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The Unknown Puppet Masters of the Modern Day American Diet and How to Cut to the Strings: A Look into Parasites and Applied Kinesiology

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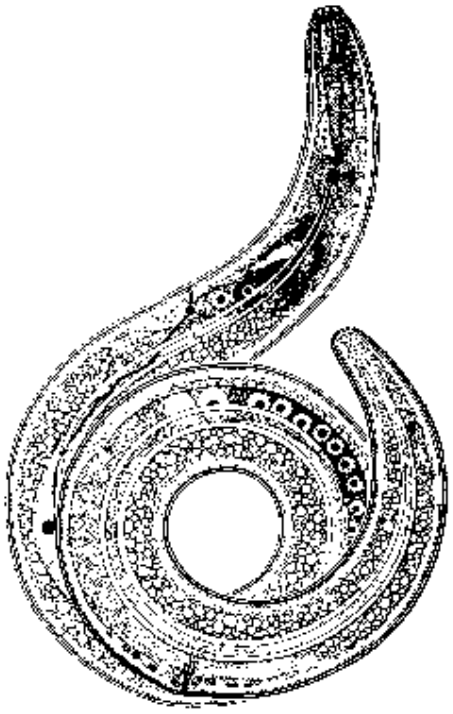

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ABSTRACT:

Many Americans suffer recurring health problems that are accepted as "normal" in American society. From panic attacks to digestive problems, Americans have been getting sicker and sicker. At the same time, we find ourselves craving more processed foods and sweets. And how could we not, it's very hard to find food that has not been contaminated with processed parts. Western medicine provides multiple pills both prescription and non-prescription to "ease" our pains. But what is the underlying cause? And what is a real cure? To understand what is really going on with our bodies, we must scale ourselves down and introspect to the microscopic level of our being. There, we will find the microscopic puppeteers of our bodies: parasites. These infectious aliens are some of the true causes of our physical, emotional, and mental behavior. Fortunately, the holistic method of muscle testing called Applied Kinesiology can help locate and eliminate these underlying causes of sickness in American health. Through testing the physical responses of your brain to pressure points and frequencies, Applied Kinesiology can help Americans survive our modern detrimental diet.

INTRODUCTION:

Have you ever eaten at a restaurant? Or picked something off the floor without washing your hands after? Of course you have. As part of daily routine, humans consume food and touch things. To combat sickness, we all have an immune system that naturally rids our bodies of infections and such. However, our immune systems are only at full percent when our circadian rhythms are in check. For the normal American, this is not the case. Daily routines consist of not enough sleep, stress, a poor diet, and a fast fix to keep up with a fast paced, hard-working lifestyle. Yet, this lifestyle takes a toll on our bodies and hinders them from doing their job of keeping our health in check.

In the following chapters, I will examine how the relevancy of parasites in our industrial food system makes us sicker than we should be. Because there is not enough data on unknown parasites, I can only report on popularly studied parasites. Still, their presence accounts for the presence of both known and unknown parasites that enter our food and our digestive systems. Furthermore, I will analyze the society we live in in order to create a holistic view on our physical, mental, and emotional health in the surrounding modern environment.

The reason I have chosen to write about this topic is because I had the unfortunate chance of encountering an anonymous, tiny parasite that was releasing toxins in body. Through its use of me as its host, it began to control me in my cravings, my mental health, my emotional health and my physical health. My immune system became overloaded and Western medicine could not find anything wrong with me. That is when I found out how the holistic medicine of muscle testing could free me from my illnesses by locating the parasitic infection. In Chapter 4, I

will use my personal encounter as a case study for this thesis. My ultimate goal is to change your worldview to encompass all aspects of society around you and to urge you to look into holistic medicine as an option for any ailments you might encounter from microbial organisms. On that same note, I would hope that your awareness on parasitic effects increases and that, as a result, your dietary and health options will expand holistically.

Chapter 1. Data on an Induced Parasitic Diet

Why Don't We Notice Parasitic Problems?

Americans have been getting sicker and sicker. Not just physically either, from a mental and emotional standpoint, we have not been that healthy. But why? I have reason to believe that the majority of our "normal" symptoms of sickness, like digestive, sinus, skin, attention and other problems stem from what goes on at a microscopic level in the body. Looking at the USDA Food Safety and Inspection Services' Foodborne Illness and Disease fact sheet, Parasites can be identified as significant causes of foodborne and waterborne diseases in the U.S.[1] Ranging in size, type, and lifecycle span, parasites use either permanent hosts or go through phases in development within different types of hosts.[2] With their hosts including both animals and humans, they can cause a wide range of illnesses, from discomfort to death.[3] They transmit usually through contaminated food or by any transfer from infected item to the mouth. When transmitted, they settle into the host for nourishment and protection and begin reproducing in tissues and organs.[4]

One known example of a common parasite is *Giardia duodenalis*, which causes giardiasis and is one of the most common intestinal parasites that cause illness in the U.S.[5] Symptoms appear one to two weeks after ingestion and can last six weeks, to months, or even be a chronic problem for years.[6] Some symptoms include gas, diarrhea, abdominal cramps, or there may not be any symptoms at all.[7] Several of these symptoms can be "treated" with over the counter non-prescription drugs and seem very "common" in today's society, true, but also note that they can be a chronic issue. Another parasite found in contaminated soil, food, water, and

surfaces is *Cryptosporidium parvum*, which has symptoms like watery diarrhea, upset stomach, slight fever, or, again, cases can be without symptoms.[8] This parasite could be intestinal, tracheal, or pulmonary, and, for people with weakened immune systems, the symptoms can be chronic or sometimes fatal.[9] However, with a healthy immune system, it can go away within three or four days.[10]

Another documented parasite is *Cyclospor cayetanensis*, which has symptoms like watery or explosive diarrhea, bloating, fatigue, no sign of symptom, and loss of appetite (USDA). Interestingly enough little is known about this one-celled microscopic organism, but more and more cases are being reported over time[11]. Nonetheless, it is known that symptom time period varies widely and that they may even return after leaving.[12] Parasites like these are ones that could affect us, possibly even without our knowledge because of what is barely known about them. Lastly, *Toxoplasma gondii*, which I will touch upon in a later chapter, is very common throughout the world and uses the cat as its "definitive" host.[13] With this parasite, the symptoms can relate to "flu-like" symptoms and usually go away without medical treatment.[14] Nonetheless, the dormant parasites could remain the host for life and can even be transferred at birth.[15]

Meat Consumption & Foodborne Illness trends in the U.S.

What most parasites have in common is that, once they go through their life cycle, most are flushed out by a healthy immune system. But what if data shows that our immune systems are encountering more microscopic organisms than it can naturally handle leading to an imbalance in our bodies? For example, Joel Salatin, a local Virginian farmer that uses holistic

management, has said that, compared to factory farms, his has an intensely lower CFU count.[16] A colony-forming unit (CFU) is a number estimate of living microscopic organisms.[17] In an interview, he stated that after the USDA tried to claim his low-scale production practices were unsanitary, he had his meat cultured by a local microbiology lab.[18] His results averaged around 133 CFU whereas the ones from the store averaged around 3600 CFU.[19] In addition, the ones from the store had most likely gone through multiple chlorine baths, where his had not.[20]

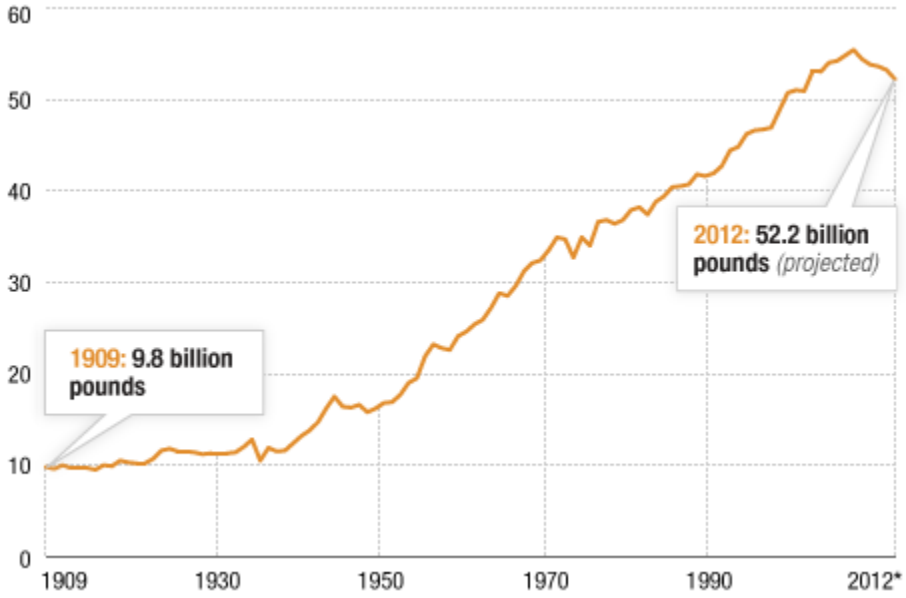

Fig. 1: U.S. Total Meat Consumption, in Billion Pounds[21]

The Average American eats about 200 pounds of meat per year, mostly processed meat bought from the grocery store.[22] Figure 1 shows the growth of meat consumption of America by the pound.[23] Research has continuously shown that carnivores have a higher presence of parasites in their intestines, but what most forget is the hard fact that cadaver, or dead meat, is the highest target for all microscopic organisms.[24] For them, it is the best place for reproductive

life. In 1996, a USDA study of ground beef proved that almost eighty percent is contaminated with microbes known to cause some sort of illness, mild or harsh.[25] On top of that, FoodNet, the best data provider of trends in U.S. forborne disease, collected laboratory-confirmed cases of fifteen percent of the population and their data established that these infections continue to be a significant public health problem.[26] In 2013, their information identified 19,056 cases of bacterial and parasitic infections within its test population.[27]

Data on Superbugs & Antibiotic Resistance

A new report from the National Antimicrobial Resistance Monitoring system released on antibiotic-resistant "superbugs" in the meat supply in 2013 gave surprising details. According to their information, antibiotic resistant bacteria were found in more than half of meat samples.[28] This added factor is mostly due to anti-biotic misuse in factory farms, where the industry regularly doses their livestock for faster production and infection prevention in the resulting unsanitary living conditions of the animals.[29] Furthermore, these antibiotics being used by the agricultural industry are the same ones consumed by Americans, which continuously contributes the resistance of antibiotics in humans as well.[30] If these "superbugs" are being born in our current food production system, what other microbial beings could be attracted to these conditions, and, eventually, end up in our bodies?

Chapter 2: Environmental History of Microbiology and the Change of Our Food Production and Consumption

Small life, this is the science of microbiology. Microbiology covers a multitude of sub-sections like immunology, cellular microbiology and parasitology.[31] So if you can scale yourself down to the mini cosmos that happens at a microscopic level, you can begin to understand the deep connection between cause and effect. Our reality of existence is constantly happening on multiple levels. Sometimes, though, there can be intruders that use our complex functioning bodies as hosts.

Parasites are all around us. They can infect us on a microscopic level that we cannot even see. They can live in our intestines, our skin, our muscles, our brains, and anywhere else they find suitable for themselves.[32] Some of them can only live in humans.[33] Yet, once you realize that virtually every species of life contains a large collection of microbial life living inside them, then you can begin to accept the fact that countless parasites exist.[34] That is something we cannot change. According to DRIS, "even parasites have parasites."[35] Parasites become a problem when they cannot be controlled and, in turn, begin take control of us.

In biology, a parasite is defined as "something that lives on, or in, another species, getting everything it needs from its host."[36] At the same time, stricter studies view parasites as something that causes damage to its host.[37] However, the word parasite is not used to consistently describe all life forms that live in this manner. For example, bacteria, and fungi are usually excluded.[38] We acquire and exchange microbial particles constantly; it is a part of life. So, it only takes a small change in host behavior for a door to breeding opportunity to open that

allows the parasite to thrive.[39] The smallest of changes on a microscopic level can spur large consequences.

A multitude of parasites are content with just living off the host whereas others end up killing their host.[40] Furthermore, some parasites can change the behavior of the host and even their physiology.[41] One example of a well-known parasite that had historical widespread effects on humanity was *Yersinia Pestis*, or the Bubonic Plague.[42] Its natural host was the flea. The process of transfer started in the intestinal tract of the parasitic fleas.[43] Bacterial cells grew, causing the blockage of the channel and absorption of digestion.[44] This led the fleas to starve and search for new hosts, jumping from rats and then to humans.[45]

Another example of microbial manipulation would be from D*icrocoelium Dendriticum,* also known as the Lancet liver fluke.[46] It lives in the liver of a grazing animal, like cattle, where it reproduces and lays eggs that are excreted in the feces of the host.[47] Snails come along and eat the egg infested feces and, eventually, the eggs hatch and make their way into the snail's digestive gland.[48] They asexually reproduce, travel to the surface of the snail's body, where they are ultimately coughed up as balls of slime.[49] Then, an ant eats the slime and the flukes spread inside the ant, including in the insect's head.[50] When night falls, the flukes take over their host's mind and make them climb up a blade of grass and wait to be eaten by a grazing animal.[51] In the insect's head, it probably thinks it should try to reach more light for warmth.[52] If it has not easily been eaten by grass grazing animals by the time dawn approaches, the flukes "release control" so as not to kill themselves within the host and the ant goes about its normal day (DRIS). At night, the cycle repeats until the ant becomes eaten and the fluke finds its way to the liver of the grazer, where its life cycle starts over again.[53]

One final example to show what parasites are capable of involves a study by Joanne Webster and her team at Oxford University. They studied rats infected with *Toxoplasma Gondii.* Now, normally, rats can pick up the scent of a cat from a distance, and, in turn, they run in the opposite direction to safety. Conversely, rats with this parasite have lost their natural instinct to the cat odor and, instead of escaping from danger, they actually run towards the cat.[54] How does this make the rat behave so recklessly? Further study showed that the Toxoplasma parasite tends to colonize itself in the part of the brain that controls reflex.[55] Interfering in the workings of the nervous system and probably creating new neural pathways in order to control host behavior, the parasite makes its own reflex.[56]

Interestingly enough, *Toxoplasma Gondii* can infect humans as well. When infected with the living parasite, humans are usually associated with having acute toxoplasmosis and accumulate psychiatric symptoms like paranoia, delusions, or other neurologic symptoms (DRIS). Now, when parasites, bacteria, food components, or other large foreign proteins invade a healthy human, the body has a protection mechanism.[57] Antibodies form explicitly against the invader and bind themselves to it in order to halt it and to prevent further damage.[58] Additionally, the antibodies attract immune cells to get rid of the foreign agent.[59] With the aim of serving as a reference marker, the antibodies stay in the body for many years after the disease is subsided, in case it becomes active again.[60] When a survey on the antibodies to Toxoplasma where done, high positivity rates were revealed. According to the U.S. NHANES, in 2005, 33.1% of Americans older than 12 contained Toxoplasma-specific antibodies.[61] This proves that infection by the Toxoplasma parasite's presence is more common than thought. And how does this parasite transmit itself? Through infected and contaminated meats.

Taking a look at another study by Jaroslav Flegr and his Charles University colleagues, we can see how else this parasite affects its human host. They created an experiment based on the time it took for a participant to press a computer key after a prompt from the monitor.[62] Those who had the dormant parasitic infection took longer than 25 milliseconds to react versus the uninfected.[63] Moreover, those infected did worse on the experiment overall as it continued, which suggested shorter attention spans.[64] Could this parasite, even if dormant, possibly relate to the high amounts of ADD and ADHD in our country? Furthermore, the people with the inactive parasite in their bodies had a higher chance of being in a car accident, 2.7 times more likely than those without the parasite.[65] What does this say about the range of parasitic influence on humans? How tightly can the strings be wrapped around us, manipulating us in ways we cannot see? These examples should be reflected upon in modern day America, considering our poor diets, quality of our food production and consumption, and from the data in Chapter 1.

Historically, there were less open door opportunities for disease from bacteria and parasites when we used holistic and simple agricultural practices. If you do not believe me, then just watch *Food, Inc*., a documentary that examines corporate influence on farming. Under the big business influence, only a handful of companies have control over food production, distribution, marketing and consumption.[66] Take into account that, in the 1970's, the top five beef packers controlled about 25% of the market in the agricultural sector.[67] Today, four companies own 83.5% of the beef market.[68] That is increase from only one fourth to *three fourths* of the meat market. Along with the increased industrialization and centralization of America's food system through corporate control and factory farming (over the past 30 years),

our risk for parasite and other infections have also increased. This direct relationship becomes prominent when seeing that the majority of beef consumed by 300 million Americans come from only *thirteen* slaughterhouses.[69] Looking at those numbers and the data from Chapter 1, that means the 300 million Americans consume about 60 billion pounds of meat a year. So, about almost 5 billion pounds of meat goes through these slaughter houses every year. Think about that. Now think about it on a microscopic level. In those thirteen factories, there are bound to be higher numbers of C.F.U.s than on a local farm that only produces a sustainable amount for its community.

On top of that, the decline of USDA power and the FDA standards for food inspections are bound to contribute to increased illness from microscopic organisms, known, unknown, latent or active. Back in 1998, the USDA used to have the power to shut down meat and poultry plants if they constantly failed microbial tests for salmonella and E.coli.[70] Now, they no longer have that power.[71] In 1972, the FDA organized fifty thousand food safety inspections and, more recently, in 2006, the FDA conducted a little over nine thousand inspections.[72] As a result, more people are becoming sick, some unfortunately with more well-known, troublesome microbes, like E. coli. In fact, in 2007, there were seventy three thousand people infected with E. coli.[73] Now imagine what kind of microbes (especially the ones we know little of) slip through these heavily concentrated, infrequently inspected factories and eventually make it into your mouth. Parasites are everywhere, yes, but even more so because of the problematic changes over time in our food system.

Chapter 3. Ecocriticism on a Society Easily Susceptible to Parasitic Puppeteers

The scales of Libra are imbalanced in our society. Our food sources are creating a pool of infectious microbes for us. Our consumer education is limited in multiple realms: on food, on policy, and even on our health options. According to Moran, culture is defined as learned knowledge that is transferred to you symbolically through language depending on the group you live in.[74] If applied to American culture today, then look at the symbolic language all around. For the generations alive today, most of our communication comes visually through our increasing technology.

People are constantly being bombarded with messages telling them how to live. According to Nielson numbers, the average American over the age of 2 watches 4 hours and 31 minutes of television and see an average of 15 minutes of commercials per hour.[75] That's about 67.5 minutes of commercials a day.[76] To put it more into perspective, if the average commercial is say, 30 seconds long, then they see about 33 commercials a day or a little more than 12, 000 a year. Furthermore, Americans spend 5 hours and 16 minutes on other digital mediums, like smartphones, tablets, and computers.[77] Who knows how many mini ads people see there or when they are outside surrounded by billboards and signs in the city.

Average Time Spent per Day with Major Media by US Adults, 2010-2013

hrs:mins

	2010	2011	2012	2013
Digital	**3:11**	**3:49**	**4:33**	**5:16**
—Online*	2:22	2:33	2:27	2:19
—Mobile (nonvoice)	0:24	0:48	1:35	2:21
—Other	0:26	0:28	0:31	0:36
TV	**4:24**	**4:34**	**4:38**	**4:31**
Radio	**1:36**	**1:34**	**1:32**	**1:26**
Print**	**0:50**	**0:44**	**0:38**	**0:32**
—Newspapers	0:30	0:26	0:22	0:18
—Magazines	0:20	0:18	0:16	0:14
Other	**0:45**	**0:37**	**0:28**	**0:20**
Total	**10:46**	**11:18**	**11:49**	**12:05**

*Note: ages 18+; time spent with each medium includes all time spent with that medium, regardless of multitasking; for example, 1 hour of multitasking online while watching TV is counted as 1 hour for TV and 1 hour for online; *includes all internet activities on desktop and laptop computers; **offline reading only*
Source: eMarketer, July 2013

160460 www.eMarketer.com

Fig. 2: Average Time Spent per Day with Major Media by U.S. Adults, 2010-2013[78]

A lot of these billboards, commercials, and smaller Ads are for food brands and fast food options. No wonder we are a generation of meat and processed food eaters, that is all we see all day. Those are the brands we know and have come to love as a society. Why would we question them as consumers if they are the most popular? On a similar note, there are a multitude of advertisements for cleaning and disinfecting products. Yes, it is important to have healthy hygiene, but not to the point where it softens your immune system. Society could be said to be conditioning itself to be "clean," when in reality, we are not allowing our immune systems to learn how to do their job on a microscopic level. Our antibodies fight pathogens naturally and if we take our natural internal systems for granted, we are making a cultural adaptation to reject all environmentally sustainable methods of maintain a holistic view of our surroundings. For example, if you refer to the data in Chapter 1, Joel Salatin mentions his methods of cleaning his chickens versus those of factory farms, who use chlorine baths to kill

bacteria.[79] Yet, the conditions of the corporate factories collect way more C.F.U.s than a small, sustainable farm does. On a similar social level, Americans have adjusted to the social environment of a higher standard of hygiene, when maybe we should actually be addressing the views of our culture.

One of the views that we should be addressing is the protocol of Western medicine versus Alternative medicine. Alternative methods of medicine are not as widely accepted as established medicines due to preconceived notion that they lack scientific evidence. However, this is not true in all cases. One example that should be considered as proper diagnosis and treatment of health involves Applied Kinesiology, especially when considering parasitic infections. According to ICAK, Applied Kinesiology is a "system that evaluates structural, chemical, and mental aspects of health using manual muscle testing with other standard methods of diagnosis."[80] This humanistic approach used by licensed chiropractic physicians has a wide application. Not only does seek to understand an unbalanced muscle, but it also looks to understand what imbalances are the true source of your symptoms. This means it inclusively considers a wide method of holistic treatments like clinical nutrition, dietary management, evaluating environmental irritants: physical and non-physical, and many others.[81] Because it addresses each patient as an individual, holistic medicine through Applied Kinesiology positively affects a wide range of disorders, especially those not noticed by modern day medicine.

Parasitic infections are very common, but not all can be handled by the immune system. They are rarely detected by average medical procedures, especially the protozoan-like organisms not native to the human cell.[82] Their favorite place to be is usually in the intestines, where they can thrive on improperly digested food and produce toxins that lead to problems

for the body.[83] When the body absorbs food from the intestines into the blood and lymph, it also absorbs the parasite toxins.[84] Consequently, these toxins can cause a wide range of symptoms like headaches, thyroid problems, hormone problems, skin problems, and a leaky gut.[85] More people than ever have food allergies today. That is because the body treats the abnormal food particles from a leaky gut, where the lining of the intestine has been diminished, like a foreign infection and creates inflammatory reactions. Another thing to note is that, because digestive organs are least active at night, parasites are usually most active during that time, which can lead to sinus problems and morning fatigue.[86]

It is important to remember that parasites and other microbial beings are all around us, in the soil, in our food, on our pets; that is inevitable. We will always be in contact with them. However, the reason we get *infected* by them is because having a body that is out of order allows internal favorable conditions to exist for parasitic *growth*. In other words, having a body that does not function properly creates a fertile situation for the parasite to thrive. The two most common ways this happens is through, one, the improper digestion of food due to malfunctioning digestive organs unable to keep up with an unhealthy diet.[87] For example, when the body has an overload of bad food combinations, digestive juices that provide an inhospitable environment to kill and prevent parasites from growing are not produced fast enough to cover all that has been ingested.[88] The second reason has to do with the nervous system producing the normal electrical field of the body, which maintains a normal immune response to these infections.[89]

Since the western medical field appears to be lacking in accurate detection for handling parasites, it is necessary for Americans to search elsewhere for an accurate evaluation.

Contemplate all the symptoms that parasites can cause: leaky gut syndrome, inflammatory reactions, morning fatigue. These are symptoms that we view as "normal" in today's society. However, they are actually the body's way of telling you that some natural processes of the body has been compromised. Applied Kinesiology is an efficient way to detect these malfunctions, because it looks at the body as a whole. However, it is not as popular as other practices. Instead of venerating certain practices over others via advertisements and commercials, health associations should be properly exposing the American consumer to all the health practices available to them. If not, at least they should not be making one practice to be better than another just because they stem from different methods of science.

Our culture has a limited view on things and, while information may still be available with personal research, it is still difficult to be aware of the multitude of options that we have for our various lifestyles. While western medicine and alternative medicine have different standards, neither one nor the other should be considered better. Instead, we should incorporate both into American society. Especially with the rise of parasitic symptoms, we should not just stick to medications that stultify the pain. Americans should be shown the nutritional medication that actually eradicates the source.

Chapter 4. A Personal Pinocchio Case Study: My Encounter with A Parasitic Puppet Master

Part I - Symptoms of Being Strung Along

I have always considered myself to be a holistic person, even when I was little. I enjoyed being in nature and would call a special tree in the backyard my older "brother." My Native American roots led my intuition to believe that we are all connected, to each other and to our environment. Therefore, having a deep sense of respect for my surroundings proved to be one of my greatest qualities in my youth. Unlike most Americans, my parents had an interest in being more self-sufficient than most in all aspects of life, which included providing food for the home. So, we had a garden and produced most of our own vegetables and fruits over the summer. Sure, we did shop at the grocery store from time to time, but on a smaller scale. Usually, we would only buy food that we could not find at the local food market downtown or more so during the winter. In seventh grade, my mother and I encountered a book which exposed to us the health detriments of processed foods; so, we decided to be even more cautious in our shopping, always reading the ingredients of the products we were buying and picking the better and least processed options. Needless to say, I had a very healthy, holistic diet compared to others. I rarely got sick and felt at optimal health. I did not even like the taste of highly processed foods. Then, once I got to college, I started noticing mental, emotional, behavioral, and physical changes in my body.

Especially at the end of sophomore year, I started experiencing these weird changes with my body. I was more depressed, easily stressed, and short-tempered than I have ever

been. Since it was hard to maintain the diet I was used to, I had to eat what was available to me as a college student. That meant eating at the cafeteria and eating more processed foods than normal. Eventually, I even began developing cravings for these foods. It is possible that these symptoms spurred from being in college away from home, but then more started to appear. One day, I woke up with swollen lymph nodes (level 2 lymph node: 3.7 x 1.6 x 2.8 cm in length). On some days, I would get anxious about their size and it would become hard to swallow. After this symptom, I went to an Otolaryngologist, or more commonly known as an ear, nose, and throat doctor. He explained to me that, sometimes, lymph nodes swell and stay swollen and that it was very common. He took a sonogram of my neck and measurements of my lymph nodes just in case, but he found nothing to be wrong. Still, I knew there was something not quite right.

Late that summer, I had my very first panic attack as well. It started off where it would be hard to swallow because my jaw would lock and I would experience increased heart rates and feelings of intense panic. I would continue to have them about once or twice a month every month for a year and a half. I had never had panic attacks ever before, so this really scared me. At first, I thought it was due to the stress of not knowing what was wrong with me. However, the intensity of the attacks started to increase over time, and by the summer after junior year, it came to a point where I would be scared to death and feel unable to breathe. Then, another symptom appeared. People tend to say that they have insomnia, as it probably is more common among today's generation, but I had a terrible version of *chronic* insomnia. Every week became a struggle to feel healthy. I felt drained of life and unable to focus. Lastly, my digestion problems started to appear in a rapidly increasing manner. My cravings for sugar and

random foods started going crazy, and my weight began to fluctuate at higher levels than I was accustomed to. Bloating, constipation, and multiple other problems became weekly struggles for my digestive system. I went to 3 doctors that summer and they all said that my symptoms were possibly because of stress or even that they were normal. They said I had nothing to worry about. But I did not feel like myself. Something was changing my health for the worse.

Then, when I got back home for Christmas break, my mother told me she found a holistic health care practitioner at the fall Wellness Expo in Dallas. She wanted me to meet him for a checkup to see if he could help me with my symptoms. Dr. Cone was a licensed practitioner, had studied applied kinesiology and used muscle testing to analyze his patients. After seeing him, he concluded that I had a parasite living most likely in my digestive track and subscribed me herbal supplements that would help flush it out. He noted that parasites are common and our immune systems are usually better at taking care of them, but when conditions in the host are too perfect for the parasite, it makes it harder for them to leave. And after 30 days, all of my symptoms were gone and my lymph nodes continued to slowly shrink over time.

So, due to the stress and my switch to the modern day heavily processed food diet, I acquired not only a horrible parasite, but also a body that allowed it to stay. I became a walking, acting host - a puppet - for this parasite to use as its own. And it was making me sick. How scary is that?

Part II - How the Applied Kinesiology of Muscle Testing Can Cut the Chords

So, what is Applied Kinesiology, and how does it work? Developed in 1964 by chiropractor, Dr. George Goodheart, Applied Kinesiology observes muscle function as a response to "chemical, emotional, and structural factors."[90] Since Goodheart held a wide interest in all fields of medicine, he added many techniques to Applied Kinesiology. For example, he included practices like trigger point therapy and pharmacology to "understand ubiquitous side effects of medications" in order to thoroughly and holistically treat a patient.[91] In essence, Applied Kinesiology is an interdisciplinary alternative medicine.

Many chiropractic practitioners in the alternative fields use the type of applied kinesiology called muscle testing to assess the body's needs in a noninvasive way. According to Dr. Green, "Muscle testing is a kind of body biofeedback that can be used to evaluate changes in the body's subtle energy field."[92] It involves testing the body's energetic responses with specific stimuli because all types of stress, whether it is physical or electromagnetic, have the ability to influence the body's energy field and, consequently, register on the nervous system.[93] This creates a measurable change in muscle response either when applying slight pressure to organ system pressure points or when applying energy fields of foreign particles to the body. With this "body biofeedback," the chiropractor can gather information on things like food sensitivities, organ functions, or the presences of unwanted viruses and parasites.[94] At the same time, they can also gather information of the body's responses to find the remedy, usually herbal, to cure the imbalance.[95] Unlike traditional western medicine, this alternative method does not just address the symptoms; it searches for the underlying cause of it.

Now, if that seemed too scientific, let us take a walkthrough of how the process muscle testing worked for me. I walked into the chiropractor's office and he gave me a questionnaire of symptoms and concerns to fill out in order to assess what to test my muscles for. With my wide array of symptoms, he noted that they were widely varied but certain that they all connected. Before I laid on the table, I was told to put my phone in the far corner of the room. Since muscle testing also works on the level of the body's energy fields, the electromagnetic chaos caused by my cellular device could throw off the results. Then, the testing began.

Fig. 3 Example Muscle Test[96]

Fig. 4: Example Vials[97]

As you lie on your back, you are asked to extend one arm up at a forty five or ninety degree angle. The practitioner asks you to resist as they slightly press down on your arm. You do, and your arm stays perfectly still. Then, they start applying pressure to different pressure points of each organ system, making notes of the times your arm gives in to the pressure. For me, my arm could not withstand the slight pressure at all when he touched pressure points on

my digestive system, my brain, and my lymphatic system. For all the other points, it stayed strong. The reason this change happens, he explained, was because the brain has difficulty focusing on doing two tasks at the same time. So when he applied pressure to say my digestive system, my brain was saying "don't touch there, we are working on an issue there" and, consequently, my arm would give in because my brain is busy sending signals to both my arm to resist and my pressure point to protect.

Once the points of weaknesses are located, the muscle test moves from the physical to the electromagnetic testing of the root of the problem. The chiropractor has a collection of vials (fig. 4) filled with different subjects. For my test it was food allergens and different collection of viruses and parasites. Then, they place them against your body and rule out sections of vials with the muscle testing to see which ones are affecting the body. Because everything holds an electromagnetic field, the frequency of the specimen in the vial will be picked up by the body. If it holds the one causing the symptoms, the body will tell the brain that something is wrong, again making the muscles in your raised arm less responsive than normal. Once they zone in on the right specimens, they then leave the selected vials on the body and re-test the muscle while you hold different herbs in your other hand. If the herb is something you need, you'll be able to resist the pressure while the vial of the cause of the symptoms lays on you. This is because the energy frequency of the herbs are strong enough to counterbalance the frequency of the symptom specimen, meaning that they would be able to flush out the unwanted cause.

Chapter 5. Steps Towards Freedom of Parasitic Puppeteers

In order to break free from the trappings of a culture that is so easily susceptible to health-impacting parasites, Americans must begin to make both political and cultural shifts in the way they think about health. Instead of thinking about the parts of our cultural environment separately, we need to recognize the connections between them all and have a more holistic worldview. Even realizing the connections between our dietary choices and our healthcare choices propels a shift in humanity's beliefs. Moreover, we live in a prime generation for spreading information. With the technology accessible today, information can be shared faster in order to change cultural thinking and knowledge. To harness the advantages of our present society, there are four major solutions to conclude in order to make a healthier and more knowledgeable American consumer in regard to parasites and their obscure presence.

First off, since the prime parasitic place to thrive is in cadaver, vegetarianism and veganism should be positively promoted to America as a whole. Many changes towards these diets have been made, but educational awareness should be heightened even further, especially in lower income areas with more fast food options than fresh ones. If the highest rates of microbial organisms come from the 13 only slaughterhouses in America, then Americans should let their dietary choices speak to the industries. If support for meat products should go anywhere, it should be to the local farmers that have a reciprocal respect for their products (livestock) and their consumers. We need to stop supporting the industries that are both consciously and accidentally facilitating health problems in America.

Secondly, the power of the USDA needs to be reinstated. The fact that they *used to* have the power to shut down meat pants after repeated microbial test failures is enough support the fact that America's Agricultural Department lacks the authority it supposedly entails. Also, the FDA should do more food safety inspections instead of just reports. Just because there are a significantly fewer amount of meat factories does not mean that the amount being produced has lowered as well.

Third, holistic health should be promoted. American media culture is swift to undermine alternative medicines and it does well to make them believe that no real results can come from anything that is not established by western medical schools. Holistic medicine attempts to treat both mind and body, why do people forget that we are not just physical beings? More public service announcements should be endorsed for publicity of alternative health options available. Applied Kinesiology is a perfect example because it actually builds bridges between professions. Others might pick on the difficulties that can arise during muscle testing. . For instance, some variables that could affect muscle testing include confidence of practitioner, drugs and alcohol, blood sugar, and polarity imbalances (like that caused by the electromagnetic frequency of a cellular device).[98] Some may argue that this approach is nothing compared to modern day western medicine, but people forget that our diets and lifestyles have changed, allowing these parasites to thrive in our bodies. They can overrun our mental, physical, and emotional well-being if we do not rebalance the natural systematic processes of our bodies, which can easily be done through alternative medicine.

Lastly, more health insurance coverage should be applied to alternative medicines. Treatments like homeopathy, applied kinesiology, and herbal therapy are not included in most

traditional health plans. This problem especially affects the poor, who probably need the most access to alternative medicines since they cannot afford to have a diet fully free of processed food. They rely on food stamps and WIC to receive what they can from the typical grocery store. The reason it is so important to incorporate alternative medicines into the American health lifestyle is because they address and treat each individual as a whole rather than only focusing on the disease. Each person's body reacts differently to prescription and non-prescription drugs, which is probably why our nation has increased numbers in drug abuse, particularly in low income areas. If we did have more access to these alternative health options that prescribe strong herbal supplements for the immune system, then parasitic infections could decrease. Therefore, these troublesome symptoms that we see across the nation could begin to decline and we could move towards being a healthier, more wholesome nation.

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