



# AIM Para 90<sup>®</sup>



Para 90 delivers a parasite cleanse in a dietary supplement by combining a variety of effective herbs plus bromelain, a digestive enzyme.

## How is Para 90 Unique?

- Combines 12 cleansing herbs, one extract and one digestive enzyme
- Formula approved by herbalists
- 90 vegan capsules
- More than 23 years of safe and beneficial use by AIM Members

## Approach

Although North Americans often consider parasites something to worry about only when traveling, this is not true. The U.S. Centers for Disease Control and Prevention carried out a nationwide survey that showed that one in every six people selected at random had one or more parasites.

Parasites can enter your body in a number of ways:

- ▶ food and water intake
- ▶ transmitting agents (e.g., mosquitoes, sand flies)
- ▶ sexual contact
- ▶ through the nose and skin

They are also carried by household pets and livestock and can spread via international travel.

## What are Parasites

When organisms of different species closely interact with one another, they are involved in a symbiotic relationship, in which at least one organism must benefit as a result of the relationship. There are several types of symbiotic relationships we see between interacting organisms, including mutualism, commensalism and parasitism.

A mutualistic symbiotic relationship is beneficial for both organisms. An example is the relationship between flowers and bees. Flowers are pollinated by bees, which use pollen to make honey. As a result, both flowers and bees benefit from this symbiotic relationship.

A commensal relationship is when one organism benefits and the other is unaffected. The relationship between birds and trees is a good example. Birds often live in tree hollows or build their nests in trees. This provides shelter and safety from predators for the birds, but

## Key Benefits and Features

- Parasite cleanse
- Helps maintain digestive health
- Intestinal cleanser

the trees are not harmed nor do they benefit from the relationship.

Lastly, in a parasitic relationship only one organism benefits while causing harm to the other organism. An example is the relationship between ticks and dogs. Ticks benefit by consuming dog's blood, whereas dogs may get the diseases carried by ticks and can suffer from anemia as a result of blood loss.

Parasites are organisms that grow, feed and live on or in other living organisms, known as "hosts." There are two broad groups of parasites, protozoa (one-celled organisms) and helminths (worms). Parasites can be transmitted from animal to animal, animal to man, and in some cases, man to animal. Some parasites are larger than bacteria and viruses, but they are usually so small that you cannot see them without a microscope. Worms can grow quite large and can be seen with the eye.

Parasites live within the organs and tissues of the body and are often harmful. Any number of them can infect your gastrointestinal tract. Eventually, they are excreted in the feces.

## What's Next?

If you suspect you have parasites, a health care practitioner can arrange a number of tests. These include stool tests, blood tests, tissue swabs and others. However, these tests are often inconclusive because parasites can reside in tissues, organs and in the blood and will not be found in fecal samples. Often, only parasite eggs will be passed in the stool.

Even if you do not suspect you have parasites,



there are some healthy and safe measures you can take to stay parasite-free.

### Herbs

Many herbs, including those in Para 90, have helpful properties. For example, garlic is useful against amoeba and hookworm, and pumpkin seed is useful against tapeworm. Black walnut was used in traditional medicine as far back as the early 1800s.

### Other AIM Options

The digestive enzymes in AIM PrepZymes® will ensure that foods are more completely digested, helping to eliminate potential problems due to toxins. The fiber and herbs in AIM Herbal Fiberblend® will help cleanse the colon. Probiotics, such as the good bacteria in AIM FloraFood®, will recolonize the beneficial bacteria in the intestines and create a hostile environment for parasites.

### Dietary Changes and Precautions

Avoid eating uncooked foods or foods from doubtful sources. Even undercooked meat, fish and poultry can present problems. When camping, do not drink stream water.

### Pet Care

Ensure regular deworming and maintain good hygiene when handling your pet.

## FAQs

### How do I know whether Para 90 is working? Will I experience any side effects or detoxification symptoms?

Most people look for parasites in their stools, and many do see them; however, not everyone does. Positive signs include a poking sensation in the abdomen and itchy or crawling sensations on the skin. You should remember that in the process of cleansing, there may be some discomfort; parasites are not easily dislodged. Some users experience breakouts on their skin, and others feel nauseated or somewhat tired. You may also notice increased bowel movements, looser stools and more frequent urination.

### If I have been taking Herbal Fiberblend, do I need Para 90?

Herbal Fiberblend does have a cleansing effect, but isn't quite as effective as Para 90. If you have been taking Herbal Fiberblend, you probably have fewer problems with parasites.

## How to use Para 90®

- It is recommended that you use Para 90 every three months for cleansing.
- Adults take 1 to 3 capsules three times per day for 30 days. Can be taken with or without meals.
- Do not use Para 90 if you are pregnant or nursing. Keep out of reach of children.
- Children, the elderly, and those who have ulcers or have had a colostomy should consult a health care practitioner before use.
- Close tightly after opening and store in a cool, dry, dark place: 70-75 °F (20-24 °C). Do not refrigerate.

### What else can I do to help the cleansing?

Many people recommend using a probiotic such as FloraFood to recolonize the intestinal tract after using Para 90. Others take Para 90 in conjunction with Herbal Fiberblend. Digestive enzymes such as PrepZymes are also beneficial.

### Is there anyone who should not use Para 90?

Pregnant or nursing women should not use Para 90. Very frail elderly people, children and those who have ulcers, colitis or have had a colostomy should consult a health care practitioner.

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