



## What is Helminthic Therapy?

**History:** The premise of Helminthic Therapy is that modern sanitation procedures have left the ecosystems in our guts vulnerable to inflammatory diseases. According to Dr. Sidney Baker, residents in areas of Africa in the 1960s were found to have no autoimmune issues, food sensitivities, allergies or digestive problems. The common thread? The presence of circular worms in their intestines. Since the 1990s, Helminthic Therapy has been used to help restore a healthy immune system. One particular trial in 2006 revealed that 50% of people with colitis given pig whipworms were cured of the condition.

**Description:** Patients are given a small vial to ingest. It should be taken with oil, which promotes bile secretion and helps the worms acclimate to their new environment. The worms are small flecks that are barely noticeable to the human eye. Frequency of treatment varies. According to Baker, most patients know right away if their symptoms are improving. A typical course of treatment is a vial taken every two weeks for about 12 weeks. (A total of six treatments) Doctors must choose from a number of possible worms and providers of them to come up with the most effective treatment at a reasonable cost.

**Are there risks?** The risk is “almost zero,” according to Baker, and the benefits can be life-changing. The biggest issue with this treatment is the “yuck factor.”

**What conditions does it help?** There is a 50-50 chance of reversing or halting symptoms of disease or inflammation with Helminthic Therapy. Younger people have an even higher rate of success. Conditions successfully treated have included Alopecia, Hashimoto's, Rheumatoid Arthritis, MS, Celiac Disease, Crohn's Disease and Colitis.

**Cost:** The cost varies, depending on your insurance coverage, duration and frequency of treatment, and which worms are selected.

**For more information:**

<https://www.naturalmedicinejournal.com/journal/2018-07/exploring-helminthic-therapy>

<https://www.scientificamerican.com/article/helminthic-therapy-mucus/>