

***Candida, and Worm/Parasite
Infestation
A Methodology
for Treating the Underlying Causes
Via Colon Hydrotherapy***

Compiled and edited by the

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Table of Contents

Part I

Treating Candida, Worm/Parasite Infestations through Colon Hydrotherapy	2
Candida, Worms and Parasite Infestation – Not Me!	2
Understanding Infestation	2
A Challenge for Conventional Medicine	3
The Jerusalem Colon Hydrotherapy Clinic Addresses the Source of the Problem	3
Diagnosis	3
Solution	4
Implementation	4

Part II

Walking in G-d's Ways — Preserving a healthy mind in a healthy body	6
The Body Under Siege	6
Conventional Medicine Challenged	6
Prevention is the Only Long Term Cure	7
The Theory of Colon Hydrotherapy	7
The Jerusalem Colon Hydrotherapy Clinic Can Help You	8

PART I

Treating Candida, Worm/Parasite Infestations through Colon Hydrotherapy

Candida, Worms and Parasite Infestation – Not Me!

Although nobody is comfortable about admitting to the presence of a fungal or parasite infestation in his or her body, the embarrassment is usually worth taking when compared to the potential damage caused by ignoring this problem. If you are suffering from disorders such as thrush, athlete's foot, bloating, rashes, constipation, excess of body gases or fatigue, migraine and headaches, it is quite possible that these problems are connected to a Candida (yeast) fungal infestation. Problems such as abdominal pain, nausea, vomiting, and chronic diarrhea can be connected to parasite infestation.¹ According to recent studies as many as 50% of Americans may be sufferers from Candida and parasitical infestations.²

Understanding Infestation

Parasites/worms are considered the number one international health problem. A United States national survey performed by the Chicago Times found that one out of six people tested had a parasite infestation.³ These unwelcome bodily guests thrive where there is an unfavorable balance of good and bad bacteria in the body, and when the colon is failing to efficiently eliminate accumulations of rotting waste. Diets of convenience foods with little exercise are significant elements in setting up the circumstances for these infestations to develop.

Candida is a yeast-like organism that is naturally present in the body. While it remains at its normal level of balance with the other bacteria within the digestive tract, it is relatively harmless. However, should its presence in the body increase beyond this tolerable amount, it can develop into an unpleasant and potentially very harmful fungal infection. Studies show that Candida can increase itself from 1 to 100 cells in 24 hours. These 100 cells can then each produce 100 additional cells in the next 24 hours, and thus it can rapidly multiply. Trowbridge and Walker describe this infestation as affecting "one-third of the total populations of all Western industrialized countries."⁴ The spread of Candida has been linked to Chronic Fatigue Syndrome, vaginal irritations, pain when urinating, and to a number of immune deficiency related diseases.⁵

The Candida fungus multiplies in relation to its food supply, in particular the presence of sugar. Also, white flour turns into a pasty sugar within the body providing additional nutrition for the fungus. Therefore, contemporary Western diets with their high dosages of sugary junk foods provide a fertile breeding ground for this fungus. Studies have also been made tracing the link between Candida infestation and the presence of pollutants in the air. The use of drugs such as antibiotics form another common reason for the spread of this infestation since they destroy the friendly bacteria that keeps the Candida in check.⁶ Dr Jan Schmid. Senior Lecturer in Microbiology at New Zealand's Massey University, describes Candida Albicans fungal infections as follows:

¹ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 75.

² Brenda Watson L.M.T, C.T, "Detoxification of Parasites and Candida," Digestive Care Newsletter, Renew Life.

³ Quoted by Jensen, p. 74.

⁴ Trowbridge and Walker, "The Yeast Syndrome", Bantam Books, 1986

⁵ Susanne Althoff and others, "A Guide to Alternative Medicine," Publications International Ltd., Lincolnwood Ill., 1997, p.164.

⁶ Watson, p.31.

PART I

“In some patient groups, whose defence system is severely compromised (prematurely born infants, leukemics and burn patients), the yeast can turn into a deadly pathogen causing systemic infections- up to 50% of the patients infected die as a result. The incidence of such infections is increasing rapidly, especially in hospitalized patients. In New Zealand, such infections are now eight times more frequent than they were 9 years ago. Our reservoir of anti-Candida drugs is very limited, and these agents can have severe side effects.”⁷

A Challenge for Conventional Medicine

Although the symptoms of Candida and parasite infestation are well known, the potential long-term damage they could cause has not received the attention it deserves in conventional medical circles. The problem might be dismissed, or the patient given a drug-based treatment such as Nystatin or Diflucan. Sometimes the drugs themselves can have very unpleasant side effects and provide a new host of problems for the unfortunate patient to deal with.⁸ The aim is always seen in terms of destroying the fungus, worm or parasite and thereby relieving the associated symptoms of the complaint. Often the patient only receives temporary relief from the medication, and once the course is over, the problems return. A further visit to the doctor leads to the prescribing of even stronger medicines and the process repeats itself to the patient’s detriment. The conventional medical doctors are doing the best they can to help you, but they are limited by a narrow focus on treating the symptoms rather than trying to identify and deal with the source of the illness in the colon. In the rush to find drug-based relief for every ailment, an ancient but sound and well-proven technique for internal body cleansing and infestation prevention has been neglected.

The Jerusalem Colon Hydrotherapy Clinic Addresses the Source of the Problem

Diagnosis

Dr. Leah Miller Ph.D. C.C.T., and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy), and founders of the Jerusalem Colon Hydrotherapy Clinic, are convinced that an ancient holistic approach to fungal and parasite infestations has significant advantages over the typical approach of conventional medical practitioners. The Miller’s clinic is unique in the whole Middle East combining the latest FDA approved technology with one of the oldest recorded techniques for eliminating the sources of illness, and increasing immunity to withstand future health challenges.

The Jerusalem Colon Hydrotherapy Clinic operates according to the principles of interconnection between physical and emotional problems, and that the body, given sufficient chance, is its own best healer. Unfortunately, the way we neglect to take care of basic bodily functions and the lifestyles we follow remove from our bodies this intrinsic self-healing ability. Trying to treat Candida, worm and parasite infestation in isolation contradicts our understanding of the unity of a mind and body that share the same systems, with the state of one having clearly demonstrated effects upon the other.⁹ The challenge is how we can restore to our bodies the ability to cope with an infestation nurtured by our unhealthy lifestyles and polluted environments.

⁷ Dr. Jan Schmid Internet site: <http://www.massey.ac.nz/~imbs/js/Research.htm>

⁸ Brenda Watson, C.T “Renew Your Life”, Renew Life Press, Clearwater, FL, (2002), p. 43.

⁹ Yakir Kaufman MD, in “Psychoneuroimmunology: The Science Connecting Body and Mind”, B’Or Ha’Torah, The Spiritual Wiring of the Brain, Jerusalem, Shamir Publications (2004), p.13.

PART I

The Miller's studies of the causes and effects of parasitical infestations in the United States, and their experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the proliferation of infestations and problems with the basic waste elimination functions of the colon (or large intestine). When fungus and parasites spread through the body they weaken the entire system and lower resistance to disease. They cause serious damage by attacking the lining of the colon, which in turn harms the body's immune system.

For example, as the *Candida* fungus proliferates, it sets down long roots that breach the wall of the colon¹⁰. Given the colon's crucial role in managing the waste elimination process, this reduction in its effective working can easily trigger a process of "Auto-intoxication." Waste products that normally pass through a healthy colon are released into the blood stream in a toxic overflow from a leaky colon.¹¹ If these *Candida* toxins (which number at least 77) are left to escape into the body uninterrupted, they can do a tremendous amount of injury to the nervous and immune systems.

The taking of drugs to relieve the infestation obviously fails to address the central problem of the build up of contaminated waste matter and toxins in the colon. If anything such medicines only add to the problem by providing additional work for the hard-pressed waste elimination and digestive organs to cope with. If the root of the problem is not attended to, the spiral of emotional and physical health problems continues to gather pace with a frightening rapidity and ever-increasing severity.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the way to prevent the spread of worm, *Candida* and parasites infestation is found in the elimination of the leak of toxins from the colon, and the taking of measures to ensure that re-infestation is prevented. By restoring the effectiveness of the colon's normal waste elimination role, the downward spiral of physical and emotional health can be reversed. If the decaying waste is allowed to pass out from the body naturally, the colon once again can fulfill its role effectively in preventing toxic waste accumulations, and thus it can start to undo the damage caused by the infestation. With the return of the patient's bowels to normal functioning, the self-poisoning ceases. The resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. The intimate relationship between physical and emotional well being — often expressed in English as "a healthy mind in a healthy body" then goes to work to free the patient from the clutches of infestation with all its undesirable manifestations and disturbing long-term effects.

Implementation

The techniques applied in the Jerusalem Colon Hydrotherapy Clinic are rooted in health preventative and curative medicine practices known to the ancient world and now adapted to work with the latest technology and the highest standards of hygiene. The colon is cleaned by a gentle infusion of purified water. While the patient is able to see how the toxins are drained out of their system, a soft massaging of the abdomen assists the evacuation process. As the toxins leave the body and the patient begins to feel the relief of toxin-provoked tension, they often also feel like giving a verbal release to their pent up emotional pains. The trained listening ear of the professional colon hydrotherapist provides an emotional outlet.

¹⁰ Watson, p.32.

¹¹ Jensen, Ch.2.

PART I

Many treatments already effectively performed testify how this unique combination of colon hydrotherapy, massage and emotional support has the power to redress the harm done by infestation and thereby boost the individual's disease resistance and well being. Unlike most courses of conventional medical treatment, Colon Hydrotherapy can also be an effective means of preventive medicine. By allowing the smooth functioning of the body's waste/toxins elimination organs, immunity against a recurrence of Candida, worm and parasite infestation and related illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of conquering these health hazards can be realized.

PART II

Walking in G-d's Ways — Preserving a healthy mind in a healthy body

The Body Under Siege

The past 60 years has witnessed tremendous advances in curative medicine with significant successes in reducing infant mortality and increasing life expectancy. Nevertheless, at the same time medical science has marched forward with proud strides, the quality of the environment we live in and the food we eat has seriously deteriorated. The improvement in living standards has been gained at the price of an increasingly polluted environment and a major downturn in the quality of the average person's diet with the rise of the junk food industry, and the introduction of artificial food flavorings. The waste processing and digestive organs of the body are able to satisfactorily cope with a certain level of contamination. However, there comes a point where an unpalatable diet of air, water and food pollution deposits such residues of waste in the body that its processing mechanisms clog up¹². This can soon lead to the overwhelming of natural defenses against disease, and the results are catastrophic.

What is happening is easiest to understand from a comparison with the blocked household drains we are all familiar with. Just as you would not want waste matter to overflow into your kitchen and then into the living room, so you should feel the same way about a waste and toxins build up in your own body. It is easy to envisage how an overflow of domestic waste into the house would provide a fertile breeding ground for germs if left untreated, so imagine the consequences for our bodies when they are unable to rid themselves of accumulations of poisonous waste!¹³ Initial symptoms might manifest themselves in the form of stress and fatigue. Subsequent complications can include constipations and diarrhea, allergies and skin problems, weight loss and ultimately deadly serious intestinal disorders. Once sent in motion there is no limit to the gravity of the individual health crisis in the making.

Conventional Medicine Challenged

The contradiction between improved living standards and the plethora of health problems afflicting Western man poses a serious challenge for conventional medicine. Unfortunately today's emphasis placed on curative as opposed to preventive medicine puts doctors in a position where they can at best relieve symptoms rather than address the causes of the illness. The increasing numbers of new drugs released onto the market may be doing more for the incomes of the pharmaceutical companies than they are doing to improve our health. The side effects of many drugs are still not thoroughly investigated. For example, it has been estimated that over a thousand of the drugs and chemicals in regular use today can cause serious damage to the liver¹⁴. The well known phenomena of diseases such as SARS resisting antibiotics is a another clear indicator of conventional medicine's short term victories gained at a long-term price.

¹² Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

¹³ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

¹⁴ Melissa Palmer MD, "Hepatitis and Liver Disease, Avery Publishing (2000), p.377.

PART II

Prevention is the Only Long Term Cure

Dr. Leah Miller Ph.D. C.C.T, and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy) and founders of the Jerusalem Colon Hydrotherapy Clinic, follow a complementary medical approach with an impressive track record of successful treatments. The health care method they both preach and practice is founded on an appreciation of the interactions between mind and body, and the need to tackle illnesses at their source as opposed to simply treating symptoms.

This theory has firm and ancient roots in the understanding of the prerequisites of good health possessed by our ancestors. In the Talmudic tractate Brochos, 57B, the sages try to explain the pleasures of the World to Come by using comparisons from the world we know. One of the comparisons they make compares the pleasures of the World to Come with the relief that comes to a person from a proper evacuation of the bowels. The fact that many of us would be startled by the Talmud's choice of comparison can be seen as indicative to how far away we have moved from a true appreciation of what is important to leading a healthy and satisfied life.

The renowned Talmudic scholar and legal codifier the Rambam (Maimonides), of blessed memory, lived in Spain and in Egypt in the 1100's. One of his most famous Jewish legal treatises is the Mishne Torah. This includes a section called Ethical Ideas (Hilchos Deos). In the fourth chapter of Hilchos Deos he states that it is the Divine Will that each person should carefully watch over their physical health, since it is impossible to perform the Divine Service with a sickly body. He continues to explain how doctors should not use any medicine if they can manage the sick person through diet. He also states how the health of the body is contingent upon eating food that is easily digested and that most diseases come from eating unwholesome food or eating too much good food. Taking steps to maintain healthy bowel functioning and eating properly are central points in his good health program. He remarks how a person is obliged to make efforts to maintain the health of their bowels throughout their life. If a person avoids excreting waste, or can do so only with difficulty, they have reason to be seriously concerned over their health.

Colon Hydrotherapy is a technique for maintaining and improving bowel health that was certainly known to the Rambam's generation. The origins of the practice predate his era by over a thousand years, going back in time all the way to the ancient Egyptian and Roman civilizations. Colon Hydrotherapy continued in popular use in the United States and other countries up until the 1930's, when it began to be displaced with the use of antibiotics as a cure all solution.¹⁵ The Millers extensive studies in the United States have convinced them that the abandonment of Colon Hydrotherapy by conventional doctors has deprived patients of a proven method for successfully treating a range of serious illnesses, but even more importantly, a way of preventing these illnesses initial development.

The Theory of Colon Hydrotherapy

Colon Hydrotherapy is based on an understanding of the pivotal role of the colon (also called the large intestine) in eliminating toxins from the body. The famous surgeon Dr. Harvey Kellogg of Michigan's Kellogg sanitarium, estimated that more than 90% of known diseases originate from a blocked and non-operational colon.¹⁶ When the colon is working effectively waste matter is discharged through regular bowel movements. If the colon is blocked up the waste matter accumulates and provides a fertile breeding ground for bacteria that can spread infection

¹⁵ Tony Centracchio, P.A, "Colon Hydrotherapy – A Forgotten Art", The American Chiropractor, October 1986.

¹⁶ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

PART II

throughout the body, and for the development of parasite infestations that can cause abdominal pains, lung infections, weight loss and fatigue as well as other illnesses.¹⁷

Just as the overflow from a blocked sewage pipe can contaminate a whole neighborhood, an overflow of toxins from the body can contaminate the blood stream and impede the effective functioning of other vital organs. If this situation is left untreated the results can be fatal. This phenomenon is referred to as “Auto-intoxication” since the body is poisoning itself by releasing a toxic overflow from the colon¹⁸. According to an investigation made by England’s Royal College of Surgeons up to 36 poisons can be released into the body from a leaky colon.

If we all followed a diet with high fiber and bran content and healthy portions of raw foods, and we lived in environments free from stress and pollution, key causes of colon blockage would be removed. The realities of modern, urban life force so many of us to contend with highly polluted environments, and drink water and eat food that is very far from its pure state. There is much that each person can do by maintaining a wholesome diet and taking regular exercise, but the external environment we live in makes it so much harder to avoid situations where our bodies end up overburdened with the task of removing the waste that builds up within them. So how is it possible today to achieve the lasting and abiding health that Dr. Jensen describes as “...the result of education and discipline in cleanliness of the body, mind and spirit”?¹⁹

The Jerusalem Colon Hydrotherapy Clinic Can Help You

Colon Hydrotherapy removes waste from the body without the use of chemicals. The cleaning is performed by gently flushing the colon with a trickle of distilled, warm water. This removes the layers of waste accumulated on the inner skin of the colon, and weakens the harmful bacteria and parasites lodged within the colon. The cleaning can stop Auto-intoxication” by halting the harmful bacterial and parasite proliferation, and creating conditions for flora (friendly microorganisms that work to break down waste within the colon) to flourish, so enabling the colon to function more efficiently. Flora are most prone to multiply in a clean environment. Thus removing putrefying waste has the double advantage of encouraging an increase in flora and creating the conditions for a better absorption of nutrients.

A good comparison can be made between the way colon hydrotherapy cleans the body and the method every housewife knows for cleaning a pot encrusted with congealed food – letting it soak over night in the sink. However, in the case of Colon Hydrotherapy the cleansing procedure for the colon is accomplished in about 45 minutes.

The Jerusalem Colon Hydrotherapy Clinic uses the latest Colon Hydrotherapy machine (approved by the FDA). Sessions are painless and patients often find them very relaxing. No compromises are made in respect for the patient’s privacy, and with the maintenance of the highest standards of hygiene. As the waste is released from the body, the patient can see it draining away through a transparent sealed pipe, but no unpleasant odors are allowed to escape. During the treatments female patients are attended by Dr. Miller, and male patients by Mr. Miller. In addition to controlling the flow of sterilized water, and ensuring that the optimum temperatures and pressures are maintained, the Millers know how to release the pent up tensions that are usually let out in the course of the treatment. By providing a sympathetic listening ear they assist the patients unload their emotional burdens, while the Colon Hydrotherapy machine does its job of dislodging accumulated wastes and toxins, and pushing them out of the body.

The Millers have found that Colon Hydrotherapy can be successfully applied to treating a variety of disorders including chronic stress, constipation, gastronomic complaints, pains and fatigues, as

¹⁷ Hanna Kroeger, “Parasites, the Enemy Within”, Hanna Kroeger Publications (1991), p.7

¹⁸ Dr. Bernard Jensen, “Dr. Jensen’s Guide to Better Bowel Care”, Avery (1999), Ch.2.

¹⁹ Ibid. p. 154

PART II

well as helping those who are suffering from the side effects of conventional medical treatments. Treatments are also applicable to a range of age groups from 9 to 99! People who are concerned over deterioration in their health, and people who want to take preventative action to forestall future illness, both find Colon Hydrotherapy can be very beneficial.

The Jerusalem Colon Hydrotherapy Clinic will be happy to provide additional details of what a Colon Hydrotherapy session involves, and how it might help you realize your legitimate strivings to attain that blessed state of a healthy mind housed in a healthy body.

The Jerusalem Colon Hydrotherapy Clinic is located at

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We look forward to hearing from you.

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