

PARASITE	TYPE OF CRITTER	INFORMATION	SYMPTOMS
<i>Entameba/Ameba histolytica</i>	ameba	<i>Ameba histolytica</i> are usually found in food and water contaminated with human feces, such as unpeeled fruit and raw vegetables. Amebic cysts are resistant to stomach acid and lodge in the lower part of the small intestine. The ameba then reproduce and migrate to the large intestine where they eat bacteria and undigested food particles. Once in the large intestine, ameba reproduce quickly and infect the liver and other organs. The incubation period for <i>Ameba histolytica</i> can be as long as a year before any symptoms appear. Filtering water can remove any amebic cysts (dormant forms of amebas) present in the water.	Once in the small intestine, this organism can cause ulcerations by eating away at the small intestine, inflammation, hemorrhage in the small intestine and secondary bacterial infection that can travel primarily to the liver (where it is filtered), but also to the lungs, brain and heart. Symptoms related to this organism include abdominal fatigue (decreased function of the abdominal area), lower abdominal pain, bloating, loose stools, cramping, colitis with diarrhea, rectal lesions, skin ulcers and bloody stools. If infection is severe, there may be numerous bloody stools per day. This is a particularly serious infection, as it interferes with the small intestine's ability to digest and absorb nutrients, resulting in maldigestion and malnutrition in addition to the destruction of the small intestine.
<i>Endolimax nana</i>	ameba	This ameba is commonly found in contaminated food and water. <i>Endolimax nana</i> infestations have also been associated with chronic rashes, stomach upset, bloating and other intestinal disharmonies.	These amebas remain in the intestine when intestinal health is compromised. When the integrity of the intestines is compromised, this parasite may also make its way into other organs and cause aggravations in organs such as the liver, heart and lung. These amebas may remain in the intestines for weeks, months or years, especially when the immune system of the GI tract is compromised.
<i>Entameba hartmanni</i>	ameba	This ameba is commonly found in contaminated food and water. The presence of these organisms in large amounts is a sign of compromised gut integrity. Compromised gut integrity can lead to infection of other organs in the body, particularly when there are other infections in the intestines.	Some of the symptoms found in people with this parasite are upset stomach, bloating, diarrhea and increased flatulence.
<i>Entameba polecki</i>	ameba	primarily a parasite of pigs and monkeys.	transient, mild diarrhea that does not last for a long period of time.
<i>Dientameba fragilis</i>	ameba		
<i>Entameba coli</i>	ameba		
<i>Entameba gingivalis</i>	ameba		
<i>Iodameba butschellii</i>	ameba		

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<i>Aeromonas</i>	bacteria	Found in fresh and brackish (slightly salty water) (as in estuaries and river deltas). Human infections follow exposure to untreated water.	Cause opportunistic systemic disease in immunocompromised patients (any part of the body can be affected when the person's immune system is already compromised) and diarrheal disease in otherwise healthy individuals as well as wound infections. Gastrointestinal disease in children is usually an acute, severe illness, whereas adults tend to have chronic diarrhea.
<i>Bacilli</i>	bacteria	<i>Bacilli</i> are a broad family of bacteria that are normally present in the GI tract; however, they can be found in greater numbers due to low GI tract immunity and antibiotic use.	Bacteria generally cause varying gastrointestinal symptoms such as diarrhea, gas, constipation and colic. It is important to address the immunity of the GI tract, replenishing it with “friendly bacteria” and addressing digestive function to restore the health of the GI tract.
<i>Campylobacter</i>	bacteria	Campylobacter is the most common cause of bacterial gastroenteritis (inflammation of the gastrointestinal tract), particularly in individuals with low gastric acid levels. Infections result from contaminated food or water.	Symptoms include diarrhea, fever, body ache and abdominal pain, 10 or more bowel movements per day and grossly bloody stools may be present. Symptoms may last for 1 week or longer. If these bacteria enter the bloodstream, bacteremia, septicemia, arthritis and meningitis may result.
<i>Helicobacter pylori</i>	bacteria	This organism is transmitted by oral-oral, fecal-oral and gastro-oral routes. It penetrates the mucus layer of the stomach to reproduce protected from the gastric acid produced in the stomach. It also buffers itself from gastric acid by breaking urea into ammonia, which increases stomach pH.	An <i>H. pylori</i> infection can trigger hypochlorhydria (hydrochloric acid deficiency) and produces inflammation in the stomach. <i>H. pylori</i> is associated with gastritis and duodenal ulcers. Once an ulcer forms, the stomach and the small intestine can no longer absorb nutrients or digest food properly, resulting in vitamin and mineral deficiencies. Symptoms of ulcers include bloating, pain after eating and gas.
<i>Pseudomonas</i>	bacteria	Pseudomonads are found in the soil, vegetation and water, moist reservoirs and has a broad-based antimicrobial resistance.	In immunocompromised individuals, bacteremia and endocarditis, pulmonary infections and other infections in the GI tract, urinary tract, eye, musculoskeletal system and central nervous system and ear infections may result
<i>Alpha hemolytic Streptococcus and Gamma Hemolytic Streptococcus</i>	bacteria	These are types of Streptococcus that are particularly harmful. These bacteria have been associated with very serious infections such as pharyngitis (inflammation of the throat), scarlet fever and streptococcal toxic shock syndrome as well as skin infections such as erysipelas and pyoderma. Streptococci are spread person to person through contact with respiratory droplets from coughing or sneezing.	If untreated, alpha and gamma hemolytic strep it can cause acute rheumatic fever and inflammation of the kidney. Gamma Hemolytic Streptococcus – the Viridans group - are also part of the normal flora of the mouth and GI tract. When present in greater numbers due to low immunity, these bacteria can cause 3 main types of infections: dental infections, endocarditis and abscesses. Endocarditis can occur if the Streptococcus bacteria enter the bloodstream and the infection is left untreated. The Strep bacteria latches on to the surface of the heart, often on an already damaged heart valve and gradually begin to eat away at the heart tissue. Symptoms of endocarditis include low-grade fevers, fatigue, anemia and heart murmurs. Abscesses can occur in the brain or in the abdominal organs. If Streptococcus intermedius is found in the blood, it is indicative of an abscessed organ.

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<i>Clostridium difficile</i>	bacteria	This organism is ubiquitous and can be found anywhere from soil, hay, sand and fecal matter. Its spores survive for several months in the environment and are prevalent in hospitals. <i>C. difficile</i> is responsible for antibiotic-associated gastrointestinal diseases.	<i>C. difficile</i> is normally found in very small quantities in the intestines; however, following antibiotic treatment, it may proliferate and secrete toxins in the bowels that lead to hemorrhage and death to intestinal cells, severe inflammation of the GI tract (gastroenteritis) and colitis.
<i>Escherichia Coli</i>	bacteria	Large numbers of <i>E. coli</i> are present in the gastrointestinal tract. These species are associated with bacterial sepsis (blood poisoning), neonatal meningitis, infections of the urinary tract and inflammation of the gastrointestinal tract. Most infections are due to poor hygiene and most infections occur due to compromised gut immunity (except for neonatal meningitis and inflammation of gastrointestinal tract).	Symptoms include diarrhea, cramps, nausea, low-grade fever, bloody stools and vomiting.
<i>Klebsiella</i>	bacteria	This organism is associated with primary lobar pneumonia. <i>Klebsiella</i> is normally found in the intestinal flora. Infection can originate from a human carrier through coughing/sneezing as well as fecal-oral, transmitted from skin to wound or through self-infection in immunocompromised people.	Symptoms include blood tinged phlegm, urinary tract infections and inability to clear secretions of the lungs respiratory tract.
<i>Salmonella sp</i>	bacteria	<i>Salmonella</i> are found in virtually all animals. Spread is animal to animal. The source of most infections is through ingestion of contaminated undercooked food products such as poultry, egg and dairy, water or fecal-oral spread.	Symptoms can occur in one of four forms, 1) nausea, vomiting, non bloody diarrhea, elevated temperature, abdominal cramps, muscle pains and headaches 2)infection in the blood with chills, fever and low blood pressure, 3) fever, headache, muscle aches and lack of appetite followed by gastrointestinal symptoms 4) asymptomatic carriers
<i>Shigella spp.</i>	bacteria	<i>Shigella</i> is most common in children. It is transmitted by fecal- oral route, primarily by contaminated hands and less commonly in water or food. Bacilli can remain viable in contaminated water as long as 6 months.	Symptoms include abdominal cramps, diarrhea, fever and bloody stools with abundant pus.
<i>Staphylococcus aureus</i>	bacteria	<i>Staphylococcus</i> is ubiquitous (found everywhere). It is most common on the skin and mucous membranes	Symptoms include destruction of tissue, food poisoning (diarrhea, fever, dehydration), boils, wound infections, pneumonia, endocarditis (fever, chills, chest pain). In systemic infections rashes over the entire body, abrupt onset of fever, low blood pressure and peeling of the skin occur.

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<i>Yersinia</i>	bacteria	Yersinia requires the presence of amino acids (proteins) to grow. There are two forms of plague: urban plague is maintained in rat populations and spread between rats and from rats to humans via infected fleas. Sylvatic plague is spread by mammals such as mice, rabbits, rats, prairie dogs and fleas. Human to human spread is uncommon unless person has lung infection	Bubonic plague occurs after a bite from an infected flea. Symptoms include high fever and a painful inflammation of lymph nodes in the armpit or groin area. Pneumonic plague symptoms include high fever and body aches with pulmonary signs. Fatality is 75 to 90% if untreated.
<i>Vibrio (cholera)</i>	bacteria	Vibrio spp. are found in freshwater ponds and estuaries worldwide. Person to person infection is the most common though infected crustaceans may also be a significant source of infection. Normal gastric acidity prevents the spread of these organisms.	Infection with Vibrio spp. can lead to mild to severe watery diarrhea speckled with mucus flecks and vomiting which can lead to dehydration, acidosis and shock due to loss of potassium and bicarbonates. Low grade fever may be present and chills.
<i>Plesiomonas</i>	bacteria		
<i>Serratia</i>	bacteria	Serratia occurs primarily in immune compromised people. These bacteria are highly antibiotic-resistant	

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<i>Enterocytozoon baileyi</i>	parasite (protozoa)	Infection is initiated by ingestion of spores through fecal-oral transmission. Following ingestion, the spores pass into the duodenum where they multiply. The parasites spread from cell to cell, causing cell death and local inflammation. They are capable of infecting every organ of the body. This organism is unique to humans.	persistent and debilitating diarrhea. If spores travel to the organs it may lodge in the liver, causing hepatitis and peritonitis (inflammation of the abdominal area).
<i>Babesia</i>	parasite (protozoa)	Human infection follows contact with an infected tick. The parasite infects red blood cells.	Incubation period of 1-4 weeks followed by general malaise, fever without periodicity (a tendency to recur at regular intervals), headache, chills, sweating, fatigue and weakness. As the infection progresses with increased destruction of red blood cells, anemia develops and the patient may experience renal failure. Swelling of the liver and spleen can develop in advanced disease.
<i>Balantidium coli</i>	parasite (protozoa)	Cysts are ingested and develop into adults that invade the mucosal lining of the small and large intestines. Cysts are spread through fecal-oral transmission, through the water supply infected with pig feces and person to person spread.	Symptoms include abdominal pain and tenderness, spasm of the anal sphincter, nausea, anorexia and watery stools with blood and pus. Ulceration of the intestinal mucosa can be seen.
<i>Blastocystis hominis</i>	parasite (protozoa)	<i>Blastocystis hominis</i> is a pathogen that has fecal/oral transmission. <i>Blastocystis</i> often lodges in the intestinal mucosa, making it difficult to eliminate. <i>Blastocystis</i> can remain in the intestines for weeks, months, or years if left untreated.	Symptoms may include nausea, vomiting, sleeplessness, lethargy, anorexia, severe itching, irritable bowel, fever, watery or loose stools, diarrhea, abdominal pain, anal itching, weight loss and excess gas, although asymptomatic infections can occur. It has also been reported in association with many chronic conditions including chronic fatigue and reactive arthritis.
<i>Cryptosporidium</i>	parasite (protozoa)	<i>Cryptosporidium</i> settles in the wall of the small intestine and can also infect any part of the GI tract, from the pharynx to the rectum as well as the gallbladder. It is spread from person to person, from animal to person by fecal-oral routes as well as from contaminated water. A <i>Cryptosporidium</i> infection can cause great damage in the digestive tract, pancreas, gallbladder and the central nervous systems, particularly in people with low immunity.	<i>Cryptosporidium</i> can cause diarrhea, abdominal cramping and inflammation of the small intestine. The infection is sometimes accompanied by flu-like symptoms. This inflammation and diarrhea limit the absorption of nutrients, vitamins and minerals into the body. If this infection is long-standing, it can cause severe nutritional deficiencies. Reactive arthritis, cholangitis (inflammation of the bile duct) and pancreatitis (inflammation of the pancreas) can also result from <i>Cryptosporidium</i> infections that have spread to the bloodstream, pancreas and gall bladder. Symptoms can include fatigue, musculoskeletal pain, joint pain, joint stiffness, fever, chills, abdominal pain, weight loss, pain, jaundice, fatty stools and diabetes. If the infection is left untreated and the bacteria reach the bloodstream, it is able to break the blood-brain barrier and can cause stuttering and other central nervous system disorders.

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<i>Giardia lamblia</i>	parasite (protozoa)	<i>Giardia</i> is a widely distributed parasite that adheres to the wall of the small intestine, interfering with intestinal fat absorption. It is transmitted by fecal-oral route. The standard chlorination of water is often ineffective against the water-borne cysts. <i>Giardia</i> cysts can survive up to 3 months in septic tanks and even longer beneath the human fingernails, which can cause self-reinfection after successful treatment. Giardiasis can also become a chronic infection if left untreated.	Low stomach acid may predispose to infection. <i>Giardia</i> is often found in people with <i>Candida</i> infections and has been associated with urticaria (itching), bronchial asthma and food allergies due to an increase in intestinal permeability. Symptoms include greasy, frothy diarrhea and abdominal gassy distention and cramps. Chronic symptoms include periodic loose stools, constipation, fatigue, bloatedness, flatulence and nausea.
<i>Toxoplasma gondii</i>	parasite (protozoa)	This parasite is found largely in the water supply and can also be transmitted through contaminated food, raw or poorly cooked meats or the feces of infected cats. This parasite is long-standing and may take a long time to show up on tests. It often lies dormant for many years after exposure until the conditions are optimal for its growth, that is – a compromised immune system. Often, <i>Toxoplasma</i> travels to other tissues in the body and forms a cyst (its dormant form – like an egg) there. Each cyst may remain viable throughout the life cycle of the host. The cysts can create a chronic infection in the body.	Symptoms occur as the parasite moves in the blood to tissues where it infects the cells in those tissues. The organism has a tendency to move to the lung, heart, lymphoid organs, central nervous system and the eyes. It can cause severe complications to these organs such as inflammation of the lymph nodes, rashes, hepatitis, spleen enlargement, inflammation of the brain, altered mental status, seizures and other central nervous system disorders, pericarditis (inflammation of the heart), heart arrhythmias, lymphatic disorders and many others. Other symptoms include chills, fever, headaches, blurring of vision, abdominal pain, rashes, muscle pain and fatigue. If the infection advances, this parasite causes death of the cells it has infected and severely damages the organs.
<i>Isospora belli</i>	parasite (protozoa)		
<i>Leishmania</i>	parasite (protozoa)		
<i>Plasmodia</i>	parasite (protozoa)		
<i>Pneumocystis carinii</i>	parasite (protozoa)		
<i>Strongyloides stercoralis</i>	parasite (protozoa)		
<i>Trichomonas hominis</i>	parasite (protozoa)		
<i>Trichomonas vaginalis</i>	parasite (protozoa)		
<i>Trichomonas tenax</i>	parasite (protozoa)		
<i>Trypanosomas</i>	parasite (protozoa)		

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<i>Tapeworm, intestinal: Taenia saginata, solium; Diphyllobothrium latum; Dipylidium caninum; Hymenolepis nana, diminuta</i>	worm	Tapeworms are flat and ribbonlike. Pigs, cows, fish, freshwater crustaceans, herbivores, rodents insects and fleas, canines and bears are reservoirs for these worms. Worms can be transmitted through the ingestion of improperly cooked pork, beef, freshwater crustaceans, freshwater fish and rodents.	symptoms include abdominal discomfort, chronic indigestion, hunger pain, abdominal cramping, vomiting, nausea, weight loss, itching and diarrhea when tapeworms remain in the intestine. If they travel to other organs, they can cause meningitis, cranial nerve damage, seizures, hyperactive reflexes and visual defects. Death of larvae results in a marked inflammatory reaction with a worsening of symptoms with fever and muscle pain.
<i>Ancylostoma duodenal</i>	worm	Hookworms enter through intact skin when in contact with contaminated soil/feces in shady and warm conditions. Tapeworms enter through the skin into the circulation, are carried to the lungs, coughed up and swallowed. They develop to adulthood in the small intestine. They lay as many as 10,000 to 20,000 eggs per day which are released into feces. They have mouthparts designed for sucking blood from injured intestinal tissue.	There may be an allergic reaction and rash at sites of entry; larvae migrating in the lungs can cause pneumonitis. Adult worms produce the gastrointestinal symptoms of nausea, vomiting and diarrhea. As blood is lost to feeding worms, anemia develops. In severe chronic infections, emaciation and mental and physical retardation may occur related to anemia from blood loss and nutritional deficiencies. Intestinal sites may be secondarily infected by bacteria when the worms migrate along the intestinal mucosa.
<i>Necator americanus</i>	worm	Hookworms enter through intact skin when in contact with contaminated soil/feces in shady and warm conditions. Tapeworms enter through the skin into the circulation, are carried to the lungs, coughed up and swallowed. They develop to adulthood in the small intestine. They lay as many as 10,000 to 20,000 eggs per day which are released into feces. They have mouthparts designed for sucking blood from injured intestinal tissue.	There may be an allergic reaction and rash at sites of entry; larvae migrating in the lungs can cause pneumonitis. Adult worms produce the gastrointestinal symptoms of nausea, vomiting and diarrhea. As blood is lost to feeding worms, anemia develops. In severe chronic infections, emaciation and mental and physical retardation may occur related to anemia from blood loss and nutritional deficiencies. Intestinal sites may be secondarily infected by bacteria when the worms migrate along the intestinal mucosa.
<i>Ascaris lumbricoides</i>	worm	These worms are transmitted through the fecal-oral route. The ingested egg releases a larval worm that penetrates the duodenal wall, enters the bloodstream, is carried to the liver and heart and then enters the pulmonary circulation. They grow in the lungs. After 3 weeks they are coughed up, swallowed and returned to the small intestine. Up to 200,000 eggs are created per day for up to one year. Both food and water can be contaminated with Ascaris eggs - this parasite more than any other affects the world's population. Ascaris eggs are quite hardy and can survive extreme temperatures and persist for several months in feces and sewage.	During migration to the lungs, pneumonitis resembling an asthma attack can occur. Even a single adult ascaris may be dangerous because it can migrate into the bile duct and liver and create tissue damage. It can occasionally perforate the intestine, creating peritonitis (inflammation of the abdominal area) with secondary bacterial infection. A tangled bolus of mature worms in the intestine can result in obstruction, perforation and occlusion of the appendix. Patients with many larvae may also experience abdominal tenderness, fever, distention and vomiting.

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<i>Enterobius vermicularis</i>	worm	This is a pinworm, a small white worm found in the perianal folds or vagina of an infected child. Infection is initiated by ingestion of eggs. Larvae hatch in the small intestine and migrate to the large intestine, where they mature into adults in to 6 weeks. This worm occurs worldwide but most common in the temperate regions, where person to person spread is greater in crowded conditions. It is most common in North America. Eggs can be transmitted from hand to mouth by children scratching the perianal folds in response to the irritation caused by the migrating egg-laying female worms or the eggs may find their way to clothing and play objects. They can survive long periods in the dust that accumulates over doors, windowsills and under beds in the rooms of infected person. Egg-laden dust can be inhaled and swallowed to produce infestation. No animal reservoir for this organism is known.	Symptoms include itching, loss of sleep, fatigue. Penetration through the bowel wall into the peritoneal cavity, liver and lungs has been recorded infrequently.
<i>Trichinella spiralis</i>	worm	This worm lives in the small intestine of flesh-eating mammals world wide, mostly swine. The larvae invade the muscles, especially the extraocular muscles of the eye, the tongue, the deltoid, pectoral and intercostal muscles, diaphragm and the calf. Transmission occurs with ingestion of improperly cooked meat, particularly pork.	The symptoms are minimal, flu-like symptoms with slight fever and mild diarrhea. If infection is significant, there can be persistent fever, gastrointestinal distress, muscle pain and swelling of the area around the eyes. "splinter" hemorrhages beneath the nails are also commonly found/ In heavy infections, severe neurological symptoms, including psychosis, meningoencephalitis (inflammation of the brain and meninges) occur.
<i>Mansonella</i>	worm		



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<b>Fluke: liver</b> ( <i>Flukes= Clonorchis sinensis, Fasciola hepatica, Fasciolopsis buski, Paragonimus wetermani, Metagonimus yokogawi, Heterophyes heterophyes, Oisthorchis felineus, Schistosoma</i> )	worm	Trematodes are flat, fleshy, leaf-shaped worms that require intermediate hosts such as snails and clams for part of their life-cycle. Infection results from ingestion of improperly cooked infected mammals and fish.	Symptoms include right upper quadrant pain, chills, fever, enlargement of the liver, diarrhea, jaundice, lack of appetite
<b>Fluke: intestinal</b>	worm	Intestinal flukes are generally found in aquatic vegetation (water chestnuts, watercress, for example), snail and fresh water fish.	Symptoms include inflammation, ulceration and hemorrhage of the gastrointestinal tract. Severe infections result in abdominal discomfort and diarrhea.
<b>Fluke: lung</b>	worm	Lung flukes infect humans and many other animals and occur in many countries. They are mainly found in uncooked freshwater crabs and crayfish. They can lodge in the intestinal wall, the abdominal cavity, under the skin, the brain and spinal cord, the liver and the lungs.	Symptoms include fever, chills, cough and increased phlegm. As destruction of the lung tissue progresses, phlegm is tinged with blood and there is severe chest pain. The phlegm is dark with eggs. Worms may invade the spinal cord and brain, causing visual problems, muscle weakness and convulsive seizures.
<b>Fluke: blood</b>	worm	Hosts for these parasites include domestic animals though they have a broad range of hosts. It is transmitted through ingestion of feces of infected animals/people, including contaminated water sources.	Initial symptoms for blood fluke include dermatitis, allergic reactions, fever, body aches followed by abdominal discomfort and diarrhea. In chronic infection, there can be the involvement of the spleen and liver, bleeding of the esophagus and brain involvement that manifests in lethargy, speech impairment, visual defects and seizures.
<b>Trichuris trichiura</b>	worm		
<b>Trichuris vulva</b>	worm		

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<i>Candida albicans</i>	yeast	<i>Candida albicans</i> is present in every individual. Normally the yeast lives harmlessly in the gastrointestinal tract. Occasionally the yeast will overgrow and lead to significant disease if untreated, particularly in people with high carbohydrate intake, low intestinal immunity and antibiotic use. <i>Candida</i> is part of the normal intestinal flora, mouth, vagina and rectum; however, when there is an imbalance in any of these areas, it outcompetes other bacteria and causes disease.	Intestinal overgrowth of <i>Candida</i> can affect any system of the body, but primarily it affects the gastrointestinal, nervous, endocrine, genitourinary and immune systems. Allergies have also been attributed to <i>Candida</i> overgrowth. General symptoms include chronic fatigue, loss of energy as well as hormonal imbalances, prostate and uterine cancers. Gastrointestinal symptoms include thrush ( <i>Candida</i> overgrowth of the mouth), bloating, gas, intestinal cramps, rectal itching and altered bowel function. Genitourinary symptoms include frequent bladder infections. Nervous system symptoms include depression, irritability and inability to concentrate. Immune symptoms include allergies, chemical sensitivities and low immune function.
<i>Saprophytic Fungi</i>	yeast/ fungus	Saprophytic fungi live off “dead” material. Many of these fungi come into the gastrointestinal tract directly from the food we ingest. Some are transitory and pass through the GI tract without harming the gastrointestinal tract. When intestinal health is compromised, the presence of fungi will lead to further disharmony.	Saprophytic fungi proliferate in the GI tract due to a high carbohydrate intake, a vegetarian diet and/or low immunity in the GI tract. Even a trace finding of these fungi can create allergies to fungi in general, causing an increase in digestive disharmonies. When people have fungi in their GI tract, they also become sensitized to fungi in the air and become extremely allergic to all fungi. Addressing a depressed gastrointestinal immunity is imperative. Symptoms commonly associated with these fungi include: vaginal yeast infections that do not show up under a microscope but are associated with a lot of vaginal flow, irritation and lethal tissue destruction; strong reactions to fermented foods such as cheese; intolerance to damp environments; and intolerance to being in buildings in general, as there is generally mold in the heating ducts of buildings.