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Home Remedies for Intestinal Worms That Give Amazing Results by John Naruka

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Parasites living in the intestines of other organisms are known as intestinal worms. The human body is home to number of parasites like tapeworms, hookworms, roundworms and flatworms. Contaminated food, dirty hands, dirty food, sexual contact, impure water and mosquito can result into parasites entering our body. Their symptoms may vary from one type of worm to another. Roundworms cause lung and intestine inflammation as well as weight loss. A hookworm patient will experience nutrition-related disorder and anemia. Threadworms cause severe itching in the rectum area. It may also cause constipation, fever, weight loss and cough.

Home Remedies

There are various home remedies for intestinal worms which are easy to follow and can be tried at home. Some of the common home remedies for intestinal worms are:

1. One of the ancient home remedies for intestinal worms is the use of garlic. All you need to do is to put some cloves of garlic in your shoes. When you wear your shoes and walk, the pressure from the feet will crush the garlic and as a result of which the juice will be released. This garlic juice is very effective in killing worms. Chewing these cloves of garlic every morning is also beneficial.

2. Carrot is one of the simplest home remedies for this ailment, especially threadworms. Make it a habit of eating grated carrot (one small cup) every morning. It will help in cleaning your digestive tract.

3. Vasaka tree is very useful in treating intestinal worm problem. Actually all components (flowers, bark, fruit, leaves and rout-bark) of vasaka tree are known to have deworming properties. Just take 30 gm of root and bark and boil it in water (500 ml). Boil until only one third of the liquid is left. Consume this mixture (30 ml) two to three times daily. Make this a routine for next 2 to 3 days.

4. Calamus is an herb known to have a bitter element called acorin. This acorin is a great anthelmintic agent. This is one of the best home remedies for intestinal worms.

5. Combine one teaspoon each of blue cohath root, horehound leaves, Canadian fleabane leaves and feverfew leaves in two cups of boiling water. Strain and take half cup for next four nights.

6. Coconut is very helpful in treating intestinal worms. Just take fresh ground coconut (one tablespoon) with first meal and then after three hours take luke warm milk (8 to 12 ounces) mixed with castor oil (2 ounces).

7. Grapefruit seed is known for its anti-microbial and anti-yeast properties. Due to these properties, grapefruit seed is very effective in treating intestinal worms.

8. Goldenseal contains an active component called berberine which is very effective in treating intestinal worms such as Giardia lamblia, plasmodium and entamoeba histolytica.

9. Take a spoon full of neem juice and mix a pinch of asafetida (hing) into it. Consume this mixture before going to bed for next three days. It can help in killing your worms.

10. Eating roasted corn is also very helpful. It does not allow the worms to develop.

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