fast food source for the parasites. This is how and why they trigger your carb cravings.

Another reason parasites try to monopolize your serotonin is its role in your gut. When your body senses a gut irritant or pathogen, it gives your intestines a quick burst of serotonin. This speeds up

gut motility in an attempt to kick out the offensive item swiftly. Slowing down your gut reduces the chance of sweeping parasites out in your stools.

Parasites use your serotonin in one more insidious way — to communicate with each other. They use this increased communication to form a biofilm. This gives them extra protection from your immune system. (11)

As you do your parasite cleanse, the critters will try to use up more and more of your serotonin. It will help keep them moving, feeding, and reproducing. This will increase your symptoms related to low serotonin.

How low serotonin affects you

The most frequent symptoms of low serotonin are anxiety and depression. Beyond those, low serotonin may cause you: (12)

- Panic attacks
- Increased pain
- Extreme carbohydrate cravings
- Insomnia
- Anger and aggression
- Pessimism
- Low self-esteem

A big dip in your serotonin can make you feel like there's something wrong with you. Your emotions may seem out of control. Just remember, it’s the parasites, not you. When you get rid of the parasites, you’ll break free from these symptoms.

Dopamine

This neurotransmitter affects your motivation level and reward-seeking behavior. It also slows your intestines and tells your lymphocytes (a type of immune cell) to reduce their activity.

Why parasites change it

Parasites typically raise your dopamine levels. This calms your immune system, so it’s less likely to recognize there’s a threat. In this way, the critters are able to hijack your immune cells and travel undetected. That enables them to enter your brain. (13)

Like soldiers in a Trojan horse, parasites can sneak past your blood-brain barrier. That’s the border that separates circulating blood from your brain. What’s more, they can steer the horse. This means they can help the hijacked cells migrate toward your brain.

Once inside your brain, parasites raise your dopamine levels. This helps keep your immune system from fighting back. Your brain becomes a utopia of neurotransmitters for the critters to feed on.

The parasites’ efforts to raise your dopamine levels also delays stomach emptying. By slowing your gut movement, they’re less likely to be evicted from your intestines.

Lastly, parasites need your dopamine as part of their life cycle. They need it to reproduce.

How excess dopamine affects you

You need dopamine to be healthy, but too much can lead to some serious issues. An excess of dopamine may cause:

- Aggression and agitation
- Increased stress
- Insomnia
- Constipation
- Anxiety
- Depression
- Hyperactivity

The specific effect of high dopamine depends on the location in your brain where there's an excess. For instance, in some areas it may lead to depression, while in other parts it may trigger agitation.

Your genetics also play a role. Too much dopamine is associated with bipolar disorder and schizophrenia in some people. (14)

Review of common neurotransmitter challenges

No matter which neurotransmitter you consider, parasites have similar goals for influencing them. They change them in ways that:

- Maximize their mobility in your body
- Ensure their ability to feed
- Increase their reproduction
- Prevent their detection and elimination

When you start a parasite cleanse, they will ramp up their efforts in these four areas.

Fortunately, you're now wise to their tricks that can mess with your emotions. With a little know-how, you can fight back against this during your cleanse.

5 Strategies for Overcoming Increased Emotions From a Parasite Cleanse

Being aware that changes might be coming your way in a cleanse is half the battle. Remember that these heightened emotional feelings are not you. Eradicating the parasites will help you take back your identity.

You just need to arm yourself with ways to get through the challenging emotional times. Here are 5 effective strategies you can try.

1. Get your gut moving

As discussed earlier, parasites influence neurotransmitters to slow your gut motility. That's a big deal. When you don't move your bowels, the critters stay in your gut. Here, they interfere with your neurotransmitter levels. This also keeps you toxic and increases inflammation, which promotes anxiety and depression.

Get the cruel critters out. Take bowel-moving herbs to counteract the parasites' efforts. A lot of herbs that help move your bowels also help kill parasites. Other anti-parasitic herbs can help

even further. So, you'll take back control of your gut and microbiome by removing them. You'll also purge the toxins they create.

2. Support your liver

Parasites significantly reduce your serotonin levels. This causes major stress on your liver.

Serotonin helps your liver regenerate. If you're deficient in this neurotransmitter, the health of your liver cells will suffer. Serotonin deficiency also reduces blood flow to your liver. This impairs your ability to detox. (15)

What's more, low serotonin impacts your bile duct system. A shortfall of the neurotransmitter reduces the flow of bile. Not only does this greenish fluid help in digestion, it is also important for detox. Without good bile flow, your liver can't expel toxins extracted from your blood.

To support your liver, try:

- **Liver supporting herbs** to help this vital organ function normally. This will help protect it from damage until your serotonin levels are replenished.
- **TUDCA**, which is a water-soluble bile acid. It can help purge bile that's sitting stagnant in your liver.
- **Coffee enemas** to help you clear your sluggish bile duct system, as well as boost your mood.

3. Stay away from sugar

Your neurotransmitters are likely out of sync while you're evicting parasites. So, don't add fuel to the fire by eating sugary foods. Remember that the critters are influencing your sugar cravings.

Though sugar can temporarily raise your neurotransmitter levels, a crash ultimately follows. This crash may deepen symptoms of anxiety and depression.

Instead, satisfy your sweet tooth with whole, unprocessed fruits like berries or apples. You can also try stevia, a natural sugar substitute. These strategies enable you to enjoy something sweet without the crash. You'll also limit fuel for the parasites.

4. Fight back with fulvic acid

Fulvic acid is part of a mineral-rich substance called shilajit. In Sanskrit this means "conqueror of mountains and destroyer of weakness." You may feel like you're climbing a mountain during your parasite cleanse. Fulvic acid helps you conquer it faster. (16)

The mighty compounds in fulvic acid latch onto toxins spewed by parasites and help you get rid of them. They also enhance your normal detox pathways. This helps you regain control over your neurotransmitters and nervous system. As a result, your anxiety may decrease.

What's more, fulvic acid provides building blocks to help heal your tissues. It provides amino acids and minerals to restore what is weak or damaged. This includes your broken neurotransmitter receptors. (17)

5. Seek emotional support

Others may not understand what you're going through, but they can still support you. Show a trusted friend or family member the science behind the emotional challenges. Ask for their support during your parasite cleanse. Check in with each other regularly.

You can also search online for a support group for people doing parasite cleanses. Some members may be further along than you and can help you successfully navigate through it. They likely have tricks and tips to push through the tough moments.

Alternatively, find practitioners who specialize in parasite treatment. They will know exactly what you need to get through difficult times.

Renovation = Emotional Recovery and Restoration

Remodeling can be messy. Forcing out parasites causes them to revolt. This can increase side effects for a short while. Emotional symptoms can definitely be among these.

Remember this is temporary, and it's not your fault. It's due to the critters hijacking your neurotransmitters. This can interfere with these messengers' normal functions in your body. That can affect your emotions.

Keep moving forward. Use strategies that reduce the emotional side effects of the parasite cleanse. For example, take supplements that support drainage and detoxification. Seek the help and support of practitioners and peers.

Most importantly, don't underestimate the effect that parasites can have on emotions. Could they be affecting *yours*?

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