

Some symptoms and conditions that Giardia can either cause or hinder recovery of:

- Allergies, Apathy Asthma
- B12 deficiency, Bad Breath, Bloating
- Chills, Chronic fatigue, Coeliac disease, Constipation
- Depression, Diabetes, Diarrhoea, Distended Abdomen
- Ear, Nose and Throat problems, Eye problems
- Food allergies/intolerances
- Growth retardation
- Headaches/Migraines
- Irritable bowel disease, Irritable bowel syndrome, Inability to concentrate
- Joint pain, lethargy
- Memory deficits, Mucus in stools, Muscle pain
- Nausea, Noisy intestines
- Offensive smelling stools
- Persistent cough
- Shortness of breath, Skin problems
- Stomach cramps, Sweating
- Sleep disturbance
- Teeth grinding, Vomiting, Weakness, Weight loss
- Wind

How to use the sprays.

The Giardia bottle must be shaken near the base chakra (base of the spine) for 5 seconds to raise its vibrational level.

Spray 1-2 short bursts, approximately 30cm directly onto the skin or through/over clothing but staining may occur so spray through a tissue to avoid this.

Avoid contact with the eyes, and rinse immediately with clean cold water if this should occur.

Remember that if you have Giardia, your partner, family members living with you and pets may also have it and so re-infection may occur. For this reason, it is wise to get them checked and treated

‘ It is my belief that using Herbal Sprays through the chakras helps cleanse the body of impurities and aids the return to a balanced state of HEALTH ‘
Susan Koten.

For further information on this and other treatments available please contact the clinic on **01708 381478**

**GIARDIA
THE PARASITE WITHIN**

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Parasites can seriously

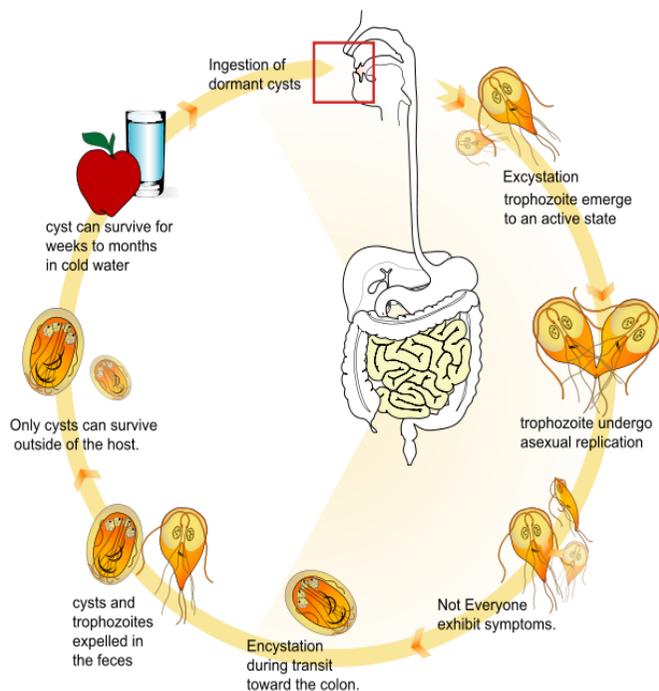
affect your health.

What is Giardia ?

Giardia is a protozoal microscopic parasite that can infect the host, e.g. humans and other mammals.

Giardia infection is very common and can be contracted from drinking contaminated water and foods.

It is widely distributed and easily passed from one family member to another.



How will it affect me?

Giardia can interfere with your health and seriously reduce your quality of life for either a short time or it can linger and become a chronic debilitating problem if left untreated. Once Giardia enters your body it can reduce you from being a happy go lucky person, full of confidence and zest for life into an introverted being with multiple health issues.

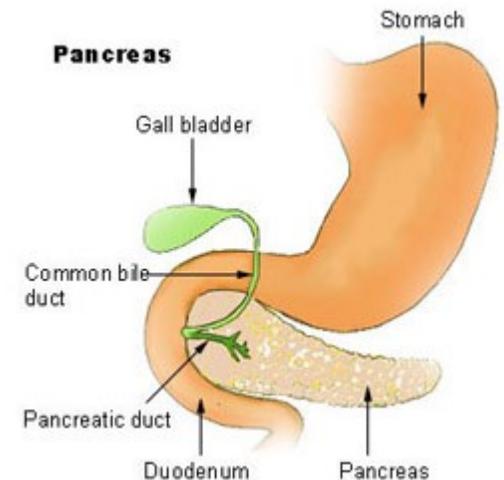
Within 24 hours, the whole digestive system can be disrupted from being perfectly healthy and functioning normally to severe bloating, wind, nausea with alternating diarrhea and/or constipation. Your energy levels can alter dramatically and after a short space of time the fears set in and stress levels rise as we try to understand what is happening.

The Gallbladder and Pancreas Connection

The duodenum is where Giardia are released from their cyst form and where they then begin the process of producing cysts for excretion in the faeces.

The common bile duct which runs from the gallbladder to the duodenum allows bile to be excreted into the duodenum via the Sphincter of Oddi.

In approximately 60% of my patients the gallbladder is affected. It is my belief that Giardia are able to travel into the common bile duct when the sphincter either opens up to release bile or is faulty and they can cross over into the duct and travel to the gallbladder.



The Pancreas is the organ that secretes insulin to reabsorb sugars. It is my belief that giardia can enter the pancreas and affect its function.

When the pancreas fails to work efficiently, severe illness can occur. The pancreatic duct runs into the common bile duct and this then exits into the duodenum where there is great activity with giardia. The Sphincter of Oddi is a valve which allows the bile to be excreted, which breaks down fat for absorption.

The giardia in the presence of this bile goes into their phase of producing new cysts for their life cycle to continue and then travel onwards for excretion in the faeces to be ingested by another host.