

Do you have a **FUNGAL** or **PARASITE** infection?



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Do you have a **FUNGAL** or **PARASITE** infection?

Pervasive parasite and fungal infections are becoming more and more prevalent and are a major health concern for many people. Billions of people around the world suffer with fungal or parasite infections. And although we encounter infectious organisms throughout the day in the air we breathe, in our soil and water, in foods, and on surfaces everywhere; why is it that some people suffer fungal and parasite infections and others live free of infections?

Although most people don't understand the difference between fungus and parasite infections, both fungi and parasites are classified as parasites because they are *opportunistic organisms* that *feed off and sustain themselves via the nutrition provided by their host organisms*. Symptoms often are often confused with secondary bacterial and viral infections. In this article, I'll share the difference between having a functional relationship with fungi and parasites, and *having an infection*. In addition, I'll explore the common symptoms indicative of fungal and parasite infections.

WHAT IS A PARASITE?

In biology, the term *parasite* refers to an organism that grows, feeds and is sheltered on or in a different organism while contributing nothing to the survival of its host. In microbiology, the mode of existence of a parasite implies that the parasite is capable of causing damage to the host. This type of a symbiotic association draws our attention because a parasite may become pathogenic if the damage to the host results in disease. Some parasitic bacteria live as normal flora of humans while waiting for an opportunity to cause disease. Other non-indigenous parasites generally always cause disease if they associate with a non-immune host.

Other than the fungi, there are about 1000 different parasites in a variety of types and sizes that can use the human body as their host. They range from single celled organisms so small that over 100 of them can fit into the eye of a sewing needle to tape worms that can be over thirty feet in length.

ARE FUNGI AND PARASITES BAD?

Fungi and parasites both play an important part in nature and serve an essential function as chief decomposers in nature – they are everywhere. Fungi are not only absolutely essential to the maintenance of *the web of life* – we could not live without them. Abundant worldwide, most fungi are inconspicuous because of the small size of their structures, and their hidden lifestyles in soil, on dead matter, and as interactive of plants, animals, or other fungi.

Approximately 85% of all plants have a *functional relationship* with fungal organisms. Both fungi and parasites are organisms that feed off of sugar sources, such as the carbohydrate found in plants and plant/tree sap. Fungi normally extend root-like filaments called *hyphae* up into the root systems of plants (see Figure 1). Fungi excrete very powerful acids and chemicals that literally will decompose and liquefy rocks. Through their hyphae, symbiotic fungi both deliver liquefied minerals and other nutrients to the plants. In return, they get to feed from the sugar sources in the sap of the plants they are symbiotic with.

Some plants store the nutrition obtained from their symbiotic fungi (called vesicular-arbuscular mycorrhizae) in *vesicles* (see Figure 2). These vesicles serve as a nutrient bank, supporting the plant through any challenges they may face while surviving in nature, such as a drought. Fungi also create vast webs between plants and have been shown to transfer nutrients from one plant or plant species to other plants in a cooperative effort to support the proliferation of life (as you can see in the drawing in Figure 2). Through their capacity to set up web systems to catch parasites known to attack the plants they share symbiotic relationships with, they send mycorrhiza into the parasites body, decompose it, and share the nutrients obtained with their host plants – now you vegetarians know that plants are also carnivorous!

What fungi and parasites do as nature's unpaid garbage collectors, working ceaselessly as the hidden gardeners beneath your feet, is to work to return the essential building blocks of all living things in nature as contribution to the creation of new life via the soil. The world could not exist, as we know it, without their fundamental support. In fact, our national park services are very aware of the importance of fungi and parasitic organisms that serve to decompose dead things and feed living things.

While visiting a park in Flagstaff, Arizona a few years ago, I came across this sign (Figure 3) encouraging people to stay on the trail because the desert topsoil is alive. I found it interesting to note that the government is obviously aware of the importance of fungi and parasites to

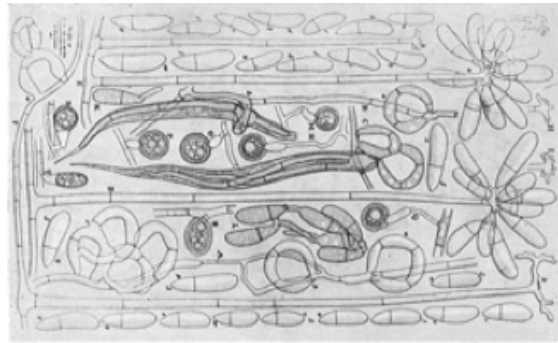


Fig. 1

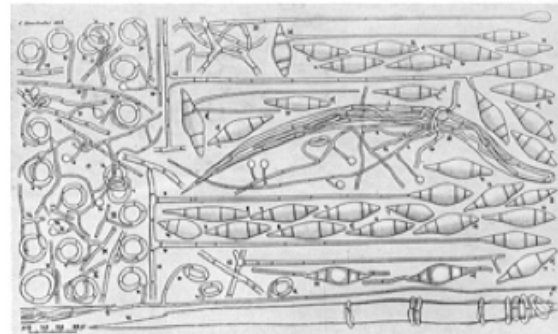


Figure 1: Fungal Hyphae Feeding Plants

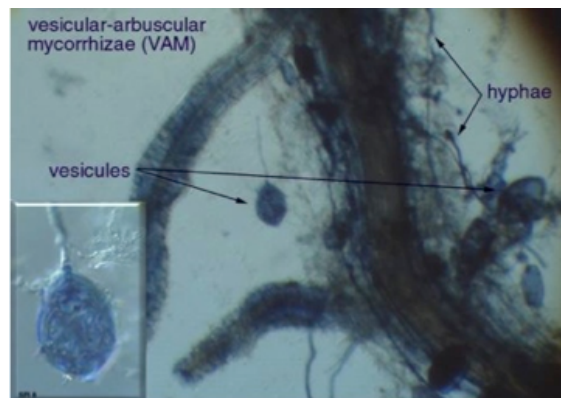


Figure 2: Fungal Hyphae VAM

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the health of the soil and are willing to *protect parks, yet turn a blind eye to the dangerous use of pesticides, herbicides, fungicides and chemical fertilizers, all of which destroy these essential creatures!*

Fungi and parasites are ubiquitous in nature, they are everywhere; ***you cannot possibly rid yourself of fungi or parasites completely.*** Therefore, they cannot be effectively eliminated from your body. Even if they could, paradoxically, you would experience more problems without them than you would by cultivating a healthy, balanced relationship *with them*. A healthy immune system is capable of resisting most of these organisms, but when these organisms become a problem and cause an infection its time to see what might have caused these tiny organisms to infect you. Though most people are fearful of parasites and consider them as something to be eradicated, they do have a variety of useful functions, including:

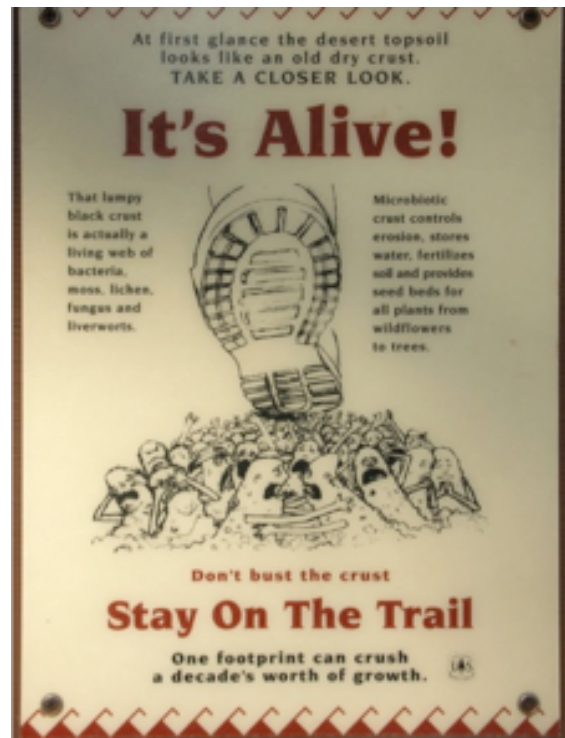


Figure 3: Park Protection Sign

- Informing the immune system of what it must develop antibodies against to survive in any given environment
- Providing a source of nutrition the body can use, such as proteins
- Keeping the numbers of other parasites, bacteria or fungi down by competing with them for territory and food in and on your body.
- **Giving clues that we are living and eating inappropriately relative to the demands placed on us by laws of nature!**
- Contributing to many essential bodily functions for our own human existence. For example, the mitochondria in your cells are actually bacteria (parasites) in that they provide energy in trade for sustenance and a home for their own survival. The symbiotic bacteria in your gut provide a variety of vitamins and produce lactic acid as a byproduct of their own metabolism. The lactic acid stimulates peristalsis in the digestive tract, allowing digestion and elimination to occur.

In my soon to be released *Healing Fungal and Parasite Infections: The Absolute Essentials* program, I share research findings that clearly show that parasites can be very beneficial to our bodies. **The secret isn't getting rid of parasites; it is learning how to have a healthy, functional relationship with them so you can benefit from Mother Nature's wisdom.**

OPPORTUNISTIC INFECTIONS

In humans, fungal and parasite infections are usually thought of as *opportunistic infections*. Infection results when the magnitude of a parasitic organism (such as a tape worm) or organisms (such as single celled ameba parasites or fungi) can't be effectively managed by the immune system. Infection can be identified by the nature of, and number of *symptoms* that manifest. As you might imagine, there are a wide variety of symptoms suggestive of infection. Some of the ways fungi and parasites trigger infection in your body are through:

- *Chemical Regulation*: Research on fungal infections has shown that fungi release key chemical regulators that disrupt and confuse immune communication. This stops the immune system from being able to decrease the population of fungi and parasites in your body, allowing them to proliferate, resulting in an *infection*.
 - The Ascaris worm has been shown to be able to change their own cells to *mimic your own cells*.
- *pH Regulation*: The term “pH” refers to the degree optimal working range of acidity or alkalinity in bodily fluid – with a pH of “7” being neutral – not acid, not alkaline.
 - If for any reason a parasitic organism elevates pH (more alkaline) or decreases pH (more acid) than is optimal for the body system they are influencing, you will develop symptoms, and therefore, have an infection.
- *Poor Nutrient Absorption*: This will lead to malnutrition. Parasites and fungi devour your own nutrition leaving you to literally starve to death. Anemia is a side effect of infection by hookworms and other worms, and is a common indicator of infection.
- *Parasite Nests*: Organs, glands and muscles become nests where parasites lay their eggs, which become cysts.
 - Cysts are often full of larva. This is common in most major organs of the body, including the brain.
- *Parasite Die-Off Poisoning*: As the fungi and parasites die off, they overwhelm the detoxification and lymphatic systems resulting in an increasingly wide variety of negative symptoms, due to the burden of having potentially millions, even BILLIONS of dead bugs in your body.

COMMON SYMPTOMS OF FUNGAL INFECTION

There are a wide variety of symptoms suggestive of fungal and parasite infection experienced by people of all ages, depending on the type of parasitic organism and the underlying health of the person. Here are some of the most common symptoms related to *fungal infections* that I see in my clinical practice:



Figure 4: Fungal Infection of the Fingernails

- Sugar craving: sweet foods and drinks
- Degenerative changes in skin, such as little patches of skin flaking off, which often leave open sores if you try and peel the dead looking skin away
- Pimples that look like pimples, but don't develop white heads. When squeezed, the pimples from fungal infection don't typically exude the typical fluids pimples do and get easily irritated. Picking at them usually results in a small skin wound that doesn't respond to most pimple treatment approaches
- Loose, foul smelling stools; elimination alternating between constipation and diarrhea
- Nail abnormality: thickening, brittle, crumbly or ragged, flaking, and tiny white spots on the underside fingernails and toenails
- Dandruff
- Jock itch
- Athlete's Foot
- Prostate hypertrophy and the problems that go with it
- Popping joints and joint instability
- Leaky gut syndrome
- Digestive disorders
- Flatulence (gas)
- Immune stress leading to an increased incidence of both common and uncommon illnesses
- Brain fog
- Sleep disruption and insomnia
- Elevated cortisol (the chief stress hormone) levels; this can lead to adrenal exhaustion if the fungal infection isn't handled effectively
- Mood dis-regulation
- Malnutrition
- Hair loss: usually in coin sized blotches or larger that often result from itching the scalp
- Vaginal yeast infection



Figure 5: Athlete's Foot Fungal Infection

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If you have one or more of these symptoms, chance are very good that *you do have a fungal infection*. The secret is not to wait until it gets worse; the more of these symptoms you have, the more important it is for you to take action, starting with dietary and lifestyle changes, and/or getting professional help. The longer you have a fungal infection, the greater the chance it will proliferate in your body, causing more and more damage that typically will extend the healing time. As you will see below, many of the symptoms of fungal infection are identical to the symptoms of parasite infection.

SYMPTOMS OF PARASITE INFECTION

Disease-causing parasites depend on the immune-compromised infected host for survival. The following list comprises the common symptoms of parasite infections. The list can't be complete because the unique biochemical individuality and functional capacity for stress varies so widely from person to person that two people with the same parasite infection could have significant differences in symptoms, as well as share some commonality in their symptom profile.



Figure 6: Taenia solium - tapeworm

As you read through this list, check off the symptoms you have. If you have four or more of these symptoms, chances are good you do have a *parasite infection*:

- Fatigue that is uncharacteristic of your normal state
- Constipation/diarrhea
- Irritable bowel syndrome
- Digestive disorders
- Irritability/nervousness/mood swings
- Depression
- Emotional unrest
- Agitated thoughts
- Nightmares
- Persistent skin problems
- Gruanulomas (tumor like parasite encasements)
- Sugar cravings
- Ravenous appetite
- Allergies/intolerances
- Nasal itching/picking
- Anal itching
- Coin size blotches on face
- Skin eruptions/markings
 - Fungal infections
- Overall fatigue

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- Disturbed sleep (night sweats, fretful)
- Anemia
- Muscle cramps
- Joint pains
- Post nasal drip
- Bruxism (grinding your teeth)
- Prostatitis
- Bluish specs in whites of eyes
- Craving dirt, clay, raw rice, dried foods, charcoal/burned food
- Feeling something moving in your body that isn't characteristic to the feeling of your own skin, joints or organs.
- Seeing something under your skin that moves and changes.
- Malnutrition
- Poorly formed and/or inconsistent bowel movements, particularly when diet has remain relatively unchanged overall
- Menstrual stress
- Decreased sex drive and sexual performance
- A chronic dry cough
- Increased ear wax production
- Disruption of mucus membranes, such as sores on eyelids, anus, vagina or in the mouth

ADDRESSING FUNGAL AND/OR PARASITE INFECTIONS

Fungi and parasites (in general) *are not problems in and of themselves*. This is a very important point that all people should be aware of. **Fungi and parasites are indicators that the host is living in such a way that they invite a population explosion of these beautiful little teachers within your body.** Anyone that studies nature with an open mind soon learns of Her incredible harmony, wisdom and beauty. Anyone that doesn't study Her and learn her laws invites what I call ***the Pain-Teacher*** to become their guide. The function of the Pain-Teacher is to guide you back into *homeostasis (balance)*. I see the pain as my teacher and whenever I have pain in my body, I take responsibility for what I've created.

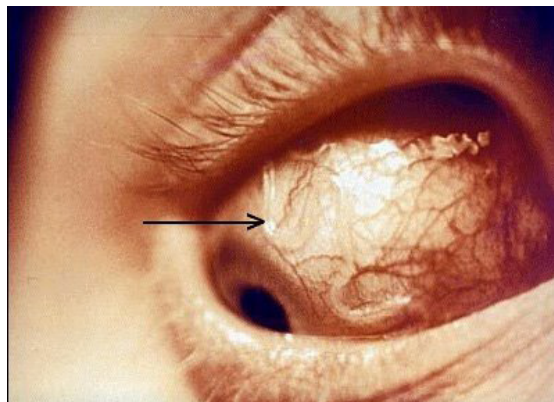


Figure 7: Loa Loa or African Eye-worm

In my career, I have coached more people with fungal and parasite infections to health and vitality than I can possibly count. I have seen over and over again, that those who do not follow the following steps are highly likely to have preventable reoccurrences of their fungal and parasite challenges. They

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are also likely to spend large sums of money chasing herbs, pills/drugs, therapists and doctors down in hopes of riding themselves of a necessary growth and healing lesson in their life.

There are a wide variety of general parasite tinctures, homeopathies, herbal supplements and cleanses available at health food stores worldwide. There are also many naturopathic physicians, functional nutrition, functional medicine and Level 3 CHEK Holistic Lifestyle Coaches who have the resources and skills to take you further - and for more information on my DVD program *Healing Fungal and Parasite Infections: The Absolute Essentials*, which is filled with many functional tips, read on! What you are far less likely to learn from the professionals without C.H.E.K Institute training is how to address the diet and lifestyle issues that are often essential to long term healing. What I share below is a basic overview of the approach I take and I'm glad I can share this with you for free. This is your change to take responsibility for yourself and do the work that no doctor or therapist can do for you, yet must be done in most instances to bring about healing.

It is very common for people to have both Parasite and Fungal infections at the same time. If this is the case for you, I suggest you first begin immediately to *address the fungal infection first*. Fungi are more capable of manipulating and down-regulating our immune system than parasites are in general. Therefore, there isn't much sense chasing parasites and spending money on expensive herbs and drugs to kill them if the fungi are going to continue disabling your immune system and leaving the door wide open for yet another parasite infection. An exception to this suggestion would be a case of an invasive parasite, such as a tapeworm or some of the more aggressive parasites often acquired in jungle environments or polluted bodies of water. Fungal infections *kill you slowly*, but an invasive parasite may *kill you quickly*. The magnitude of your symptoms and the complexity of your symptom profile will typically alert you to the necessity of a physician trained in eradicating invasive parasites if they are present within your body.

THE 6 ESSENTIAL FIRST STEPS TO HEALING FROM FUNGAL AND/OR PARASITE INFECTIONS

Here is an overview of the 6 steps that are essential for overcoming any fungal or parasite infection. These are explained in much more detail in my new DVD program *Healing Fungal and Parasite Infections: The Absolute Essentials*.

1. ONE LOVE

What one love, dream or goal can you commit yourself to that you are willing to change for so you can fully experience it? This represents your "North Star" or GPS coordinates, allowing you to establish healthy values so you know when to say "No" and when to say "Yes" in relationship to other persons, places and things.

2. FORCES

There are only 2 forces that create all in the universe: **Yin** (the female) and **Yang** (the male).

Yin equates to “in-folding” or “anabolic”; rebuild, repair, rest, intuition, nurture and growth, and inward movement of life-force or energy. It is harmonious with the parasympathetic (digest and eliminate) nervous system, as well as the hollow organs of the body and female sex organs.

Yang equates to “unfolding”, “catabolic”; breaking down or transforming, activity, logic and rationality, warming, and outward movement or spending of life-force energy. It is harmonious with the sympathetic nervous system and solid organs of the body (such as the liver and kidneys) and the male sex organs.

Once we assess where we are at now, relative to where we desire to be and what we desire to experience, we can take an honest look at how we are managing our energy and resources. Then we can make conscious decisions as to how to better manage and cultivate the energy that is necessary to experience our dream, goal or stated love. This is expanded upon below in Step 4.

3. CHOICES

There are only 3 choices we can make in relationship to any person, place or thing.

1. The **OPTIMAL**: The choice that is best for everyone on our dream team; the people participating in the creation of your dream. Examples are spouses, co-workers, family and friends or other professionals you are working and creating with.
2. The **SUBOPTIMAL**: Usually the choice that brings instant gratification in some way, but tends to cause problems in our own body-mind and/or key relationships on our dream team.
3. **DO NOTHING**: Positive aspect: Doing nothing is the best choice when more time is needed to gather the necessary information to make an intelligent, informed decision. Negative aspect: Apathy; to not participate in life.

4: YOUR 4 DOCTORS

There are only 4 Doctors you will ever need to live, love and experience you're the fulfillment of your life fully. These 4 Doctors represent what I feel are the absolute essential four categories of personal core values. Once you identify where you are out of balance in Step 2, you can identify which of

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the 4 Doctors you need to reestablish new core values under to create awareness, and a new living philosophy that is congruent with your newly stated (or current) dream, goal or One Love.

DR. QUIET: The Chief Physician. Dr. Quiet deals with all issues of rest, introspection, and inner-spiritual development. When consulting with your Dr. Quiet, key questions to ask are:

- A. Am I getting enough sleep?
- B. Are my sleep cycles in rhythm with the natural flow of the sun; see my book *How To Eat, Move and Be Healthy!* for a more comprehensive understanding of sleep cycles.
- C. Am I giving myself enough rest relative to my activity level?
- D. Am I giving myself enough rest between bouts of exercise?
- E. Am I giving myself enough rest from people to have a healthy relationship with myself?
- F. Am I able to get quite enough to hear the voice of my own soul (consciousness), or am I relying on my ego-mind (social programming) to make decisions?

DR. MOVEMENT: The second Physician in charge of our body-mind. Dr. Movement covers all aspects of energy and activity utilization and participation. For example, he helps answer the question, “Am I exercising too little (excess yin), or too much (excess yang)?”

Dr. Movement also covers everything to do with your personal rhythm and flow on a daily, weekly, monthly and annual basis. How does your ideal day unfold? Is it too hectic to heal and feel good - a symptom of excess yang? Or do you feel as if you are not participating in the creation of your own dreams - a symptom of excess yin?

DR. HAPPINESS: The Physician in charge of effective mental-emotional self-management. By clearly stating your one love, dream or goal and choosing to live your 4 Doctors core values, you become congruent with Dr. Happiness.

Without clearly stated core values, it is impossible to know when to say “No” and when to say “Yes” in relationships. My experience with patients suffering from fungal and parasite infections is that many of them say “Yes” when they should be saying “No” because they are often tired of doing things they think they have to do instead of creating a dream and living the values that allow them to do the things they both need, and want to do in life.

DR. DIET: The Physician in charge of all aspects of diet and hydration. Dr. Diet appears to guide you whenever there is a body, body shape, mind, or energy problem. I offer a test you can use to determine your optimal food ratio of plant relative to animal foods and tips for fine-tuning your diet in my book *How To Eat, Move and Be Healthy!*

When out of tune with your highest good or dream, Dr. Diet manifests as “The Pain-Teacher” (which is true of the other 3 Doctors as well!). The Pain-Teacher’s function is to inform you that your

choices are pulling you out of your center (homeostasis or balance), or out of the natural flow of the Universe (TAO, pronounced “Dow”). The Pain-Teacher also appears whenever we are acting out an addiction, which I define in my teachings as follows: “An addiction is any repeated behavior that does not produces the results you need or want.” If you feel you or a loved one are suffering from addictive behaviors, you may find my audio/workbook program titled, *The 1-2-3-4 For Overcoming Addiction, Obesity and Disease* helpful.

5. PROGRAM DESIGN ESSENTIALS

Whenever we take responsibility for our own healing, we typically have to work with a doctor or therapist to create a program to guide us back to healing. Most programs for healing offered by holistic health practitioners have an exercise component. The 5 program design essentials I share here have relevance to most all aspects of a healing program and should be considered carefully.

- 1. TIME:** How much time can you honestly and effectively commit to your healing program? You must be clear about this, and clearly communicate this to your health care professional unless you want yet another long, arduous task list added to your life! If you are creating your own healing program, then be very honest with yourself or you are likely to suffer the negative effects of self-judgment – and the common result is often non-completion.
- 2. ENERGY:** How much energy do you have to complete your program? Even though you may have all the other five factors well managed, if you don't have the energy to complete your program you are unlikely to be successful at resolving your fungal or parasite infection. You are likely to spend a LOT of money on doctors, drugs and therapies directed at the symptoms though!
- 3. WILLINGNESS:** I have my patients rate their willingness to complete their program on a scale of 1-10. I've found that if a person's willingness rating is less than 7/10, they rarely complete their programs. If your willingness rating is below 7/10, it often indicates that your stated goal or dream needs to be carefully looked at and qualified. Some people are acting under pressure from others to heal and aren't truly motivated to do it for themselves. If your dream is not your own, I highly suggest you stop immediately and get clear on what dream motivates you adequately to participate in your own healing or you may find yourself experiencing Groundhog day!
- 4. FINANCES:** Always be clear and upfront with yourself and your healthcare professional about your financial commitment. If you don't, you can easily find yourself out of money when only partially through your healing program. Most good health care professionals can effectively stage a healing program to meet your financial ability to participate. Sometimes the state of a

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patient's health is such that they simply need more money than they have and I have to encourage them to get financial support before their health diminishes to dangerously low levels. This is an essential program design component that people often don't address until it's too late in the game to make intelligent decisions.

- 5. EQUIPMENT/SUPPLEMENTS/RESOURCES:** Always investigate to see what equipment or resources are needed to complete any healing program being suggested to you by a healthcare professional. You don't want any unexpected surprises that just add more stress to your life. If you can't afford what you need with regards to equipment, you can always look for used equipment or borrow it. Where there's a will, there is a way. I've consulted many people who had programs created for them, only to get all the way home and find out the program required the use of equipment they either didn't have, or couldn't afford. This can be avoided by being clear on your needs up front.

6. FOUNDATION PRINCIPLES

There are 6 foundation principles as the basis or ground substance of any healthy living lifestyle or healing program that must be consistently adhered to in order to rid yourself of, or prevent a fungal or parasite infection. Three of them are yin (feminine) in nature, and three of them are yang (masculine) in nature. They are:

YIN

Nutrition

Hydration

Sleep

YANG

Breathing

Thinking

Movement

These foundation principles are addressed in the resources I've included at the end of this report and would require that I write a long document to explain them fully. What I want to share with you here is that any fungal or parasite program that doesn't effectively address each of these 6 foundation principles diminishes in effectiveness to the very degree that any one or more of these foundation principles are not effectively addressed. Upon that you can rest assured!

All C.H.E.K Institute-trained Holistic Lifestyle Coaches are taught to both live and address these essential foundation principles in the creation of any program. If you are seeing a health care professional to heal from a fungal or parasite infection and one or more of these factors have not been effectively evaluated, I highly suggest you study the resources I've shared, or consult a CHEK HLC for help rounding out your healing program.

CONCLUSION

Fungi and parasites are ubiquitous in nature. Most infections result directly from living outside the parameters defined in the six steps above. To the degree that we are out of tune with our authentic, individual *needs*, we are likely to first experience fatigue, then illness, then disease, and finally...*death*. Although there are definitely invasive parasites such as tape worms that can infect even the healthiest people and if anyone is having symptoms that are stopping them from functioning to the degree that they can't perform activities of daily living, or are getting symptoms that indicate something serious is wrong, please consult *a skilled physician immediately!*

Mother Nature is not a concept that exists only "outside you," She is inside you! Her laws apply everywhere nature exists as all life. Fungi and parasites should not be viewed as "enemies," for to do so only exemplifies one's misunderstanding of how nature functions.

Fungal and parasite infections offer us a very good opportunity to learn more about ourselves, and how to live. We should see any infection as an invitation to investigate where we have gone wrong, not as something that needs to be eradicated, with the exception of those that have serious symptoms.

As I've suggested in this essay, fungal and parasite infections are largely the result of imbalanced and unconscious living. They are part of nature and serve an essential function in life. When we are living with the laws of nature cultivating a healthy, balanced, fully functioning lifestyle, we are far less likely to have problems with fungal and parasite infections because we have adequate resources and energy to restore any imbalances. We must also remember that the body and the mind are not separate entities. They are aspects of your whole being. If your body and mind become dis-integrated, you invite Mother Nature's police force. Parasites and fungi show up to inform you of where you have veered away from the basic principles of healthy living.

Though this is a brief summary of the essential information needed for a comprehensive approach to healing from fungal and parasite infections, anyone who finds they have multiple symptoms should refer to the following resources to maximize their opportunity to heal and put their life back in balance.

In my comprehensive *Healing Fungal and Parasite Infections: The Absolute Essentials* program you'll learn:

- More about the *6 Essential First Steps to Healing From Fungal and/or Parasite Infections*
- What program design essentials are necessary when crafting a healing program
- Specific protocols to restore and maintain gut health including functional tips from dietary to herbal supports and much more

Do You Have a Fungal or Parasite Infection?

- How your 4 Doctors within will keep you healthy and prevent unwanted infections
- And, much, much more!

Healing Fungal and Parasite Infections: The Absolute Essentials DVD program is available from www.chekinstitute.com. Please call and check on availability or look for your email notification if you've requested to be included on our list of interested customers.

REFERENCES AND RESOURCES

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FIGURES

Cover page. Skin Showing Ringworm Infection(ShutterStock) and Ascaras worms (unknown)

Figure 1. Fungal Hyphae Feeding Plants: Balfour, E.B. (1976). *The Living Soil*. Palgrave Macmillan.

Figure 2. Fungal Hyphae VAM: Elaine Ingam, PhD. Retrieved from www.rodaleinstitute.org

Figure 3. National Forest Wilderness: Bell Rock Trail Sign, Sedona, AZ. Photo by Paul Chek.

Figure 4. Fungal Infection of the Fingernail. ShutterStock

Figure 5. Athlete's Foot. ShutterStock

Figure 6. Tapeworm. Retrived from www.pinworms.co

Figure 7. Loa Loa or African Eye-worm. Retrieved from <http://www.newscientist.com/blogs/shortsharpscience/2009/01/eye-burrowing-worms-national-t.html>

AUTHOR BIO



Paul Chek is a Holistic Health Practitioner and sought-after consultant worldwide in the areas of corrective exercise, athletic conditioning and holistic approaches to wellness. He is the founder of the C.H.E.K Institute in California and the creator of the PPS Success Mastery Program. Paul is the author of 9 books and e-books, and has produced over 100 DVDs, audio programs and correspondence courses. For a free C.H.E.K Institute product catalog or information about seminars and Advanced Training Programs call (800) 552.8789 (+1.760.477.2620 internationally) or visit him online at www.chekinstitute.com and www.paulcheksblog.com.