

## Helminthic therapy success stories

Approximately 80% of those who host a controlled number of helminths for therapeutic purposes experience an improvement in their health, as the statistics in the following three posts show.

Posted between 2008 and 2009, these are the only available statistics for the response rates to deliberately acquired, therapeutic doses of helminths.

<http://health.groups.yahoo.com/group/helminthictherapy/message/2043>

<http://health.groups.yahoo.com/group/helminthictherapy/message/2852>

<http://health.groups.yahoo.com/group/helminthictherapy/message/3365>

The overall response rate of 80% is astonishing by any standard, but particularly because most people who try helminthic therapy have already tried every other treatment that is available for their condition.

The fact that there are over 150 personal accounts of success listed below is also amazing, for two reasons.

Firstly, because many people are keen to hide the fact that they are hosting helminths, some not even being prepared to divulge this information to close family members.

Secondly, the majority of those who get well as a result of using helminthic therapy are naturally eager to resume the life that their illness had curtailed, so spending time on internet forums to relate their stories isn't high on their agenda.

We are therefore greatly indebted to all those helminthic therapy pioneers who have been willing to stand up and be counted. Their generosity will give many others the confidence to try this therapy and hopefully achieve better health themselves.

### Acne

"My acne has cleared up."

<http://health.groups.yahoo.com/group/helminthictherapy/message/1873>

And it was still much less frequent over 2 years later.

<http://health.groups.yahoo.com/group/helminthictherapy/message/6749>

"I can report that prior to my using hookworm I experienced, into my forties, red zit-like bumps on my back, without heads, that would persist for weeks, and made removing my shirt in public something I dreaded. These disappeared along with my allergies and asthma post hookworm.

<http://health.groups.yahoo.com/group/helminthictherapy/message/8383>

### Adhesions

"... since hosting my helminths... the pain from my adhesions has been considerably less."

<http://health.groups.yahoo.com/group/helminthictherapy/message/3440>

### Allergy

"... probably 1/4 of my coworkers are experiencing some degree of seasonal allergy troubles. And I have experienced almost nothing."

<http://health.groups.yahoo.com/group/helminthictherapy/message/611>

"... a dramatic improvement..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/808>

"... my hay fever and allergies are 100 percent gone!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/832>

"He is playing baseball this summer. An impossibility before since he is allergic to grasses, trees and flowers"

<http://health.groups.yahoo.com/group/helminthictherapy/message/1605>

"... its been just over three years since receiving hookworm therapy and... my MS and allergies are still in complete remission!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/6297>

"Before helminths, I had a latex allergy and allergies to all the immunochemically similar foods (bananas, avocados, melons, etc.)... However, now I don't really worry about latex or bananas at all."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7690>

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life."

[http://www.foodsmatter.com/asthma\\_respiratory\\_conditions/rhinitis/articles/nasal\\_allergies\\_nuked\\_by\\_worms.html](http://www.foodsmatter.com/asthma_respiratory_conditions/rhinitis/articles/nasal_allergies_nuked_by_worms.html)

"... I increased my infestation level until my asthma and hay fever were cured."

<http://www.kuro5hin.org/story/2006/4/30/91945/8971>

"... free of asthma and allergies for the first time in twelve years."

[http://autoimmunetherapies.com/candidate\\_diseases\\_for\\_helminthic\\_therapy\\_or\\_worm\\_therapy/allergies\\_helminthic\\_therapy.html](http://autoimmunetherapies.com/candidate_diseases_for_helminthic_therapy_or_worm_therapy/allergies_helminthic_therapy.html)

## **Anaphylaxis**

"Several months into the TSO therapy, my son, for the first time in his life, accidentally ate a pecan cookie. Pecans are the nuts that he is most allergic to, both by blood test score and by our experience with him. He had absolutely no reaction of any kind."

[http://autismtso.com/about/the\\_story/P4/](http://autismtso.com/about/the_story/P4/)

## **Angioedema (hereditary)**

"I did not have any angioedema during HT. My coughing seems slightly better in the 9 weeks following treatment, but it is not gone."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5015>

## **Anxiety**

"My symptoms of anxiety continue to get gradually better."

<http://health.groups.yahoo.com/group/helminthictherapy/message/719>

"... the hookworms... kicked in about 24 weeks after inoculation, which ended my 15 month nightmare with the anxiety."

<http://health.groups.yahoo.com/group/helminthictherapy/message/6749>

"I thought i am getting crazy... visited a psychologist ... they even made a CT scan. But with the right diet and helminthic therapy... i am much more balanced now."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7160>

"One of the best benefits now is relief from anxiety and muscular tension. I'm waking up feeling rested, with a very relaxed back and legs, and am drowsy enough to take naps, which creates a virtuous cycle."

<http://gettinghealthiernow.wordpress.com/2012/01/02/hookworm-only-starting-over/>

"My worms have seemingly completely zapped my anxiety. It takes a lot for me to feel anxious and it's a huge relief after having anxiety and panic attacks starting in early childhood... They have also dramatically reduced my daughter's anxiety. It was always bad, from infancy, but ... she's had the best school year ever, socially. She's ten thousand times better, a completely unanticipated improvement. Our school psychologist said it was like she was a different kid." (Reported in a private discussion, Mar, 2012)

"He felt much less anxiety and much more social than he would normally. (I have noticed this effect as well and wonder now how much anxiety and a desire not to be social is related to inflammation...)"

<http://turnotheworm.blogspot.co.uk/2012/03/update-part-iv-from-worlds-worst.html>

"She had rampaging anxiety and nothing made it better. Then she got hookworm in June of last year. Her anxiety vaporized completely, possibly for the first time in her entire life. She completely changed."  
<http://turnotheworm.blogspot.co.uk/2012/03/update-part-v-from-worlds-worst-blogger.html>

"BTW, my younger son also had severe anxiety issues which evaporated after HW. He was on medication in fact for 2 years for it but hasn't been on it in years now." (Reported in a private discussion, Mar, 2012)

"My anxiety is still significantly reduced from pre-inoculation. Things just do not bother me the way that they did. I really feel as though my anxiety just completely vanished with the first inoculation. It is a great feeling after dealing with a lot of anxiety my entire life."  
<http://turnotheworm.blogspot.co.uk/2012/03/march-25-2012-saved-myself-for-last.html>

## **Appetite, loss of**

"I began to experience real hunger for the first time at 43 days, and my friend reported feeling the first pangs of hunger at 60 days."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8229>

## **Arthritis**

(Crohn's-related arthritis) "Amazing! Symptom free and drug free after 33 years of illness! WOW!"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7826>

## **Asthma**

"To be able to just breath without thinking about it is fantastic. No more asthma!"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/1066>

"By all measures my asthma and upper respiratory complaints are gone."  
<http://gettinghealthiernow.wordpress.com/2011/06/17/day-53-stability/>

"... I increased my infestation level until my asthma and hay fever were cured."  
<http://www.kuro5hin.org/story/2006/4/30/91945/8971>

"...my breathing does seem to be somewhat easier. Mildly impaired breathing never was something I even thought about as a symptom until after I noticed the before and after treatment difference."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/719>

"... no short breath, no attacks, nothing that makes me aware of my breathing. Stoked!"  
[http://autoimmunetherapies.com/candidate\\_diseases\\_for\\_helminthic\\_therapy\\_or\\_worm\\_therapy/asthma\\_helminthic\\_therapy.html](http://autoimmunetherapies.com/candidate_diseases_for_helminthic_therapy_or_worm_therapy/asthma_helminthic_therapy.html)

"My five year slide into asthma hell is over."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/2515>

"By week 13... there was significant improvement compared to my pre-hookworm condition."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6216>

"... the difference in my life is night and day. I am walking regularly, and cutting firewood, and playing ball with my son, and feeling like I can make it through the day without medical inhalation."  
[http://autoimmunetherapies.com/candidate\\_diseases\\_for\\_helminthic\\_therapy\\_or\\_worm\\_therapy/asthma\\_helminthic\\_therapy.html](http://autoimmunetherapies.com/candidate_diseases_for_helminthic_therapy_or_worm_therapy/asthma_helminthic_therapy.html)

## **Autism**

"Since then Alex has made nothing short of stunning progress. I mean WOW."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/2225>

"... there's no question that he and the other children who received hookworm all improved cognitively and in motor skills... Most of the younger children, the less impaired, also improved, sometimes dramatically, in expressive language"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/4734>

"... positive results in terms of digestive symptoms, mood, and eventually cognition."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6231>

"... this experiment has been a success... But, if you'll forgive the phrase, I have a gut feeling that we're only seeing the tip of the iceberg so far.  
<http://www.newstarnutrition.com/?p=35>

"There're no words to describe it. It's like giving me my son back... Or in many ways, like giving me a son that I didn't ever have."  
<http://classic.the-scientist.com/article/display/57941/>

"The change in my son has been beyond my wildest expectations."  
<http://autismtso.com/> and a video presentation:  
[http://www.youtube.com/watch?feature=player\\_embedded&v=r\\_R\\_sHV8H9o](http://www.youtube.com/watch?feature=player_embedded&v=r_R_sHV8H9o)

"Within 10 weeks his perpetual stomach bloating began to disappear. His evening screaming attacks stopped... His mood become more and more stable... and (he) has shown distinct cognitive improvements, including academic gains (which he has never made in his life)."  
[http://autoimmunetherapies.com/candidate\\_diseases\\_for\\_helminthic\\_therapy\\_or\\_worm\\_therapy/autism\\_helminthic\\_therapy.html](http://autoimmunetherapies.com/candidate_diseases_for_helminthic_therapy_or_worm_therapy/autism_helminthic_therapy.html)

"The teachers were telling us it was a definite possibility that he would never actually be able to write and that he would need assistive technology for life... We've been struggling to teach him to read for two years now... Well, in the last month (following inoculation), he's had major developmental leaps... and is now actually reading, has progressed about 12 months in the last month as far as his fine motor skills go. He's reading and writing now, actually reading at or above grade level." (Reported in a private discussion, 2011.)

"My clients continue to do remarkably well - sometimes astoundingly well - on helminths, both young and older children. I continue to believe absolutely that this, along with the Specific Carbohydrate Diet, are the two most important treatments in autism that I have seen."  
<http://www.newstarnutrition.com/?p=52>

## **Barrett's oesophagus**

"Two years ago I was diagnosed with Barrett's Esophagus. I had a endoscopy 2 weeks ago which showed no Barret's."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8138>

## **"Brain fog"**

"When my wife was under the grip of allergies and food intolerances ... we called her potato head, something that, when you are playing duplicate bridge, is most unhelpful. Fortunately, all this temporary foggy mind has lifted now as is clear by our bridge results..."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8021>

"... i was suffering brain fog... this has all definitely improved.  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8024>

## **Candida**

"Yes. I do think hookworm has helped dealing with candida. Just from the perspective that I haven't had to go on antibiotics, which was an all the time occurrence before, with my bad sinuses." (Reported in a private discussion, 2011.)

## Car sickness

"... my car sickness seems to be cured."

<http://health.groups.yahoo.com/group/helminthictherapy/message/1740>

And this was still in remission 2-3 years later.

<http://health.groups.yahoo.com/group/helminthictherapy/message/6749>

## Chronic Fatigue Syndrome (see "Fatigue" below)

## Coeliac disease/gluten sensitivity

"A few weeks ago, I (nervously) tried bread and ice cream: no reaction! I have since been eating wheat and dairy products regularly, with no problems... This therapy has profoundly improved my life."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7215>

"He used to break out in eczema if he had gluten more than 2 days in a row and now he can eat it every day."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8537>

## Crohn's disease

"Out of the blue, the past four days I have been in a full remission..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/1260>

"... it seems to have worked...my doctor is pretty optimistic about it actually"

<http://health.groups.yahoo.com/group/helminthictherapy/message/1840>

"... what can i say? life's a party!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/1981>

"I feel like I have my life back."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2712>

" I continue to experience a gradual improvement in all of my crohns symptoms, but am relieved to see the lab work backs us my observations."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2832>

"Pain and discomfort are almost nil. No urgency at all. Best of all today had a solid bm for only the second time in more than 18 months."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2953>

"... she feels good, good energy, good color, very little pain or discomfort. She sleeps well and has a very good quality of life."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2973>

"One year ago I was ill and hospitalized. I could have died if I kept going the way I was going. My dad and I researched hookworm for 6 months and decided to go for it. I am living a normal life now. Living each day happy and healthy... I honestly believe the worms saved my life..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/3008>

"... my blood work shows that I am "healthy". As my family dr. said, "You are like a normal person". That's something I have never heard!

<http://health.groups.yahoo.com/group/helminthictherapy/message/3795>

"... symptoms stopped when I took the TSO and subsequently the Whipworm... Plus now I am tapering off my Imuran without any worsening of my condition."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4318>

"... my allergies to the following foods have disappeared: avocado, cherries, plums, peaches, almonds... and am now in remission from severe Crohn's disease."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5348>

"... the change is nothing short of spectacular and has really transformed my life."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/5901>

"Gut wise i feel better than i have in many years, including when i was strictly on SCD for 2 years."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6224>

"My health is the best it has been for many years... Feeling really good and thankful..."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6835>

"... it has worked wonderfully and at least as well as could be hoped for. For now we are all happy, and we have given our little girl her childhood back."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6400>

"We had the colonoscopy done yesterday with amazing results. The doctors first words to us after completion were 'I'm now a believer in this therapy.'"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6547>

"Her doctor said particularly the granulomas disappearing was 'amazing.'"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6983>

"I have found remission with the help of a tiny thing called a hookworm, Necator Americanus..."  
<http://lukecology.blogspot.com/2011/06/five-years-later.html>

"I am feeling great - I haven't felt like this in years. Total and complete remission."  
<http://www.healingwell.com/community/default.aspx?f=17&m=1914181>

"I saw my Rheumatologist today and got my latest ANA, sed rate, CRP results. He had to re read them THREE times! Said he just couldn't beleive it... the ANA shows me going into remission and the sed rate has gone from 350 to 40! and my CRP was near normal."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7641>

"HT is working for me! ... It has stopped the crohn's disease I have suffered from since the age of 12... I am now healthier than I have ever been."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7655>  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7665>

and yet more from this irrepressibly happy helminthophile: "Within 6 months I was off prednisone and achieved remission from CD... Symptom free and drug free after 33 years of illness! WOW!"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7826>

"Since using helminths I have been healthy enough to finish 2 Degrees and live and work abroad for the last 4 years without worry of being debilitated by CD... I would not be healthy and a productive human if it was not for helminths."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/7973>

"My mom... was basically waiting for emergency surgery when she started hookworm therapy for Crohn's disease. She only has five feet of small bowel left, and the surgery would have made it necessary for a permanent feeding tube. That was almost a year ago and now she's far from needing surgery. She was living off Ensure and now eats food again... She started with 10 hookworms then six months later took 15 more. She's not cured but has a quality of life she was never able to achieve with pharmaceuticals." (Reported in a private discussion, 2011.)

"I have had 3 resections with 6-8 inches of small intestine taken out each time. The last one was in 2004 and since going on helminthic therapy and gluten-free diet, I haven't needed surgery." (Reported in a private discussion, Jan, 2012)

"I have had five resections, and have had the helminths for 14 months and feel great. At the time I got my hw, I was heading for my sixth bowel resection, and permanent feeding tube. I escaped that scenerio by a hair. I do not get strictures anymore." (Reported in a private discussion, Jan 2012)

"...almost 2 years into therapy... and officially had my last infliximab infusion as they are no longer required as the worms are controlling my crohns, happy days. 12 months ago I wasn't even lasting 4 weeks between infusions and was facing colon removal and permanent bag, so I had a 2nd hw infection and it just got better and better. Now my crp is low and I reach the 12 week between infusions and still have no symptoms so it is no longer required." (Reported in a private discussion, Mar, 2012)

"I have now had 4 doses of 35 hookworm ... I'm drug-free, have had a long period of being symptom-free. Well worth the trip so far. "

<http://hookworm4crohns.blogspot.co.uk/2012/03/day.html>

## **Depression**

"The worms have removed my crippling depression and fuzzy head so I'm very happy." (Reported in a private discussion, Jan 2012)

## **Developmental delay**

"The teachers were telling us it was a definite possibility that he would never actually be able to write and that he would need assistive technology for life... We've been struggling to teach him to read for two years now... Well, in the last month (following inoculation), he's had major developmental leaps... and is now actually reading, has progressed about 12 months in the last month as far as his fine motor skills go. He's reading and writing now, actually reading at or above grade level." (Reported in a private discussion, 2011.) For more, see:

<http://turntheworm.blogspot.co.uk/2012/03/update-part-iii-from-worlds-worst.html>

## **Diarrhoea**

"And suddenly, for the first time in two decades, his diarrhea is gone. It's been gone for three weeks now. Before getting hookworm, he would consume tons of probiotics and improve marginally, but if he skipped a day, it was though he hadn't taken any ever. He simply couldn't maintain enough to not have diarrhea without taking more multiple times a day... He thinks that the kefir seemed to reduce it but that he couldn't get real traction until he had hookworm as well."

<http://turntheworm.blogspot.co.uk/2012/03/update-part-iv-from-worlds-worst.html>

## **Eczema**

"The symptom that reduced the most was skin problems (eczema) and general itching of the skin... which was one of my most bothersome symptoms before hookworm."

<http://health.groups.yahoo.com/group/helminthictherapy/message/1752>

"One of my symptoms was severe eczema in the crook of my left arm. This has gone into complete remission since treatment."

<http://health.groups.yahoo.com/group/helminthictherapy/message/3847>

And this was still in complete remission 2 years later.

<http://health.groups.yahoo.com/group/helminthictherapy/message/7036>

"... I always have little, random patches of eczema-like rash... about ten little patches at any given time on arms, shoulders, neck, or ears, and in the last month it's been closer to two at a time. At the moment I have NONE, which is unheard of for me."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5150>

"I received 35 hookworms on May 5. Within a few weeks, my chronic eczema improved."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5351>

"I now only have three tiny patches of eczema that still need to be creamed, and now only every few days. This is instead of having to apply lashings of cream, every day without fail, to both feet, both knees and both elbows."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5355>

"I am SURE my eczema/"atopic dermatitis"/rash is MUCH improved since going on hookworms."

<http://health.groups.yahoo.com/group/helminthictherapy/message/6234>

"He used to break out in eczema if he had gluten more than 2 days in a row and now he can eat it every day."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8537>

## Endometriosis

"I... have had a huge reduction in sharp, shooting and stabbing pelvic pains after the first 2 months of treatment."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7541>

## Fatigue

"... I have had the most amazing increase in energy. I woke up one morning feeling off-the-charts great, and it has more or less stayed that way... I have \*never\* felt this good, even when I was a kid.

<http://health.groups.yahoo.com/group/helminthictherapy/message/4639>

"I found that I no longer needed to go back to bed for a couple of hours in the middle of the day in order to prevent myself from sinking into extreme exhaustion, and a brief rest in a chair was now all that was required to recharge my battery."

[http://www.foodsmatter.com/allergy\\_intolerance/food\\_intolerance/articles/worms\\_for\\_food\\_intolerance.html](http://www.foodsmatter.com/allergy_intolerance/food_intolerance/articles/worms_for_food_intolerance.html)

"... she has more energy..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7611>

"I realized - after a few comments from friends - that I had stopped craving ADD drugs like Vyvanse and Adderall for their sheer energizing effect, stopped drinking - ready for this? - a pot and a half of coffee a day. I had more energy than I have had in something like 15 years. The afternoon fatigue wasn't there as strongly - still there but reduced in its ability to floor me. I didn't wake up tired and ready to go back to bed... All in all, I'm a happy girl so far. To have some energy back - not complete but so, so much better - is beyond joyful." (Reported by an MS patient, 4 months after inoculation, in a private discussion, Dec 2011.)

"I did not remember what healthy felt like until I found helminths. I was very ill when I began using helminths... My energy and general health is better than most people, I think. I exercise regularly, and push myself hard at times with work, without issues. It's been amazing to be healthy again..." (Reported in a private discussion, Jan 2012.)

"I suffer , or should I say, used to suffer from fibromyalgia, chronic fatigue, and multiple chemical sensitivities. I have hookworm, follow the SCD diet, ....and seem to be doing much better." (Reported in a private discussion, Jan 2012.)

"He says he feels as though he has more energy than he can remember in a long, long time. He's started running and exercising at the gym regularly."

<http://turnotheworm.blogspot.co.uk/2012/03/update-part-iv-from-worlds-worst.html>

"Personally any CFS I had is gone (although I still don't fair too well after spending a day in some office buildings with poor air quality)." (Reported in a private discussion, Apr, 2012)

## Food Allergy

"My food allergies are still gone, I can eat everything that I have not been able to eat for more than 10 years."

<http://health.groups.yahoo.com/group/helminthictherapy/message/32>

"The difference in our son is nothing short of miraculous. He can eat foods he could not eat before without reaction."

<http://health.groups.yahoo.com/group/helminthictherapy/message/1605>

"... my allergies to the following foods have disappeared: avocado, cherries, plums, peaches, almonds... and am now in remission from severe Crohn's disease."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5348>

## Food intolerance

"One other thing I have also noticed is a marked improvement in my lactose intolerance."

<http://health.groups.yahoo.com/group/helminthictherapy/message/172>

"I was on a very restricted diet and still felt bad whenever I ate... But now I can eat almost anything without negative side effects... My life has improved dramatically.

<http://health.groups.yahoo.com/group/helminthictherapy/message/3795>

"Having recently added 10 hookworms to my whipworms... I can now tolerate lots of foods that I had previously cut out, such as brown bread, nuts, wheat, citrus fruit, the list goes on."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4277>

"The general malaise and slightly icky feeling (especially after eating, even "safe" foods) is gone... I have \*never\* felt this good, even when I was a kid."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4639>

"Arthritic stiffness in the morning associated with food intolerances gone. Daily Nalcrom necessity... decreased to zero..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/6820>

"After a life time of being extremely careful with my diet ... I can eat raw foods, salads, fruit of any kind, which I could never eat before."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7877>

"70 weeks - finally stopped counting the number of foods I can tolerate because I can now eat pretty much anything I like."

[http://www.foodsmatter.com/allergy\\_intolerance/food\\_intolerance/articles/worms\\_for\\_food\\_intolerance.html](http://www.foodsmatter.com/allergy_intolerance/food_intolerance/articles/worms_for_food_intolerance.html)

"I'm now able to tolerate all foods that I've been willing to try. Some still precipitate a reaction, but a much-diminished one..."

<http://worms.michellerowley.com/> (entry for 7 Feb 2011)

And, eight months later, after an additional dose of 50 hookworm larvae, "Today I ate a breakfast burrito with eggs, hash browns, cheese and salsa inside a real wheat tortilla. And I had 2 cups of coffee! :)"

<http://worms.michellerowley.com/day/2011/10/10>

"Since using helminths I have no more food sensitivities and can eat raw foods and complex carbs without issues." (Reported in a private discussion, Jan 2012.)

"Should anyone ever wonder if hookworm can help with salicylate sensitivity, in my case I think it's doing exactly that... Last night I tried eating a boiled carrot, since they are high in salicylates, and barely reacted. This morning I'm sipping a cup of organic coffee (also pretty high on the scale) and enjoying it. None of this would have been possible a month ago!"

<http://gettinghealthiernow.wordpress.com/2012/01/02/hookworm-only-starting-over/>

"I had a half a ribeye steak tonight. no reaction at all. back around mid-october I would have been in the ER with all sorts of horrible symptoms. hooray for hookworms -- they really do work!" (Reported in a private discussion, Jan, 2012)

## Graves' disease

"I began my helminthic therapy a couple of months ago. Other than waking up two days after starting with a single episode of loose stool, I've been feeling better and stronger every day, bit by bit. Which is great, considering I have a collection of autoimmune challenges: Multiple Sclerosis, Graves' Disease (autoimmune overactive thyroid), and Lichen Sclerosus... My thyroid levels seem to have normalized: T3, T4 and TSH levels are in normal range - HALLELUJAH! It's been a long time since I've had that! I hope I won't ever have to use propylthiouracil again!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/8528>

## Headaches (also see Migraine)

"To be enjoying not only whole days without any headache, but also entire weeks, is just incredible."

[http://blog.autoimmunetherapies.com/gut\\_buddies/2011/06/23/helminths-give-chronic-headaches-the-old-heave-ho/](http://blog.autoimmunetherapies.com/gut_buddies/2011/06/23/helminths-give-chronic-headaches-the-old-heave-ho/)

## Hives

"Hives are 90% improved."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2356>

## Hyperactivity

"The allergist is blown away with the improvements in hyperactivity..." (Reported in a private discussion, Dec 2011)

## Irritability

"Since going on hookworms a year and a half ago, the irritability (and also the restless leg syndrome) have gone away."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7672>

## Irritable bowel syndrome (IBS)

"And the impact on my disease, complete cure, is nothing short of miraculous."

<http://health.groups.yahoo.com/group/helminthictherapy/message/172>

"... it was quite a day when I realized all my IBS symptoms had gone. Very happy with the results."

<http://health.groups.yahoo.com/group/helminthictherapy/message/3438>

"Having recently added 10 hookworms to my whipworms, the IBS symptoms have halved. I can now tolerate lots of foods that i had previously cut out, such as brown bread, nuts, wheat, citrus fruit, the list goes on."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4277>

"ibs no longer causes discomfort..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8010>

## Lichen Sclerosus

"My Lichen sclerosus is, for all intents and purposes, GONE! NO ITCHING, NO BURNING! Skin appears to be normalizing! WOW! I can't wait to see what happens when I take my second dose! If one dose has done this much, I'd think I have a lot to look forward to!!!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/8528>

M.E. (see 'Fatigue' above)

## Migraine

"Before I started treatment, I was having a 7.0/10 migraine once a week. Now, I am having a 4.5-5.0/10 migraine once a month."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2710>

Two years later, improvement in migraines rated at 75%.

<http://health.groups.yahoo.com/group/helminthictherapy/message/6749>

"... my migraines are also greatly reduced in both frequency and severity."

[http://blog.autoimmunetherapies.com/gut\\_buddies/2011/06/23/helminths-give-chronic-headaches-the-old-heave-ho/](http://blog.autoimmunetherapies.com/gut_buddies/2011/06/23/helminths-give-chronic-headaches-the-old-heave-ho/)

"I used to get headaches all time and some migraines, and now I hardly ever get them since I've inoculated almost a year ago. Actually haven't had a single migraine since, come to think of it..." (Reported in a private discussion, Apr, 2012)

## Multiple Chemical Sensitivity (MCS)

"I have MCS and I get (among other things) rashes from exposure to people wearing scents, going into buildings other than my home (due to cleaning chemicals, carpets, air fresheners, etc.), and exposure to the sun... **I BELIEVE I'm seeing some improvement in rashes.**"

<http://health.groups.yahoo.com/group/helminthictherapy/message/5150>

"... my MCS symptoms are also improved... the irritability I get after seeing fragranced students or clients is also gone."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5678>

"... my bronchial tubes no longer react at all to the myriad of lesser triggers (i.e. perfumes, scented products, smoke)."

<http://health.groups.yahoo.com/group/helminthictherapy/message/6216>

"... I no longer need to worry at all about fragrance, so can entertain 'smelly' people, use 'smelly' taxis..."

[http://blog.autoimmunetherapies.com/gut\\_buddies/2010/10/20/helminths-reduce-multiple-chemical-sensitivity/](http://blog.autoimmunetherapies.com/gut_buddies/2010/10/20/helminths-reduce-multiple-chemical-sensitivity/)

"Her chemical sensitivity, identified by how much she can smell chemicals, has almost disappear..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7611>

"So my problems ranged from :- chemical allergies especially pesticide and petroleum sensitivity, cold fever on exertion, no energy (running on empty feeling), reacting to nearly all foods, never confident of going out anywhere, mental confusion, ringing ears, extreme itchy ears etc, sensitive to odours etc. etc. (But, after 8 months) things are radically different. That whole dysfunctional autoimmune veneer I was smothered by has gone. Imagine walking out of a fog that has been with you for decades..." (Reported in a private discussion, 2011.)

"I suffer , or should I say, used to suffer from fibromyalgia, chronic fatigue, and multiple chemical sensitivities. I have hookworm, follow the SCD diet, ....and seem to be doing much better." (Reported in a private discussion, Jan 2012.)

## Multiple sclerosis

"... this is the first April I have been attack free."

<http://health.groups.yahoo.com/group/helminthictherapy/message/832>

"This is my second MS season... attack free!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/2630>

"... its been just over three years since receiving hookworm therapy and... my MS and allergies are still in complete remission!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/6297>

"In summary I will say that without a doubt it has been a success for me."

<http://health.groups.yahoo.com/group/helminthictherapy/message/3310>

"... I'm incredibly happy and relieved with the results, and I encourage anyone with MS to get treated with helminths, the sooner the better."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4938>

"I realized - after a few comments from friends - that I had stopped craving ADD drugs like Vyvanse and Adderall for their sheer energizing effect, stopped drinking - ready for this? - a pot and a half of coffee a day. I had more energy than I have had in something like 15 years. The afternoon fatigue wasn't there as strongly - still there but reduced in its ability to floor me. I didn't wake up tired and ready to go back to bed... All in all, I'm a happy girl so far. To have some energy back - not complete but so, so much better - is beyond joyful." (Reported by an MS patient, 4 months after inoculation, in a private discussion, Dec 2011.)

"...had 3rd top up last week and since then almost symptom free - just slight nerve fatigue towards end of the day." (Reported in a private discussion, Feb, 2012)

"... while my M.S. hasn't disappeared, I've been consistently stronger with no long weak periods, no more daily or every other day elevated temperature leading to falling and exhaustion, and I'm starting to remember what feeling "normal" feels like..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8528>

## **Myasthenia Gravis**

"Hi, yes the (hookworm) definitely help with myasthenia gravis. I have MG and I know this treatment works for me... The benefit was gradual, but I was doing hour long spinning classes 5 mths into the treatment. I had strength and endurance which I had completely lost to the MG... I accidentally killed (my worms) with oregano extract in December. My symptoms rebounded quite fast and that was totally scary. I couldn't work out anymore due to muscle fatigue etc. I have noticed that although it has only been 3 wks or so (since I re-dosed), my legs don't shake when I go up stairs, my double vision is gone, and I am starting to feel strong again." (Reported in a private discussion, Apr, 2012)

## **Narcolepsy**

"I don't have MS but narcolepsy, which is actually pretty similar, autoimmune reaction to brain, and have found a lot of relief with the paleo diet combined with worms. I used to have to take amphetamines so stay conscious, now I no longer need them, although I do still take medicine at night to improve my sleep cycles." (Reported in a private discussion, March 2012)

## **Nasal congestion**

"Prior to inoculation I was continually congested... I could not smell for the last few years because of the congestion. This was on antihistamines and a double dose of nasal steroids... But I am dramatically improved on a much decreased medication schedule."

<http://health.groups.yahoo.com/group/IncubatingHookworm2/message/20>

"... my slumbers ceased to be nightmares of nasal obstruction, and my days became completely free from the need to blow or even wipe my nose."

[http://www.foodsmatter.com/asthma\\_respiratory\\_conditions/rhinitis/articles/nasal\\_allergies\\_nuked\\_by\\_worms.html](http://www.foodsmatter.com/asthma_respiratory_conditions/rhinitis/articles/nasal_allergies_nuked_by_worms.html)

## **Nasal polyps**

"My Dad had such an issue with this that for almost 30 years he lost his taste and smell every day at some point, and often for days at a time. He had sinus polyps removed over and over, etc. By about 6 months after getting hookworm, the problem resolved. For about 12 months now, he's had his senses of taste and smell all day every day."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4734>

"Recurring nasal polyps... I have reversed them without surgery, I can smell so well now that shampoo can give me a headache.. I can smell soap.. I can properly taste food.. and I feel generally great."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8010>

## **Psoriasis**

[http://www.dailymotion.com/video/x6zq7u\\_psoriasis-treatment\\_tech](http://www.dailymotion.com/video/x6zq7u_psoriasis-treatment_tech) (video)

## **Restless Leg Syndrome**

"... my restless leg syndrome is completely gone..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5678>

"It's now 18 months since I adopted my treasured harem of hookies, and there has been no sign at all of any restlessness in my legs since week 19..."

[http://blog.autoimmunetherapies.com/gut\\_buddies/2010/08/17/no-more-restless-legs/](http://blog.autoimmunetherapies.com/gut_buddies/2010/08/17/no-more-restless-legs/)

## **Rhinitis**

"Anyone who doesn't try this isn't suffering enough!"

[http://blog.autoimmunetherapies.com/gut\\_buddies/2009/09/14/rhinitis-can-ruin-your-sex-life-but-a-few-worms-may-restore-it/](http://blog.autoimmunetherapies.com/gut_buddies/2009/09/14/rhinitis-can-ruin-your-sex-life-but-a-few-worms-may-restore-it/)

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life."

[http://www.foodsmatter.com/asthma\\_respiratory\\_conditions/rhinitis/articles/nasal\\_allergies\\_nuked\\_by\\_worms.html](http://www.foodsmatter.com/asthma_respiratory_conditions/rhinitis/articles/nasal_allergies_nuked_by_worms.html)

## **Rosacea**

"Rosacea has diminished."

<http://health.groups.yahoo.com/group/helminthictherapy/message/6820>

"... the rosacea has diminished."

<http://health.groups.yahoo.com/group/helminthictherapy/message/7611>

## **Samter's syndrome**

"My father... has something called Samter's syndrome which includes nasal polyps, chronic rhinitis, and aspirin sensitivity. For 20-25 years, he had little senses of taste or smell, from polyps on his sinus nerve, and had multiple surgeries to remove them. Starting about 6 months after getting HW (by then, he had about 50, I think), the polyps went away, never to return. He's had his taste and smell all the time, acutely, for now a good 3 1/2 years." (Reported in a private discussion, March 2012)

## **Sinusitis**

"... my father (who is the big sinusitis person)... had such an issue with this that for almost 30 years he lost his taste and smell every day at some point, and often for days at a time... By about 6 months after getting hookworm, the problem resolved."

<http://health.groups.yahoo.com/group/helminthictherapy/message/4734>

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life."

[http://www.foodsmatter.com/asthma\\_respiratory\\_conditions/rhinitis/articles/nasal\\_allergies\\_nuked\\_by\\_worms.html](http://www.foodsmatter.com/asthma_respiratory_conditions/rhinitis/articles/nasal_allergies_nuked_by_worms.html)

## **Sjogren's syndrome**

"...had saliva in my mouth at night...unheard of for me!"

<http://health.groups.yahoo.com/group/helminthictherapy/message/2207>

The following are progress reports over 3½ years by one individual.

(Oct '08) "The Doctor raved at how my tear production had returned to normal..."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2036>

(Jan '09) "After a half a year, I consider my treatment successful beyond what I have hoped for."

<http://health.groups.yahoo.com/group/helminthictherapy/message/2351>

(Jul '10) "Overall, I am in a state of joy at being able to blink and talk without constant eye drops, etc."

<http://health.groups.yahoo.com/group/helminthictherapy/message/5110>

(Apr '11) "My terrible symptoms have left me, and as a result, my quality of life has changed for the better."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/6940>

## **Sleep apnea**

"My sleep apnea has all but dissapeared and I'm breathing through my nose better."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8138>

"Thom began to breathe through his nose for the first time in decades... he has mostly stopped kicking and thrashing during the night. He's sleeping more soundly..."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8350>

## **Sleep, problems with**

"His sleep is much better; his hypopnea is significantly reduced. The amount of naps he takes have been cut way back. He doesn't have to sleep fourteen hours on the weekends now. He sleeps better at night because he is much less congested."  
<http://turnotheworm.blogspot.co.uk/2012/03/update-part-iv-from-worlds-worst.html>

## **Thyroid, overactive**

"My thyroid levels seem to have normalized: T3, T4 and TSH levels are in normal range - HALLELUJAH! It's been a long time since I've had that! I hope I won't ever have to use propylthiouracil again!"  
<http://health.groups.yahoo.com/group/helminthictherapy/message/8528>

## **Travel sickness**

"One major new development is that, as of about 10 days ago, my car sickness seems to be cured. I have never been able to read on the bus, in stop and go traffic, without getting nauseous."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/1740>

## **Ulcerative colitis**

"... the great thing, the amazing thing, the wonderful joy is that when i need to go that it is not urgent."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/3198>

"I previously tried TSO and it dampened the UC somewhat, but not to the extent that human whipworms (TT) have."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/3712>

"...all the bleeding was gone, Stools were well formed, Frequency decreased to only once or twice a day. I feel completely normal now. What a change! I attribute this completely and wholly to the Whipworm."  
<http://health.groups.yahoo.com/group/helminthictherapy/message/4310>

"Repeated colonoscopies revealed that wherever worms colonized his colon, the symptoms of colitis were significantly reduced or nonexistent."  
<http://www.scientificamerican.com/article.cfm?id=helminthic-therapy-mucus>

"Over the last two months, I have had perfect bowels, every single day. One BM per day, solid, no mucus, no pain. Every time I go into the bathroom it's like christmas morning."  
<http://coloncomrades.wordpress.com/2010/11/27/a-cause-for-some-celebration/>

And, at one year post-inoculation: "I've literally even invited people into the bathroom to look at my stools they look so good... The quality of life I enjoy is better than at anytime since I was diagnosed back in 2005."  
<http://coloncomrades.wordpress.com/2011/06/23/>

"I have been suffering from UC for two years now... having 6-8 terrible, bloody and painful BMs nearly every night... I took my first dose of human whipworm this past June, and in the past two weeks I have been seeing my symptoms simply disappear... I have even forgotten to take my meds several times because I AM NO LONGER IN PAIN! I have my life back." (Reported in a private discussion, Jan, 2012)

"I had UC for 5 years and was in a clinical study in Iowa city that changed my life. I've been in remission for 8 years now. No sign of the disease on my last colonoscopy. Thanks to the Trichuris Suis worms. These worms saved my life also!"

<https://www.facebook.com/pages/Helminthic-Therapy/7587508932>

### **Ulcerative proctitis**

"The litmus test occurred yesterday when I went into the bathroom and found something most people would shudder at, an un-flushed poo. It was gloriously solid and normal."

<http://health.groups.yahoo.com/group/helminthictherapy/message/8350>

### **Weight, loss of**

"My wife has put 12 kilos since the (hookworm) started working; I think that it is both because she eats more, although not much more, and because the body metabolizes the food better." (Reported in a private discussion, Mar, 2012)

### **Wellbeing, lack of**

"The thing that surprised me most about the therapy is an increase in general well being. I sleep less, am more alert, am able to think more clearly, and have a brighter mood. I jokingly say that I wasn't depressed prior to worms, and I'm even more not depressed now."

<http://health.groups.yahoo.com/group/IncubatingHookworm2/message/20>

### **Disclaimer**

The information presented here is offered as a courtesy for educational and informational purposes only. It is not intended for the purpose of preventing, treating, diagnosing or curing any disease. Nor is it intended as a substitute for the advice of a qualified healthcare professional.